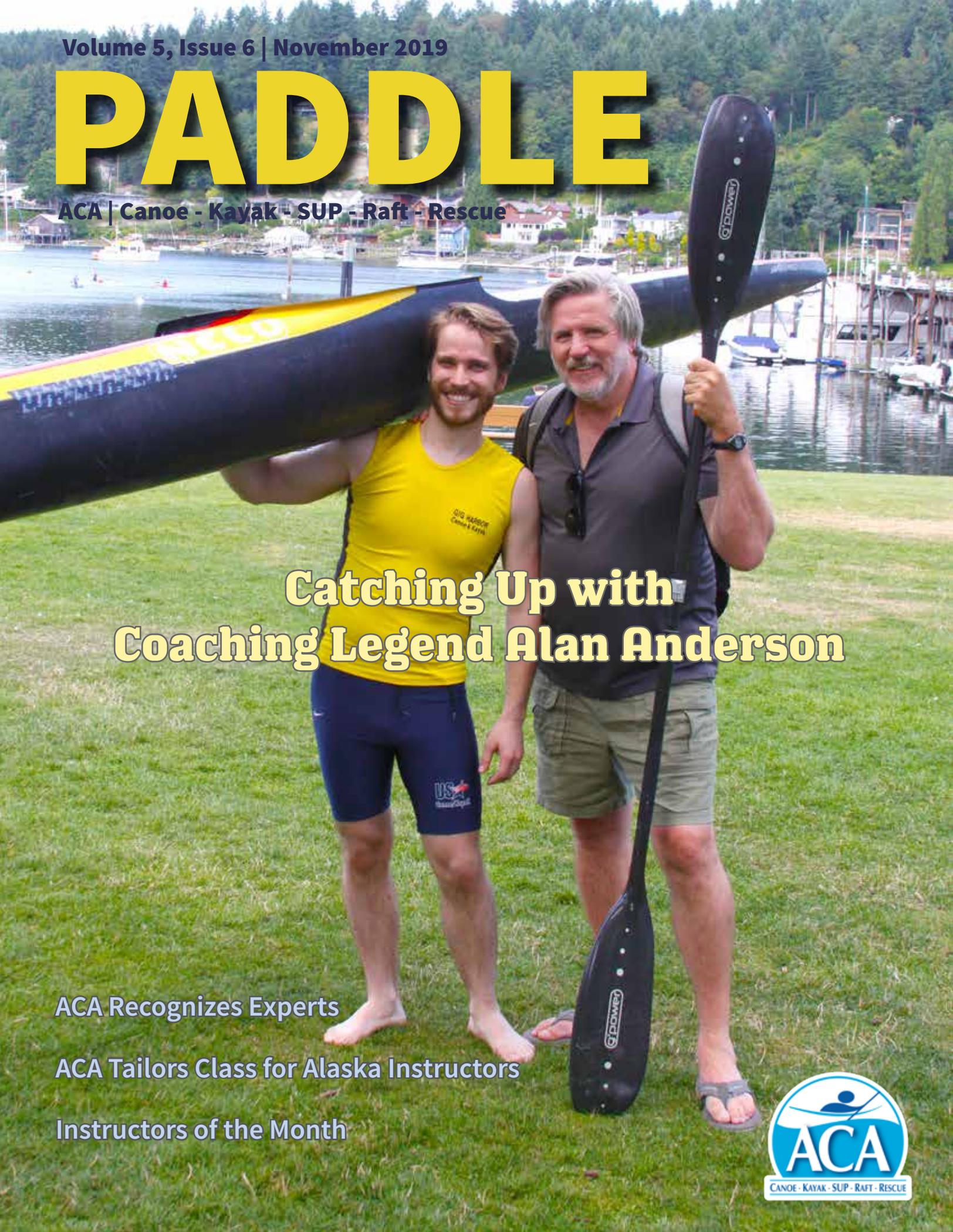


Volume 5, Issue 6 | November 2019

# PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue

A photograph of two men standing on a grassy area next to a body of water. The man on the left is younger, with a beard, wearing a yellow tank top and dark shorts, and is carrying a black canoe with yellow and red stripes on his shoulder. The man on the right is older, with grey hair and a beard, wearing a grey polo shirt and khaki shorts, and is holding a black paddle. In the background, there is a marina with several boats docked and a forested hillside.

## Catching Up with Coaching Legend Alan Anderson

ACA Recognizes Experts

ACA Tailors Class for Alaska Instructors

Instructors of the Month



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## NATIONAL STAFF

Beth Spilman - Interim Executive Director  
Marcel Bieg - Western States Outreach Director  
Emma Walther - Finance Manager  
Kelsey Bracewell - SEI Manager  
Dave Burden - International Paddlesports Ambassador  
Amy Ellis - State Director/Membership Coordinator  
Michelle Flynn - Membership Coordinator  
Kimberly Jenkins - Paddle eMagazine Editor  
LeighAnn Moore - Insurance Coordinator  
Carrie Schlemmer - Education & Grant Coordinator

## COMPETITION DEPARTMENT

Morgan House - High Performance & Competition Coordinator  
Rafal Smolen - Slalom National Team Coach  
Zsolt Szadovszki - Sprint National Team Kayak Coach  
Aaron Huston - Sprint National Team Canoe Coach

## Cover photo

*National champion Cedric Bond and Gig Harbor Canoe and Kayak Racing Team founder and coach Alan Anderson.  
Jolin Bevin photos*



Follow us on...



## BOARD OF DIRECTORS

### Executive Committee

President - **Robin Pope (NC)**  
Vice President - Lili Colby (MA)  
Treasurer - Trey Knight (TN)  
Secretary - Stanton Collings (GA)  
Marsh Jones (MN)

### 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

- *Vacant*

#### 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 - Nik Miller (Georgia - 2019)

#### Immediate Past President

- Peter Sloan (North Carolina)

#### Liaison Members (non-voting)

- Scott Andrews - Sugar Island (Maine)

#### Ex-Officio (non-voting)

- Beth Spilman - ACA Interim Executive Director (Virginia)

# 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.

## **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**

- Universal 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 - Kyle Thomas (WA)
- Safety & Rescue - Sam Fowlkes (NC)
- Stand Up Paddleboard - *Vacant*
- 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

## **2019-21 STATE DIRECTORS**

AL - <i>Available</i>	NE - Jordan Messerer
AK - Levi Hogan	NV - Jonathan Riezman
AZ - Andrew Huff	NH - Paul Berry
AR - Rob Moody	NJ - Paul Serdiuk
CA - Jamie Eubanks	NM - Robert Levin
CO - Lynne Carpenter	NY - Mike Cavanaugh
CT - <i>Available</i>	NC - Doug Stager
DE - Chris Beckman	ND - Matthew Sherrard
DC - Meredith Waters	OH - Christine Cancian
FL - Wayne Douchkoff	OK - Clark Miller
GA - Laura Clower	OR - Salmon "Sam" Norgaard-Stroich
HI - <i>Available</i>	PA - Joel Johnston
ID - Zac Mason	PR - Omar Ramos
IL - Jennifer Hahn	RI - Mark Allio
IN - Joyce Hayes	SC - Jefferson Atkins
IA - Jennifer Kammeyer	SD - Patrick Wellner
KS - Jay Jeffrey	TN - Andrea White
KY - Gerry James	TX - Bruce Bodson
LA - <i>Available</i>	UT - <i>Available</i>
ME - <i>Available</i>	VT - Jake Taylor
MD - Paula Hubbard	VI - <i>Available</i>
MA - Mike Morrison	VA - SarahBeth Dinwiddie
MI - Michael Gray	WA - Brent Roth
MN - Matthew Sherrard	WV - Meghan Roberts
MS - Kelly McGinnis	WI - Luke Martz
MO - Perry Whitaker	WY - <i>Available</i>
MT - Byron "Lee" Beers	

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

# ACA *Awards* 2019

*Each year, the ACA recognizes numerous individuals and organizations who have provided invaluable assistance to association in undertaking its myriad strategic objectives. Following are the 2019 award recipients.*





## *Excellence in Instruction*

*The prestigious Excellence in Instruction Award is presented to an ACA member for his or her outstanding contribution to paddlesports instruction.*

**Ashley Brown** is one of only nine female ACA L5 AOWCK Instructors in the world. She builds up paddlers and instructors at the College of Charleston using the ACA models of progression as a backbone for the development of both paddling and environmental stewardship programs at the College. Students from academic majors as diverse as education to economics to biochemistry and physics have benefited from her passion. She is building a diverse field of future professionals who now have an appreciation for paddling and its place in the world. You'll also find Ashley at many regional and national professional paddling summits and symposiums that bring value to the world of paddling and help reach those who haven't yet discovered the joys and benefits of paddling. Ashley's total commitment, incredible skill, contagious passion, and positive disposition make her a prime and deserving candidate for the ACA Excellence in Instruction Award. Congratulations, Ashley!

*(Continued on page 7)*



## *Joe Pina Volunteer of the Year*

*Presented to one or more volunteers each year for extraordinary service at the local, regional or national level.*

John Traendly is the current secretary of the Safety Education & Instruction Council. He has stepped up in a significant way to donate an immense amount of time and expertise to create a custom course management system to better help the ACA and all Instructors, Trainers, and Educators. We are fortunate to have such a dedicated person willing not only to put so much time and energy to advance the organization using his incredibly valuable knowledge and skills but also to collaborate with and use the input of many other stakeholders. John asks for no recognition and turns down opportunities to be recognized or passes the credit on to others. This type of selflessness is a rarity and we are so fortunate to have someone of his caliber and nature be willing to serve. John is also the largest contributor to the development execution of the 2019 IT Conference event. We wouldn't have been successful without him. From the bottom of our hearts, thank you John!

## *J. Henry Rushton*

*Presented annually to an organization or other group for outstanding achievements in advancing paddlesport and the mission of the ACA.*



The **Boys & Girls Club of West San Gabriel Valley** provides paddlesports and sailing instruction to underserved, inner-city youth. The Club brings youth from East Los Angeles and the San Gabriel Valley to the ocean and waterways where they use kayaks, SUPs, sailboats, and dragon boats. Youth come from five sites located in Monterey Park, La Puente, Baldwin Park and three public housing developments in the region. Many of the members are the most vulnerable youth in the city, subject to gang activities, unstable homes, and extreme poverty. The Boys & Girls Club of West San Gabriel Valley makes paddlesports available to these populations of at-risk youth who would not otherwise participate in these activities. Thank you, B&G Club of West San Gabriel Valley for making a difference in the lives of these young paddlers!

## *Green Paddle for Waterway Conservation*

*Presented annually to an individual or a group that has made an outstanding contribution to paddlesport by protecting America's waterways.*



In May 2019, the **Canoe Cruisers Association** made news around the world: After a two-year legal battle, they were successful in compelling the U.S. Coast Guard to provide reliable, predictable, and continuous access to the Potomac River waterways around the privately owned, members-only Trump National Golf Club. Whenever the president was present at the property, access to a highly popular section of the river was closed with little to no warning. Their lawsuit and victory were covered in the Washington Post, New York Times, AP, USA Today, Bloomberg, Stars and Stripes, Outside Magazine, Canoe & Kayak, and local papers in almost every state.

In addition to ongoing efforts to protect the Potomac and other local waterways, CCA members lead several river trips each week, conduct low-cost kayak and canoe classes, promote river safety training, and coordinate regular river cleanups and conservation events. It is also notable that CCA has hosted the annual Potomac Downriver Race since 1956, making it the nation's second longest, continuously run river race. We are proud of you, CCA!

*(Continued on page 9)*



## *Sanctioned Event of the Year*

*Presented to the top ACA-sanctioned event as nominated by the paddling public.*

The **Carolina Canoe Club** was selected for recognition for their annual event, the **Week of Rivers**. The Carolina Canoe Club is a nonprofit club devoted to promoting recreational paddling in the Carolinas and southeastern United States. Currently their 1,100+ members use canoes, kayaks, and inflatables to frequent flat and whitewater rivers, lakes and coastal areas, engage in environmental stewardship initiatives and host safety and skills training classes. Week of Rivers is the CCC's flagship annual whitewater paddling event. This year's Week of Rivers and the club's 50th Anniversary Celebration brought over 400 paddlers together from all over the country to participate in an event that captured the spirit of the greater paddling community: Education, Conservation, Community Service, Fellowship, and Friendly Competition. We're proud to call you one of our Paddle America Clubs, CCC!



## *President's Award*

*Given by the President of the Board of Directors to individuals for outstanding service to the ACA on a national level.*

We'd like to take the opportunity to recognize all **ACA Instructor Trainers & Educators** as collective recipients of the 2019 **President's Award**. Instructor Trainers & Educators are the gatekeepers of the ACA's national and international education programs; creators of instructors; the front lines and resources for the general paddling public; advocates for paddling everywhere; and the true heart and life of the ACA. We love you forever, ITs and ITEs!

We'd also like to recognize 2019 **President's Award** recipient, **Sam Fowlkes**. Sam Fowlkes became a certified ACA instructor 40 years ago and soon stood out as a leader in the field. Over the years, his overarching goal has been to "make the world a better place to paddle." To that end, Fowlkes has shaped curricula, helped develop programs, mentored instructors, and reached thousands of paddlers through his courses.



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

Sam exemplifies unwavering dedication towards providing the highest quality both in his personal paddlesports instruction as well as in the national policies and curriculum he has helped develop. His years of commitment to the Safety Education & Instruction Council have helped shape the ACA's National Paddlesports Instruction Program for years to come.

*(Continued on page 11)*

## *Haven's Leadership Award*

*The Havens Leadership Award rewards individuals whose practices and behaviors best serve the interests and success of USA paddlesports athletes.*

**Aaron Huston** is the U.S. National Sprint Team Coach, as well as the high-performance coach for the Gig Harbor Canoe and Kayak Racing Team based in Washington. He has served the ACA in many major ways, most recently by bringing a group of 35 young sprint paddlers to the Olympic Hopes Regatta in Bratislava, Slovakia – a high quality international competition experience that helps athletes 17 and younger with Olympic dreams to set stepping stones to Jr. World Championships and beyond. He's also played a big role in supporting ACA Sprint Athletes who have gained great success this year, such as 2019 Canoe Sprint World Champion, Nevin Harrison.

Several generations of Havens' family competed in the Olympic Games and won medals for the American team in canoeing. During all of their Olympic careers, the ACA was the Olympic governing body for canoeing and was responsible for training and preparing canoeists competing on behalf of the United States. The Havens family instituted this award to reward individuals whose practices and behaviors best serve the interests and success of USA paddlesports athletes.



# Magazine lands its second MarCom award

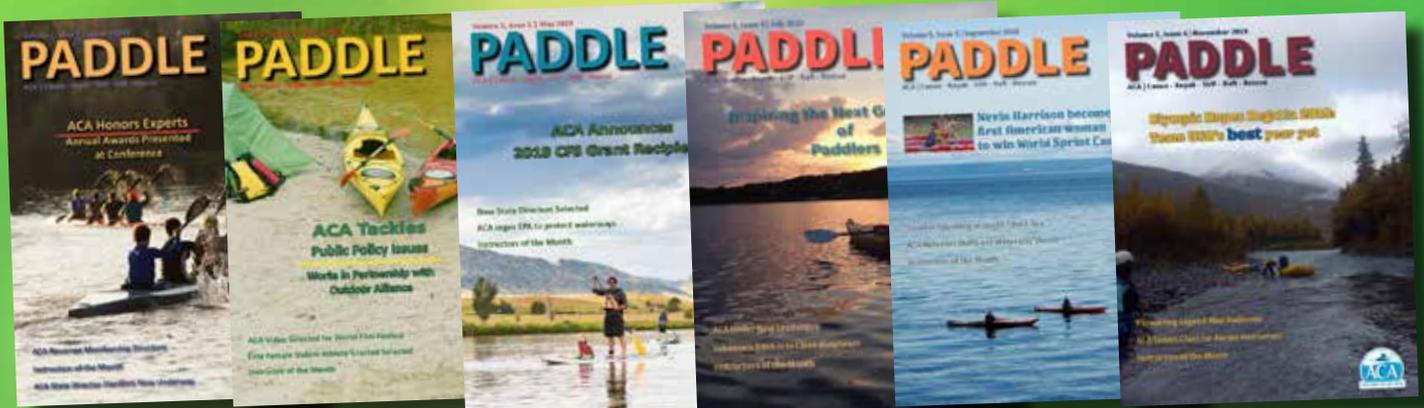
[Paddle eMagazine](#) has won a coveted MarCom Award, given annually by the Association of Marketing and Communication Professionals. The ACA's bimonthly digital magazine won a gold award in the Digital Media | E-Communications | E-Magazine category. Paddle also won gold for the same category last fall.

Managed by editor Kimberly Jenkins since 2016, *Paddle* is the go-to source for news in the world of paddlesports. The magazine features article and updates on stewardship, paddle-sport-related policy changes, competition, education, adaptive, and events. For more information about the magazine, please visit [www.americancanoe.org/Paddle](http://www.americancanoe.org/Paddle).



MarCom Awards is an international creative competition that recognizes excellence in communication. Entries come from corporate marketing and communication departments, advertising agencies, PR firms, design shops, production companies and freelancers.

One of the oldest, largest and most respected competitions in the creative industry, the [MarCom Awards](#) competition has grown to perhaps the largest of its kind in the world with over 6,000 entries from 20 countries this year.



# ACA swiftwater rescue instructors receive *ACA Higgins and Langley Award* for preparedness, teamwork

By Darron Laughland, President, White Mountain Swiftwater Rescue Team

ACA swiftwater rescue instructors **Jake Risch** and **Darron Laughland** were recently recognized, along with volunteer members of the North Conway, New Hampshire-based Mountain Rescue Service, and members of the White Mountain Swiftwater Rescue Team, for their participation in a rescue of a hypothermic stranded hiker.

The North Conway-based White Mountain Swift Water Rescue Team (WMSRT) and Mountain Rescue Service (MRS) received a 2019 Higgins and Langley Swiftwater Rescue Incident Award at the International Association of Water Rescue Professionals conference in South Bend, Indiana.

On December 28, 2018, the two volunteer teams responded to a request from New Hampshire Fish and Game Conservation Officers to assist a hypothermic backpacker on the Kinsman trail. The individual had been cut off by rapidly rising waters on Cascade Brook. He had been hiking in deep, wet snow in the rain for many hours and, with egress cut off by high water, called 911 for help. Once on scene, officers determined that they would be unable to reach him and requested MRS and the WMSRT assist.



“Any time we encounter conditions like we had today, with raging white water, and no other means to cross, we call upon the White Mountain Swift Water Rescue Team and Mountain Rescue Services,” said Lieutenant Mark Ober of NH Fish & Game. “These teams are trained, equipped, and always more than willing to respond to these emergency situations.”

WMSRT team members arrived at the trailhead that night, hiking in with paddling gear and additional equipment for setting up downstream safety. The ground was covered in wet snow and the trails were

a challenging mix of mud, ice, and snow; and misty rain was falling. Across the river, the hiker was in his tent, wrapped in a sleeping bag, perched 15 feet above the river, which had dropped some as the temperature cooled, but was still bank full.

MRS and WMSRT developed a plan to establish a tensioned highline and put the plan into motion. Operating at night by headlamps, members of the WMSRT established downstream safety and ferried a rope across the Class V river with whitewater kayaks.

Immediately downstream from the scene the gradient increased significantly into a long set of ledge slides with significant consequences. The boats entered the water one at a time, ferrying just below a large waterfall, using dynamic eddies on either side of the drop. Once across the river, the paddlers hauled static lines over, established an anchor for the system, and made contact with the stranded hiker.

Members of MRS set up a Tyrolean traverse rope system to send an additional rescuer across to prepare the hiker for evacuation. Once the man was in a harness, he was sent across the rope system, followed by his gear and the MRS rescuer. Once



*D2 Franconia Incident looking upstream at boats ferrying line  
Images courtesy of WMSRT*

the rescue was completed, the paddlers removed the anchor, pulled the lines back across the river, and ferried their kayaks back. Conservation Officers walked the hiker out while the teams packed up gear, cleared the scene and hiked out. The WMSRT and MRS had trained together for this specific type of rescue in October of 2018, including rope crossing techniques, building a tensioned line system (Tyrolean) sending a patient in a litter across, and using a midpoint haul system to raise a victim up out of the water and bring them over to shore.

The Higgins and Langley Memorial Awards in Swiftwater Rescue honor outstanding achievement in the technical discipline of swiftwater and flood rescue. These awards are not heroism awards; they recognize preparedness, teamwork, and a job performed under extreme conditions, where training is vital to the success of rescue missions, and the safety of rescue personnel. The Swiftwater Rescue Incident Award recognizes actions that clearly

demonstrate outstanding skill and preparedness in swiftwater rescue.

The Mountain Rescue Service provides specialized technical teams comprised of world-class guides and climbers who volunteer their time and expertise in the service of hikers and climbers who need assistance, in and around the White Mountains of New Hampshire. The team is 'on call' 24 hours per day, all seasons, with volunteers being mobilized for a full range of incidents: complicated multi-day and nighttime searches in the depth of winter throughout the White Mountain National Forest; technical rope rescues on the region's many rock climbing cliffs; swift water rescue assistance; and assisting lift evacuations at area ski resorts.

The White Mountain Swiftwater Rescue Team offers the specialized technical skills, training, knowledge, and experience of the White Mountain whitewater paddling community to support the search, rescue, and recovery operations of

federal, state, and local rescue agencies and organizations primarily on, but not limited to, the rivers of the White Mountain region; and to minimize the number of swiftwater and flood-related incidents in the White Mountain region through education, outreach, and advocacy.

More than 300 volunteers provided nearly 5,000 hours of search and rescue services in New Hampshire in 2018. When added up, the actual SAR hours, training, personal gear, travel, and certification-compliance completed by these volunteer rescuers, these volunteers contribute over \$250,000 annually in sweat equity to the NH outdoor community.

Since its inception, the White Mountain Swiftwater Rescue Team has offered at least one ACA Level IV Swiftwater Rescue course annually. Attendees have included the local paddling community, employees of local canoe liveries, river

*(Continued on page 15)*



trip leaders and camp counselors, raft guides, and volunteer and professional fire/rescue personnel. The team sponsored an advanced SWR course with ACA Instructor Mike Mather, a workshop on search and body recovery with local Fish and Game officers, technical rope training with Mountain Rescue Service, and an orientation to helicopters with Dartmouth Hitchcock's DHART air ambulance.

Members also participate in the annual Search and Rescue Working Group spring training day and have trained with the NH Army National Guard's UH-60 (Blackhawk) teams, local and regional fire departments,

search dog teams, and other volunteer search and rescue organizations. Jake and Darron, as swiftwater rescue instructors, do outreach for the team, working with other volunteer teams developing safe river crossing techniques for access and carry outs, and instruct camp trip leaders and programs, to develop and encourage safer approaches to watersports.

The ACA, through its instruction program, has played an important role in the development and training of the White Mountain Swiftwater Rescue Team and its members. Local paddlers saw a need to get more training as they worked

to find a way to collaborate with professional and agency rescuers responding to water related incidents, and the ACA Swiftwater Rescue curriculum, instructors, and instructor trainers played a large part.

The WMSRT receiving the Higgins and Langley Award has deep roots in the ACA program, and the ACA continues to have a role, as the team hosts future ACA SWR courses, and continues to advocate for all paddlers to "take a swiftwater rescue course" as they enter the sport, and periodically after, to brush up on the skills that really do make a difference when they are called on.

### **About the Author**

*Darron Laughland is a co-owner, along with Jake Risch, of the Sawyer River Group LLC that provides swiftwater rescue training. He also instructs swiftwater rescue with the NH Fire Academy, teaches whitewater kayaking and canoeing seasonally, and is a licensed Maine and New York raft guide.*

# 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

# Paddle Green Spotlight



## Volunteers remove **627 pounds of trash** during Rio Rancho River Cleanup

*Article and photos by Marcel Bieg, Western States Outreach Director and Grant Manager*

Six hundred and twenty-seven pounds of trash cleaned up from the banks of the Rio Grande River. One may think this is no big deal, just get some passionate friends together, pull out some boats, run shuttle and make it happen. This is not the case, unfortunately. River clean-ups take motivation, coordination, teamwork and many moving parts to come together. I was reminded of this fact during a recent cleanup effort scheduled just prior to the Great Annual Albuquerque Balloon Fiesta.

The cleanup ran from the town of Rio Rancho through Corrales to the outskirts of Albuquerque on four miles of the Rio Grande River in New Mexico. The event was organized through a Meetup group. As the planning grew, several entities kicked in resources. Rio Bravo Brewery came out and donated grain sacks to reuse as trash bags. The City of Rio Rancho donated water,

gloves, additional trash bags and dumpster services while and the City of Corrales provided access to the river by opening gates. Boy Scout Troop 444 took a leading role and members of Troop 220 came out to help as well. The Adobe Whitewater Club members joined in the efforts and the ACA sent some Green Cleanup bags to aid with efforts.

Twelve paddlers cleaned up the waterway while several other volunteers shuttled garbage from access points to dumpsters. The group collected shopping carts, an orange road barrel, five tires, and bags upon bags of garbage. Once again kindhearted passionate people took on the task of cleaning a river for the enjoyment and health of everyone. It is people like this who directly work to make the world a better place, and I am honored to know many of them and appreciate their efforts.



# The *Great* Willamette River Cleanup

Article and photos by Marcel Bieg, Western States Outreach Director and Grant Manager

The Willamette River Keeper organization hosts monthly River Cleanups along the 200-mile stretch of the Willamette River Valley from Oakridge to Portland, Oregon. Dozens of passionate volunteers come out to help clean up their local section of the river. The ACA helps coordinate and take part in these cleanups in the northern end of the rivers reach along with several other sponsors and organizations.

Once a year, however, the entire valley is abuzz with the annual Great Willamette River Cleanup event. Scheduled on the first Saturday of October, the Great Willamette Cleanup is a river-wide, community day-of-action. Volunteers participate by canoe, kayak, SUP, raft, motorboat, personal watercraft, drift boat, bike as well as on foot to free the Willamette River of trash and debris, while improving habitat and community spirit along the way. Cleanup sites this year included Oakridge, Lowell, Springfield, Eugene, Corvallis, Salem, Portland and surrounding areas including West Linn, Scappoose, Oregon



City and Milwaukie, just to name a few.

This year, over 800 participants came out to support the event. That's a 12% increase in attendance over last year's event. These likeminded stewards volunteered their time not only to help their local communities and those downstream but also to do their part in keeping as much trash out of the oceans, protecting hundreds of communities and wildlife around the globe. Nine outfitters and/or ACA affiliate organizations provided canoes, kayaks, and rafts for free so that volunteers without their own craft could get on the water. Because of this, more than half (55%) of the volunteers cleaned up from the seat of a canoe, kayak, drift boat, raft or motorboat.

The 2020 event is scheduled for October 3, so do your part if you live along the Willamette River. If not, reach out and find an organization that does river cleanups in your local community or even start your own. The ACA can help you get started. Please visit [www.americancanoe.org/Stewardship](http://www.americancanoe.org/Stewardship) for more information.

# September Trashy Tuesday recorded as success

Article and photos by Marcel Bieg, Western States Outreach Director and Grant Manager

It's an act of love, and love is what makes great people head out into the cold, heat, rain, mud, and wet to do the right thing. Whether it is donating time to help a friend or neighbor, protest injustice or clean up the places they love, they are there with hopes and hearts. In the Willamette Valley this is a monthly occurrence and it takes a lot of love to motivate and get it done. It takes amazing volunteers who care enough to take action rather than simply talk about change.

I have been involved in Willamette River Keepers Trashy Tuesday cleanups for four years and, no matter what, every month volunteers come out, rain or shine. The dedication is just plain unbelievable, but beyond that the courage to do the right thing for the health of their local and global communities time after time is unfathomable. They are continuously fighting a battle that just is not getting resolved. From torn tents, to waterlogged sleeping bags, to dangerous needles and broken glass, to soul-crushing scenes of poverty and mental illness in the wealthiest country in the world, they push through the sludge because they believe in a better world, a healthier world and a world where everything and everyone is respected.

September's Trash Tuesday can be recorded as another success. Hundreds of pounds of trash were collected and removed from the river and her banks. Smiles were had, friendships were built and next

month these dedicate individuals will come out again to make a change and show that we the people can come together and make the world a better place. October's river cleanup is the biggest of the year in this area and is called "The Great Willamette River Cleanup." Communities up and down the Willamette River from Portland to Eugene go out in force to clean up trash from forests, trails and water in the hopes of making a statement for the future, all with this mantra on their minds: "We do care and we will make the world a better place."



# Senator Wyden challenges Oregonians to protect state's rivers

October 2, 2019, marked the 51st anniversary of the national Wild and Scenic Rivers Act, and on that day U.S. Sen. Ron Wyden, who has protected more Wild and Scenic Rivers than any other member of Congress for his home state, [announced that he is taking nominations](#) from Oregonians through Jan. 20, 2020, for rivers in the state that deserve addition to the national Wild and Scenic Rivers list.

Oregon is home to some of our nation's most amazing and scenic rivers. From the Illinois to the Umpqua, the Owyhee to the Santiam, the state boasts an impressive diversity of majestic waterways that provide an abundance of opportunities for whitewater recreation.

*Oregon's South Santiam River*



Wyden said he is proud Oregon now has 2,173 miles designated in the Wild and Scenic Rivers system, but that the total remains a small fraction of Oregon's 110,994 miles of rivers and streams. Adding more Oregon river miles would mean better protections for drinking water, recreation, and the fish and wildlife that rely on the state's incredible waters. In addition to supporting more Wild and Scenic Rivers, it is important for paddlers to weigh in and nominate specific rivers that are important to us as a community.

"Whether you are a whitewater rafter, an angler or simply an Oregonian who believes strongly in protecting the river or stream that provides safe drinking water to your community, I want to hear from you," Wyden wrote in an open

letter to Oregonians seeking river nominations for new wild-and-scenic river legislation he plans to introduce. "Now is your chance, once again, to speak up for your favorite rivers and highlight the outstanding values that make each river worthy of protection."

American Whitewater has made it [easy to weigh in](#) and provides recommendations for segments of rivers and tributaries in Oregon that have been identified for their unique paddling opportunities and values.

This is an incredible opportunity to contribute to protecting Oregon's natural heritage. The nomination process will continue through January 20, 2020.

Speak up for Oregon's rivers today!

# 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:

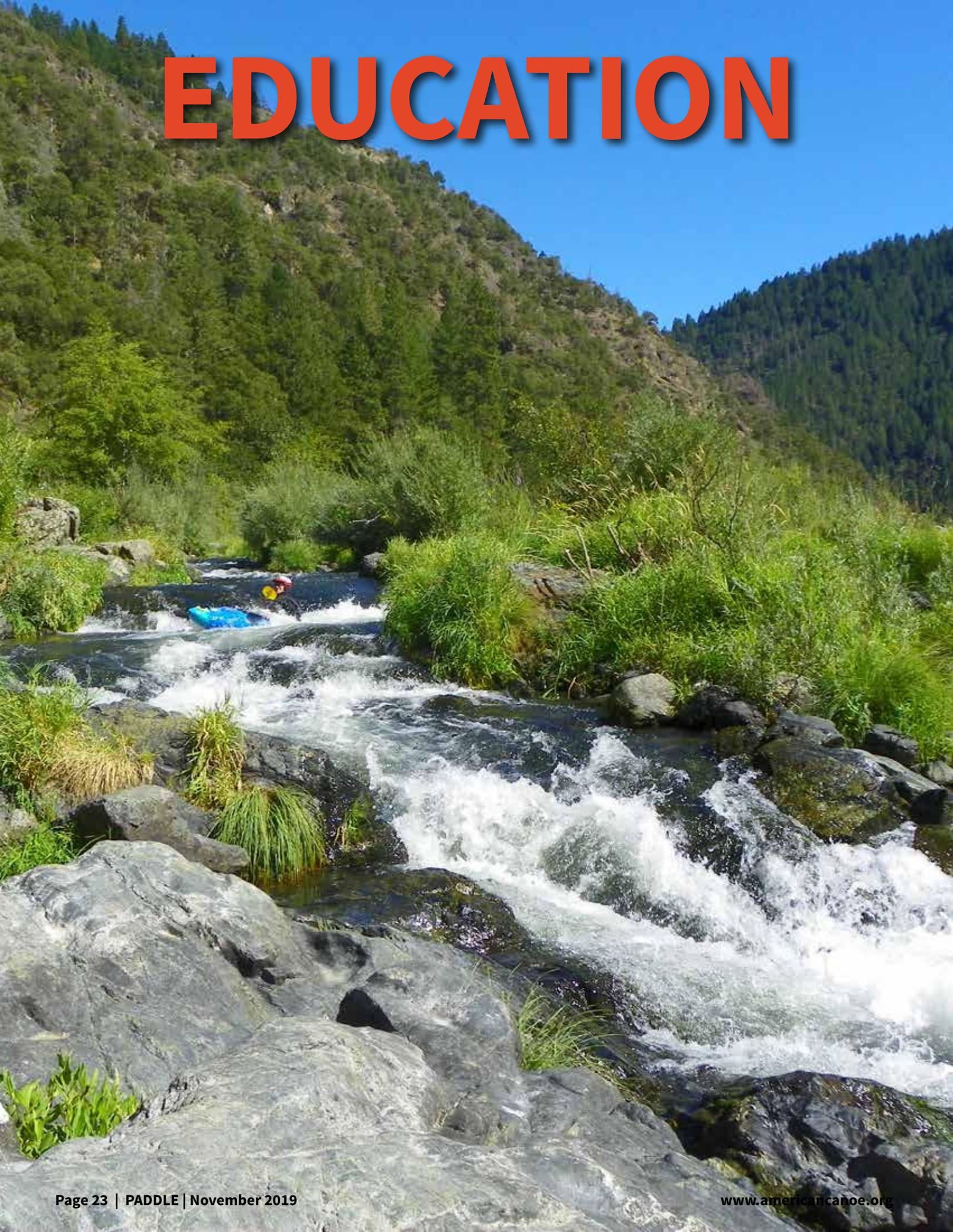
[www.americancanoe.org/TrackTrash](http://www.americancanoe.org/TrackTrash)



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)

# EDUCATION



## 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.

# RALLY ON THE ROGUE AND THE MICRO-SOCIETY

*Article and photos by Marcel Bieg, Western States Outreach Director and Grant Manager*

**I grew up** in the foothills of Colorado and was influenced by adventure sports my whole life. From climbing and hiking to skiing and camping, these passions become the centerpiece that defined who I was as a young man. When I was 18, I purchased my first kayak and took a job as a rookie aft guide for the summers in between college. Paddlesports quickly took the center stage and all other activities fell to the background as I grew, diversifying from rivers onto the oceans in Alaska. As the years went on, all those adventure sports came back into my life but never to the level of paddlesports. I often find myself wondering what it is about paddling that has kept my interest for more than 25 years and shows no sign of stopping.

For me the community in paddlesports is the defining trait. Of course, the sport's challenge, adventure and ever-changing conditions and venues make it fun, but the support my fellow paddlers have given me, the social interactions and the knowledge that anyone on the water has my back, regardless of whether they are lifelong friends or newfound soon-to-be friends. This idea has created what I call the micro-society.

A micro-society is a community in which any member can immediately impact in a positive or negative way by the actions they take. This micro-society, if properly adjusted and with the goal of success, can mirror ideas and techniques on what it would take to create positive change

in everyday society, ideally making it healthier, success-oriented and empathetic for all its members.

I was recently reminded about this idea on an out-of-the blue trip to wild and scenic section of the Rogue River in Southern Oregon. An acquaintance from New Mexico had invited me to be a support rower for him and some friends who had never been to the river. In turn, I could have a few spots on the permit to fill with people I knew. It turned out that all the paddlers on the trip were either ACA instructors or had taken a substantial amount of ACA skills courses over the years in a variety of disciplines and levels. Although most of us did not know each other, we all had a common love of paddling and the river.

We met on a foggy morning in September, dropped the rafts into the river, and loaded all the kayakers' gear on to the boats, packed coolers with food and drink, and set up the shuttle that would deposit our vehicles at the end of the run four days later. It also turned out that I was the only person on the trip to have ever run this section and it was deemed that I would lead the trip through the main rapids. As we embarked onto the river, the fog burned off, the sun beamed down on the cool clear water, and the nerves and excitement began to build.

What happened over the next four days was nothing new and was the typical norm of paddling trips re-

*(Continued on page 27)*



ardless of discipline. The group began to bond, pitched in to get chores done, took on roles as paddlers, cooks, dishwashers, trash collectors, toilet cleaners and human waste managers, mechanics, engineers, mathematicians, navigators and the support staff that would aid in getting the whole group down the river in a safe and fun fashion. Several of the rapids pushed the skill levels of the paddlers and decisions were made as a group but left to each individual to initiate and follow as they saw fit. We left each camp better than we found it, picked up any trash along the way, greeted other paddlers with warm interactions, and overcame challenges together.

When we ran into trouble because a kayaker swam or a raft got pinned, the team jumped into action doing their part to support and find a solution. Passing paddle groups im-

mediately took on a role and were ready and standing by if we needed them, some setting up as safety, others approaching the rescue team to be integrated into the group.

As we traveled and camped, we saw immense beauty in the natural setting, mountains, canyons, cascading waterfalls, and crystal-clear side streams. We witnessed abundant wildlife from sizable salmon to tiny fry along the banks, eagles, bears, deer, otters, turkey vultures, ospreys, and evidence of coyotes. We had sun, wind, warm and cold temperatures, full moon and rainstorms. We also saw the some less desirable signs of humans, such as garbage in the woods, human waste where people chose not to follow Leave No Trace principles, jet boats roaring up sections of the river, and some unsafe behaviors from certain groups of users. We engaged in discussions and heated

debates, complained about the human world, and basked in the glory and unforgiving natural world we were emerged in.

Every member became an important, integral and aware part of the success of the trip. Many of us went from strangers to friends and all saw the greatness that could be achieved when we all work toward a common goal and put our differences aside for the betterment of our group and future generations who hopefully will continue to have these experiences along this perfect river.

Our micro-society thrived and, as always, taught me a great deal. The experience allowed me to test theories and strategies where I would see immediately their results and effect on the group. In turn, I have taken several of these lessons home and integrated them into my everyday life.



The moment we loaded up the rafts, said our goodbyes and drove in our separate directions, I was simultaneously filled with a sense of sadness for the newfound friends I had made and achievement for the wonderful experience. I was excited to be reunited with my loved ones but dreaded the pace of everyday life and began to mentally plan for the next opportunity to leave that world behind and disappear into the nature to again become part of a micro-society.

# 2019 Lumpy Waters Sea Kayak Symposium

Article and photos by Marcel Bieg, Western States Outreach Director and Grant Manager

I just returned from representing the ACA and Coaching for my sixth year at one of the West Coast's largest sea kayak symposia, the Lumpy Waters Sea Kayak Symposium presented by Alder Creek Canoe and Kayak. The event has been running for over a decade, and this year marks the 11<sup>th</sup> successful year. Lumpy is a three-day celebration of sea kayaking. With coaching aimed at advanced beginners, early

help make Lumpy Waters a premiere instructional destination for dynamic ocean paddling.

the venue is amazing; located in Pacific City, Oregon, options for any type of sea paddling are abundant.

Additionally, the event provides exceptional meals and evenings are filled with manufacturer demonstrations, music, food, drink and unique and informative presentations. It truly is a weekend of learning and fun.



intermediates, and advanced-level paddlers, Lumpy provides an unparalleled opportunity to improve paddling skills on the beautiful Oregon Coast. Top coaches come from all over the world attend to

Coaches offer a wide array of courses ranging from flat water progression, to dynamic rolling to short boat surfing and advanced rock gardening. There literally is something for everyone. On top of that,

The most challenging part about holding a paddling event along the Oregon Coast is what the ocean will do. The Oregon Coast is notoriously rugged with huge conditions, cold water and potential for torrential storms. This year, however, was perfect – mostly sunny and calm with perfect conditions for learning. I recommend checking it out in 2020.

# July Instructor of the Month



## Elisha McArthur

“Paddling IS my life,” said Elisha McArthur. “I have been in love with rivers my entire life. I was lucky enough to have grown up paddling and to have known my passion from an early age. (I was 15 when I knew I wanted to be a raft guide.) After 20 years of guiding and teaching I am just as passionate about it today as I was in the very beginning, if not more so!”

Professionally Elisha guided full time for 16 years before transitioning into full-time teaching. In 2017 she and her husband, Alan Cammack, started their company, Canyon River Instruction, in Salida, Colorado. This is a paddle school that focuses primarily on teaching rafting skills and safety & rescue.

As far as paddling in her personal life, she said she once had a boss describe her as “The guide who doesn’t get burned out, any day she’s not working on the river she’s out

playing on the river!” Elisha said this is still true.

“I paddle for my heart, I paddle for my soul, I paddle because I NEED to. The river is both my work and



my play, and I feel so incredibly grateful that I have been able to spend my life pursuing that passion with full force!”

Elisha is an ACA instructor in multiple disciplines, including L3 Whitewater Canoe and L4 Swiftwater Rescue. In the rafting discipline she is an L4 Instructor Trainer

for both paddle and oar. She chairs the rafting committee, and as rafting is a relatively new discipline to the ACA, the committee has been working on some big developments for the rafting discipline, such as an L5 curriculum, various endorsements, and the potential of a guide certification in the future.

As part of her endeavor to share her passion for paddling, Elisha conducts women’s specific paddling clinics.

“Teaching women’s specific clinics is one of the most fun and rewarding things I have ever done in my life! And honestly it just kinda fell in my

lap; I never set out to be a women’s specific instructor, as unfortunately, I never had much in the way of women mentors in my career, so it never occurred to me to be one.”

One day, early in the 2016 season, a handful of other girl guides at the company she was working for at the

*(Continued on page 32)*

# August Instructor of the Month

## Steve Henkind



Steve Henkind loves being out on the water: in the middle of the ocean (serving as a navigator/instructor on the Coast Guard's training ship, USCGC EAGLE), sliding on frozen water (he is also a ski instructor) and, especially, paddling.

As a teenager, Steve canoed extensively on Lake Champlain. In college, he was on the Crew Team (still a blade in the water). About seven years ago, after a too long hiatus from regular paddling, he looked across the lake that he lived on and realized that he should get a boat. He rapidly outgrew a used recreational kayak that he had purchased on Craig's List and got himself a "real" sea kayak. His "infectious" love of kayaking spread to his partner, Jacqueline, and she ended up also getting a boat.

Steve is a big proponent of professional instruction ("practice makes permanent, not perfect") so he attended numerous sea kayak classes, and symposia, up and down the East Coast, in order to improve his skills. As a physician consultant, he travels extensively, and one of his engagements was in Asheville, North Carolina ... conveniently very close to Nantahala Outdoor



Center. He got hooked on whitewater, as well.

Steve noted that "one of the best ways to improve your own skills is to teach others." As a result, he has spent extensive time developing his teaching credentials and is currently certified as an instructor in multiple domains: L4 Open Water Coastal Kayak, L3 River Kayak, L1 Canoe, and L1 SUP. He also recently became an L2 IT in Coastal Kayak. Mentors along this road included Michael Shugg, Dale Williams, and Tosh Arwood.

"I am a safety fanatic," Steve noted. This stems, in large part, from his

experience with the Coast Guard but also from an unfortunate experience when he saw a novice paddler (not wearing a life jacket) drown only a few feet away. Steve enjoys teaching at all levels, but his two favorite subjects are A) Safety and Rescues – "I am pretty good at helping people to become much



safer on the water and actually enjoy, as opposed to fearing, rescues" and B) Navigation – "I have been teaching navigation for a long time and have found ways to make the subject interesting and comprehensible. My focus is on developing the ability for folks to think like a professional navigator."

# ACA takes bigger role in Paddle Sports Retailer expo

2019 marks the third year for the annual Paddle Sports Retail (PSR) show. The PSR was created to provide a paddle market specific show on dates which did not conflict with summer paddlesports events and sales. It uses the tag line “For Paddlers By Paddlers” and the show planners have done just that.



In its first year the PSR was held in Madison, Wisconsin, at the same venue as Canoecopia, which is held in early spring.

On its second year the PSR moved to Oklahoma City, which offers a unique venue in its newly constructed Boat House District. This district consists of Olympic Training facilities, a closed

whitewater course along with multiple flat-water venues, and several other amenities including BMX pump tracks, a ropes course, restaurants and

much more. With OKC being easy to reach and relatively affordable to travel to and its location near the middle of the continental U.S., it is a good location to continue with the event.

Since PSR's inauguration, the ACA has taken part in the event with increasing vigor. From having a simple booth in year 1, to organizing several presentations in the Non-profit Education Lounge in year 2, to now providing the majority of the presentations in the nonprofit lounge while helping organize the entire educational schedule and taking on the roles as safety boaters for the Jr. Sprint Knock Out Races series held in between the flatwater and whitewater demo events.





At this year's event, held Aug. 25-29, the ACA offered eight of the 12 educational sessions. Each session was well attended and exposed attendees not only to the ACA but also to market trends, emerging and historic safety issues, new sports entering the paddlesports scene and more. The ACA's presentations at this year's event included:

- Kids on the Water: What shops need to know
- Recreational Paddling Statistics and Trends: [www.americancanoe.org/Statistics](http://www.americancanoe.org/Statistics)
- Engaging Community to Increase Adventure Recreation
- Managing Conflicts in Multi Use Waterways
- River Surfing, Boarding and SUP: What your shop needs to know
- Product Trends in Surf and SUP
- Whitewater Rafting: Making it More Accessible
- ACA Paddlesports Facilitator Training: [www.americancanoe.org/PSF](http://www.americancanoe.org/PSF)

The ACA will likely provide support, education, safety and experience at the 2020 PSR in OKC to continue the growth and accessibility of paddle sports. We hope the event will continue to grow and bring in more manufacturers, buyers and ACA members into the future.

*Elisha McArthur (continued from page 29)*

time asked Elisha if she would take them out and help them with flip & recovery drills.

“Of course, I said ‘Yes!’ That day changed my life. I had no idea that it was going to be such a supportive and empowering environment, such a safe space!” she recalled. “It was an incredibly powerful experience to be able to hold that space for other women, to provide that environment for them that I never had. I can’t even imagine what it would have been like to have something like that when I was a young guide... I am just so incredibly grateful that life has put me in a position to be able to offer that kind of support, encouragement, and empowerment- to everyone! But especially to women.

“It’s hard to describe the kind of growth that happens in those women’s clinics, not just for each student (and the students growth is always exponential!), but also for me as an instructor, as a friend, as a mother, as just as a human being.”

Her favorite of the all women’s courses she teaches are Swiftwater Rescue courses, whether one-day safety basics or full three-day SWR.

“Simply because SWR is so intimidating to a lot of people, I think



women especially feel they are so far outside of their comfort zone, pushing boundaries and facing fears. But it’s just a different world when you have a group of all women encouraging and

cheering each other on, overcoming those fears and pushing those boundaries within that mental/emotional safe space, and without judgment, discovering that they CAN do all of those things that seem so hard, so scary, or even unattainable! I am humbly awed to be able to teach women’s clinics, and my heart overflows with joy & gratitude at the conclusion of each and every one,” she said.

Elisha also teaches a lot of children’s clinics.

“As a mom myself, I am concerned with kids having some river safety knowledge, and so CRI offers a variety of free and reduced-price kids river safety programs in addition to our regular ‘family safety clinics.’ Teaching kids can be a little more challenging than teaching adults at times, but fortunately my 11-year-old daughter helps me teach those clinics, and having a kid ambassador in the water with them, helping them and encouraging them is huge!”

# Riverboarding: Where Soul Meets Body

By Charles Evans, Rescue Boarder, Ridge and Valley INC

Riverboarding is a soul sport. Riverboarding is not only about personal progression, unparalleled stream accessibility, and rescue tech; Riverboarding also stands for why we are attracted to the water as a whole. This entails descending whitewater rapids with a foam, inflatable or plastic bodyboard with swim flippers acting as your paddle. It exposes us to an immersive world as we descend into the modern growth of the sport. As we see progression and define our lines, there is a constant reminder of the natural connection inside us as we experience the draw of whitewater as close as we can get – submerged in the magic.

We can't talk about riverboarding without first mentioning the birth of bodyboarding. Bodyboarding was first enjoyed by Indigenous Polynesians on a Hawaiian surfboard called an ALAI (AH-LA-ee) which is differentiated from stan-

dard surfboards by the absence of ventral fins. These were documented by explorers as early as 1778. Fast forward to 1971 and meet surfing legend Tom Morey. He shaped the world's first Boogie Board and by 1977 he was producing over 80,000 bodyboards a year.

Riverboarding, or a version, is rumored to have originated by the late 1970s by the French, where raft guides would run rivers with strapped together PFDs. After trial and error, they then began to develop a plastic sub shell which is evident as inspiration in some modern-day hydrospeed models of riverboards. As boogie boarding exploded on the market, the landlocked watermen began to look at their rivers for inspiration.

In 1980 Robert Carlson began running rivers in California on his ocean body board and eventually developed his own custom foam

board with handles and rigid bottom which is what most modern freestyle and rescue style riverboards are modeled after today. Carlson Riverboards are the most widely recognized as they are often utilized as a standard tool in rescue scenarios, plus they rock a killer lime green bottom. In 1986 Ged Hay began using an ocean bodyboard in New Zealand and inspired the sport where it is most nationally recognized and commercially practiced by licensed outfitters. Today we see slow growth rates as media coverage and social influences assist in gaining market share.

After finding home on and off the river when I was 16, I immersed myself in our local paddling culture and communities. Eventually I became a raft guide in Harpers Ferry, West Virginia, in 2011.

After guiding on slower days, I would go to staircase rapid, an almost mile long shelf rapid on the Shenandoah, and swim its entire length. I would do this in nothing but my Astral Greenjacket and helmet. A gut full of passion and curiosity led me down the class 2+ rapids whilst I would bang and bounce my shins and knees off of the boulders. I was addicted. I then spent the next two years trying rafts, kayaks, duckies, squirt boats, stand up paddleboards and even a fiberglass surfboard. As an avid surfer, skateboarder and snowboarder, I still was seeking a board experience



that I could apply to the river in a similar freestyle fashion. Riverboarding is where I found my style.

In 2013 I rode my first riverboard, an inflatable rescue board with fabric handles and somewhat terrible agility. I then tried various other brands of riverboard, each having a different river function. This was a staple for my low water guided trips, as I would bring a board with me

and allow guests to surf standing waves at along our whitewater route. At times, the guest would want to stay and riverboard instead of continuing down river. The experience a riverboard offers in an unparalleled water adventure.

In 2017, I met Tom Patterson and learned that after years of Research and Development, his team and company Earth Veins, had created their own riverboard. This board was more than capable of handling everything from waterfalls to big waves, flat water to class V. I received my first Earth Veins board in 2017 and progression was explosive. I immediately ordered ten more. This board type allowed me to run rapids I had only felt comfortable with in a raft prior. I went from running class II-III as my consistent, regular runs to running the class IV-V that are in my back-



yard. In September of 2017, I traveled with Earth Veins and Boarders without Borders to participate in a first ever, Riverboarding Initiation Tour. On this tour we descended the Upper Yough, the Upper Gauley and Kanawha Falls to name a few of the most recognizable. We were out to prove to the world that Riverboarding was just as accessible as all of the whitewater sports out there, if not more.

When it comes to safety, riverboarding is one of the safest vessels to paddle with. After proper training and education of the same paramount prerequisites to any paddling experience, the learning curve of a riverboard is much easier to obtain. A body board is already a household name as most are familiar with attempting the sport when they would go to the ocean, giving a sense of comfortability. This ac-

companied with most of the weight up front, a riverboarder can plow through hydraulics that would typically stop and overturn a larger vessel. There is also an increased kinesthetic awareness of the user as there is less equipment to dissociate them from the hydrology.

Riverboarding also presents an exceptional method of sustainability due to the increasing research and development

of ecoboards. These boards are utilizing materials such as hemp, mushrooms, bamboo, cork, and reclaimed materials from mass production projects. A lot of hydrospeed athletes are even crafting their own boards, reducing waste. This parallels the implied lifestyle of a paddler as an Environmental Steward; protecting the resources we value for our livelihood.

Riverboarding has reinvigorated the soul of paddlesports for me, taking on a minimalist approach to the water. Passion is exemplified through the riverboarder as we make our own equipment, face frigid waters without dry suits to catch perfect condition and even forget the shuttle leaving us to hike back from take-out to put-in. We dive head first into it all, most of the time walking alone on the shoreline. Join us!

# Alaska and the ACA

Article and photos by Marcel Bieg, Western States Outreach Director and Grant Manager

Anyone who has traveled to Alaska knows that it is not an easy place to reach. It either requires a plane ride, long ocean voyage or multiple days of driving to get from the U.S.-Canada border to the Alaska-Canada border. And from there, it still takes a long day to get to any large population center. In many ways it is an island and comes with all the challenges associated to getting to an island in some far-off sea.

As the Western States Outreach Director for the ACA I tried to visit and support events, education and clubs in all the Western states and have been successful in these efforts, less visiting the great state of Alaska. For the last four years I have worked with a variety of organizations including the Coast Guard, commercial businesses, guide ser-

vices and universities to increase the ACA's foothold in the great northern state. But travel to Alaska has been seemingly futile; each time I tried, my efforts would be rendered ineffective.

It appears that year 4 is the charm. One of the organizations I have been working with is Turnagain Kayak and Coffee House located on the banks of Turnagain Arm, about two hours outside of Anchorage. Turnagain Kayak is owned by ACA Coastal Kayak IT and ACA State Director Levi Hogan. Levi has been wanting to get the ACA up to offer ICWs in both Swift Water Rescue and River Kayaking for

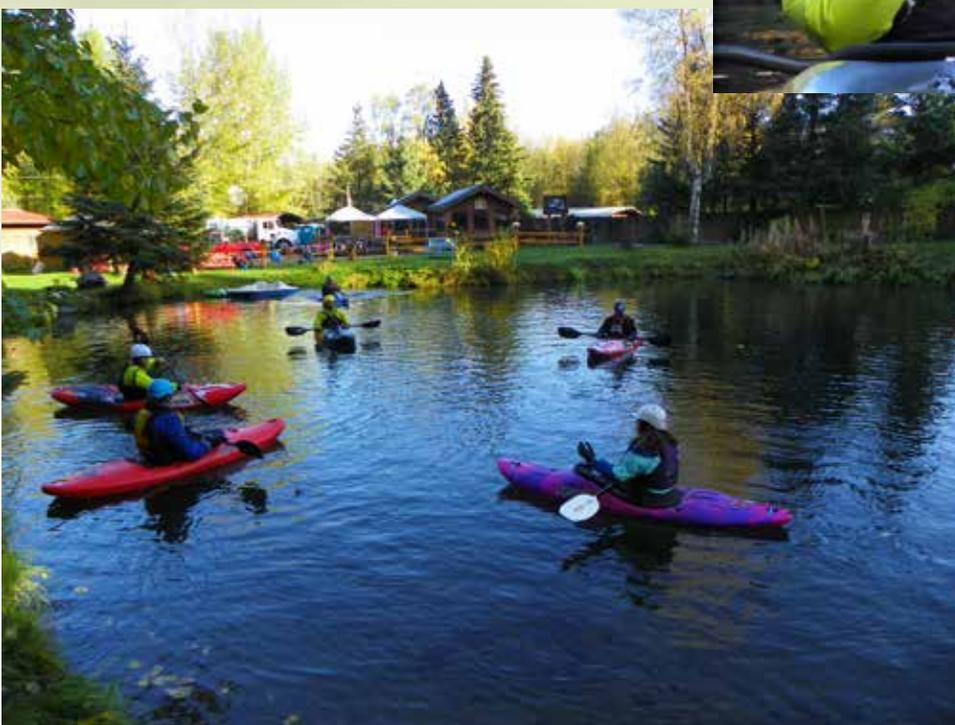
several years but needed someone who could provide both courses. He had participants to fill each class and Instructor Candidates came out from Alaska Pacific University and a variety of local outfitters and paddling schools. Additionally, two current ACA instructors in Alaska are working toward becoming ACA ITs – one in SWR and one in WWK, a key ingredient in growing the ACA in Alaska.

To provide an efficient option we melded the courses into a hybrid format. Under this format, the first

two days where taught in one big group and covered all the aspects of ACA policy, Educational Models, Teaching Styles, Educational Theory, Group and Risk Man-

agement, Paddling Basics and Rescue. Then the group split, and the following three days focused on SWR specifics, followed by three days of River Kayak discipline, each culminating with the ICE. All in all, the format worked great and the ACA gained 11 new Instructors, one new IT in River Kayaking and another IT began their journeys in earning their IT status in SWR.

Alaska is an unbelievably beautiful state and the scale of everything is breathtaking. Unfortunately, the weather at the end of September





can be rather unpredictable and the class endured freezing temperatures, icy water, rain and sleet while the peaks surrounding us were capped in fresh snow and the trees prepared for winter by dressing in leaves of gold, red and orange. But the Instructor Candidates' passion trumped all else and they successfully pushed through, day after day to achieve their goals.

If you ever have the chance to visit Alaska, do it. If you have the chance to paddle while there, regardless of discipline, you should feel very privileged. I have been so lucky to live part of my life in Alaska and visit three separate times to paddle. Each time I left with a deeper respect of the wild adventure this state holds.

### **ACA completes special paddlsports analysis project**

In 2018, the ACA received funding from the U.S. Coast Guard's Office of Boating Safety for a grant titled *Paddlesports Statistical Analysis: Participation, Demographics and Accidents*. To complete the grant the ACA partnered with the Outdoor Industry Association to collect the required data. This information was recently published and is available on the ACA website at [www.americancanoe.org/page/Statistics](http://www.americancanoe.org/page/Statistics).

Additionally, the ACA is required to present the grant findings at several events throughout the U.S. The ACA presented this information at Paddlesports Retailer in August and at the annual conference of the National Association of State Boating Law Administrators in October.



# Old Town Canoe, New Tricks

By John & Barb Kersey

We aren't exactly new to canoeing. We've been successfully navigating streams, rivers and lakes for about 40 years and can competently get to where we want to go. On a windy afternoon in mid-August, at the USCA National Canoe Races in Warren, Pennsylvania, we were treated to some exhibitions of freestyle canoeing. Now that looked interesting, and worth exploring further! We discovered a symposium was coming up in Ohio first weekend of September so we signed up for some lessons – Building Blocks of FreeStyle, to be exact.

We arrived at Camp Butler on a sunny Friday afternoon and were warmly greeted by Elaine and Bob Mravetz. Our first class was to begin at 1:30 with Lynn and Ron. We were their only students and they got right down to business. They assessed our abilities and began showing us some moves. Each new move was followed by practice time and questions.

We found it interesting that the bow paddler has a much more expanded role in freestyling. The biggest challenge for the bow paddler in our previous experience was looking for obstacles under the water and giving plenty of warning. This is not the case with freestyle. We learned the side-slip, axle, wedge, post,



*John & Barb Kersey, in their 1916 Old Town Ideal model canoe*

cross wedge – oh, so much new terminology.... So much to think about. By the end of our first lesson we were looking for a special dictionary with terminology spelled out.

Back at camp we had a communal dinner where we sat with all the other paddlers and instructors and discussed the day's events. A common question directed to us newbies was "Do you have any questions?" It was fairly apparent to us that we didn't know enough to even ask a question. Evening saw us at a community sing and then off to our tent for some well-deserved rest.

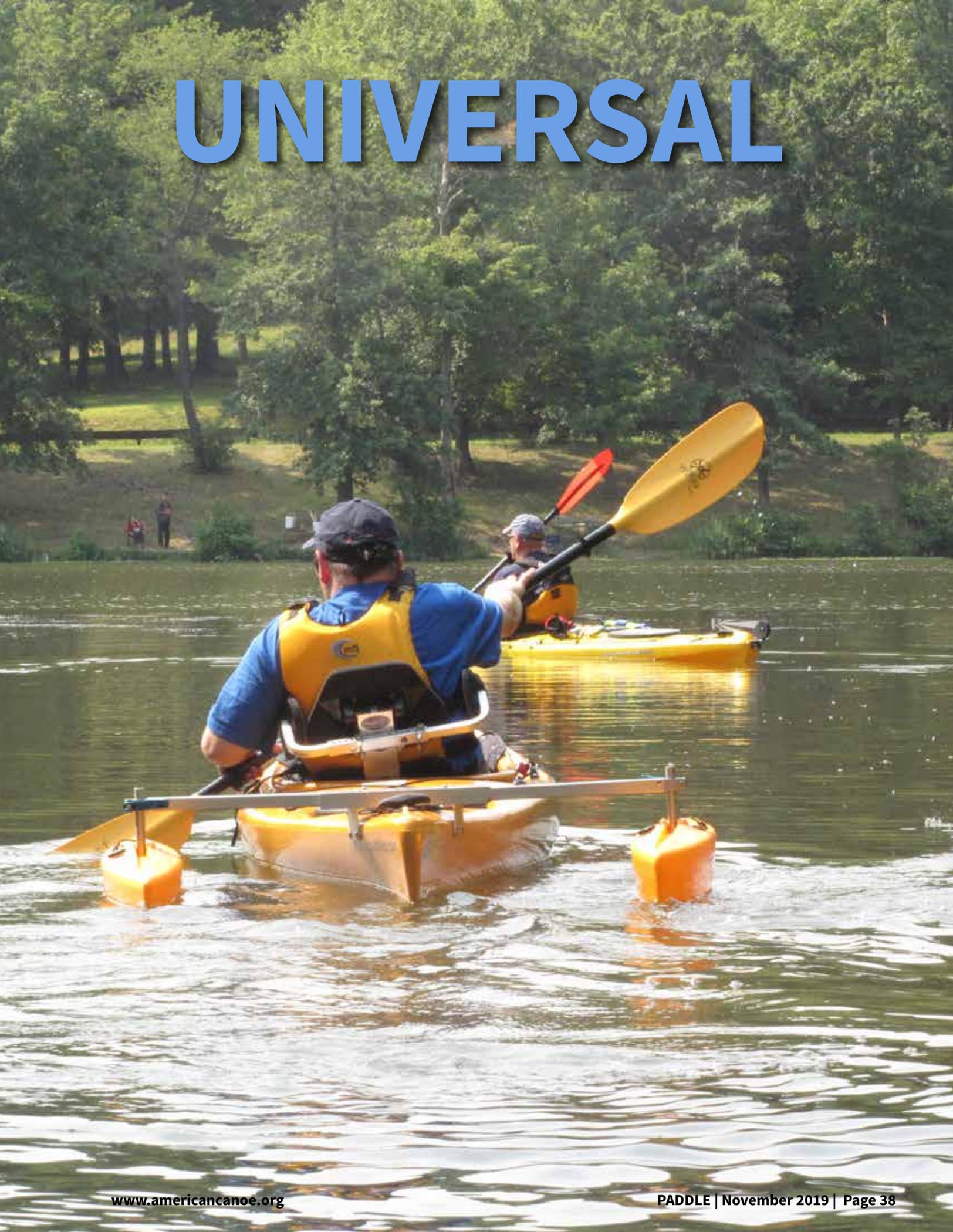
Saturday started with a warm breakfast, then two new instructors for the morning class. We were treated to plenty of practice time, a filling lunch, and then back to the water for our afternoon class. Each class session gave us different perspectives from paddlers expe-

rience in freestyle techniques. Saturday afternoon was also a time to try out different boats. We were able to try out other paddlers' boats and John Diller, founder of Savage River Canoes, had brought several boats for all to use as well.

During the communal meals we were able to discuss the days' lessons with others and get tips on techniques. By Saturday afternoon, the terminology was becoming more familiar and we were comfortable asking questions with our tablemates. Saturday evening we were back at the lake for some exhibitions of freestyle paddling to music. Our instructors made each move so graceful it looked like they were dancing with the boat.

Sunday came all too soon with our final class and packing up after lunch. Everyone was extremely welcoming and willing to share their knowledge and expertise. We had a great time and learned much. We will be back to share good times with this hospitable group of people. We look forward to fitting in one of the other symposia into our schedule, too.

# UNIVERSAL



## PRODUCT REVIEW

# Physical therapists have new way to keep clients active: **ADAPTIVE PADDLING**

By Cathy Webster, Physical Therapist

Images by Drew Bressel, Bezel Photography

As a physical therapist I am always seeking therapies, equipment and opportunities that will improve my clients' physical and emotional well-being. I also happen to be an avid kayaker, so it was doubly exciting when a few years ago I learned about a new supported kayak paddle that would allow individuals with weakness, pain, paralysis or limited function to paddle independently, in an energy-efficient manner.

The paddle, called [Versa](#), is manufactured by Angle Oar, and it has changed the lives of several of my clients. The paddle is supported on a base mount that is attached to the cockpit of the kayak. It rests upon a pivot and can be used straight; however, the real benefit comes when



both blades are angled downward to the 30-degree position. This allows the kayaker to rest their arms comfortably at their sides instead

of lifting the paddle above shoulder height on one side in order to make the blade come into contact with the water on the other side.



High-level quadriplegics with minimal shoulder strength and even the slightest amount of tenodesis are able to kayak. Versa can be used by paddlers where one side of the body is impaired, for example, from a Cerebrovascular Accident (CVA), brain injury or cerebral palsy. In these cases, the uninvolved arm can paddle and maneuver the kayak smoothly and with little effort, or both arms can be used, offering range of motion and strength-building opportunities for the weaker side.



Because the wrists and hands are in a neutral position with elbows down (very much like holding a steering wheel at the 10 and 2 o'clock positions), the effort required to paddle is minimal, resulting in less stress and strain to all upper extremity joints. As the kayaker becomes more familiar with the paddle's functionality, their strength and coordination increase, and Versa can be adjusted into a straight paddle. The paddle is still supported, or it can be totally unsupported, providing flexibility for different paddlers' needs.

It's important to note that in many cases, the paddler and kayak may need other adaptations besides the paddle itself (e.g., outriggers, trunk

support, Hoyer lift) to ensure the paddler's safety, so working with knowledgeable instructors or physical therapists who have training in adaptive paddling is important.

I have used the Versa Paddle for three seasons as part of an adaptive kayaking program I manage. During that time, I've seen strength, range of motion (ROM), and balance improvements among my clients, as well as reduction in hypertonicity. Examples of diagnoses of kayakers who have used the Versa paddle include:

- Post-surgical shoulder, upper extremity (UE) fractures
- Arthritis of the neck, back, shoulders and hands
- CVA

- Multiple Sclerosis
- Spinal Cord Injury
- Balance and coordination problems

Adaptive paddling programs like mine are springing up all over the world, and they provide a meaningful way to help clients build strength, endurance and coordination. More importantly, though, the Versa Paddle has provided people who would never have imagined being able to kayak again the opportunity to be out on the water and exploring, improving not only their physical well-being, but their emotional and spiritual well-being, and allowing patients to feel whole in a world where they often feel broken.

### About the Author

Cathy Webster is a registered physical therapist at The RehabGYM and the Adaptive Kayaking Program Director with the Northeast Disabled Athletic Association, a nonprofit whose mission is to encourage and make available recreational and competitive sport to disabled Vermonters. For more information and volunteer opportunities for the upcoming season, contact Cathy at [kayak@disabledathletics.org](mailto:kayak@disabledathletics.org).

# NEWS NEAR YOU



# State Updates

## California

The California Women's Watersport Collective hosted a Community Celebration Sept. 14-15 in Placerville, California. The goal was to draw awareness to and benefit their Community Outreach Project. Sarita Kay wrote:

The day started with a fun downriver race on the Class III Chile Bar section of the South Fork American River, beginning at the Nugget and ending at First Threat wave. The racers were evenly divided between women and men, with a girl and boy each under the age of 18. From there they paddled to Marshall Gold Discovery State Historic Park (whose name belies its place in California history), where the Class II race began. Participants ranged in age from 4 to 62, aboard a plethora of crafts—in addition to whitewater and inflatable



kayaks, there were mini Shredders, a golden dragon, and a rainbow Pegasus. The competition was sponsored in part through a generous donation from the ACA California Executive Council. The racers all performed admirably, and safety's only concern was for the non-competing tubers floating aimlessly into rocks.

The Collective plans to hold this event again, so mark your calendars for the Second Community Celebration September

12-13, 2020!

For more information about Cali Collective, please visit their website at [cwwcollective.com](http://cwwcollective.com) and follow them on Facebook and Instagram.

Jamie Eubanks, [castatedirector@americancanoe.net](mailto:castatedirector@americancanoe.net)

## Indiana

### Executive Council tries freestyle

Several members of the Indiana Executive Council tried their hand at freestyle in a team-building weekend. The group spent time with two of the best freestyle canoeists, Marc Ornstein and Molly Gurien at Lake Summit in New Castle, Indiana. Marc graciously introduced axels, christies, posts, wedges, and slide slips as the group fell in love with freestyle solo canoeing.



L-r: Joyce Hayes, John Gates, Toni Harris, Daniel Bendy, Roger Youmans



Marc Ornstein

(Continued on page 43)

## Paddle America Club Stewardship continues

As part of an ongoing mission to keep the East Branch of the Little Calumet River open for paddling, some of Northwest Indiana Paddle Association members volunteer river clearing crew cleared several tree falls on the river on September 5, 2019, keeping an eight mile stretch clear from Brummit Road in Chesterton through The National Park to Howe Road (Dunes Learning Center area) in Porter.



L-r: Rich Zimnawoda, David Klein, Jason Tharp, Kevin Murray, Stylianos Shepard, Dennis Williams.  
Rob Albrecht-Mallinger photo

Hoosier Canoe & Kayak Club members continue Part 2 clean up of Raccoon Creek. Nine paddlers share in hard work and great memories of mud, fun, and teamwork while celebrating Labor Day. The cleanup preps the creek for the upcoming annual Covered Bridge Festival weekend paddle in October. What club dedication!



Eva Moran, fall voyageur

## Education and Youth Development

A big thank-you to all the ACA Certified Instructors and the Indiana Youth Director, Daniel Bendy, for his dedication to Youth Education. Recently the Voyageur Program relaunched it's Youth Leadership Program. The first class launched September 6-8 and 20-22, 2019. In anticipation for high adventures, the Voyageur Youth Leadership Program, under the BSA, Crossroads of America Council is dedicated to teaching basic canoe skills in preparation for Boundry Water Canoe Area trips.

## Valuable volunteers

Lake Summit, New Castle, Indiana, hosted both moonlight and sunrise paddles August 17-18, 2019. Volunteers were used as safety boats for both paddles. The volunteers also assisted with the park's annual Paddle Experience Day. During the experience day, park visitors are encouraged to stop by the livery and experience a canoe and/or kayak paddle at no cost. Congratulations to the park and the volunteers for providing a safe and fun day on the water.

Joyce Hayes, [INStateDirector@americancanoe.net](mailto:INStateDirector@americancanoe.net)

## Nebraska

OLLI at the University of Nebraska-Lincoln, and UNL Outdoor Adventures are putting paddlers age 50 & older on the water through Intro & Exploration Kayaking Classes.

OLLI, the Oscher Lifelong Learning Institute, has all kinds of educational & recreational programs for people over 50 years old at 325 colleges and universities throughout the nation. The OLLI motto is, "Curiosity Never Retires."

In June 2011, UNL Outdoor Adventure Asst Director Jordan Messerer collaborated with T. Newell Decker, Emeritus Professor of Audiology, a lifelong paddler and sailor to offer through OLLI at UNL a single Intro to Recreational Kayaking Class. The class filled immediately when registration opened, and a

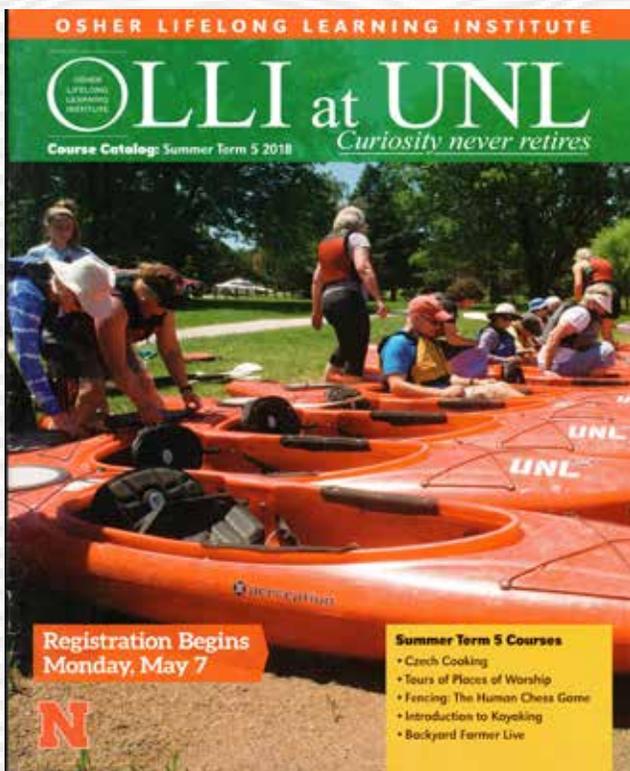
waiting list was created for those wishing to learn to paddle.

Now in 2019, OLLI offers five kayak classes each spring, summer, and fall term, taught by Newell Decker and UNL Outdoor Adventure Staff. Usually three introductory classes and one each Lake Exploration and River Exploration. All fill as soon as registration opens and waiting lists are formed for cancellations.

Look to see if OLLI programs are offered near you, spread the word and get involved paddling or teaching.

Additionally in Nebraska, the popular West Maple St river access point on the Elkhorn

River, which had been closed due to spring flood damage, is now open!



## Puerto Rico

On Sept. 21, 2019, the ACA-PR joined efforts with local ACA instructors in the International Coastal Cleanup Day. Together, we removed hundreds of pounds of trash from two coastal waterways in Ponce and Cabo Rojo PR using the ACA green bags.

The International Coastal Cleanup began more than 30 years ago, when communities rallied together with the common goal of collecting and documenting the trash littering their coastline.

The cleanup has grown immensely and now volunteers from states and territories throughout the U.S. and more than 100 countries come together each year and participate in a cleanup event near them.

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



*(Continued on page 45)*

## Vermont

The switch to fall weather in Vermont has been pretty quick with some occasional warm weather days still popping up. The water temperatures are beginning to drop as the days get shorter and cooler. This is the shoulder season for paddling as people begin to start preparing for the winter. Outfitters and guides are beginning to wind down their paddling operations, so keep that in mind if you are needing paddle craft, equipment, or instruction/guiding.

I would like to take a moment to highlight two organizations that have been involved in providing paddle opportunities this year, [Vermont Adaptive](#) and the [Vermont Youth Conservation Corps](#) (VYCC). Vermont Adaptive provides a great opportunity for individuals with disabilities to have access to equipment and instruction by qualified staff to pursue paddlesports. The VYCC conducts conservation work across the state of Vermont, and this year one of the projects involved removing invasive species in Vermont waterways by canoe and kayak.

The ACA section in Vermont is looking to increase its collaboration and presence with paddling groups and events. Please contact [vtstatedirector@americancanoe.net](mailto:vtstatedirector@americancanoe.net) to pass along ideas and contacts. Hope to see you out on the water!



*L-r: Luke Martz, state director; Jeff Mazanec, public policy liaison; Pete Spence, stewardship director; Scott Thomson, treasurer/secretary; Ken Braband, education director.*

## Wisconsin

The newly elected ACA Wisconsin Executive Council met September 12 in Madison to plan initiatives for the coming year. Expect to hear more soon from your Wisconsin executive council.

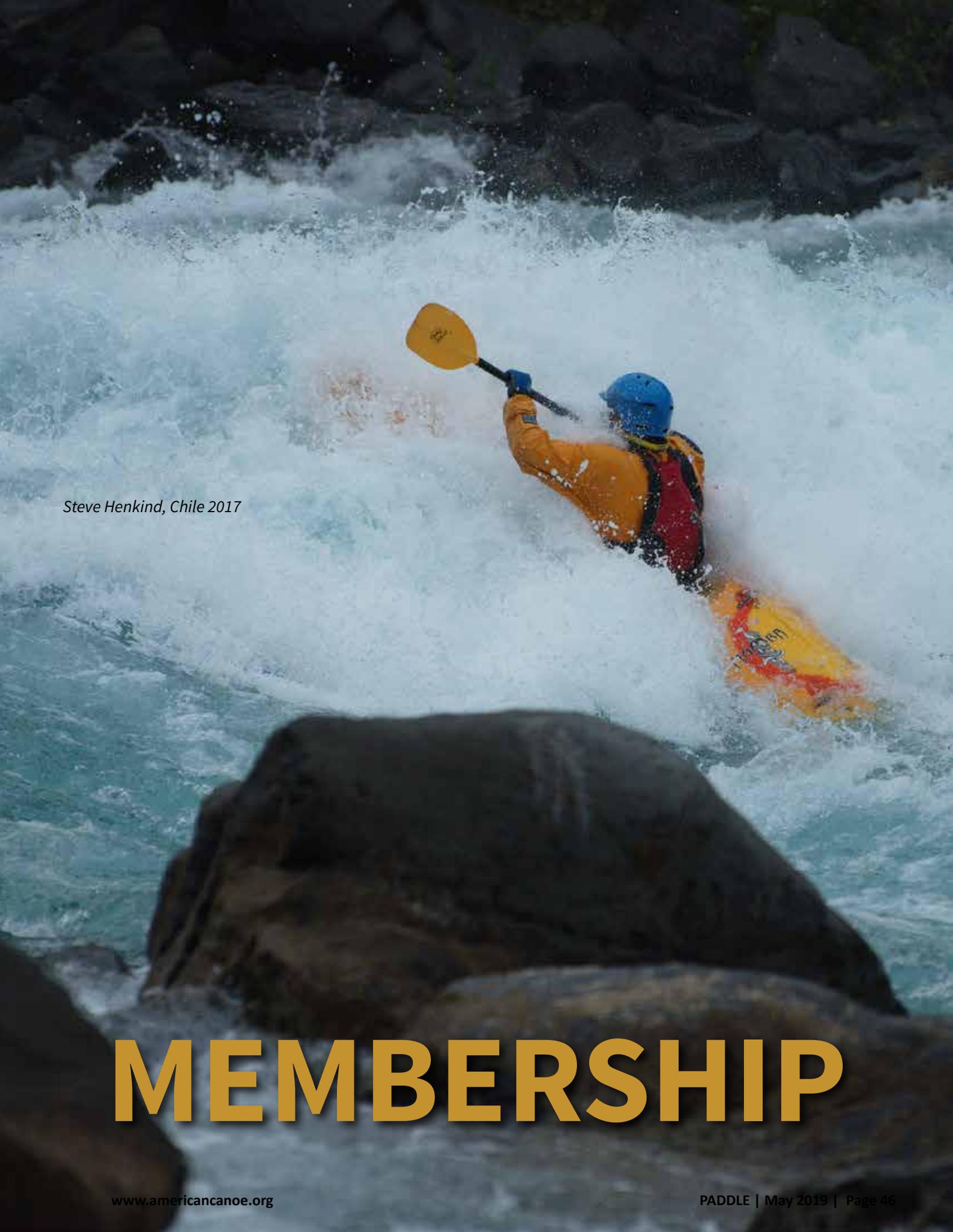


## State Director Program

As the nation's oldest and largest paddlesports non-profit, the ACA has built a strong reputation on making the world a better place to paddle through numerous Education, Stewardship, Exploration, and Competition initiatives.

As a national organization, it can be difficult to know all the paddling issues in every state. To that end, the ACA State Directors have volunteered to bridge the gap between paddlers on the ground and the ACA.

For more information, please visit [www.americancanoe.org/State\\_Directors](http://www.americancanoe.org/State_Directors).



*Steve Henkind, Chile 2017*

# MEMBERSHIP

## ACA MEMBER BENEFIT



- The warmest, most advanced change robe in the world
- Ideal for swimming, surfing, triathalons, diving, rowing, paddling, and outdoor lifestyles
- ACA members receive 15% discount and free shipping

[dryrobe](#)® is the original outdoor, waterproof and windproof changing robe. The company was founded in 2010 by Gideon Bright, a North Devon, UK-based surfer with over 30 years' experience in the water.

The dryrobe® has received high praise since its launch and has become a very familiar sight on the back of the best athletes from all over the world.

Its unique design and fit allows you to change with ease outdoors, while staying covered up and fully protected from the elements.

It has become an essential companion for open water swim training, triathlon, obstacle course racing, and virtually all outdoor sports have embraced the benefits of the dryrobe.

For more information on member benefits, please visit [www.americancanoe.org/Benefits](http://www.americancanoe.org/Benefits).

# Make your events *easier* with online waivers!



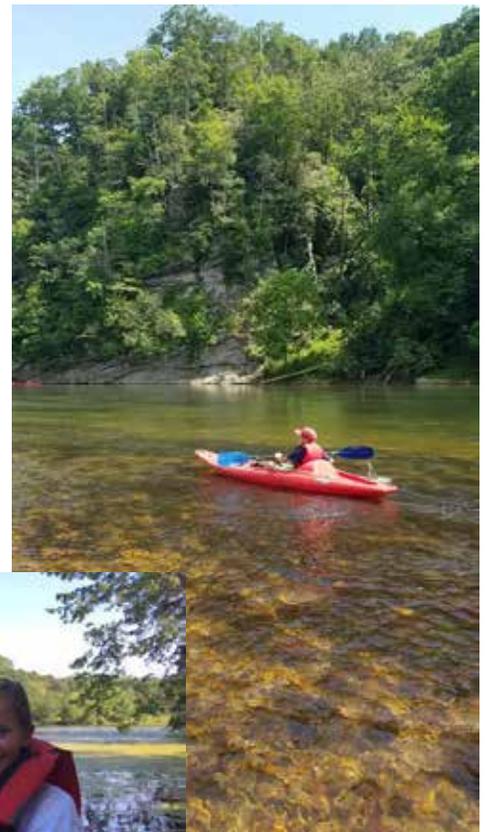
If you are an event organizer and interested in using our online waivers as part of your online registration process, please email the [Insurance Coordinator](#) for more details.

## ACA OUTFITTER, LIVERY & GUIDE SPOTLIGHT



Since 2005, [Virginia Outside](#) has made their our mission to introduce thousands of kids to the wonders of the outdoors. Whether biking, kayaking, fishing, or hiking, it's all about having fun!

Everyone who works at Virginia Outside believes that being introduced to the outdoors is a gift. For their staffers as well as countless others, those outdoor experiences steered the direction of their lives, and they recognize that life wouldn't be the same if someone hadn't taken the time to introduce them to the outdoor pursuits they cherish. For these reasons, they established an organization through which to pass on their passions for the outdoors to the next generation.



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 premium digital magazine subscription from [Rapid Media](#)
- Upgrade to a print subscription from Rapid Media at an exclusive ACA member rate
- 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.*

# COMPETITION



*Ayako Albrecht photo*

# Olympic Hopes Regatta 2019: Team USA's **BEST** year yet

By Stephanie Schlitz

Team USA's junior sprint canoe and kayak athletes joined competitors from 36 countries around the world for a week of training and racing at the annual Olympic Hopes Regatta (OHR) in Bratislava, Slovakia this September.

While the 1000-, 500-, and 200-meter races are always fiercely contested, drawing athletes from Europe, North America, South America, Asia, and Australia, Team USA had an outstanding showing, qualifying for seventeen finals and medaling in three events.

According to Kenny Kasperbauer, assistant coach, "This year's OHR team was the best-performing in U.S. history. Last year, the U.S. qualified for eight finals. This year's team qualified for more than double that count, making this the capstone of an outstanding year for USA Canoe and Kayak."

For Emma Albrecht (Gig Harbor), C1 200m bronze medalist, medaling at OHR was indescribable.

"After I got off the podium and



The 2019 OHR Team  
Ayako Albrecht photo

hugged my mom, it really hit me. At that moment, I thought of all the times I had worked so hard – during practice, staying after practice to work on technique – and had pushed myself harder than I ever thought I could during training and racing. I thought of all the mental and physical challenges I had to get through. It was so worth it to earn that medal."

With a phenomenal coaching staff and dedicated support from clubs across the U.S., America's up-and-coming paddlers

are not only getting onto the podium, they're benefitting from international racing experience, positive teamwork, and intercultural exposure.

Parent Diana Majumdar (Rivertown), who traveled to Bratislava, found it impressive to see "kids who were competing

fiercely against each other just few weeks ago [at Nationals] come together and become one team, supporting each other, cheering

*(Continued on page 53)*

Coach Aaron Huston with athletes Elena Wolgamot and Kali Wilding. Photo courtesy Wolgamot.





Ashby Bodine congratulates Jonas Ecker following Ecker's bronze medal winning race. Stephanie Schlitz photo

each other on, and representing their country together.”

“Seeing friendships develop and connections made with kids across borders and language barriers, and seeing the flags of so many countries fly above the spectator stands was wonderful,” she added.

And parent Lisa Galvan (Gig Harbor), who also attended, commented, “for a 15-year-old to compete in an international regatta is awesome! My son got to represent his canoe club, his community, his school, and our family in a unique way that most will never get to experience. At the same time, he learned about different cultures and languages by meeting other athletes and seeing



different countries, all while pushing himself athletically. OHR was a truly amazing experience!”

“The sprint program is developing and gaining traction, as evident in the exceptional team performances at Junior/U23 and Senior World

Championships as well as OHR,” finished Kasperbauer. “These results prove that the foundation for canoe and kayak is growing year by year, and Team USA has a lot to look forward to!”

Championships as well as OHR,” finished Kasperbauer. “These results prove that the foundation for canoe and kayak is growing year by year, and Team USA has a lot to look forward to!”



Left: Coach Harper assists silver medalist Zoe Hein. Albrecht photo  
Below: Athletes at play at Bratislava Castle. Wolgamot photo  
Right: Bronze medalist Emma Albrecht. Schlitz photo



# WHAT ARE ATHLETES SAYING?

**“Absolutely unbelievable.”**

~ Jonas Ecker (Bellingham), K1 500m bronze medalist



**“Surreal.”**

~ Zoe Hein (San Diego), C1 200m silver medalist



**“I enjoyed watching the competition, both international competitors and my teammates, in order to gauge the amount work I’ll have to put in to be at that level or better next year.”**

~ Philip Majumdar (Rivertown)



**“This was one of the biggest and best races I’ve ever been to. I got to experience and learn new things every minute I was there!”**

~ Kitsy Nipper (San Diego)



**“Really fun! But also a reality check...**

**Time to get back to training.”**

~ Jackson Plymale (Gig Harbor)



**“An incredible experience!”**

~ Becca Schuette (Washington)



**“So amazing!! I learned so much about racing and met some pretty awesome people.”**

~ Helen Schuette (Washington)



**“The most amazing experience of my life.”**

~ Ethan Vasquez (Gig Harbor)



# Paddling's Pioneering Spirit: Alan Anderson

By Stephanie Schlitz

In 2003, when Gig Harbor Canoe and Kayak Racing Team (GH-CKRT) founder and coach Alan Anderson and 11-year-old Cedric Bond met for the first time at Skansie Dock, neither could have known that a long history already existed between them. Decades earlier, Cedric's father, Douglas, had raced Alan's soap box derby car while young Alan, too sick to race for himself, watched bitterly from a hospital bed.

Cedric's father lost that race, but Cedric has more than made up for it, becoming a multi-time national champion and one of Alan's earliest and most decorated kayakers, ultimately blazing a (water-) trail that's enabled hundreds of Gig Harbor youth to paddle in his wake.

Under Alan's leadership, GH-CKRT has gone on to win seven Sprint National Championship team titles, and Gig Harbor athletes have qualified to compete for Team USA at Junior and Senior World Championships, the Pan American Games, and Olympic Hopes Regattas across Europe and the Americas.



National champion Cedric Bond and GHCKRT founder and coach Alan Anderson. Jolin Bevin photos

But it didn't start out that way. In 2004, when Alan, Cedric, and a handful of other GHCKRT paddlers traveled to Georgia for their very first Sprint Nationals, "We got crushed," recalled Alan.

In the beginning, "As a bunch of 11- and 12-year-olds, we were just excited to be on the water. We hadn't yet figured out there were goals we could shoot for. There were no older paddlers on the team to look up to, no one to chase," added Cedric.

"The question I got asked most that year was 'What's a Gig Harbor?'" laughed Cedric.

Absolutely no one knew who they were, but it didn't matter. Alan's goal wasn't to make a name for the team that year. Or even to win. It was to learn.

At the end of that first regatta, Alan saw one of his athletes sitting off on her own, crying over their losses. He sat down beside her and put his arm around her. "We're going to get better," he assured her. And they did.

A year later in 2005, when the all-bantam team raced at their second Sprint Nationals in Seattle, they "won every

single race they entered. K4, C4, male, female – everything," recounted Alan. "That was a memorable regatta," he smiled. "And Cedric became known then as a champion."

From that point on, the team grew. "It was fun to climb that mountain," Alan recalled. "From being at the very bottom, to getting to the top. It was a journey, but eventually there came a time when if athletes were lined up in a race against a Gig Harbor paddler, it made them nervous

because we were prepared. But not in the beginning.”

A long-time competitive athlete and former

adventure racing and marathon kayak master champion, Alan knew a lot about racing when he founded GHCKRT. But his success as a coach, according to Cedric, stemmed ultimately from humility and a desire to learn.

“Alan is a very humble coach,” observed Cedric. “He was always asking the other coaches questions, always talking to people from other sports. He knew his own limits, and he knew that for us to succeed he needed to talk to other people, that doing so was beneficial for each of us, and still today it’s reaping dividends.”

“How,” I asked.

“He brought in a physical therapist and a weight trainer, a Hungarian paddler and a New Zealand expert. They brought in an incredible competitive drive and love of the game, so I learned the art of being a competitor – the soul of it,” Cedric replied.

“You were just 11 or 12,” I responded. “How did you know, even if only in retrospect, that you were being taught the ‘art of being a competitor’?”

Bringing in other people was only part of it, Cedric clarified. “The first



*Coach Alan with Cedric and GHCKRT.*

part of every single practice was a speech or a story thematically tied to that day’s workout.”

“I had a story prepared for every single workout,” Alan nodded, enjoying the memory, illustrating to me in that moment why my own son continues to be so inspired by him.

“Alan told us stories about his adventure racing days. He’d tell us stories that got our minds in the game. Then we’d go out on the water, and we were so motivated. We were always racing against ourselves. It was a constant battle to go faster, to win.”

“The stories and teaching us about the mental game have always been one of his strongest coaching points,” added Cedric.

When Cedric was 15 and Alan asked him how he thought he’d do at Sprint National Team Trials that year, Cedric answered dutifully, “I’m going to try my best.”

But Alan wasn’t satisfied. “That’s not good enough,” he urged. “When it gets down to the last 50 meters, and you’re neck in neck with the paddler next to you, you must have already committed that you will win. Trying doesn’t count.”

“He was right,” Cedric acknowledged. “You’re not going to win if you do your best. In order to win, you have to do better

than you think you can do. You have to push beyond your abilities. And that’s the only way you *can* do your best.

“Alan shaped athletes who could pursue through adversity – through the last 200 meters of a 1000m race – who could push past themselves and get into that special place, that zone, the edge.”

When I asked Cedric to draw a connection between his experience kayaking with Alan and his own success today as an attorney, husband, and father, he had a lot to say.

*(Continued on page 57)*



*Cedric introduces Alan to his son. Schlitz photo*



Schlitz photo

“Kayaking really shaped who I am,” he told me. “Because it gave me a level of confidence and the ability to know that I could do something if I set my mind to it. If I committed my thoughts, my waking and sleeping, and everything in between to achieving a goal, I could do it.

“That was huge for me when I applied to law school. When I took the entrance exam the first time, I got a median score. I studied more, and I took it again. But I got exactly the same score. So I pushed myself. I took a prep course. I worked harder. And I took it a third time. This time, I did very well. I was accepted to lots of schools and was offered partial and even full scholarships.”

“Kayaking contributed because I knew I could get beaten twice

but end up winning down the road. Just as in paddling, I was competing against myself. You can’t compete against others until you can compete against yourself – and defeat yourself, and defeat what you think is your best, pushing past what you think are your limitations.”

By that point in our conversation, dozens of kids had gathered on the dock. They were warming up and hauling boats onto the water for practice. Alan joined them while Cedric suited up to paddle for the first time in years. After that, they were out on the water again, as if nothing had changed. But things have changed. Today, everyone knows who they are.

#### **About the Author**

*Stephanie Schlitz, parent of kayaker Ashby Bodine, spoke with Alan Anderson and Cedric Bond at Gig Harbor’s Skansie Park in July 2019. Special thanks to photographer Jolin Bevin for meeting them on site.*

## **Ready, Set, Mark Your Calendars!**

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

**March 28, 2020**

[Race for the Cookies!](#)

**Bothell, Washington**

**August 27-30, 2020**

[2020 ICF Canoe Marathon](#)

[World Championships](#)

**Baerum, Norway**



ASA 木蘭盃 越

ASA 木蘭盃 越



# INTERNATIONAL

# TAKING THE ACA SUP COURSE TO THE STOCKHOLM ARCHIPELAGO

*By Ge Wu, ACA Instructor and Zhejiang University Teacher*

Consisting of some 30,000 islands, the Stockholm archipelago is the largest archipelago in Sweden, and the second largest in the Baltic Sea. Vaxholm is one of the most prominent and popular islands in the archipelago. At the end of August, I had the opportunity to visit the Skargardens Kanotcenter Kayaks & Outdoor located on Vaxholm and teach an ACA SUP course.

During the full day course, three participants and I exchanged not only SUP skills but also cultural knowledge from one another's country, and new friendships were forged. It was such a great pleasure to paddle with these local SUP enthusiasts and have them show me the local history and landscape.



# ACA holds first Canoe Instructor Certification Workshops in China

*By Christopher Stec, ACA Canoe ITE*

In conjunction with ACA SUP Instructor Trainer Jackie Lo of Enigma Watersports, the first two ACA Canoe Instructor Certification Workshops were held in China at the Zhouji Watersports Center just west of Shanghai in mid-October.

Special thanks to multi-discipline ACA Instructors Freeman and Scott from Zhouji for hosting these two inaugural ACA Canoe Instructor Certification Workshops at their kayak club on Dianshan Lake.

As China's recreational paddlesports market continues to grow in the kayak and SUP disciplines, many paddlesports clubs across China are beginning to consider adding canoeing to their offerings.

Instructor Candidates from Beijing to Hong Kong flew in to participate in these two ACA Level 2: Essentials of Canoe Touring Instructor Certification Workshops. Mentored by ACA Canoe ITE Chris Stec, Jackie Lo is now in the process of submitting paperwork to become the first ACA Canoe Instructor Trainer in China.

Special thanks to ACA Canoe Instructor Trainer Ivan Bartha. He taught the initial ACA Canoeing skills courses in China back in July 2016 at Zhenjiang University in Hangzhou.

Congratulations to all of the new ACA Level 1: Introduction to Canoe and Level 2: Essentials of Canoe Touring Instructors in China!

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



# ACA honors IWHoF inductees with video, fundraiser

The International Whitewater Hall of Fame (IWHOF) recognizes and honors individuals who have made significant contributions to whitewater related activities. To date, 47 honorees have been inducted into the Hall of Fame since the first class was inducted in 2005.



As announced in the previous issue of *Paddle*, the 2019 Inductees have been selected! [Click here](#) for the official press release, and check out the [induction video](#), at left.

- Advocate – Joe Pulliam
- Advocate – Chris Hawkesworth
- Pioneers – Christa & Hermann Kerckhoff

Please consider donating to the 2019 Inductee Fundraiser. Any level of donation will help honor individuals who have opened access, advanced safety and technology, and educated/advocated for safe, yet adventurous, paddlesports which benefits ALL! Thanks in advance for your contribution to this cause that means so much to us! Watch the induction video, at left.

## Sea Kayak Comics

This illustration was created by Thor F. Jensen, a world-record holding explorer and member of the Adventurers' Club of Denmark.

Thor describes the background to his illustration: "I love sea kayaking and have done a lot of blogging and a couple of award-winning documentary films about the sport. On a 38-day expedition around Denmark, back in 2014, I started to upload small drawings to Facebook. It was such an easy way to share the joys of paddling with a wide audience. Now I am working on a comic book with sea kayaking jokes."



You can see more of Thor's graphical work at <https://thorstore.dk>.

# Paddling History

## PADDLE

A Bimonthly Publication from ACA | Canoe - Kayak - SUP - Raft - Rescue  
Volume 1, Issue 1, March 2015

Instructors of the  
Month / Feb & Mar

Evaluating On-Water  
Adaptive Equipment

Stream to Sea  
Initiative Updates

USACK & ACA  
Partnership

The first issue of *Paddle* eMagazine was released on March 1, 2015.

*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)

