

Volume 5, Issue 5 | September 2019

# PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue



## **Nevin Harrison becomes first American woman to win World Sprint Canoe Title**

*(See story on page 51)*

Coastal Kayaking in South China Sea

ACA Releases Multi-use Waterway Videos

Instructors of the Month





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*Marcel Bieg photo*



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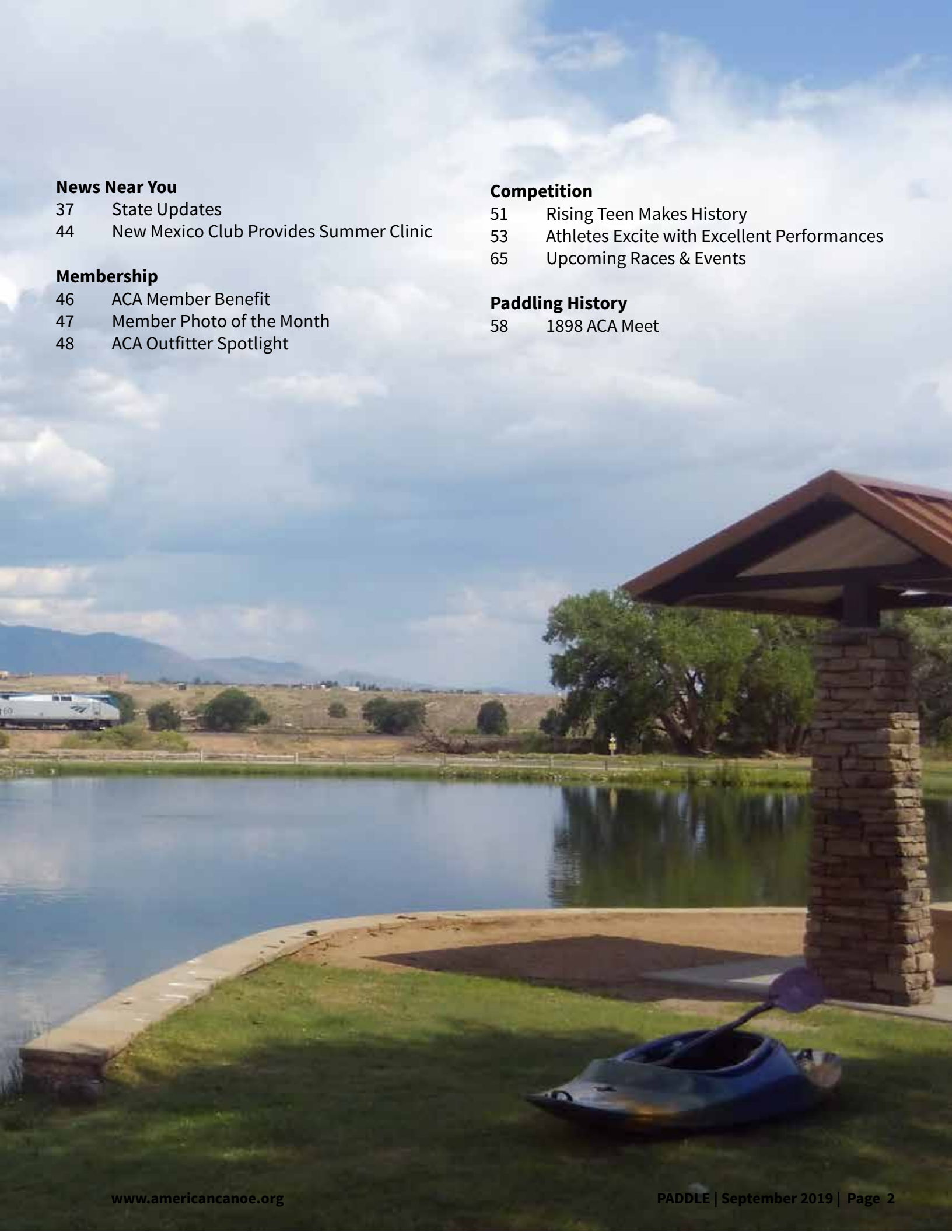
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## NATIONAL STAFF

Beth Spilman - Interim Executive Director  
Marcel Bieg - Western States Outreach Director  
JD Martin - Financial Coordinator  
Kelsey Bracewell - SEI Manager  
Dave Burden - International Paddlesports Ambassador  
Amy Ellis - State Director/Membership Coordinator  
Michelle Flynn - Membership Coordinator  
Kimberly Jenkins - Paddle eMagazine Editor  
*Vacant* - Public Policy Chief  
LeighAnn Moore - Insurance Coordinator  
*Vacant* - Social Media Coordinator  
Carrie Schlemmer - Education & Grant Coordinator

## COMPETITION DEPARTMENT

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

## Cover photo

Kayakers on the sea

123rf photo

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

## 2017-19 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 - <i>Available</i>	WV - Meghan Roberts
MS - Kelly McGinnis	WI - Luke Martz
MO - Perry Whitaker	WY - <i>Available</i>
MT - Branchley "Lee" Beers	

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

# Meet your

## When you were a child, what did you want to be when you grew up?



**Beth Spilman**

Interim Executive Director

I wanted to be the first female president of the United States. I was a voracious reader and loved reading biographies of our great presidents, so I decided that I would be President some day.



**Marcel Bieg**

Western States Outreach Director & Grant Manager

The typical boy stuff – astronaut, police officer etc. But the outlier was that I wanted to be like the characters in the story Heidi and live in the mountains in a cabin taking care of some type of animals.



**Amy Ellis**

State Director/Membership Coordinator

I changed my mind almost weekly. Some of the many things I wanted to be were a painter, an actress, a lawyer, a veterinarian, the first woman President of the U.S., an astronaut, and a newspaper reporter.



**Chris Barlow**

Sprint High Performance Manager

I watched Mark Spitz in the 1972 Munich Olympics and I wanted to be an Olympic Swimmer when I grew up!!



**LeighAnn Moore**

Insurance Coordinator

When I was little, I loved the water and wanted to become a professional synchronized swimmer.



**JD Martin**

Financial Coordinator

An auditor for the IRS

# ACA Staff

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



**Michelle Flynn**

Membership Coordinator

I have always wanted to be a park ranger who runs a cool nature center.



**Rafal Smolen**

Slalom National Team Coach

I wanted to be a doctor but kayaking got in the way.



**Aaron Huston**

Sprint National Team Canoe Coach

I wanted to be an astronaut, a garbageman or a dog catcher.



**Kimberly Jenkins**

Paddle eMagazine Editor

A pet doctor or a ballerina



**Zsolt Szadovszki**

Sprint National Team Kayak Coach

A clown with the circus



**Kelsey Bracewell**

SEI Manager

When I was young I wanted to be a marine biologist. Then realized my huge fear of sharks...



**Dave Burden**

International Paddlesports Ambassador

I always wanted to be a mime.



**Carrie Schlemmer**

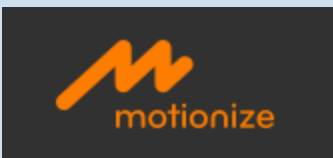
Education & Grant Coordinator

When I was a child, I wanted to be my Mom when I grew up!



# 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.



**REGISTRATION NOW OPEN!**

## 2019 ACA Instructor Trainer Conference

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



The 2019 event will be held October 4-6 in Richmond, Virginia. Registration is now open and available on the ACA's website. Please [click here](#) to register. The [conference agenda](#) is also available online.

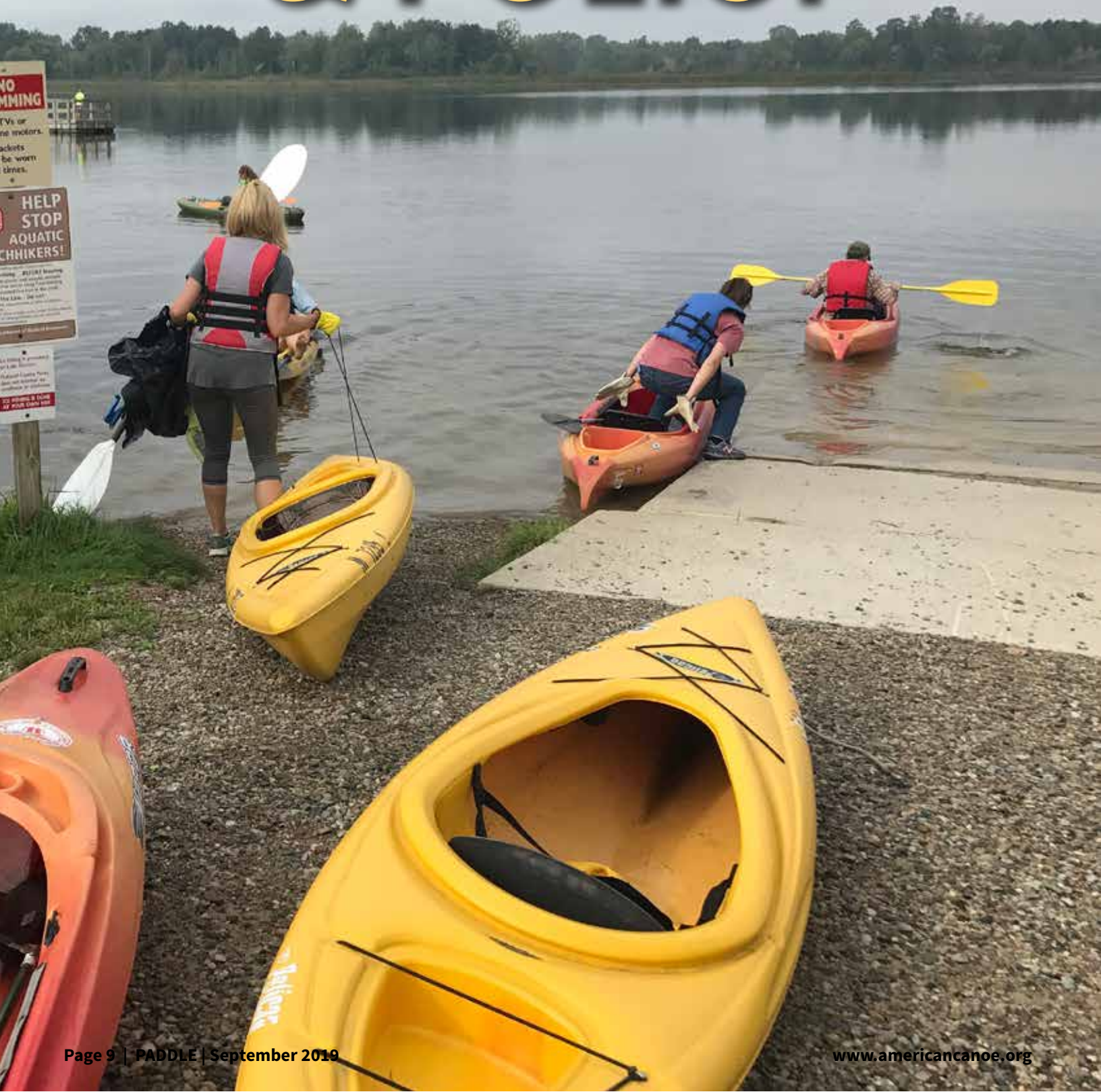
### Pre/Post Conference Events\*:

Adaptive Expeditions will offer a 2.5-day [Adaptive Paddling Workshop](#) (October 1-3) as well as a 3-day [Advanced Communications Workshop](#) (October 7-9) in conjunction with the 2019 ACA Instructor Trainer Conference. (\*Registration for these events is separate from the IT Conference.)





# STEWARDSHIP & POLICY





# *Paddle Green Spotlight*



## ACA announces 2019 Club Fostered Stewardship grant recipients

Since 2002, the ACA has partnered with L.L. Bean to sponsor the [Club Fostered Stewardship Program](#). The CFS Program provides small grants to local and regional paddling clubs and organizations to assist with and enhance volunteer-driven waterways stewardship activities.

Many of the stewardship needs of our nation's waters are best addressed at the local and regional level. Paddling clubs and watershed organizations are in an ideal position to lead these efforts. These paddlers tend to care deeply about their local waterways and are often willing to volunteer their time and energy to help improve the places they enjoy.

Some clubs operate successful stewardship programs on their own. Others need a little help. That is why L.L. Bean and the ACA have teamed up to sponsor the CFS Program. In many instances, CFS grants make projects possible when they would otherwise be impossible. In addition, through administering this program, the ACA can collect and share information on proven approaches to volunteer stewardship projects.

CFS continues to provide this support in 2019 and has awarded grants to the following 13 clubs:

- Boardman River Clean Sweep
- Clinton River Watershed Council
- Guardians of the West Fork River Watershed
- Louisville Area Canoe & Kayak
- Northern Forest Canoe Trail
- Paddles 4 Conservation
- Perkiomen Watershed Conservancy
- Sugar Island
- Team River Runner
- Tennessee Scenic River Association
- Tennessee Valley Canoe Club
- Upper Oconee Watershed Network
- Vermont River Conservancy

Beginning with this issue, the efforts of 2019 CFS grant recipients will be featured in *Paddle* eMagazine. Please read the final installment of our recipient summaries on the next five pages.

*(Continued on page 11)*



## Clinton River Watershed Council

The [Clinton River Watershed Council](#) is a 501(c)3 environmental nonprofit organization, located in southeast Michigan, whose mission is to protect, enhance, and celebrate the Clinton River, its watershed, and Lake St. Clair. The council was formed in 1972 as an association of local governments and reorganized as a nonprofit in 1994.

For more than 47 years, CRWC has served to coordinate the efforts of local governments, businesses, community groups, and individuals in improving water quality, promoting innovative watershed management techniques, providing public education, and celebrating the river as a natural and recreational resource.

Keeping it Clean is one of CRWC's flagship volunteer programs that engages citizens of all ages in trash clean-ups throughout the Clinton

River watershed and along the Lake St. Clair shoreline. Organizing what CRWC affectionately calls "Trash Runs," is a multifaceted process that relies heavily on support services from local liveries to help get hundreds of volunteers into donated rental canoes or kayaks, paddle the river collecting trash and debris, and doing it safely. Paddling clean-ups began in June and will continue through September.

The CFS grant funds were used to purchase critical safety equipment and help fortify water vessels that are commonly used for all of the CRWC Keeping it Clean events. Volunteer data is tracked via sign-in sheets, waivers, and program tracking excel spreadsheets. This data is used for reporting to local communities and government agencies as part of CRWC's Stormwater Education Program.







## Northern Forest Canoe Trail

The [Northern Forest Canoe Trail](http://www.americancanoe.org) works to protect and steward its water trail and foster community vitality to promote inspiring outdoor experiences in the Northern Forest Region. Completed in 2006, the Northern Forest Canoe Trail is a 740-mile water trail from Old Forge, New York, to Fort Kent, Maine. The trail follows traditional travel routes used by Native Americans, settlers and guides.

The idea for the Northern Forest Canoe Trail was brought to life in the 1990s when Mike Krepner, Ron Canter and Randy Mardres of Native Trails Inc. researched the traditional east-west water routes used by Native Americans and early settlers in the Northern Forest Region, from the Adirondacks to Northern Maine. In 2000, Kay Henry and Rob Center – former principals of Mad River Canoe Company – incorporated the Northern Forest Canoe Trail organization to translate this research into a recreational, community, and regional resource.

The NFCT's program areas include:

- Trail Stewardship: Maintaining and providing access to the trail.
- Trail Experiences: Providing opportunities for paddlers of all ages to experience the trail. Partnering with communities to promote sustainable tourism.

This summer the nonprofit organization completed two portage trail stewardship projects along the Northern Forest Canoe Trail in New York's Adirondack Park: Raquette Falls Carry (Raquette River) and McCasland Bridge Carry (Saranac River).

The Raquette Falls Carry is a 1.5-mile portage around two sets of waterfalls along a popular canoe route. A spur trail provides a scenic return route for those completing the carry, providing views of two sets of falls and numerous cascades. Work along the spur trail involved a 200-foot re-route to protect a wetland,

trail benching and erosion control, the placement of approximately 12 stone steps, and the installation of wayfinding signage. Community volunteers completed the project during a weekend waterway work trip led by the NFCT's four-person stewardship June 28-30. This was the second phase of a two-year project along the carry.

The McCasland Bridge Carry along the Saranac River serves as a take-out for day paddlers journeying downstream from Saranac Lake as well as a portage around a low farm bridge. The carry has never been formally maintained and is suffering from erosion. To protect water quality and improve access to the public, on July 5-7, NFCT installed a set of 10 six-foot-wide timber-cribbed steps. Constructed out of 6x8 cedar, the steps are anchored with rebar, backfilled with gravel, and armored with riprap size rock. The steps were constructed as a training project for stewardship interns, providing a hands-on learning opportunity for college students interested in careers in the environment and recreation management.

Both projects are part of a larger, ongoing effort to engage community volunteers and students to complete stewardship and improve public access along the 740-mile Northern Forest Canoe Trail.

*(Continued on page 13)*





## Sugar Island

On July 1, 1901, the ACA purchased [Sugar Island](#), an unimproved 35-acre island on the St. Lawrence River in Gananoque, Ontario, in a garden of islands called the “Thousand Islands.” For over 100 years, the island has been a place for camping and a home base for ACA paddlers of all types. Soon after the purchase of the island, the all-volunteer Sugar Island Board of Trustees was established to maintain and oversee all activities on Sugar Island. Privately owned by the ACA, Sugar Island is available to all members for year-round use.

With the age of the island’s primitive infrastructure comes the need for updates. Sugar Island’s outhouses

and its greywater sewage systems are in dire need of replacement. The old, traditional outhouses and greywater sewage systems are centrally located near the clustered camping areas on the island. The goal of this project has been to replace/install outhouses and greywater disposal systems to meet health department requirements. The work is part of a multi-year plan.

The outhouses and greywater sewage systems project began in April 2019 and is scheduled to be completed by Oct. 30, 2019. Sugar Island volunteers are working to install five

new outhouses and five new greywater disposal systems, one each near designated clusters of camp sites. The project also includes the removal of old structures.

The St. Lawrence River in the vicinity of Sugar Island is clean and at most time clear. In some locations the bottom of the river is visible down to 30 feet. This project will aid the paddling and local community by ensuring wastewater from Sugar Island does not enter the surrounding St. Lawrence River.







## Tennessee Scenic Rivers Association

The [Tennessee Scenic Rivers Association](http://paddletsra.org) is a 501(c)(3) nonprofit volunteer organization dedicated to the preservation, protection and restoration of the scenic, free-flowing rivers of the state. Based in Nashville, Tennessee, the organization has approximately 1,000 members across the state and the South.

The proposed project will be to replace an access that has deteriorated to the point of being hazardous. The new access will be built about 100 yards upstream from the current site in an environmentally safer location.

The Harpeth River access at the Williamson County Recreation Center is showing its age and erosion is becoming a concern. The Harpeth River flows for about 15 miles through the town of Franklin. The waterway is part of an important blueway in the state and the Williamson County Rec Center is one of six vital access points.

The County Parks Department supports this project and has agreed to pave a driveway for dropping off boats at the new proposed access site. There is also an interest in moving paddlers to this area from an-

other over-used area of the Harpeth miles downstream from Franklin. For these reasons, TSRA obtained permission to rebuild the access farther upstream. Work on the build will take place Sept. 6-8, depending on weather. Grant money from the CFS program as well as REI will be used for timbers, riprap, and rebar, all supplies for the access structure.

This new build will have a positive impact on the community for its safety features, improving the Harpeth Blueway as well diverting folks from an overused section of the Harpeth River to paddling this lovely area.

*(Continued on page 15)*





## Vermont River Conservancy

Since 1995, working in cooperation with state and federal agencies, municipalities and other conservation organizations, the [Vermont River Conservancy](#) has completed over 70 projects around the state. Popular local swimming holes, breathtaking gorges and waterfalls, fishing and boating accesses, paddlers' trails and meandering river corridors have all been protected for future generations to enjoy.

The town of Johnson is a gateway community to the Lamoille River, one of the finest paddling rivers in Vermont. However, access is currently limited. To address this, the

VRC has entered into an agreement with a landowner to construct and maintain a new public hand carry launch.

The access is just above one of the more scenic stretches of the river, which includes a rapid called Ithiel Falls, a side hike up the Long Trail to Prospect Rock, and several swimming beaches and islands to explore.

The VRC scheduled a volunteer workday in June to develop the access point. Due to steep, muddy banks, the volunteers installed a set of cribbed, timber steps and a seasonally removable floating dock.

Signage provides guidance regarding public access, parking locations, and river etiquette.

ACA/LL Bean Funds were directed entirely toward the material costs of the project (lumber, dock floats, signs, hardware, dock anchors).

This project is part of a grassroots initiative to develop and steward a water trail along its 80-mile length of the river the [Lamoille River Paddlers' Trail](#). The VRC seeks to promote non-motorized recreation use compatible with the river valley's unique cultural and ecological values.





# 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)

# River fest grows bigger and better

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

The 2019 [Willamette River Festival](#) was a huge success. This was the third year of the festival, which began as a small but unique up/down river race. In a few short years, the event has evolved into a full-on festival. The event is a celebration of history, native culture, ecology and recreation. A large focus has been put on the indigenous cultural history in the Willamette Valley and connection to the river by offering walking, pedaling, or paddling opportunities and tours around the river and festival.

The key planners for this event formed a collective partnership and included the Willamette Riverkeeper, the City of Eugene and the City of Springfield, the University of Oregon and the ACA.

Some of the fun and family friendly interactive tours, events and activities included:

- Up River Down River Paddle Race
- New down river only race for folks looking for a lesser challenge
- Canoe, kayak and SUP demos
- Kids paddling area with obstacle course & pond races
- Guided Rafting and IK Trips
- Bicycle storm water restoration
- Talking Stones tours
- River stewardship activities
- Kalapuya Language Project program
- Interactive river sculpture
- Live music
- Food trucks
- Native canoe display
- Local art display







The 2020 event looks to be even better. In times such as these when we often hear about events and festivals being cancelled for one reason or another, it is nice to see the paddling community working to build relationships, education, awareness and respect for the river and the people that were here before the modern world. This event is an example of what partnerships and collaboration can do to strengthen not only the paddling community but every community of a local area.





# EDUCATION





# ACA develops videos focused on multi-use waterways

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

Over the last several years the U.S. Coast Guard and various user groups have recognized an increasing need for boating education regarding multi-use waterways. Due to the growth in popularity of paddlesports, a growing number of conflicts between user groups has been identified. Unfortunately, these conflicts occasionally ended in costly accidents, injury or death and typically could have been avoided.

Several factors have been identified and no user group is solely to blame as we all have a responsibility to become educated and follow the rules and laws that govern multi-use waterways. In 2018 the ACA wrote a grant looking specifically at what paddlers needed to know about paddling in multi-use waterways. To address the issue, the organization has developed a three- episode TV Web Series to help get this important information out to new and undereducated paddlers.

Each episode is a focused two- to four-minute web-based video that provides only must-know information. The series was filmed in several locations around the country with the bulk of the content being filmed at Billy Chinook State Park in Oregon. Many organizations and agencies provided input into the content of each episode, and the ACA partnered with the Oregon State Marine Board for content and assistance in filming the episodes. The ACA has a long history with Heliconia Press and they were once again contracted to aid in the production of the series.

The completion of this series brings the total educational episodes in the ACA Web TV Library to over 80. Check out this new series at the links below and please share this information with organizations, groups, clubs or individuals who could benefit from this information.

- [Paddling Etiquette Around Boat Ramps](#)
- [Essential Gear All Paddlers Need to Carry on the Water](#)
- [What to Know About Paddling with Boat Traffic in Multi-Use Waterways](#)



# April Instructor of the Month

## Chris Wing



Chris Wing confesses that paddling is truly a passion. He confessed, “I eat, sleep, breathe paddling. It really is all consuming!”

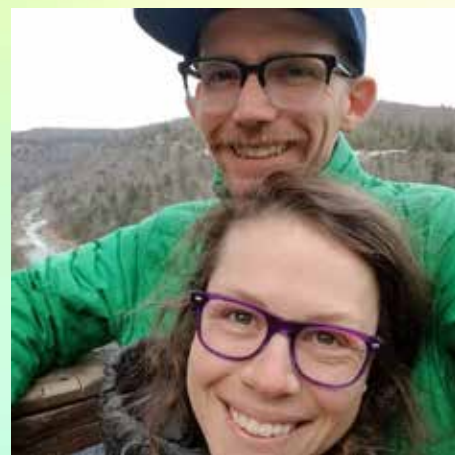
Chris, founder and program director of H2o Dreams, has been pursuing whitewater paddling since 2000. As a student at Kent State University in Kent State, Ohio, Chris’s first introduction to whitewater kayaking was through the university’s recreation program, where he learned to paddle and teach kayaking simultaneously. From that point forward, he found himself chasing every bit of river he could before moving to North Carolina in 2005 to be closer to what he loved.

Now residing in Saluda, North Carolina, home of the famous Green River, Chris spends his days not unlike those early days as a university student: chasing water, dreaming big, and teaching people to love the river.



“Racing and training for personal pursuit, teaching folks how to teach is what I have come to love in my teaching pursuits,” said Chris.

For him, “any day on the river for recreation with my wife, Lydia, is a treat. Doesn’t matter where.”





# May Instructor of the Month

## Levi Hogan



For Levi Hogan, the most exciting part of paddlesports is getting to meet, and paddle with, a diverse range of people every year.

"We have tried to create a hub where local, and traveling, paddlers can find lodging, classes, information and equipment. Consequently, we have many international groups come through who are preparing to go on an expedition, or locals taking classes on the rivers, lakes and sea nearby," said Hogan.

"The most engaging aspect of what we do is teaching. Especially helping people get through barriers and do things they didn't believe they could do. Helping someone who is nervous about entrapment become comfortable capsizing and wet exiting, or watching a kid who is nervous about the water become comfortable on a SUP is the most meaningful thing we do," he added.

Hogan says his life completely revolves around paddlesports. "While we do run a small lodge (Hope's Hideaway) and coffee shop (Turnagain Kayak and Coffeehouse) out of the same building we use for classes, our primary mission has always been paddlesport education.

Since I'm self-employed, my personal life and professional life are hard to separate. When the shop is closed, I still spend my free time paddling with my wife and two sons," he said.



When asked to describe paddling in Alaska, Logan said that the state is a large place. He went on to explain that his shop is located in Hope, Alaska, which is on the Kenai Peninsula, in South Central, about one and a half hours from Anchorage.

In his location, there are numerous, diverse options for paddling.

"Prince William Sound is where most of the expeditions we outfit take place. It's a relatively protected

area with an abundance of tidewater glaciers. Resurrection Bay is a place we use for coastal kayaking classes. It has swell, rocks, caves, glaciers and an exceptionally rugged landscape. Kachemak Bay is another one of our favorite spots for classes and trips. There are big tides, tidal streams, tide races and great camping. And right in Hope, we have Six Mile Creek and Turnagain Arm. Six



Mile is a class 1-5 river with great road access. Turnagain Arm has the largest tidal exchange in the United States. It's filled with beluga whales, tide races, over falls and has a bore wave about eight days a month. There are so many amazing options. It's a great place to be a paddler."

*(Continued on page 23)*

# June Instructor of the Month



## Tommy Thompson

“Paddling for me is a lifestyle,” said Tommy Thompson. “My personal, professional, and civic lives all revolve around being on the water, inspiring others toward safety and good environmental stewardship, and using my kayaks as ‘escape capsules’ as I emotionally connect with wild places.

“Being on the water gives me an opportunity to integrate an athletic lifestyle while modeling safe, best practices. The more I can get others to connect with the outdoors I hope to inspire them to join me in preserving, protecting and restore our natural world,” he added.

Tommy has organized and led international kayaking, cycling, climbing and trekking trips on four continents. He has kayaked extensively in Mexico’s Sea of Cortez, the Puget Sound, south Greenland, throughout the Inside Passage of western Canada and southeast Alaska, the Bering Sea and, of course, North Florida.

Tommy is a 35-year veteran of wilderness expeditions, guiding,

and instruction. He enjoys sharing his love and respect for the rivers, springs and coastal areas and the beauty, ease, and simplicity of paddling through these environments. Tommy believes that to travel in these environs with safety and re-



spect requires a high-level of skill and knowledge.

Tommy is an ACA-Certified Guide, Level 4, Open-Water Coastal Kayak Instructor, and a certified Wilderness First Responder. Tommy serves on

the Executive Council of Florida’s America Canoe Association. He is also is a TrailKeeper and Trail Angel for the Florida Paddle Trails Association and works directly on special projects with the Apalachicola RiverKeeper. He currently serves the National Safe Boating Council as a member of the Tiger Team that promotes wearing of life jackets. Tommy works to craft public policy in working with various municipal, state and federal agencies to protect the environment and to make paddling as safe as possible and accessible. Tommy believes that people will be inspired to preserve and protect the environment if they





have an opportunity to experience these beautiful and wild places.

“As the former ACA Florida State Director, being the ACA’s Florida Deputy Director gives me a break from being at the tip of the spear while continuing to serve the ACA Florida Executive Council largely in an advisory capacity,” said Tommy. “Being the state director is an extremely rewarding and fulfilling job. However, I feel that it is important to let others take the lead and share their ideas, enthusiasm, and creativity. As the current Florida ACA Deputy Director, I can help to maintain our momentum in all the areas of our ACA mission,” he added.

I have been lucky enough to paddle throughout the world and each part of this beautiful planet, each type of paddling, holds a special place in my heart. However, paddling in Greenland on a small expedition was a memory that was especially rewarding. The remoteness of these high latitudes and the enormity of the mountains and the beauty of the ice offers the paddler a unique wilderness experience.

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

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

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

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

outdoor adventure,  
safe paddling,  
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# Swift water rescue training vital AND fun to learn

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

When I was a rookie raft guide at the age of 19, I was shocked to find out that I had the most Swift Wa-

ter Rescue (SWR) training of anyone in the company. This seemed unbelievable to me because I had

only a tiny bit of training that I had learned in a college rafting class that included a four-hour SWR module as part of the course.

After that experience I became more in tune with SWR techniques and eventually pursued and earned my instructor certification. That was over 15 years ago and SWR has become one of my favorite classes







to teach and one that I think is not only incredibly important, but it is a total blast to learn.

In New Mexico there is only one paddle club that covers the whole state. The Adobe Whitewater Club (AWC) of New Mexico is one of the oldest paddling clubs in the country and has a long tradition and commitment to education. They have a very high number of certified ACA instructors in their ranks and provide a great many opportunities for their members to learn, give back and strengthen the paddling community in New Mexico.

For many years I have been invited to represent the ACA at their summer clinic where I typically teach some classes and generally support



the event. This year, however, they asked if I would come a few days early and teach a SWR skills course prior to the clinic.

I had 15 students attend the class, and the AWC provided two assistant instructors to work with me. The course had a big waiting list because the AWC has built a culture of education and preparedness. We had an absolute blast over the

length of the course with participants from wide range of ages, genders and experiences.

At the end of it all, everyone took something away to integrate into their everyday paddling and trip leading. So go out, join your club, get the training and hopefully build that culture of education, fun and preparedness around your local paddling community.



# Providing *unique training* for guides

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

I view my position as the ACA's Western States Outreach Director as an opportunity to be the face of the ACA in the Western States, or the guy with the boots on the ground providing instructors, members and clubs with support, education and resources. Through this philosophy I have traveled to many locations throughout the West to help establish the ACA.

One of the trips that I take annually I call my "Rocky Mountain Tour" and each of the last four summers I have traveled throughout all the Rocky Mountain states, representing the ACA at events and provid-

ing a variety of classes that I am uniquely qualified to teach. This year I spent most of my time in New Mexico and Southern Colorado and was able to teach one of the most unique classes I have taught to date.

I was hired by Kokopelli Rafting Adventures to teach a class in team building. Kokopelli has taken a unique approach to their river adventures. They, of course, provide the typical rafting trips you see at many companies across the country. But in an attempt to provide their guides with additional opportunities and potentially expand

their season, they have begun to look at ways to offer trips that appeal to a wider array of customers. One of those ideas is corporate, group or youth team building trips.

The idea was to train some of their senior guides in basic concepts of experiential education as well as teach them some fun games and initiatives in the hopes of providing fun and growth-oriented team building outings. Because I have a vast history with commercial rafting, am an ACA raft Instructor and happen to have a degree in Experiential Education, I was hired to teach this class.





We spent the morning in a dry land venue discussing and learning the basic concepts and goals of experiential education as well as some fun basic challenges that would set the stage for the river section in the afternoon. We also addressed the risk management and understanding the types of risk, stretch zones, and real versus perceived risk.

After lunch we headed out onto a class 1 section of water that had easy current and several deep pools. We focused on some fun initiatives and games that I modified from high and low ropes course to be used on the water, integrating paddles, rafts, thwarts and sock balls and other basic items. We began with several simple initiatives like sock ball tag, comet toss, trust leans and wild woozy then worked our way up to more challenging games and initiatives like raft stack, whale watch and “do I go.” We ended the day with fun games like raft slide, teeter-totter, “pirouette” and “canoe.”

At the end of the day we focused on group debrief and discussed why debriefs are important. All in all, this group of experienced

guides took a lot of tools away that they could integrate not only into their team building trips but into their everyday tasks as guides or in life.





## The Voyage of the Green Argosy:

### You swapped my boat for one that behaves

By Sheila Levie

Photos by Tim Burris and Bruce Kemp

I first encountered paddlesports at a scout camp in the fifth grade, sharing an ancient aluminum tandem canoe with a grumpy tentmate and finding out that cooperation, while a worthy ideal, was not going

[Functional FreeStyle Workshop](#) in previous years and, seeing with amusement my stubborn struggles, suggested that “working smarter, not harder” would allow increased enjoyment. Figuring there was

tions on stroke adjustments and the addition of a mild heel had already significantly improved our tracking success. The next day, as we rotated instructors and practiced new techniques, I figured out that many small pieces of knowledge from whitewater and sea kayaking were being built into new ways to finely control freestyle canoe maneuvers.



*Sheila Levie practicing skills learned in a freestyle canoe workshop.*

to be a reality in a group of preteen girls. This soured my view of paddlesports for years, until I had the opportunity to try kayaking. I then relearned the joys of heading out on the water on a beautiful day.

Several of my regular paddling friends had participated in the

nothing to lose, the Argosy and I headed over to Medford, New Jersey, for a long weekend.

The on-water instruction started with a focus on fine-tuning the forward stroke while warming up for the weekend. After a couple of hours, Manon Paquet-Satrape’s sugges-

Despite a brisk breeze building through the day, the canoe was already cooperating better with my wishes. Later in the day, in the less structured practice sessions, Tim Burris kindly added many thoughtful critiques and adjustments to the new skills that helped adapt them to my physical limitations. Book learning turned into practical demonstrations of exactly what would happen with weight shifts. Suddenly my boat and I were actually working cooperatively rather than at cross purposes.

The final day, in the Pines to apply our new skills in the real world, we faced unusually high water levels due to the remnants of Hurricane Michael. My group gathered at Goshen Pond. We had a blast zipping around submerged trees and around hummocks of marsh grass and blueberry bushes, and dancing in and out of the main currents. After a some-





what rocky start involving many encounters with banks, poison ivy, greenbriar, and poorly positioned trees, I was able to gain more ability to actually direct my new craft, though I had previously had some suspicions that it was just taking me along for the ride some days.

The accommodations were comfortable, and being in the bunkhouse and sharing meals in the dining hall had allowed me to meet many new people with a widely variable backgrounds and abilities, all of whom were happy to share a weekend on the water with fellow enthusiasts. I had a great time learning about backgrounds and home waters of people from Canada to southern Virginia.

The next several weekends I headed out to my favorite local river and found that (a) I remembered and could slowly execute the new

maneuvers more smoothly; (b) suddenly the river banks and trees stopped jumping in my way; and (c) I could paddle for longer with much less fatigue and pain. The Ar-



gosity and I have now come to a new level of partnership and communication, and I can now paddle in more demanding conditions than ever before. I even got compliments on my new boat control from people who have been canoeing the Pinelands rivers for decades!

Many thanks to all of you who made the Functional FreeStyle Workshop happen. I can now agree that freestyle is well-described as “obedience training for your canoe.” I plan to attend again in the future for further fine-tuning.

I’d like to give particular thanks for the patience of the instructors, especially Tim Burris and Robyn Lowenthal, and their willingness to adjust their teaching style to the learning style and physical limitations of their students. Did you know you guys must have swapped out my boat for a very well-behaved one?

The fifth edition of the Pine Barrens Workshop will be conducted October 18-20, 2019, in Medford, New Jersey. Full details may be found at [www.freestylecanoeing.com](http://www.freestylecanoeing.com).

## ACA PRO SCHOOL SPOTLIGHT



The mission of the [Charleston County Park and Recreation Commission](#) (CCPRC) is to improve the quality of life in Charleston County by offering a diverse system of park facilities, programs and services. The park system features four land parks, three beach parks, four seasonally lifeguarded beach areas, three dog parks, two landmark fishing piers, three waterparks, 19 boat landings, a skate park, a historic plantation site, a climbing wall, a challenge course, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities.

CCPRC offers a variety of canoeing, stand up paddleboard and kayaking skills classes and trips, including educational outings for beginner to expert paddlers.

From day-trips, weekend skills classes, to certification courses, their ACA-certified paddling instructors and trainers focus on safety and fun. Learn the essentials needed to make your paddling experience an enjoyable one from our friendly and knowledgeable instructors. Serving over 25,000 individuals of all ages and abilities annually, our Outdoor Adventure Program is the first of its kind to be accredited by the Association for Experiential Education. CCPRC also produces the East Coast Paddlesport & Outdoor Festival every April.

For more information on CCPRC, visit [www.charlestoncountyparks.com](http://www.charlestoncountyparks.com).



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.



# UNIVERSAL





# Upcoming Universal Paddling Workshops

September 19-22

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

October 1-3

[Adaptive Paddling Workshop](#)  
Richmond, Virginia

October 7-9

[Advanced Communications Workshop](#)  
Richmond, Virginia

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





# Updated Universal Program helps integrate paddlers of any ability

As reported in the [July issue of Paddle eMagazine](#), the ACA has adopted a broader program heading that can include multiple instructor endorsement curricula, each specifically tailored to empower instructors with the different skill sets needed to address various categories of disabilities.

*Editor's Note: To read the full article, please visit [https://issuu.com/aca/docs/paddle\\_emag\\_july\\_2019-final](https://issuu.com/aca/docs/paddle_emag_july_2019-final).*

Under the new Universal Paddling Program heading, the Adaptive Paddling Program will continue to address the needs of instructors who hope to seamlessly integrate paddlers with any type of physical disability into programs. No changes have been made to the content and approach of the ACA Adaptive Paddling Program – this program now has a complementary program to address other populations who need specialized resources to enjoy paddling.

## Upcoming classes

Adaptive Expeditions will offer a 2.5-day [Adaptive Paddling Workshop](#) (October 1-3) as well as a 3-day [Advanced Communications Workshop](#) (October 7-9) in conjunction with the 2019 ACA Instructor Trainer Conference being held October 4-6 in Richmond, Virginia. Details can be found online at [www.americancanoe.org/2019ITConf](http://www.americancanoe.org/2019ITConf).

Each workshop provides a basic understanding of disabilities that affect communication and provide a toolbox of knowledge, techniques and strategies to enable successful integration. Current ACA Instructors will earn the Advanced Communications Endorsement upon successful completion. All other ACA members, who are not certified ACA instructors, will earn a Certificate of Completion upon successful demonstration of all endorsement criteria.

### Course Prerequisites:

- Be a current certified ACA Paddling Instructor at Level 1 or above (for Endorsement)
- Be a current ACA Member (for Certificate of Completion)

For more information about the ACA's Universal Paddling Program, please visit [www.americancanoe.org/Courses\\_Adaptive](http://www.americancanoe.org/Courses_Adaptive).



*In May 2018, several instructors participated in a curriculum development summit for the new Advanced Communications Instructor Endorsement.*

*During the summit, instructors donned special goggles to replicate the vision impairments that some students may have.*

## PRODUCT REVIEW

# Ergonomic handed rowing grips provide powerful, functional grip

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

For years I have been toying with the idea of Indexed Oar grips and have openly questioned why oars are not indexed similar to kayak paddle shafts.

To date Oar grips have always just been circular and it was impossible to know what angle your oar blade was in relation to your hand without either looking or having the oar slip though the water at various degrees and taking time to correct it. This required the rafter to either deal with this potential loss in performance or add items to their setup, like an oar rights or pins and clips. Both of these work but have their own drawbacks. I always believed an indexed handle would solve all of these problems. For rafting and adaptive classes we have often taped a pencil to the handle to index the grip, but that was marginal at best.

My hopes have been answered by a new product and company called

Gilman Grips. These are the first production ergonomic oar grip, which make them extremely comfortable. They can be attached to any composite oar shaft and can also be fitted with a counterweight to make rowing even easier.



For me, however, the indexed grip is the key. This feature makes Gilman Grips easy to use and decreases the learning curve for students just learning to row without the need for oar rights etc. I had a chance to try these out recently and found them to be everything I have been waiting for. I hope to eventually replace all my oar grips with these and get them into the

hands of my students. For the private boater, coupling these grips with some of the new Asymmetric oar blades provides a majorly comfortable, powerful and functional oar setup.

Additionally, the applications for these in the adaptive world are endless. Balancing the oars with the counter weight allows students to row longer. The comfortable shape minimizes hot spots and pressure points while the indexing allows for a better feel of the water and transfer of power through the oar.

Occasionally I need to add some type of aid to help a student hold onto the oar handle. This has proven to be a challenge on round handles where bike tubes fixed with tape tend to wobble to the end of the handle and come off. The shape of the Gilman Grips allows for better purchase and I believe will accept these adaptations better than round grips.

## World's First Ergonomic Handed Rowing Grip





# NEWS NEAR YOU

*Erie Canal Waterway  
Advisory Committee photo*



# State Updates

## Florida

Kudos to Tampa Bay ACA Certified Kayak Instructors Jake Fitzroy, Russell Farrow, Jill Lingard, Jill Mosteller, Kim Munshower, Chris Tobbe and Wayne Douchkoff for volunteering their time and expertise. Fifteen students in the Tampa Bay Lighthouse for the Blind Transition Program have become successful kayakers through the monthly program at Weedon Island Preserve in St. Petersburg. Thanks, also, to Sweetwater Kayaks and Wayne Adventures for providing kayaks free to TBLB for the last two years. Lessons learned were shared in a special program during the annual Sweetwater Kayaks Gulf Coast Symposium in February.



The Florida Department of Environmental Protection's Greenways and Trails Office sponsors an ACA Trip Leader Course twice a year. With about 80 graduates in five years, ACA volunteers have introduced over 500 people to paddling in the state parks. This cadre of Trip Leaders carries the message of safety, stewardship and access to their own paddling communities, as well.



Year round, Florida kayakers are cleaning up our waterways. Most recently, volunteers collected approximately 4,000 pounds of trash from the Santa Fe River in North Central Florida. This is a wonderful example of paddlers serving as water stewards.

Wayne Douchkoff, [flstatedirector@americancanoe.net](mailto:flstatedirector@americancanoe.net)



## Indiana

**YOUTH:** Summer of 2019 has been busy for our ACA Indiana Youth Director, Daniel Bendy. He guided youth down the Big Walnut Creek and Eel Rivers June 14, July 5 and July 12.

In addition, youth kayak training (including the introduction of flatwater rescues) was held at Lake Monroe June 25.

In September Bendy will be instrumental in launching the first Voyageur Youth Program at Indiana BSA Camp Belzer.

**MEMBERSHIP DRIVE:** Memberships in Indiana continue to increase as we actively promote our dual branded hang-tag program.

**STEWARDSHIP:** Continued stewardship activity from PAC members have been appreciated across the state of Indiana. The Northwest Indiana Paddle Association has cleared 18 major log jams on the East Branch of the Little Cal. This involved over seven separate volunteer work days. The club reopened 8.5 miles of water trail in and out of the Indiana Dunes National Park.

Always active in stewardship are the PAC members of the Hoosier Canoe and Kayak Club (HCKC), who will be hosting their annual Raccoon Creek cleanup in August of 2019.

If you are interested in participating in PAC Stewardship efforts, please reach out to the clubs contacts you. Contact information can be found on the [ACA website](https://www.americancanoe.org).

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



*(Continued on page 39)*



## Nebraska

Record winter snowfall and spring rain in most of Nebraska led to historic flooding in the eastern and central parts of the state. The Platte, Elkhorn, and Niobrara rivers saw record-setting water levels in March, April and May, causing extensive flood damage to many popular river access points.

Among the areas closed by the Natural Resource Districts on the Elkhorn River were West Maple Road Crossing, Graske Crossing, and Elkhorn River Crossing. All of these are now open except the Elkhorn River Crossing.

Platte River access points at the Schramm and Louisville State Recreation Areas in Sarpy and Cass Counties respectively were closed but are now open for use. The Lied Hiker/Biker Bridge at South Bend remains closed due to damaged guard rails caused by debris during the very high water.

Many access points along the Missouri River remain closed. Paddlers should check locally for the latest river access information.

All access points on Nebraska's officially designated "Wild And Scenic" Niobrara River in the northern part of the state are open for use! Autumn is an excellent time of year to paddle this unique and beautiful river. Truly a local gem!

Local NRD officials emphasize how much river topography can and will change after major flooding events. They advise paddlers to be wary that any river can now be much different than what they've experienced prior to the flood events. Safety on the water should always be a primary concern.

**Water Under the Bridge:** On a historical note, 2019 commemorates the 25th anniversary of longtime local paddling enthusiast Keith Hentzen of Springfield, Ne-

braska, winning a medal at the 1994 US Open Canoe Whitewater National Championship in Durango Colorado. Keep leanin' downstream, Keith!

Jordan Messerer, [nestatedirector@americancanoe.net](mailto:nestatedirector@americancanoe.net)





## New Mexico

It has been a record runoff year for most of the western states. Drainages that have not been run in years were once again in the sights of experienced paddle craft pilots. The following is a quick recap of recent notable events from the summer.

### Kayak New Mexico

[Kayak New Mexico](#) has had a very busy season. Between programming and valuable training for volunteers, Kayak New Mexico is somewhat unique in adaptive paddling programs as its focus is on children and adults with developmental disabilities. It is the dedicated volunteers that make this program work!



*What a team! Marcel Bieg presents new children's life jackets from MTI and ACA for Kayak New Mexico's Universal Paddling Program. Fun class and great people!*

In early July, ACA Western States Outreach Director Marcel Bieg conducted a River Kayak Level 2 Instructor Course with a follow-on Adaptive Endorsement Clinic in both Albuquerque and Cochiti Lake for Kayak New Mexico. The class was both fun and educational and posed a few firsts for the Kayak New Mexico Program.

New children's life jackets were presented to the Kayak New Mexico Board of Directors as a donation from MTI and ACA.

### AWC Summer Clinics

The [Adobe Whitewater Club](#) hosted the annual clinics in Pilar, NM. This year's clinics included several levels of river and whitewater kayaking, rafting and river canoeing, all led by ACA-certified instructors. The clinics have been fully booked the past several years.



Saturday evening after the clinics, the now famous potluck dinner at the Taos Junction Bridge Campground Shelter was held with a grand assortment of river cooking treats. There was a throw rope and other competitions as well as some awesome door prizes. The Adobe Whitewater Club provided free camping to AWC members Friday, Saturday and Sunday nights at the Taos Junction Bridge campground around the pavilion and on the shelf below.



A big thank-you to Donna Koechner who has organized this event for the past several years. Donna, a dedicated river runner in canoe, kayak and raft also dedicates her time to Kayak New Mexico.

*(Editor's Note: ACA staffer Marcel Bieg lent a hand at the clinic. See his article on p. 44.)*

*(Continued on page 41)*

(New Mexico update continued)

## Landowner Certification of Non-navigable Waters Rule Update



Last year we identified a policy issue in our state regarding stream access privatization – Landowner Certification of Non-navigable Waters Rule, which led to this article published in “The Guardian”: [www.theguardian.com/environment/2018/mar/15/privatized-rivers-us-public-lands-waterways](http://www.theguardian.com/environment/2018/mar/15/privatized-rivers-us-public-lands-waterways).

In an update to our membership, the ACA teamed up with American Whitewater and New Mexico Wildlife Federation. The stream privatization issue is under a 90-day moratorium while the rule is being reviewed. Norm Guame, our ACA State Board Member on Policy, is leading this effort on our behalf.



Norm Guame

It should be noted that while the New Mexico Council of Guides and Outfitters (supporters of the rule) do not argue the ability for New Mexico boaters to float through private lands, in a public statement re-

cently stated, “If a waterway can be floated or fished from a boat without stepping onto the stream-bed then the individual has the right to recreate on the water.” Yet they encourage the use of barb wire and intimidating signage.

<https://medium.com/american-whitewater/new-mexico-sets-dangerous-precedent-denying-publics-right-to-float-6c21d-c89aa80>

<https://nmwildlife.org/wp-content/uploads/2019/06/Stream-Access-2.pdf>

[www.backcountryhunters.org/new\\_mexico\\_game\\_commission\\_reject\\_privatization\\_of\\_public\\_waters](http://www.backcountryhunters.org/new_mexico_game_commission_reject_privatization_of_public_waters)

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



## New York

### Paddling New York's Legendary Canals

*By Mona Caron, Water Trail Program Manager, Erie Canalway National Heritage Corridor*

In 2000, the U.S. Congress recognized the Erie Canal's significance to our nation by establishing the Erie Canalway National Heritage Corridor. In 2016, the NYS Canal System became a National Historic Landmark. The National Heritage Corridor, in partnership with the NYS Canal Corporation, manages the NYS Canalway Water Trail.

The NYS Canalway Water Trail is comprised of 450 miles of canals and interconnected lakes and rivers with more than 140 public access points for paddlers. The water trail follows the full expanse of up-

state New York, from Buffalo on Lake Erie to Waterford on the Mohawk River, and from Albany on the Hudson River north to Whitehall at the southern end of Lake Champlain. The trail includes the Erie, Champlain, Oswego and Cayuga-Seneca canals, and offers paddlers a wealth of places to visit and sights to see.

The waterway flows through time and history, connecting magnificent scenery and unique communities, many of which have been welcoming canal travelers for over 200 years. The NYS

*(Continued on page 43)*



Canalway Water Trail is distinct from other water trails because of the nature of the canal itself. Paddlers can visit century-old locks, pass through stone aqueducts, paddle alongside tugboats and cruisers, and experience narrow flatwater stretches and wide river sections. The canal is serene and natural despite being a constructed waterway. Paddlers can expect to see a variety of birds, wildlife, geology and terrain.

The canal system includes a number of unique and historic structures used to regulate the flow of water and allow transit in changing elevations. There are 57 locks – 35 on the Erie, 11 on the Champlain, seven on the Oswego and four on the Cayuga-Seneca canals. Paddlers can see 15 lift bridges, eight movable dams, guard gates, and power houses along the way.

For more information, please visit [www.eriecanalway.org](http://www.eriecanalway.org). The website offers best bet paddling day trips, tips for going through locks, rentals, accessible paddling, and safety recommendations. Paddlers can learn more about the history and culture of the region.

A comprehensive guidebook and set of four navigational maps, published in April 2019, introduces paddlers to launch sites, facilities and amenities, and places of interest. The *NYS Canalway Water Trail Guidebook and Map Set* can be ordered for \$10 (S&H fee) or downloaded for free from [www.eriecanalway.org](http://www.eriecanalway.org).

## Vermont

The start of the summer saw a fair amount of rain, which allowed for many of the rivers to be at optimum levels for whitewater paddling. As the air and water temperatures have increased, large paddling areas, such as Lake Champlain and Waterbury Reservoir, are available for recreational paddlers to explore.



A variety of paddling development and instruction courses have been available in the Burlington area along with competitive races and events. Check out your local guide shops and outfitters for more opportunities as summer turns to fall.

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!



# New Mexico club provides summer clinic

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

As many clubs do in the summer months, the Adobe Whitewater Club of New Mexico provides a summer educational clinic for its members. The event is held on the Rio Grande River near Taos, New Mexico, and is one the AWC's biggest events of the year.

The venue is gorgeous, the white-water is abundant, and it's typically warm. Normally by July the Rio has hit low water, but this year, due to the exceptional Rocky Mountain snowpack, the water has remained rather high all summer.

The event runs over two days and costs club members a whopping \$35, which includes the clinic of their choice run by an ACA-certified instructor on Saturday, a potluck dinner with a raffle, giveaways, auction items that support the state's Adaptive Paddling organization Kayak New Mexico, and some incredible food.

On Sunday members can sign up to paddle on different sections of river based on experience levels. It is a fun-packed weekend that has something for everyone, including canoers, kayakers and rafters, kids

to adults, and experience levels from never ever to advanced intermediate paddlers.

Each year I am amazed at how strong and passionate the paddling community is in New Mexico. Maybe it is because there is only one club, or perhaps the total number of paddlers is smaller than average or that the state is not known for having an abundance of water? Not sure but what I do know is that I am honored every time I teach there, and I leave with a revived and refreshed view on what a paddling community can be.







# MEMBERSHIP



## ACA MEMBER BENEFIT



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Step up to the best.



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

# Member Photo *of the* Month



Jeanette Mohring Bundy and Shaun Hedrick are two of the ACA's newest instructors. Welcome!!

## *Send us your photos!*

*We'd like to showcase our members' outdoor adventures.*

*Please send photos (along with a brief description) to*

*ACA Paddle eMagazine Editor Kimberly Jenkins at*

*[kjenkins@americancanoe.org](mailto:kjenkins@americancanoe.org) for a chance to be featured.*



## **First Descent, LLC**

FD Outdoors specializes in kayak instruction, expeditions as well as medical training and, of course, fun. Make the ordinary extraordinary!



Located in Charleston, South Carolina, FD Outdoors was founded based on the premise that being able to provide high-quality medical/paddlesport training does not have to be an extremely lengthy or expensive process. Being a small, highly focused organization, FD Outdoors is flexible to your training/adventure needs. Review their Services page and let them know how they can help you!

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:

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- [Stewardship](#) support
- [Public Policy](#) representation
- Free premium digital magazine subscription from [Rapid Media](#)
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- 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
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# COMPETITION





# Team USA's Nevin Harrison **makes history** at Sprint World Championships

By Stephanie Schlitz

In a remarkable finish at the [ICF Sprint World Championships](#) in Szeged, Hungary, seventeen-year-old Nevin Harrison became the first American woman to win a world title in sprint canoe. Her gold medal in the C1 200m qualifies the US for a spot at the 2020 Olympic Games in Tokyo, where Women's Canoe will make its debut.

Prior to her extraordinary win in Szeged, Harrison topped the podium in the [Women's C1 200m at the 2019 Pan American Games](#) in Lima, Peru.

A true prodigy in the sport, the 2019 World Champion has dominated US women's canoe for nearly five years. The Seattle native began paddling in 2014 during a summer camp with Seattle Canoe and Kayak Team.

After “many years of soccer, softball, track, and dance,” she connected with sprint canoe, committed to paddling, and has “dedicated [her] whole life to being the best [she] can be in the sport.”

By age sixteen, Harrison had already broken the US records in Women's C1 200m, 500m, and 1000m, having previously claimed a combined three gold medals and one silver at the Olympic Hopes Regattas in 2017 (Czech Republic) and 2018 (Poland).

Harrison's World Championships performance has set the international sprint community on fire. And with her history-making win, the incredible young athlete is no longer “chasing [her] dream” to compete in the 2020 Olympic Games in flatwater sprint canoe. She's living it.

*(Front) Nevin Harrison competes at the 2019 ICF Canoe Sprint World Championships on Aug. 24, 2019, in Szeged, Hungary. Team USA photo*







Additional coverage available here:

[www.americancanoe.org/news/467084/Nevin-Harrison-17-becomes-first-American-to-win-world-sprint-canoe-title.htm](http://www.americancanoe.org/news/467084/Nevin-Harrison-17-becomes-first-American-to-win-world-sprint-canoe-title.htm)

<https://olympics.nbcports.com/2019/08/24/nevin-harrison-wins-sprint-canoe-world-championship/>

[www.teamusa.org/News/2019/August/24/17-year-old-Nevin-Harrison-Becomes-First-American-To-Win-Canoe-Sprint-World-Championship](http://www.teamusa.org/News/2019/August/24/17-year-old-Nevin-Harrison-Becomes-First-American-To-Win-Canoe-Sprint-World-Championship)

21 - 25 August 2019

## 2019 ICF CANOE SPRINT WORLD CHAMPIONSHIPS

SZEGED, Hungary

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# Team USA

19

### Athletes

8 Women + 11 Men  
8 US Paddling Clubs

26

### World-Class Sprint Events

10 Canoe Races  
16 Kayak Races

✓ **15 Semi-Finals**

✓ **12 Finals** 1 A Final  
6 B Finals  
2 C Finals  
3 5K Finals

✓ **1 B Final Win** K2 500 Men's Kayak

✓ **1 A Final Win** C1 200 Women's Canoe

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## 1 Historic Gold Medal

C1 200 Women's Canoe

## 1 Olympic Qualification

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United We Paddle

# U.S. Sprint Canoe/Kayak athletes excite with excellent performances at Pan American Games

By Jesse Lishchuk

The U.S. Sprint Canoe/Kayak team capitalized on hard work and talent, July 27-30, as the Pan American Games commenced in Lima, Peru. Winter in South America brought milder climates for our American athletes with 55 degrees Fahrenheit (13 Celsius) on race-day mornings.

The Sprint Canoe/Kayak Team began racing a day after the Opening Ceremony. Resembling the magnitude and thrill of the Olympic Games, the Pan American Games offered an opportunity for our Sprint Canoe/Kayak Team to test their abilities with top-level competition. Over 600 American athletes joined them in their respective sports, with 91 U.S. Olympians competing. Day 1 began in Huacho for canoers and kayakers, a satellite venue three hours north of Lima. The team of 13 beared the flag proudly with multiple Top 5 finishes and a Gold Medal for 17 year old Nevin Harrison in the Women's C1 200M.

Gig Harbor Canoe & Kayak Racing Team's Nevin Harrison took first place in the Women's 200M Canoe event at the 2019 Pan Am Games. She raced strong through the preliminary rounds winning the heat two days prior to position herself in Lane 5, the middle of the field. In a riveting final of eight boats – USA, Chile, Cuba, Brazil, Canada, Colombia, Mexico, and Guatemala



Sixteen-year-old Elena Wolgamot (Bellingham Youth Paddlesports) impressively paddled a personal best in almost every event. Elena progressed to the final with a 1'59".79. Afterwards, she raced a 1'58".41 to secure fourth place in the Women's K1 500m Final. Elena finished seventh in the Women's K1 200m.

– Nevin asserted herself to a powerful lead in the beginning of the race. Nevin held on for a close finish – just 0.382 seconds ahead of the next competitor. Finishing with a 46.65" 200M, she is seen beaming at the awards ceremony above.

San Diego Canoe/Kayak's Jesse Lishchuk finished sixth in the Men's K1 1000m. A personal best from Jesse in the heat with a 3'39.76" propelled him straight to the final. He relocated to paddle the pre-Olympic season with San Diego Canoe/Kayak team after graduating Temple University in hometown Philadelphia, Pennsylvania.

Ian Ross, from Washington Canoe Club, finished third in his heat to progress on to the final with a seventh-place result in the Men's C1 1000m. Ian trained in Germany all of last year alongside the best in the world in Sebastian Brendel (current World Record holder and three-time Olympic Medalist).

July 28 brought the team 'National Day' in Peru – Independence Day for Peruvians. This turned out to be a pleasant evening to take the athletes' minds off racing and included traditional Peruvian dances hosted by hotel staff (where some athletes even joined in to dance). Across the small town people exchanged decorative pins in a familiar red/white reminiscent of Peru's flag. The team stands outside of the hotel posing next to the Lima 2019 figures in bold blue uniform supplied by the U.S.O.C. all U.S. Athletes. After a glimpse into the culture, racing continued the following morning.

A K2 of Samatha Barlow (San Diego Canoe/Kayak) and Kaitlyn McElroy (Lake Overholser) had a solid fourth place in the 500m. Alina Urs and Renae Jackson, also of San Diego Canoe/Kayak, joined Samantha and Kaitlyn to compete at the Pan American Games Women's K4 500m. The Women's





Team prepared at a Pre-Pan Am training camp in San Diego with Chris Barlow, U.S. Women's Sprint Kayak Team Coach, Olympian, and father of Samantha Barlow. They secured fifth place in the Women's K4 500m Final.

Tom Crockett (San Diego Canoe/Kayak), Stanton Collins (Lanier Canoe/Kayak). Nate Errez (San Diego Canoe/Kayak), and Owen Farley-Klacik (Lanier Canoe/Kayak) came together to train on Lake Lanier under Zsolt Szadovski, head coach of Lanier Canoe/Kayak and

the U.S. Men's Sprint Kayak Team Coach. They raced the K4 500m at the Lima 2019 Games, providing a thrilling spectacle of speed and stamina. The new event attains the highest water speeds recorded in sprint kayaking and will be an Olympic event in Tokyo next year. The young men got fifth place in the K4 500m.

Owen Farley-Klacik doubled up for another exciting race with a close fourth place in the Men's K2 1000m

with Alex Lee (Lanier Canoe/Kayak) in a time of 3'20".85. Alex, a Hawaii native,

relocated to Georgia after graduating from Loyola Marymount University with a bachelor's degree in electrical engineering. His club teammate Stanton Collins (Lanier Canoe/Kayak), who notably raced in the Men's K4 500m, placed sixth in the K1 200m as some of the last events ran down the course in Peru.

Follow [ACA Sprint Team](#) on Facebook to keep in touch with the latest results, progress, and support our U.S. athletes.



# Ready, Set, Mark Your Calendars!

## Don't miss these upcoming races...

*(Click race name for more info)*

September 6-8	<a href="#">2019 ICF Canoe Slalom World Cup Final</a> Prague, Czech Republic
September 12-15	<a href="#">2019 ICF World Dragon Boat Club Crew Championships</a> Kiev, Ukraine
September 12-15	<a href="#">2019 Paracanoe Paralympic Test Event</a> Tokyo, Japan
September 15	<a href="#">TSRA's Lost Loon Triathlon</a> Hermitage, Tennessee
September 25-29	<a href="#">2019 ICF Canoe Slalom World Championships</a> La Seu d'Urgell, Spain
October 10-13	<a href="#">2019 Canoe Marathon Masters World Cup</a> Shaoxing, China
August 27-30, 2020	<a href="#">2020 ICF Canoe Marathon World Championships</a> Baerum, Norway

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## 2020 Wildwater Senior Team Trials to be on Nantahala River October 19-20, 2019

The USA Wildwater Committee is delighted to announce that our Senior Team Trials for the 2020 World Championships and the 2020 World Cups will be on the Nantahala River.

The Nantahala Outdoor Center and the Nantahala Racing Club have a long, rich history of hosting local, national, and international events. This is the perfect venue for our Team Trials as our athletes will be able to train and race on the very same course that they will be competing on at the 2020 World Championships in April 2020.

Please see the official press release, [here](#), for detailed information about practice and training dates, race course descriptions, race organizations, and local accommodations.

[Register here](#) for the USA Wildwater 2020 Senior Team Trials.

To learn more about the ACA and ICF, please visit [www.americancanoe.org/page/ICF](http://www.americancanoe.org/page/ICF).



# INTERNATIONAL



*123rf photo*

# ACA Coastal Kayaking ICW in the South China Sea

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

In recent years, ACA's footprint has been spreading to many parts of this vast country, with more local ACA instructors being certified and more ACA courses being taught in coastal kayaking, river kayaking and SUP. It was only a matter of time before ACA instructional courses and instructor certification courses would reach this remote yet beautiful part of the country – Hainan Island.

Situated on the northern fringe of the South China Sea, Hainan is the southernmost province. Its tropical island location and climate make it ideal for coastal kayaking as there are endless coastlines with sandy beaches.

I was invited this June by a local club to conduct Coastal Kayaking ICWs at level 2 and level 3. The club was in the process of registering a provincial level paddlesports

association with the aim to spearhead the promotion and safe instructions in coastal kayaking on the island.

During my two weeks of stay and teaching in Haikou, the provincial capital of Hainan, I was hugely humbled and impressed by the local hospitality, tropical coastal natural beauty and the enthusiasm of the participants. Although most participants came from different







parts of the island, there were also a few who came long way from the mainland. Among the student, we had an Irishman, Rob Carmichael, who works in outdoor education at an international school in southern China. Another gentleman, Ge Luo from Jiangxi province, told us how he set up a local monitoring group that utilizes their dashcams to record loitering activities from other vehicles and pass on evidence to the local authorities for prize money. They then donate this money to local charities.

In the tropical heat, we avoided being on water during and immediately after noon. Most days we would start our afternoon water sessions at

4 p.m. and finish around 7:30 p.m. One of the most exciting moments each day was when we hopped off the water for breaks. A local vender cut open giant and freezing cold coconuts for us. These gave instant heat relief and replenished our bodies with much needed liquid and energy.

In the end, it was with much honor and pleasure that I certified the first group of ACA instructors from Hainan island, including the first female ACA instructor, Xi Chen, on the

island. I would like to wish them the best of luck in their work to promote paddlesports and express my gratitude to the Island Castaway Canoe Club for the opportunity to work with them.



# International Whitewater Hall of Fame announces 2019 honorees

## *Induction ceremony to be held at PaddleExpo in Nuremburg, Germany*

The [International Whitewater Hall of Fame](#) has announced its inductees for the Class of 2019. The selected honorees join an esteemed group of the world's most accomplished whitewater pioneers, explorers, champions, and advocates.

"We are extremely excited to honor this year's inductees with our partners at the ACA," said IWHO F Board of Governors Chair Risa Shimoda. "This year's voting was extremely close and very competitive and should make for a special induction ceremony at the PaddleExpo event being held in Nuremburg, Germany on October 5, 2019."

As with years past, nominations for consideration were submitted and vetted through IWHO F Affiliate Organizations. From the submitted nominations, the IWHO F screening panel developed the ballot of Pioneer and Advocate candidates for electorate voting, which took place in June 2019. The Explorer and Champion nominations were too few in number to support their ballot categories; those nominees will be moved forward for consideration in 2021.

The following have been elected to the International Whitewater Hall of Fame Class of 2019 and join 46 previously inducted leaders and legends:

**Pioneers:** Hermann & Christa Kerckhoff (Canada): Founders of the longest-running whitewater instruction school, Madawaska Kanu Centre. In 1970 they brought the Ottawa River to the world as a whitewater destination. Their visionary leadership led to the creation of Canada's first whitewater management plan and will ensure public access to the Ottawa River for future generations.

**Advocates:** Joe Pulliam (USA): An outstanding contributor to whitewater as a manufacturer (Perception, Dagger, Jackson Kayak) and supporter of whitewater river stewardship for four decades; and Chris Hawkesworth (UK): early adventurer, early filmmaker, contributor to the development of standards for helmets and other safety equipment, and advocate for whitewater course development through a fifty-plus year period.

The Class of 2019 Induction Ceremony will take place October 5 in Nuremburg, Germany during the annual [PaddleExpo](#) industry trade show. Attendees will see the debut of a video presentation ceremony honoring the inductees.

"We are an International Whitewater Hall of Fame, and we recognize the size and importance of our international membership base" said IWHO F board member Pamela Dillon. "Holding the ceremony in conjunction with the PaddleExpo festivities will provide an opportunity for international paddlers and other individuals seeking stories of whitewater history and inspiration for the future to witness the induction and meet these revered whitewater heroes."

While the trade show is for industry attendees only, a limited number of induction ceremony tickets are available for the public. Contact [iwhof@americancanoe.org](mailto:iwhof@americancanoe.org) for more information.





# *Paddling History*



AT THE '98 MEET.

A photo from the 1898 ACA Annual Meeting

*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!  
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123rf photo



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