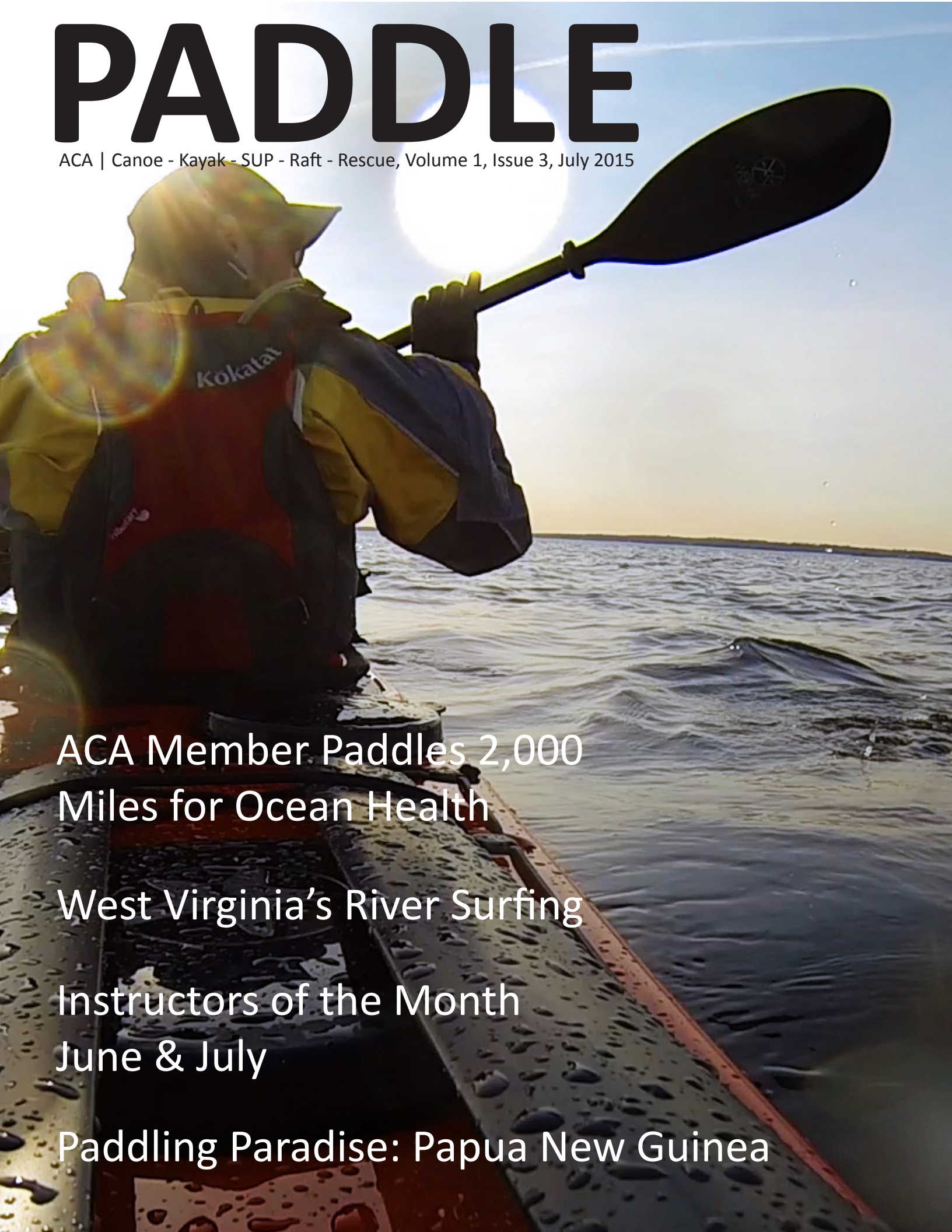


# PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue, Volume 1, Issue 3, July 2015

A person wearing a red and yellow kayak suit is seen from behind, paddling on a body of water. The sun is low on the horizon, creating a bright, circular glow in the sky. The water is dark with some ripples. The person's paddle is visible, and the word "Kokatat" is printed on the back of their suit.

ACA Member Paddles 2,000  
Miles for Ocean Health

West Virginia's River Surfing

Instructors of the Month  
June & July

Paddling Paradise: Papua New Guinea

# ACA Mission Statement

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



## NATIONAL STAFF

Wade Blackwood - Executive Director  
Chris Stec - Chief Operating Officer  
Amy Ellis - State Director/Membership Coord.  
Candy Patten - Insurance Coordinator  
Katie Hansen - Membership Coordinator  
Shannon Green - Membership/Insurance Coord.  
Catharine Lloyd - Communications Coordinator  
Kelsey Bracewell - SEI Coordinator  
Zane Havens - Stewardship Coordinator  
Barbara Bendele - Office Manager  
T.J. Turner - Education & Outreach Coordinator  
Dave Burden - Intl. Paddlesports Ambassador

## BOARD OF DIRECTORS

### Executive Committee

Anne Maleady - President (MA)  
TBD - Vice President  
Peter Sloan - Treasurer (CO)  
Robin Pope - Secretary (NC)  
Judge Charles Strauss - At-Large (VA)  
Jerry Dunne - At-Large (NY)

### Board Members

Sam Fowlkes (NC)  
Collin Trost (GA)  
Roby Hackney (VA)  
Tom Pitt (MI)  
Bill Micks (VA)  
Kirk Havens (VA)  
Andrew Tush (VA)  
Steve Hutton (SC)  
Bill Banholzer (SC)  
Jim Ditzel (ME)  
Wayne Stacey - USCG liaison (MD)  
Robert Cassar - Sugar Isl. liaison (PA)

## STATE DIRECTORS

AL - Helen Todd  
AK - Tom Pogson  
AZ - Danielle Keil  
AR - Tom Burroughs  
CA - Alexander Morris  
CO - Gregory Skomp  
CT - Elizabeth O'Connor  
DE - Clarke Greene  
DC - Meredith Waters  
FL - James Wallis  
GA - John Traendly  
HI - Indar Lange  
ID - Elliot Jacobs  
IN - Joe Rozsaheqyi  
KY - Nathan Depenbrock  
LA - Ben Sandmel  
ME - Randy Smith  
MD - Bob Cianflone  
MA - Samuel Gaughan  
MI - Scott Fraser  
MN - David Englund, Bridget O-Boyle

MS - Brian Ramsey  
MO - Dave Haessig  
MT - Alex Bergeron  
NE - Bruce Tomes  
NH - Patrick Perkins  
NJ - Vacant  
NM - Christine Mollo  
NY - Liane Amaral  
NC - Daniel Morris  
ND - Clarence Bina  
OH - Ryan Pepper  
OK - Aasim Saleh  
OR - Cheri Holman  
PA - Steve Barber  
PR - Omar Ramos  
SC - Ethan Talley, Kyle Thomas  
TN - Robert Snuck  
TX - Lorraine McPhee  
VA - Chris Misener  
VI - David Paradise  
VT - Nathan Lavery  
WA - Patrick Steehler  
WV - Melanie Seiler  
WI - Thomas Schrader  
WY - Mark Hamlin

## SAFETY, EDUCATION & INSTRUCTION COUNCIL (SEIC)

### SEIC Officers

Chair - Steve Hutton (SC)  
Vice Chair - Rusty Cooper (AL)  
Secretary - Becky Molina (LA)  
Past Chair - Robin Pope (NC)

### Division Instruction Facilitators

Atlantic - Elizabeth O'Connor  
Dixie - Aaron Peeler  
Middle States - Greg Mallet-Prevost, Mike Aronoff, & Greg Velzy  
Midwest - Tom Lindblade & Randy Carlson  
New England - Jackie Peppe  
Northern NY - Laura Liebel  
Red River - Patti Carothers  
SW Ohio - John Slocum  
NW Ohio - Chris Lewis  
Chair & NE Ohio - John MacDonald  
Northwest - Steve Scherrer  
European Division - Gerhard Grimm  
California - Marce Wise

### Committee Chairs

Touring Canoe - Charlie Wilson (NY)  
River Canoe - Beth Wiegandt (VA)  
River Kayak - Larry Ausely (NC)  
Coastal Kayak - John Browning (WI)  
Canoe Sailing - Larry Haff (MA)  
Surf Kayak - Nigel Law (GA)  
Safety & Rescue - Sam Fowlkes (NC)  
Safety & Rescue - Charlie Walbridge (WV)

Rafting - Jim Virgin (WA)  
Adaptive Paddling - Joe Moore (SC)  
Intro to Paddling - Mike Aronoff (VA)  
Stand Up Paddleboard - Josh Hall (SC)

### Institutional Members

SEIC Chair Appointment - Gordon Dayton (CT)  
BoD Appointment - Larry Ausely (NC)

### Liaison Members

USCG-SEIC Liaison - Wayne Stacey (DC)  
BSA Liaison - Keith Christopher (TX)

## PARTNERS

Subaru - Official Vehicle of the ACA  
L.L. Bean  
Rapid Media  
MTI Adventurewear  
Kokatat  
Werner Paddles  
Stand Up Paddle Industry Association  
USA Canoe/Kayak  
BSA Aquatics Taskforce  
NOAA Marine Debris Program  
U.S. Coast Guard Office of Boating Safety  
National Safe Boating Council  
Outdoor Alliance  
Outdoor Alliance for Kids  
Hobie Polarized Sunglasses  
Association of Outdoor Recreation & Education  
International Whitewater Hall of Fame  
Whitewater Symposium  
Leave No Trace  
National Association of State Boating Law Administrators  
Western States Boating Administrators Association  
Polynesian Voyaging Society

### Cover photo

Paddler: Luke Rovner

Photo: GoPro mounted on stern

Location: Long Island Sound near City Island, NY

## Follow us on...





# Meet Your ACA Staff



**Wade Blackwood**  
Executive Director

"Paddling in the Philippines."



**Kelsey Bracewell**  
SEI Coordinator

"Paddling in Patagonia!"



**Candy Patten**  
Insurance Coordinator

"I'd like to climb El Capitan in Yosemite."



**Christopher Stec**  
Chief Operating Officer

"I'd like to SUP surf in Richard's Bay, South Africa followed by a canoe trip in the Okavango Delta, Botswana."

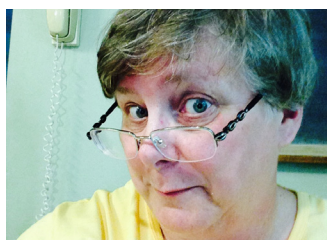
## QUESTION OF THE MONTH

If you could go on an epic adventure anywhere in the world, where would you go?



**Amy Ellis**  
State Director/Membership Coordinator

"I have longed to go on a bicycle tour of Vietnam for many years. My husband and I are finally realizing this dream this September when we will make our way from Hanoi to Ho Chi Minh City!"



**Barbara Bendele**  
Office Manager

"I would return to Niagara Falls and ride the Maid of the Mist boat! As a kid, I never got to see the falls up close where I could feel the spray on my face."



**Dave Burden**  
International Paddlesports Ambassador

"Antarctica. I think that the prospect of icebergs and penguins is as close to deep space as I can get in my kayak."



**Shannon Green**  
Membership/Insurance Coordinator

"Snorkeling in Australia."



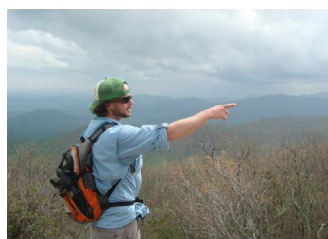
**Zane Havens**  
Stewardship Coordinator

"I would travel by boat up the Amazon."



**Catharine Lloyd**  
Communications Coordinator

"Kayaking and snorkeling in Belize, please!"



**T.J. Turner**  
Education & Outreach Coordinator

"I'd like to either return to Bali and surf at Ulu Watu or go to the Northern Coast of Iceland."



**Katie Hansen**  
Membership Coordinator

"I would visit my best friend in Germany, go exploring outside, and since we are both horse enthusiasts, go riding as well!"



# Table of Contents

## Stewardship

- 6 Paddling 2,000 Miles for Ocean Health
- 9 Green Paddler of the Month
- 10 Stream to Sea Initiative
- 11 Connecting Families to Nature in Florida, *by Liz Sparks*

## Education

- 13 SUP: Leashes & Lifejackets
- 14 June Instructor of the Month
- 16 July Instructor of the Month
- 17 Instructor Trainer Conference
- 18 Swiftwater Rescue Conference
- 19 NEW feature on Paddle Ready App
- 20 Pro School Spotlight - *CanoeSport Outfitters*
- 21 West Virginia's River Surfing, *by Jess Daddio*

## Adaptive

- 25 Video: ACA Adaptive Paddling Program

## State Director News

- 27 Updates From ACA State Directors

## Membership

- 31 Featured ACA Member Benefit
- 32 Paddling Club Spotlight - *Jefferson River Canoe Trail*
- 33 ACA Outfitter spotlight - *Simple Adventures*
- 34 ACA National Awards Nominations





## Competition

- 36 Events Coming Up
- 37 ACA National Championship Races
- 38 ACA North American Open Canoe Slalom Championships
- 39 Canoe Sailing National Championships
- 41 Penobscot River Whitewater Nationals Regatta

## Insurance

- 45 What You Need to Know

## International

- 47 South America Conference
- 48 Europe Paddlesports Symposium
- 49 Paddling Through a Piece of PNG Paradise, *by Dylan Foo & Sven Gloor*
- 53 International ACA Instructors

## Paddling History

- 55 1980: ACA's 100-year anniversary





# STEWARDSHIP







## ACA Member Paddles 2,000 Miles for Ocean Health

*By Zane Havens, ACA Stewardship Coordinator*

When we heard that a member of the ACA was proposing an outrigger canoe journey of over 1000 miles, we were intrigued. Long

distance paddling can be both exhilarating and stressful; with exposure to the elements, long periods of exhausting activity, and extreme psychological strain all working against the pad-

dler, it is certainly no simple feat. However, when Margo Pellegrino, wife and mother of two, told us she was attempting this paddle in order to bring attention to the environmental issues currently affecting our waters, we really paid attention.

And this is exactly what Margo Pellegrino

wants. This journey is just the first part of her Big Apple 2 the Big Easy project, an expedition by outrigger from New York, NY to New Orleans,

LA along inland waterways. During this project, Margo will be traveling with her documentarian, who will record their experiences and their encounters with those who are

directly impacted by river and ocean health during their voyage, bringing a voice to watersheds around the country.

Margo was kind enough to answer some of our questions about her project and provide insight into what she hopes to accomplish with her effort.

**“What makes it worthwhile is when even one person comes up to me and says, ‘Wow, I never really thought about that before.’”**



**ACA: The goal of Paddle4Blue is to bring attention to the environmental issues that impact our world's watersheds. In our country alone, there is a surfeit of different threats to our waterways; which of these issues are you going to focus on for your Big Apple 2 The Big Easy journey?**

MP: I'll be focusing on run-off issues (like last year's toxic algae bloom in Lake Erie), the issue of plastics and other contaminants in our waterways, and the need to protect our waterways with the creation of new Clean Water

line via my website, and on social media. Our folks in Blue Frontier's DC office (as well as the logistics manager traveling with me and partnering organizations such as Earth Justice and local organizations) will also do media outreach. I'm excited about the whole journey, but I'm especially excited about being in new waterways and seeing the mighty Hudson up close and personal beyond NYC. Plus, the big city aspect is thrilling—Chicago and especially Detroit. Talk about water issues—Detroit is loaded with them!



Rules and by individuals taking responsibility and action.

**ACA: As you make your way across the country, do you plan on stopping in cities and towns along the way to speak and educate people about your message? Are there any places in particular that you are excited about stopping in? Is there a place where you are announcing your "tour schedule"?**

MP: I'll be announcing my tour schedule on-

**ACA: This isn't the first time that you have paddled a long distance for an environmental cause. What is the hardest part of the journey? What makes it all worthwhile?**

MP: What makes it worthwhile is when even one person comes up to me and says, "Wow, I never really thought about that before." Also, when I get to meet folks who have been "in the trenches" working on their local issues for years; I LOVE being able to share their stories with others. Their stories become part of my

presentations later on. The hardest part without a doubt is leaving my family.

**ACA: You are doing all of this on a very limited budget. How do you house and feed yourself during the journey?**

MP: I've been doing some fundraising to cover expenses, but I'm not fancy, so the budget is minimal (a good thing, as I'm a lousy fundraiser). Of course, this journey would not be possible without the help of volunteers willing to host me and my logistics manager. It's also a great way to share stories and information;

**“This journey would not be possible without the help of volunteers willing to host me”**

it really is the best way for us to understand what makes an area so special, and my hosts become part of the stories I share with others. We are even happy to just camp in a yard, never mind have a bed!

**ACA: If you could choose one overarching goal of your journey, what would it be? What would you like to accomplish?**

MP: Ha! I don't have simple goals—I want the whole kit and caboodle! I would love for folks to see the value in their waterways and why we need to keep them clean. Part of the value is that our waterways and ocean are amazing playgrounds, no matter your fitness level or what you paddle. I think that when people value a resource, they are more naturally inclined to protect it. Part of the problem (and why I'm doing what I'm doing) is that folks don't know how degraded our waterways are; they don't even recognize that the prob-



lems are out there to begin with! Once they understand, they really do start to care. Who doesn't want clean water to drink and paddle/play in?

**If you are interested in helping Margo Pellegriño by hosting her during this incredible journey, or if you'd like to see where she is paddling now, please reach out to her by visiting her blog [here](#).**





# Green Paddler of the Month: Robert Uhoda

*Robert Uhoda is an ACA Level 1 Kayak Instructor from Cleveland, OH. His favorite place to paddle is the Cuyahoga River through downtown Cleveland and out into Lake Erie.*

"I remember the first time I went kayaking. It was in 2012, and we launched from an area just before where the Cuyahoga River meets Lake Erie. Aside from the excitement I felt about being out on the water, I was bothered by how much trash I saw around the dock as we were launching.

We made our way along the river toward the lake, taking in views of the city that could only be seen by paddlers. Below the beauty of the skyline, there was an almost constant distraction: bottles, plastic bags, and other not-so-beautiful things that kept taking our attention away from the experience. It was during that first outing when I realized how important being a good steward of the water truly is.

I come from a city whose river used to catch on fire because of the pollution in it, was almost void of aquatic life, and paddling it in would have been literally hazardous to a person's health. Now, the fires are out, the fish have returned, people are paddling it. They've even built a rowing club on its bank! We can thank stewards of the water for these improvements, and I will continue to do my part to help keep it clean."

**Want to become an on-water steward?**

Visit [www.americancanoe.org/StreamtoSea](http://www.americancanoe.org/StreamtoSea) to learn how to get involved today.



# !ATTENTION PADDLERS!

The ACA needs your help in collecting and reporting marine debris

## Did you know...?

**80%** of marine debris originates in freshwater streams and rivers!



Paddlers who recreate in these waterways have a unique opportunity to mitigate marine debris pollution at its source. When you go paddling, take an ACA **Paddle Green Bag** with you to pack out what you find. Then, record what you find using ACA's **Track Trash Program**, and we will share your data with organizations like NOAA and the EPA so they can better understand how to battle marine debris pollution!

## Document your clean-up...



## Upload your data...

By filling out the *Extensive Track Trash Form* online at [www.americancanoe.org/marinedebris](http://www.americancanoe.org/marinedebris)

**OR**

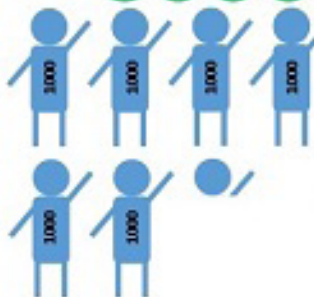
By filling out the *Mobile Track Trash Form* from a smart phone at [www.americancanoe.org/tracktrash](http://www.americancanoe.org/tracktrash)



## Through ACA's Stream to Sea Initiative...

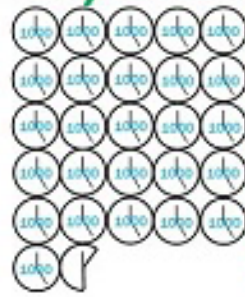
Over

**6000**



have dedicated over

**27,600**



**Volunteers**

**Volunteer Hours**

removing and tracking over

**231,000 lbs**



**of marine debris**



# Florida's Volunteer Paddlesport Program: Connecting Families to Nature

*By Liz Sparks, Paddling Trail Coordinator for Office of Greenways & Trails*

Few things in life are more memorable than our first trip floating down the shady corridor of a twisting river or skimming along a sunny coastline. Many of us equate our first significant experience in the outdoors with the first time we dipped a paddle, hoisted a sail or connected with flowing water as children. And we feel gratitude towards those who led us there and helped kindle a life-long relationship with nature. Many of us who are fortunate to have had these experiences feel a need to reach out and share similar opportunities for younger generations. Volunteer paddlers in Florida are making this happen through an exciting new Paddlesport Program in the award-winning state park system.

Author Richard Louv in his book, "Last Child in the Woods", identifies what he calls 'nature deficit disorder', a term he coined to describe recent generations not having had opportunities to bond with the wonders of the natural world. In its place many children spend up to 8 hours a day using digital media (Kaiser Family Foundation, 2010) and miss the therapeutic benefits of immersion in a non-digital green space. Studies link problems with a lack of outdoor time with rising obesity, attention deficit disorders, and increased depression among youth.

Florida's Paddlesport Program seeks to turn this trend around by providing experiences to ignite connections to the outdoors with anyone, especially families with children. This is the mission behind the Volunteer Paddlesport Program's goal of training volunteers who in turn teach basic paddling skills and then lead on-the-water nature tours. These events take place within Florida's state parks and public lands to highlight wildlife, habitat, and points of interest on diverse waterways.



Volunteer paddlers attend 16 hours of intense instruction with expert ACA instructors who donate their time to coach attendees through the rigorous ACA Coastal Day Trip Leader course. This course focuses on risk assessment

and group management, an excellent fit for creating future generations of safe paddlers.

The training takes place twice a year in April and November at Lake Louisa State Park near Orlando with a limited class size. Interested in sharing your passion for paddling Florida's outstanding waterways with future paddlers? Contact Liz Sparks, Office of Greenways & Trails Paddling Trail Coordinator at [liz.sparks@dep.state.fl.us](mailto:liz.sparks@dep.state.fl.us)



# EDUCATION





**Check out the ACA's educational SUP video!**  
*Leashes & Lifejackets: When to Wear, When Not to Wear*



*SUP: Leashes & Lifejackets* makes it clear to stand up paddlers what types of leashes and lifejackets are appropriate for different water venues. This five minute video is intended to educate all those new to stand up paddleboarding (SUP), as well as those who have experience with the sport but are unaware of leash and lifejacket best practices. Some of the rules and recommendations regarding these pieces of equipment may surprise you.

Visit [www.americancanoe.org/SUP\\_PSA](http://www.americancanoe.org/SUP_PSA) to watch it now.

This video was produced with funding from the National Safe Boating Council under a grant from the Sport Fish Restoration and Boating Trust Fund, administered by the U.S. Coast Guard.





## June Instructor of the Month - Carol Asplund

**ACA: What drew you to become an ACA certified Instructor?**

Asplund: Many, many years ago when I first paddled a sea kayak on Lake Union in Seattle I was immediately hooked on seeing the world from a new perspective. Living in Seattle it is easy to access the incredible kayaking destinations of Puget Sound and beyond to the open coasts of Washington and Vancouver Island. I have the good fortune of living in

a community of world class kayak coaches like Body Boat Blade, Kayak Academy, Northwest Outdoor Center, Nigel Foster and other British coaches who supported and encouraged my development. Having enjoyed many years as a certified alpine ski instructor, as well as a certified coach in the British Canoe Union, it was an easy task for my mentor, Bill McKenzie, to

guide me on the track to ACA Level 4 Coastal Kayak Instructor. It has been more than helpful to have my husband, Mike Kennedy, share my enthusiasm in pursuing these activities.

**ACA: Do you have any memorable trips, events, or stories that stand out as your**

**‘favorite paddling moment?’**

Asplund: Seeing the memorial totem poles at Ninstints, a World Heritage Site in Haida Gwaii, and observing tufted puffins, orcas,

humpbacks and rafts of sea otters from a kayak is hard to beat. I enjoy the opportunity to share my love and enthusiasm with others so that they may explore the natural world and have the same amazing adventures that I do. Helping others to prepare for these adventures is the essence of my work. Camping on remote beaches while listening to the howl-

**“Camping on remote beaches while listening to the howling of wolves and the singing of humpback whales is still possible when you’re a coastal kayaker.”**

ing of wolves and the singing of humpback whales is still possible when you are a coastal kayaker.

**ACA: Have you participated in any particularly meaningful paddling programs, outreach events, educational sessions, or projects?**

Asplund: As a senior instructor with the Seattle Mountaineers Sea Kayak Program for many years, I have found it exceedingly rewarding to coach and mentor many of our members through their ACA instructor training and certification with ITE Pete Stevens.



**We are proud to partner with Kokatat to bring you the ACA Instructor of the Month program. Do you know an instructor who deserves recognition? Nominate them [here](#)!**

# Kōkatat®



# July Instructor of the Month - Matt Palmariello

## **ACA: What drew you to become an ACA certified Instructor?**

Palmariello: In 1999 I was finishing an internship in the ski industry and looking for a summer job on the coast. Without experience, I was positive I'd like sea kayaking so I bought some equipment, taught myself the basics and talked my way into a guiding job for the summer. I quickly realized how much I didn't know and sought out the best training I could find. That led me to the ACA. I was hooked after that first course and on a mission to become a competent well-rounded paddler. That summer job was the beginning of a new lifestyle and my introduction to the ACA and paddlesports.

## **ACA: Do you have any memorable trips, events, or stories that stand out as your 'favorite paddling moment?'**

Palmariello: One of my most exciting and most memorable paddling experiences took place in 2013 when I entered a 100 mile river race in California. In a field of 125 paddlers, five of us accepted the 100 mile, 1 day challenge on standup paddleboards. I approached the race with the goal of finishing but just 25 miles into the race my competitive side took over. A paddling colleague, Michael, was clearly

racing hard and took a lead over me by a few minutes. I chased him for a long time and thirty miles later I was only thirty seconds behind him. For another fifty miles we battled downriver within a minute of each other. In the end we finished that 100-mile race in



12.5 hours and just five minutes apart. The real enjoyment, however, came from the paddling community that embraced each other and the people I met that weekend. I bonded with Michael on the water that day and was so impressed with the camaraderie that I became involved with the non-profit group that runs the race.

## **ACA: Have you participated in any particularly meaningful paddling programs, outreach events, educational sessions, or projects?**

Palmariello: From 2009 to 2014, I managed the Golden Gate Sea Kayak Symposium. Bringing an amazing community of paddlers together once a year to celebrate sea kayaking made me incredibly proud. Witnessing all those people paddling outside of their comfort zones and achieving success was very rewarding to me. More importantly, a diverse group of people with various backgrounds were making friends and memories on and off the water. I've met some of my best friends through paddling and it has been such a meaningful piece of my life.



**The First Event Exclusively For ACA ITs & ITEs!**

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

The ACA provides a range of recreational opportunities and has been established as one of the premier standards of paddlesports safety and education. As part of the ACA's leadership role in the paddlesports community, we have initiated this **Instructor Trainer Conference** to provide a resource for currently certified Instructor Trainers, and those aspiring to become ACA Instructor Trainers and Instructor Trainer Educators.

Online registration available soon!



# 2015 Swiftwater Rescue Conference

## Save the date!

Date: Oct 9-11, 2015

Location: Western North Carolina

Venue: Tuckaseegee River

Registration: Available Online - June 2015

*Only 100 spaces available!*

For more info, please visit:

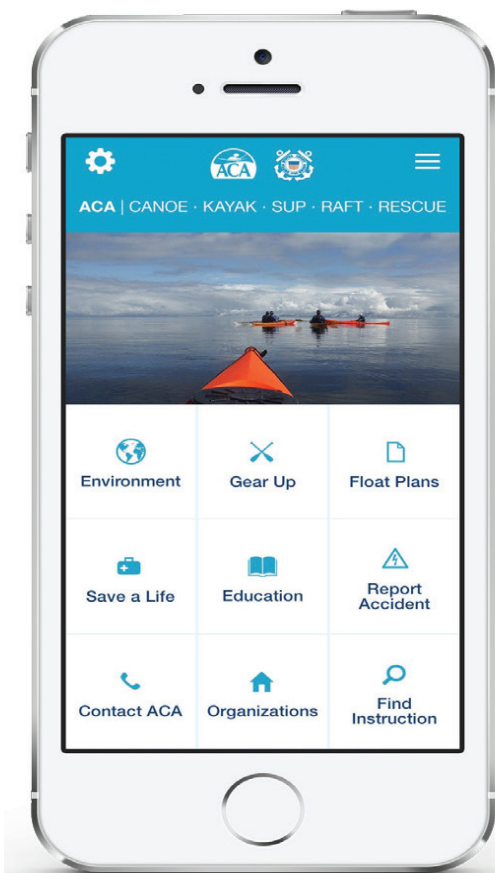
[www.americancanoe.org/SWR\\_Conference](http://www.americancanoe.org/SWR_Conference)



**PADDLE READY** is a free mobile app built for paddlers, by paddlers.

## Introducing a brand new feature... **Tide Forecasting!**

Available now on Android  
iPhone update coming mid-July



**[Click here](#)** to download Paddle Ready for your iPhone or Android today.

More app updates (including surf info) coming soon!

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



# ACA PRO SCHOOL SPOTLIGHT



## CanoeSport Outfitters

Since 1992, CanoeSport Outfitters has been serving paddlers in the Midwest by organizing informative events, providing quality gear and offering superior instruction.

Whether you're picking up a paddle for the first time or have years of experience our knowledgeable instructors will help you improve your canoeing, kayaking, and stand up paddling. Along with a wide range of courses, we also offer many educational outings to local destinations and provide learning opportunities in the Apostle Islands, Everglades National Park, and Coastal Regions of Louisiana and Georgia.

In our retail store you'll find knowledgeable staff eager to help you select the best canoe, kayak, or paddleboard for the type of paddling you want to do. We also offer a wide selection of accessories to help you paddle safer and transport your gear more easily.

Rentals and test paddling opportunities are also available at our concession location at nearby Lake Ahquabi State Park.

For more information, please visit:  
[www.canoesportoutfitters.com](http://www.canoesportoutfitters.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.



# West Virginia's River Surfing

*This article features Melanie Seiler, ACA State Director of West Virginia, and was originally published in the April 2015 issue of [Blue Ridge Outdoors Magazine](#). Written by Jess Daddio.*



What if you could get all the pleasure of surfing without ever getting sticky-saltwater-hair and sand in your ears? What if you could ride the perfect wave for minutes, hours even?

Sounds like an impossible dream, but a growing community is taking surfing from the oceans to the rivers. Fayetteville, W.Va., is at the forefront of the river surfing movement in the East with two badass chicas at the helm—Melanie Seiler of the standup paddleboard (SUP) community and Meghan Roberts representing the short boards. Though these two ladies have paid their dues on the ocean, both can agree—nothing beats the river.

For most of her life, 28-year-old Meghan Roberts has been riding boards—mainly snowboards and surfboards. When she landed

in Fayetteville as a raft guide, she decided to take her surfboard to Canyon Doors, a popular boogie boarding spot on the Gauley River.

“I was trying to surf on the wave not even knowing [river surfing] was a thing and people were actually doing it,” Roberts remembers.

It was a complete failure at first. But then Roberts spotted a fatter foam surfboard for sale that, at first glance, appeared to be just an oversized boogie board. Something told her that this fatter foam board was the ticket to surfing Canyon Doors, so she bought it, took it to the wave a few weeks later, and stood up in her first few tries.

“I remember standing there thinking, ‘Oh my God I’m doing it. It works!’ I was just shocked,”

she says.

Since that first ride, Roberts has been in constant search of the perfect wave, surfing everything she would have normally bypassed as a raft guide. There's no easy way to get to most of these potential surf spots—some involve bushwhacking at least an hour to access—and more often than not, the weather is less than ideal. The surfing gets good when the weather gets bad, but according to Roberts, it's all part of the adventure.

"When you're surfing, you don't think about how cold it is or how deep you might go when you swim," she says. "All you are thinking about is that feeling of water rushing at you."

Melanie Seiler agrees. Having lived in the whitewater hub of Fayetteville her whole life,

Seiler thought she'd done it all—raft, kayak, ducky—until 2009 when a friend and fellow raft guide brought a couple stand up paddleboards to Gauley season.

Seiler thrived on the new challenge. Suddenly, class I and II stretches of the New were exciting and difficult again. She suffered through frigid temps and lugged her board through dense swaths of rhododendron for hours to find new waves to surf.

"On the one hand, it could be really, really frustrating," Seiler says of those early days of learning, "but then it also showed me that you really have to work for [the surf] and you're not just handed it."

In the six years since, Seiler has hosted four SUP races on the New River Gorge, and devel-





oped guided SUP tours for Adventures on the Gorge.

“I love river surfing because you get on the wave and you can stay on it as long as you want,” she says. “That feeling is all about the sense of being in the moment.”

## **FAQS: KNOW BEFORE YOU GO**

What’s the difference between ocean and river surfing?

MS: The difference mainly is that you’re chasing after an ocean wave and riding it for a few seconds. For a river wave, it’s in one stationary place, and once you’re on it, you can ride it as long as your skills allow you to ride it.

What type of board do you use?

MR: When you’re looking for a river surfboard, you want one that’s wider in the tail—that will help keep you on the wave more. You will want a thicker board, so look for anything between 2.5 and 3 inches thick. Wider, too, at least 20-21 inches wide. That helps keep you in the wave longer. I use a 6’2” Boardworks Mini Mod.

MS: The Badfish MVP and the Glide Sesh are my go-tos but a new one I’m checking out is the Paddlestroke G-Rocker which is a light inflatable surfboard.

What gear will I need for river surfing?

MR: Definitely a wakeboard vest. It’s flat so you can lay on the board better.

MS: I usually wear a 6mm wetsuit, 7mm gloves, and 7 mm booties. When it’s really cold, sometimes I wear layers underneath

the wetsuit. And when it’s below 35 degrees out, the wetsuit’s not warm enough for me, so I wear my drysuit with a wetsuit hood vest pulled over.

Where is the best surfing?

MR: For short boards, Diagonal Ledges on the Gauley River. At 3000 to 3,200cfs, it’s a big green wave. Canyon Doors needs 800cfs to surf.

MS: For SUP surf, if you have some experience, the Perfect Wave on the Gauley is great at 1,800cfs and 6,500 cfs. Some people get intimidated when there’s higher water but in a lot of places it’s safer (think about it—more water, less rocks).

Another fun spot is Canyon Doors. I would classify that as an intermediate surf wave with really easy access and a really easy eddy. The two big ones, ones you wait for the right water levels, are Diagonal Ledges and the New River Dries. Diagonal Ledges is good between 2,500 and 3,500cfs while the Dries is good when the Thurmond gauge reads 18,000 to 24,000cfs. The Dries are so wide and bubbling and churning and stomping. Putting on for the first time will about make you throw up.

Where can I get more information?

MR: [riverbreak.com](http://riverbreak.com)

MS: [supconnect.com](http://supconnect.com), [nrgsuprace.com](http://nrgsuprace.com)



# ADAPTIVE





# ACA Adaptive Paddling Program

Since 1990, the ACA has led the adaptive recreation industry, training instructors and program providers in the best practices of inclusive paddlesports.

Supporting and enhancing the decades strong ACA National Paddlesport Instruction Program, the [Adaptive Paddling Program](#) teaches the skills and knowledge needed to outfit equipment and modify teaching styles to allow people of all abilities to participate in paddlesport activities as safely, as comfortably, and with the same performance potential as all others.

At the core of the ACA Adaptive Program, Adaptive Paddling Workshops (APWs) provide the information necessary to seamlessly integrate individuals with physical disabilities into outdoor recreation programs in the context of

paddlesports.

APWs focus on five key topics: (1) Language, Etiquette and Interaction, (2) The Legal Context, (3) Cultivating Seamless Integration, (4) Adaptive Outfitting Concepts & Goals, and (5) Mechanics of Adaptive Outfitting for Paddlesports. APW involve hands-on learning in both a classroom and in calm, protected waters.

These workshops are designed to provide instructors, outfitters, recreation program providers, and rehabilitation professionals with the information they need to integrate paddlers with disabilities into programs.

**For an insider's look at the ACA Adaptive Paddling Program, please view the video below.**





# State Director News



CANOE · KAYAK · SUP · RAFT · RESCUE

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

- EDUCATION
- STEWARDSHIP
- COMPETITION
- INSURANCE
- RECREATION



# STATE-BY-STATE

*News delivered directly from [ACA State Directors](#) across the USA*

## **Alabama**

In May, Alabama welcomed three new L3 Whitewater Kayak Instructors, one new L4 Whitewater Kayak Instructor, and one new L3 Instructor Trainer. In addition, the Birmingham Canoe Club held its Paddling 101 at Oak Mountain State Park and two Lazy River Float courses with more than 30 participants.

## **Alaska**

Tracie and Don Pendegast attended an L3 tandem open canoe instructor course at Nantahala Outdoor Center and have been running training sessions for US Fish and Wildlife Service biologists and managers using non-motorized craft to manage National Wildlife Refuges in Alaska. Levi Hogan, a member of the Executive Council has just finished an L4 Coastal ICW in Cook Inlet and Turnagain Arm, and Tom Pogson, state director has been working with the ACA's Coastal Kayak Committee on the new L3, L4, and L5 Coastal trip leader awards.

## **California**

Across the state, ACA Paddle America Clubs have been active. The Stanford Kayak Club hosted its Intro to Whitewater Kayaking Trip, the Los Angeles Kayak Club hosted its "Cobwebs Weekend" to help kayakers get back into paddling, and Rivers for Change held their "California 100" race down the Sacramento River, 100 Miles in a Day!

## **Colorado**

Colorado experienced cool temps and heavy precipitation throughout the month of May. Despite these challenging conditions, Paddle-

Fest 2015 was still a huge success! The kayak and SUP competitions provided excellent entertainment and increased the stoke for the upcoming season. The on-water educational courses were also very popular.

## **Florida**

Your Florida Executive Council is your resource to facilitate communication between our members and our national office. Our goal is to create paddling programs focusing on: Education, Safety, Stewardship, and Competition. We are also your resource for Public Policy relating to paddling, and Insurance. Feel free to contact State Director Peg Egan, [kayakerpeg@gmail.com](mailto:kayakerpeg@gmail.com), 239-220-8694. Follow us on Facebook at [www.facebook.com/ACAFFlorida](http://www.facebook.com/ACAFFlorida).

## **Georgia**

The Georgia State Director in cooperation with the Outdoor Recreation program at the Georgia Institute of Technology sponsored five students for a five day Instructor Certification Workshop on Tybee Island. All five students passed the assessment and are now ACA Instructors.

## **Indiana**

The extremely popular White River is being threatened with a dam to create the Mounds Lake Reservoir in Anderson Indiana, affecting a 4 county area and impacting tens of thousands who enjoy paddling, hiking and biking. The reservoir would eliminate miles of free flowing water. To find out how you can take action, please visit [www.moundslakeservoir.org](http://www.moundslakeservoir.org).

## **Louisiana**

The Spring Bayou Complex--a system of naturally-formed bayous, lakes, sloughs, and hardwood/cypress bottomland swamp, located near Marksville, LA--is now open for paddling for the first time in some three decades, thanks to the combined efforts of the Spring Bayou Restoration Team and the Louisiana Department of Wildlife and Fisheries. For more information, please visit [www.sbirt-online.com](http://www.sbirt-online.com)

## **Maryland**

ACA Maryland State Director Bob Cianflone is a telecommunications manager at NOAA's National Weather Service, and he serves as the program manager for the All Hazards NOAA Weather Radio. He is giving presentations to boaters and campers this summer on staying safe outdoors and on safe boating, with an emphasis on surviving severe weather, the first class taking place on June 13th at Greenbrier State Park: <http://www.nws.noaa.gov/os/marine/safeboating/>

## **Massachusetts**

The Deerfield River Festival will be held on July 11 in Charlemont, MA. [Click here](#) for more information on this event.

## **Missouri**

ACA Missouri and the Mississippi River Trail Association will be hosting a Firecracker Paddle Race on July 4th. For more information and to register, please visit: <http://firecracker-race.org>

## **New Mexico**

ACA Instructor Jane Bales was awarded a Letter of Commendation from the USCG Commandant for teaching the Coast Guard Auxiliary Kayak Safety Program. Rio Chama Flow Optimization Project to naturalize flows is progressing. Contact [steve.harris39@gmail.com](mailto:steve.harris39@gmail.com)

for more information.

## **New York**

On April 25th, Tom Potter of the Brooklyn Boathouse in New York City hosted representatives from the paddlesports industry, including Kelsey Bracewell from the ACA offices in Virginia, for the 2015 Paddling Safety & Instruction Conclave. The meeting was a huge success bringing folks together from metro NYC and surrounding areas to discuss the latest in safety and education for paddlesports in NY!

## **North Dakota**

North Dakota ACA is planning several canoe, kayak, and SUP race(s) for August 2015 to help revive paddling interests and ACA membership in ND. The events are planned for an 8-mile segment of the last part of the free flowing Missouri River and an area lake. Support from Scheel's Sports, a large Midwest sporting goods chain, and an area Subaru dealer are being solicited.

## **Ohio**

The Cincinnati Paddlefest Weekend took place June 18-20. This is a premier annual event, culminating with more than a thousand paddlers traveling an 8 mile stretch of the Ohio River from Coney Island to downtown Cincinnati. An amazing sight to see but more amazing to be a part of it.

## **Oklahoma**

After a month of unseasonably heavy rains our lakes and rivers are more accessible to paddling than ever! Construction is now underway on Oklahoma City's new \$45.2 million whitewater rafting and kayaking center – RIVERSPORT Rapids. The center will be located at the crossroads of the nation at the intersection of I35 and I40 in the Boathouse District



on the Oklahoma River.

## **Pennsylvania**

Pennsylvania paddlesports are moving forward with purpose. ACA Swiftwater Rescue Instructors are educating employees for commercial rafting on various whitewater rivers in the state. Stand up paddleboarding is really catching on in Pittsburgh and everywhere else. Club boaters are getting out in full force and we've got water. Looking forward to enjoying the river days to come.

## **Puerto Rico**

On May 17, 2015 ACA Puerto Rico alongside the USCG and other agencies participated in the National Boating Safety Week. More than 500 people were reached through this initiative and the ACA-PR Executive Council was interviewed on national TV encouraging safe paddling practices.

## **South Carolina**

South Carolina is working to help develop clean streams in the Upstate and push local ACA Paddle America Club awareness. We are working with local paddling clubs to do youth and adult clinics on both whitewater and flat water.

## **South Dakota**

The South Dakota Canoe & Kayak Association hosted their Annual Paddling Fair in June, which provided hundreds of families the free opportunity to try out canoes, kayaks, and SUPs. Gaining in popularity is the Adaptive Paddling Fair, held earlier that day. The Fort to Field 50 Paddle Battle, a 50-mile race on the Missouri River, will be held on July 11.

## **Tennessee**

ACA Tennessee has been very busy with Paddle Events. Paddlefest in Nashville was a

huge success. TVCC ran an incredible Canoe and Kayak School with over 180 participants. Membership in the state has been increasing.

## **Vermont**

The Vermont Paddlers Club is holding its annual Class II clinic July 11 & 12. To register or get more information, visit [www.vtpaddlers.net](http://www.vt paddlers.net).

## **Washington**

Washington is working alongside the Washington State Parks and Recreation Commission to develop a strategic plan to enhance safety, education, and participation in paddlesports. We will also be at the Wenatchee River Festival June 13-24. Come on by our booth and see us!

## **Wyoming**

The Yellowstone and Grand Teton Paddling Act that proposes a feasibility study to open paddling access to rivers and streams in the iconic Wyoming national parks has its fair share of opponents primarily from the resource management and conservation communities. While the ACA certainly supports increased access to paddling, it's important to be aware and educated on alternative views especially when those views come from our partners in the conservation and recreation communities.

**As a national organization, it can be difficult to know all the paddling issues in every state. That's where the [ACA State Director Program](#) comes in! This volunteer program is designed to close the gap between paddlers on the ground and the ACA.**

**If you want to get involved, [reach out](#) to your local ACA State Director, and start improving stewardship, education, and competition in your state today.**

# MEMBERSHIP





# ACA Member Benefit



## Reduced Admission to Events

When you join the ACA, one of the many benefits you'll enjoy is receiving reduced admission to thousands of [ACA sanctioned events and races](#) across the country each year.

[Click here](#) to learn about ALL the benefits of ACA membership!



# Paddling Club Spotlight



**The Jefferson River Canoe Trail** is both a chapter of the nonprofit Lewis and Clark Trail Heritage Foundation and a Paddle America Club. Our group seeks to preserve the land and history of the Jefferson River and neighboring segments of the Lewis & Clark National Historic Trail.

Eighty percent of the Lewis and Clark expedition took place via water, with canoes serving as the primary vessels to move up and down rivers. Retracing the expedition's route by canoe is one of the most authentic ways to experience the Lewis and Clark story.

To preserve and protect the trail, literally, we are working to establish a network of public campsites along the entire length of the Jefferson River segment of the Lewis and Clark National Historic Trail. We recently purchased

a 4.37-acre parcel for a public floater's camp near Three Forks, Montana. Our group raised \$20,000 and received a grant for \$45,000 from the Montana Fish and Wildlife Conserva-

tion Trust to purchase and fully pay for the riverfront property. We are presently working on site development that will include a small parking area, a vault toilet, walk-in access to the land, historical signs, and a couple of campsites near the water for floaters.



Please visit [www.jeffersonriver.org](http://www.jeffersonriver.org) to learn more about floating the Jefferson River and our efforts to preserve it for future generations. New members and supporting donations are always welcome!

**[Click here](#) to find a paddling club near you!**



# ACA Outfitter, Livery & Guide Spotlight



## Simple Adventures

[Simple Adventures](#) is a locally owned and operated business based out of St. Clair Shores, Michigan. We have now expanded to offer 3 home locations that span from Walter and Mary Burke Park in New Baltimore, to Lake St Clair Metropark in Harrison Township all the way down to the 9 Mile, Chapaton Boat Launch in St Clair Shores.

We've partnered with the Clinton River Watershed Council and Six Rivers Regional Land and Conservatory Regional Land to offer our customers access to the Clinton River, and with the No Child Left Inside Coalition of Michigan to encourage families to get outside and get kayaking! We've also partnered up with the

Lake St Clair Metropark and the DNR of Michigan to provide an "Intro to Kayaking" course as a part of the Recreation 101 program.

Our boats are inspected regularly by the Macomb County Sheriff's Marine Division, and we are dedicated to providing our customers with a fun and safe way to explore the beauty of our local community.



Find an ACA outfitter near you using this handy [new search tool!](#)

# Now Accepting Nominations for 2015 ACA Awards



**Do you know someone who deserves recognition in the paddling world? Nominations for the 2015 ACA National Paddlesports Awards are now open!**

**Please visit [www.americancanoe.org/Awards](http://www.americancanoe.org/Awards) for more details on how to submit your nomination before the July 31, 2015 deadline.**

**Award Recipients will be announced at the ACA Annual Banquet & Awards Ceremony at the upcoming Instructor Trainer Conference in Charleston, South Carolina.**



# COMPETITION



# Ready, Set, Mark Your Calendars!

Don't miss these upcoming races...

**July 13-14, 2015**

**Camp Cup**

**Bryson City, North Carolina**

**July 25, 2015**

**Washburn Board Across the Bay**

**Washburn, Wisconsin**

**July 26, 2015**

**Sugar Island Canoe Sailing Week**

**Gananoque, Ontario, Canada**

**August 8-9, 2015**

**Two Harbors Kayak Festival**

**Two Harbors, Minnesota**

**[CLICK HERE](#) to see the full ACA competition event calendar**



# ACA National Championship Races



## OPEN CANOE SLALOM CHAMPIONSHIPS

July 22-24, 2015

Barry's Bay, Ontario, Canada

The purpose of the Open Canoe Slalom Committee is: to encourage, sanction and sponsor amateur competition in "whitewater open canoe" slalom at local, regional, national, and international levels. The Nationals & North American Championships will take place in Barry's Bay, Ontario.



## WHITewater OPEN CANOE DOWNRIVER COMPETITION

July 22-26, 2015

Old Town, Maine

The purpose of the Whitewater Open Canoe Downriver Committee (WWOCD) is: to encourage, sanction and sponsor amateur competition in "whitewater open canoe" at local, regional, national, and international levels. The WWOCD National Championships will take place in Old Town, ME, on the Penobscot River.



## FREESTYLE CANOEING INTERPRETIVE CHAMPIONSHIPS

September 5, 2015

TBD

FreeStyle Canoeing is the "art and science" of quiet water paddling. It emphasizes smooth, efficient flatwater paddling and precision boat control. FreeStyle can be applied to all canoeing situations. Many FreeStylers paddle to music making an expressible, interpretive art form.



## CANOE SAILING CRUISING CLASS NATIONAL CHAMPIONSHIPS

September 5-6, 2015

Sloatsburg, New York

The purpose of the Canoe Sailing Committee is: to encourage, sanction and sponsor amateur competition in canoe sailing at local, regional, national, and international levels.





This year the **ACA North American Open Canoe Slalom Championships** (NORAM) will be held at the Madawaska Kanu Centre in Barry's Bay Ontario Canada. Race dates are July 22 – 24. Come early and join fellow racers in local paddling opportunities, or stick around afterward, the water is warm and levels in the area of Ontario will be great!

The Madawaska River is justifiably celebrated as one of the best places in North America for open canoe slalom racing.

Flowing past MKC's front door, through a forest of pines and hardwoods, the river's supply of dam-controlled water is warm, clean, and dependable all summer long. This 5km section of drop-pool whitewater is known locally as Bells Rapids, or to area paddlers as the Middle Madawaska.

For more information, check out [opencanoeslalom.com](http://opencanoeslalom.com) and follow the [NORAM facebook page](#).



There are 3 classes of sail rigs:

Cruising Class, steer with a paddle, *below*



ACA rig with a standard sail, *below*



C Class rig, 5 meter sail 55 sq ft, , *below*



# CANOE SAILING

## NATIONAL CHAMPIONSHIPS

### SEPTEMBER 2015

### & MORE!

**Canoe Sailing** has been part of the ACA since 1880. If you'd like to watch or try sailing a canoe, there will be many opportunities this summer. Join us for three National Canoe Sailing Championships as well as beginner's workshops!

**The National Cruising Class Championships** are Sept 5 –6, 2015 at the ACA Camp on Lake Sebago in Harriman State Park, Slootsburg, NY, off Route 17, near the border of NJ.

Contact: Joan 201-669-9994 or Sherrie at [swinkworth@verizon.net](mailto:swinkworth@verizon.net) or 973-252-3484.

Visit <http://aca-atlanticdivisionblog.com> for more information.

**The National Championships for 5 meter and ACA Class** start in south Jersey (an hour from Philadelphia) on Friday September 25, 3- 6 pm, for practice. On September 26 & 27, there will be 3 races a day, weather permitting. Canoe sail races will take place on Union Lake, Starling Drive, Millville, NJ, in a residential neighborhood.

We start at 10 a.m. and finish racing in the early afternoon, depending on the wind conditions.

We launch at the Union Lake Sail-Tennis Club which is surrounded by pine forest. The lake is almost 2 miles long and not crowded.

Canoe sailors will be happy to show you their rig. You may be able to sail a canoe or help on the committee boat!

Contact Bill Covert at [BillCovert@aol.com](mailto:BillCovert@aol.com) or visit the Club website at [www.ulstc.org](http://www.ulstc.org) for more information.

**The ACA Camp at Lake Sebago** is 32 miles north of New York City. The Sheepshead Canoe Club is the sailing club. Beginner workshops are held in June and July.

“Free Sail” - Sunday, June 28, 10 am-4 pm.  
Sailing Canoes will be rigged and available for interested sailors.

“Free Sail”/Workshop - Saturday, July 25, 10am-4pm  
Sailing Canoes will be rigged and available for interested sailors (or want-to-be sailors) to take out on the water. Learn the techniques of cruising class sailing, using a paddle instead of a rudder.

For more information, please visit:  
<http://aca-atlanticdivisionblog.com>

To register in advance, contact Joanie Krilla at 201-669-9994 or Sherrie Winkworth at [swinkworth@verizon.net](mailto:swinkworth@verizon.net) / 973-252-3484.

**To receive a copy of *ACA Canoe Sailor*, please email M. Vogel at [canusailor@yahoo.com](mailto:canusailor@yahoo.com)**



**The ACA Camp, Sugar Island** (located in the Thousand Islands on the St. Lawrence River, border of New York and Ontario) is a great location to sail!

**July 26-30** - canoe sailing week is during the Annual ACA Encampment first week!  
Free instruction, cruising, and racing are available if you ask!  
Contact Marilyn Vogel at:  
[canusailor@yahoo.com](mailto:canusailor@yahoo.com)



#### **RIG YOUR CANOE FOR SAILING!**

1. Thwarts for the mast and leeboard
2. Leeboard
3. Mast step
4. ACA sail and spars

**Building a rig info:**  
<http://canusail.org/>





# Penobscot River Whitewater Nationals Regatta

July 22 - 26, 2015

Old Town, Bradley, Orono, Veazie and Edgington Maine



## Open Canoe Kayak SUP Wildwater

**Register Today!**  
**PADDLEGURU.com**

<http://penobscotriverwhitewaternationalsregatta.com/>



CHOOSE ADVENTURE.  
TRUST TRADITION.

The Penobscot Nation is hosting the event on this historically important and beautiful 9.5 mile section of river, returned to its free-flowing state following removal of the Great Works and Veazie Dams. The race course includes three Class II-III rapids, numerous rips and quick water.



L.L.Bean



Race Chair: Scott Phillips  
207.852.0680  
[scott@waterwaysports.com](mailto:scott@waterwaysports.com)



Penobscot River  
Restoration Trust

# USA Canoe/Kayak Update

*By Aaron Mann, Director of Communications USA Canoe/Kayak*

## May Recap:

Summer is here and international competition is in full swing for USA Canoe/Kayak's National Teams. The month of May featured the Canoe Sprint World Cup series where the athletes of Team USA posted some impressive results and a medal.

Making her international debut at the ICF Canoe Sprint and Paracanoe World Cup 2 in Duisburg, Germany, four-time Paralympian Alana Nichols earned a bronze medal in the KL1 Women's 200m event. After a strong 2014 season, 2012 Olympian Tim Hornsby displayed Olympic-level speed in the K1 Men's 200m on his way to two top-10 finishes (7th at World Cup 1 and 8th at World Cup 3). The team of Maggie Hogan and Kaitlyn McElroy started their 2015 season strong with B-final appearances at World Cups 1 and 2 in the K2 Women's 500m, where they finished 16th and 13th

respectively. Individually, Hogan showed her strength and endurance at World Cup 2, finishing 7th in the K1 Women's 1000m and 4th in the K1 Women's 5000m events.

Meanwhile, the US National Slalom Team spent some time in Canada familiarizing themselves with the whitewater course that will host the Pan American Games this summer. After a week of training on the waters of the Gull River, the team had the opportunity to test their skills in the Canadian National Team Trials. Strong performances from Michal Smolen in K1, Ashley Nee in K1W, Casey Eichfeld in C1, and the C2 team of Eichfeld/ Devin McEwan should make Team USA strong contenders to bring home some hardware this summer.







## What to watch for in July and August:

- ICF Canoe Slalom World Cup 3 - 7/03-7/05 in Liptovsky Mikulas, Slovakia
- Slalom Age Group Nationals - 7/11 in Wausau, Wisconsin
- Pan American Games (Toronto, Canada)
  - Sprint - 7/11-7/14
  - Slalom - 7/18-7/19
- ICF Junior and U23 Canoe Sprint World Championships - 7/23-26 in Montemor-o-Velho, Portugal
- Slalom Junior Olympics - 7/20-8/02 in Bryson City, North Carolina
- ICF Canoe Marathon World Championships - 8/01-8/02 in Brandenburg, Germany
- ICF Wildwater Canoeing Junior World Championships - 8/02-8/07 in Bryson City, North Carolina
- ICF Canoe Slalom World Cup 4 - 8/07-8/09 in La Seu d'Urgell, Spain
- ICF Canoe Slalom World Cup Final - 8/14-8/16 in Pau, France
- ICF Canoe Sprint World Championships - 8/19-8/23 in Milan, Italy
- ICF Canoe Freestyle World Championships - 8/30-9/05 on the Ottawa River, Canada



# INSURANCE





# Need Insurance?

One of the many benefits of being affiliated with the ACA is our ability to provide liability insurance for on-water events.

Obtaining insurance for on-water activities can be difficult and expensive. That's why the ACA provides this valuable service to the paddling community. **The ACA's program provides excellent coverage from a highly-rated insurance company. It can be used for paddling in most classes of water, and is available at affordable rates that are competitive with, if not better, than any other event sanctioning organization.** Submitting an application is easy, and the ACA staff is ready to assist you in filling your insurance needs.

Paddling is generally a fun activity involving minimal risks, but occasionally bad things happen. Paddlers may be injured, and boats and paddling equipment may be damaged, lost or stolen.

The ACA offers several types of insurance to the paddling community. To learn more about each type, please visit [www.americancanoe.org/Insurance](http://www.americancanoe.org/Insurance).





# INTERNATIONAL





# ACA South America Conference

## *Conferencia Sudamericana ACA*



October 18-20, 2015

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

### ***On the agenda:***

**Exits Workshop**

**Safety Regulations Workshop**

**Roll Clinic**

**Motivational Talks**

**Advancing Techniques & Maneuver**

**Responsible Navigation Workshop**

**Group Navigation**







## ***Save the Date***

**2015 ACA Europe Paddlesports Symposium**

**OCT 2-4, 2015**

**London, England**

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



- Do you know who's who in the ACA Europe Division? Visit [www.americancanoe.org/EuropeDivision](http://www.americancanoe.org/EuropeDivision) to learn about the ACA's leadership in Europe.
- Looking for an International ACA Instructor or Instructor Trainer? [Click here](#) for a full list!



# Paddling Through a Piece of PNG Paradise

*By Dylan Foo and Sven Gloor, two friends who met while racing surfboats for Bondi Beach lifesavers. Dylan is passionate about the outdoors and ocean activity. He has kayaked Norwegian fjords, climbed Mont Blanc, and completed a cross country ski marathon in Finland. Sven has competed in multiple paddling races around the world and his spare time is spent outdoors either adventure racing or planning the next trip of a lifetime.*



There is always a concern when trying to recreate a memorable time in your life, particularly when it comes to replicating incredible travel experiences. While trying to recapture the former glories of a prior trip, you also run the risk of missing the goodness that is right in front of you.

This awareness was at the front of our minds as we planned our next paddling adventure in the idyllic waters of Papua New Guinea's Tigak region, a place where the ocean surges with colour from the palest turquoise to vibrant purple within metres, and where the white sand beaches have an almost magnetic force that pulls you towards shore. In this place, time seems to stand still so that hours feel like days and days feel like weeks, a powerful es-

cape from the hustle and bustle of our everyday city lives.

It's a surreal feeling to be crawling through Sydney morning traffic, surrounded by high-rise buildings and smog-filled air, watching pedestrians rush in a never-ending hurry; to only a few hours later be perched in a banana boat, humming through crystal blue water towards a piece of island paradise where a hammock, sand floor and an outdoor shower await. Like a time warp, the clock slows, people actually wave as you pass them by and their effervescent smiles are remarkably contagious.

The purpose of this trip was to pick up where we had left off from our last Papua New Guin-

ean adventure. We had previously paddled a double sea kayak from Kokopo on East New Britain to Kavieng on the tip of New Ireland stopping at various villages along the way and experiencing life with the locals. Awed by the scenery and charmed by the people, it was early on that we began discussing the possibility of a return trip and by the time we had paddled through the Albatross Passage, a stretch of coast that we nicknamed 'Paradise Waters', we both agreed that we had unfinished business in this area.

And this second trip did not disappoint, starting with a night at the world class dive resort Lissenung Island, where guests have access to an incredible undersea wonderland that stretches from the island's very own 'house reef' to an open ocean aquarium including various ship and plane wrecks that would fill an entire chapter of the WWII 'Battle of the Coral Sea.'

It was hard to leave the hospitality of Lissenung but the opportunity to continue our sea kayaking odyssey through the Tigak Islands towards New Hanover saw us eventually push off into the crystal blue waters of one of the South Pacific's best kept secrets.

Paddling long distances is sometimes almost mind-numbing when the surrounding environs are not overly appealing on the eye, but this is simply impossible in these parts thanks to the amazing scenery both above and below the waterline. As we paddled past tropical islands that belong on a postcard and through water that had us wishing we had a glass

bottom in our kayak, it was hard to comprehend that only 24 hours prior we were sitting in office chairs staring at a computer screen instead of stunning coral.

As the sun began to set on our first day, we randomly picked an island from the many that dotted the water around us and paddled towards its shoreline. With darkness descending, we could hear the local children yelling with excitement before we could see them as we approached their small fishing village, nestled on an island no bigger than a football field. As it turned out, it was in fact two villages, living harmoniously on the one island, and before we even had a chance to step out of



our kayak, we were met by the village leader who invited us to share a cup of tea and offered us a place to sleep. While we were prepared to rough it on a remote beach somewhere, the opportunity to spend a night soaking up village life was too good to refuse and we were made to feel at home as the locals went

about ensuring we were comfortable, catered for and well-rested.

That night, while listening to stories of life on this small island, we watched villagers in dug-out canoes paddling out to go spearing on the reef at night for their staple diet. We realised that what was a novel experience for us, was simply everyday life for the locals, and the appeal of their relaxed approach overwhelmed us. We put our watches and maps away and decided that we would follow the island example, living in the moment and going with the flow for the next few days.



One thing that particularly struck us was how 'island-proud' they were (if there is such a term). Upon waking the next morning, we found the beach and village square had been immaculately swept, our smelly paddling gear had been washed and hung out to dry, an array of flowers were laid out and we were greeted with a full local buffet breakfast.

While it was tough to leave so many smiling and friendly faces, we slowly packed up and based on our new revised schedule of 'there is no schedule', we pushed off and headed towards New Hanover with a few island hops along the way.

We had heard a lot about the beauty of New Hanover and were certainly not disappointed when we came ashore to find tropical rainforest spilling into the ocean. The locals spoke of the stunning rivers, waterfalls and lagoons that are spread across the island, and we instinctively started planning our next adventure to this jewel of the Pacific.

We continued our travels across various passages and trimmed along a number of reefs (several with amazing surf too) before stopping for rest, food or sleep on various islands along the way. The wildlife was so rich in this area, that we soon stopped calling out when we spotted a turtle, schools of fish, sharks or a pod of dolphins, and almost didn't blink when a sail fish launched several times through the air in a spectacular display just in front of our kayak.

Our next village stay was courtesy of a family who own Nubilis Island and have set up a

guest house to welcome travellers to these parts, whether they are paddlers, surfers or adventurers looking for a genuine South Pacific island experience. The charm is two-fold, both in its raw beauty and the warm hospitality of the family. Not a lot of travellers come through here, which is to us part of the appeal, but as we talked into the night and enjoyed fresh fish for dinner, we hoped that others would come to enjoy the generosity of these natural hosts.

Paddling off the next day to continue our island hopping ways, we stopped to snorkel at

**"We put our watches and maps away and decided that we would follow the island example, living in the moment and going with the flow."**

a WWII Japanese subzero plane wreck, sitting relatively shallow on a reef with propeller still intact and its original paint markings. These waters are filled with such relics from the war in the Pacific and, in local villages, it's not uncommon to

have bombs found by locals strung up and used as church bells.

We concluded our travels with the highlight of the trip, a leisurely paddle that became a slow drift that ended in a snorkel through Albatross Passage as we took in an incredible underwater journey past teeming fish life and a stunning coral reef. A constant theme on this trip was the overwhelming hospitality of the locals who we met along the way and here again we were offered fresh fruit and water and offered a place to stay if we should need it.

After staying some time to soak up this idyllic stretch, we made our final push and then finally hung up the paddles at world-renowned surf resort Nusa Island Retreat, a surf camp that has burgeoned into a haven for not only

keen surfers, but also fisherman and those just happy to swap their watch for island-time and hang about in a hammock on the deck of their over-water bungalow, looking across a slice of PNG paradise. We particularly enjoyed watching a group of older surfers return to Nusa Island yelling and hooting as if they were teens again after catching 'the best waves of their life' and then landing a giant Mackerel as a bonus on the way back to shore.

We left the wonders of New Ireland and after a short plane ride arrived at the luxury of the Kokopo Beach Bungalows on East New Britain and where more adventure awaited. Here, we hiked a live volcano, toured WWII Japanese bunkers and submarine bases, explored hidden war tunnels, caught some large fish and snorkelled beautiful reefs which were also home to a number of ship, plane and tank wrecks. After a week of paddling we were

also able to relieve our tired muscles through a relaxing massage from the day spa at KBB. It was also at this point that any kind of stress seemed a very distant memory.

Papua New Guinea has often been stymied by the perception that it's a dangerous place to travel, but after paddling up the coast of New Ireland, then again through the Tigak region and spending many days exploring Rabaul and its surrounds, the only fear I felt was the anxiety that I would never again be able to replicate the sense of wonder, escape and adventure that I was experiencing in this magical part of the world.

**For anyone interested in kayaking through New Ireland, PNG, Dylan and Sven will be leading an expedition there in early 2016 and can be contacted at [dylan@eunexus.com.au](mailto:dylan@eunexus.com.au)**





# Find ACA Instructors in 33 Countries!



Argentina

Australia

Austria

Bahamas

Belgium

Brazil

Canada

Chile

Columbia

Costa Rica

Denmark

Finland

Georgia

Germany

Hong Kong

India

Ireland

Italy

Japan

Luxembourg

Mexico

Netherlands

New Zealand

Norway

Singapore

Slovenia

Spain

Sweden

Switzerland

Taiwan

United Arab Emirates

United Kingdom

Yukon Territory

[Click here](#) for a full list of ACA International Instructors





**Award-winning. Funny. Educational. Informative.**

We created these **animated videos** for paddlers everywhere! Whether you're an instructor looking for a new teaching tool, or a novice paddler looking for quick tips, check these out:

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



# Paddling History



**AMERICAN  
CANOE  
ASSOCIATION**

**1880-1980**  
**100th Anniversary**  
**YEARBOOK**



**35 years ago, the ACA celebrated its 100th anniversary. To see interesting articles and photos about the evolution of paddlesports in the U.S., including a letter from President Carter, go to [www.americancanoe.org/100years](http://www.americancanoe.org/100years)**

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

*We hope you enjoy the little glimpses of paddling past.*

*To learn more about ACA history and the early days of paddlesports, visit:*

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

**Built to take you  
to the place you've  
never been.**

A blue Subaru Outback is parked on a rocky shore next to a body of water. A blue kayak is mounted on the roof rack. The background features a forested hill and trees with yellowing leaves, suggesting an autumn setting. The sky is clear and blue. The text "Built to take you to the place you've never been." is overlaid in the top left corner.

Remember Jun? The all-new 2015 Outback® brings it all back. Symmetrical All-Wheel Drive with X-MODE™ has the capability to take you almost anywhere. At 33 mpg,\* it's the most fuel-efficient midsize crossover in America†. It's what your adventurous side has been waiting for. **Love, it's what makes a Subaru, a Subaru.**



### Confidence in Motion



Subaru is a proud partner of the American Canoe Association.  
Learn more at [subaru.com/partners](http://subaru.com/partners).

© 2004 by Blackwell Publishing Ltd, *Journal of Internal Medicine* 255: 109–116  
 Published by Blackwell Publishing, 9600 Garsington Road, Oxford OX4 2DQ, UK and 350 Main Street, Malden, MA 02148, USA