

PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue, Volume 1, Issue 5, November 2015

**New Adaptive Grants
Different (SUP) Strokes
for Different Folks**

**New Video:
Stories of Survival**



ACA Mission Statement

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



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Cover photo

Photographer: Maria Schultz, Author of [How to SUP With Your PUP](#)

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Meet Your ACA Staff



Wade Blackwood
Executive Director

“Coffee.”



Kelsey Bracewell
SEI Coordinator

“I would likely eat soup and salad for the rest of time.”



Candy Patten
Insurance Coordinator

“Homemade authentic Mexican tacos.”



Christopher Stec
Chief Operating Officer

“I would go kayak fishing and eat whatever I caught.”



Dave Burden
International Paddlesports Ambassador

“The Easter Sunday Buffet at the Waldorf Astoria in Manhattan.”



Amy Ellis
State Director/Membership Coordinator

“Spinach!”



Barbara Bendele
Office Manager

“Pizza with the works!
Runner up: Spaghetti with meatballs and parm.”



Katie Hansen
Membership Coordinator

“Pizza! Pizza! Pizza!”



Shannon Green
Membership/Insurance Coordinator

“Taco Bell.”



Chris Raab
Stewardship Director

“Kale salad with cranberries and walnuts.”



Whit Overstreet
Public Policy Chief

“Oysters.”



Marcel Bieg
Western States Outreach Director & Grant Manager

“I'd have to go with sushi.”



Catharine Lloyd
Communications Coordinator

“Green smoothies with lots of kale and ginger. Actually, pizza.”



T.J. Turner
Education & Outreach Coordinator

“Egg white sandwich on whole wheat bread.”

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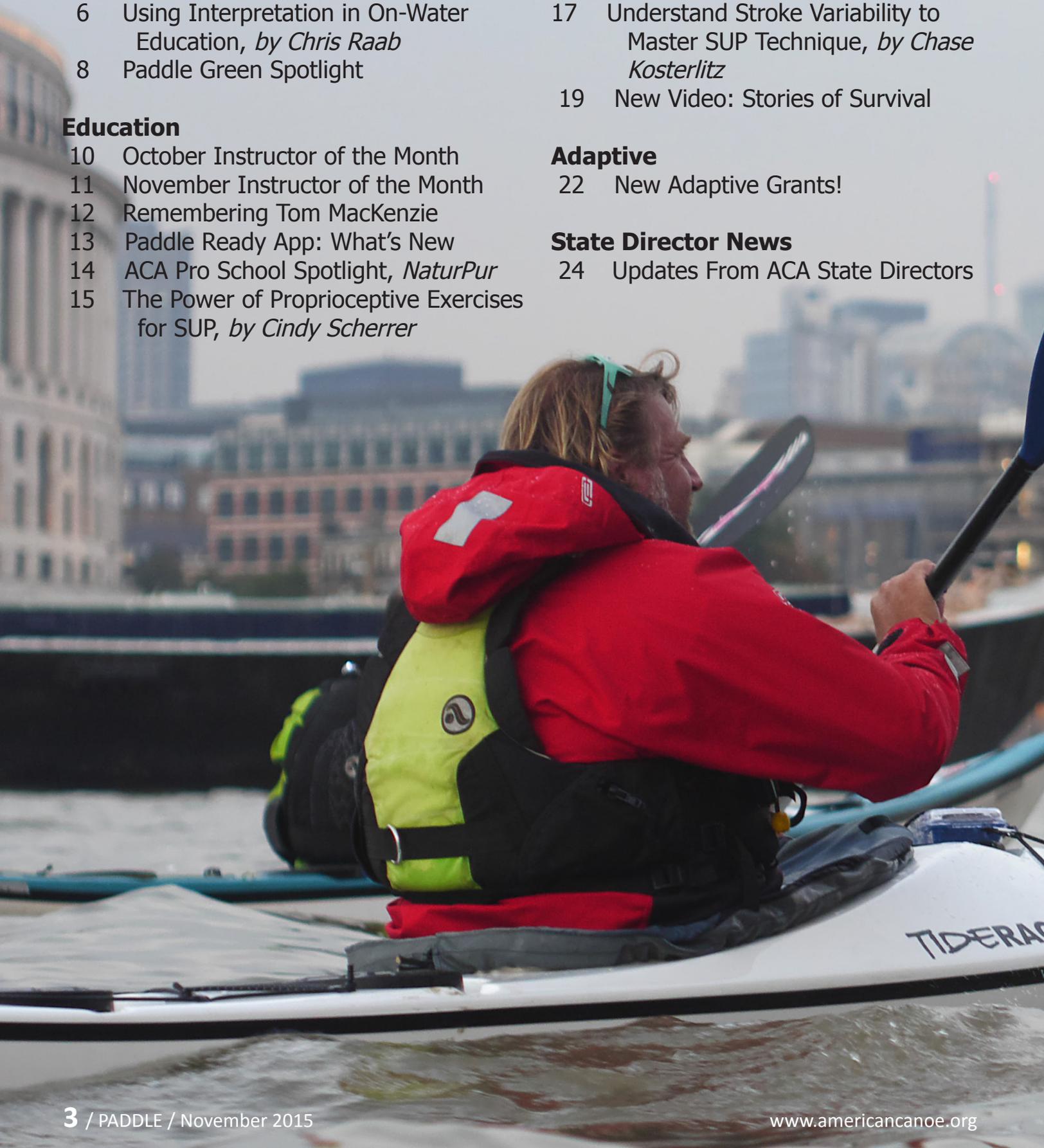
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Photo by Greg Spencer;
*6th Annual ACA Europe
Symposium*

STEWARDSHIP



Using Interpretation in On-Water Education

By Chris Raab, ACA Stewardship Director

Reflecting on the various lessons I've received throughout my educational career, I can recall many different content-heavy sessions where I absorbed plenty of great information. For example, as an undergraduate student, I remember a professor walking us outside to a quiet place on a nice day where he spoke as the voice John Muir proclaiming his passion for the wilderness. I remember how transformative that lesson was. The content we covered leading up to that day suddenly felt much closer to me. In a few minutes he had gotten me to connect with the content in a new and personal way by using interpretation.

The ACA is working on further developing our Stream to Sea Marine Debris Initiative by offering Environmental Education (EE) lesson plans to schools. These lessons will include short class sessions followed by an on-water Environmental Interpretation (EI) program and shoreline cleanup where possible. As leaders



in on-water safety and education, the ACA is ideally suited to offer unique hands-on learning experiences that supplement classroom learning. To effectively provide on-water EI, we as providers need to understand what Interpretation means.

The National Park Service defines Interpretation as “a catalyst in creating an opportunity for the audience to form their own intellectual and emotional connections with the meanings and significance inherent in the resources” (U.S. National Park Service, 2012). Interpretation is a specific strategic communication method used in education that seeks to go beyond giving information. Interpretation seeks to elicit an emotional response that inspires a personal connection to the resource, like a personal “buy in.” A study published in the journal of Applied Leisure and Recreation Research concluded that first time or infrequent participants in recreational activities form a closer connection to the natural resource when environmental interpretation is a part



of the activity than those who participated in recreation activities alone. With this in mind, new paddlers and school age students are a good target audience for interpretation.

So how do you plan an interpretive lesson?

Start with a good lesson plan. A key component in an interpretive lesson plan is a strategic “theme” targeted at your audience. A theme is a single sentence that stitches together your whole presentation

and links a tangible resource to an intangible meaning. This link between factual information about a resource and an intangible meaning is what interpretation is all about; it’s what makes the student care about the resource.

An example of a tangible is a stream. A stream as a tangible alone could mean drinking water, hydroelectric potential, transportation etc.

Some intangibles you could associate with a stream are flow, beauty, life, tranquility, exploration, adventure!

As providers of EE and EI, the ACA is constructing a curriculum that targets current issues in our Stream to Sea Initiative and blends a variety of education methods with the ACA’s

strength as on-water safety and education leaders. Interpretation is not just for environmental educators. Skills instructors and trainers may find it useful when teaching topics such as SUP history, traditional skills for sea kayakers, or LNT principles. The National Association for Interpretation

and the National Park Service are leaders in providing interpretation and have helpful online resources for learning more about providing interpretive education. I would urge

all stewardship educators to read up on using interpretation as a teaching tool and consider applying it their practice.

Burbach, Mark. E. et. Al. (2012) The Impact of Environmental Interpretation in Developing a Connection to Nature in Park Visitors. Journal of Applied Leisure and Recreation Research, vol15 is4, p13-30.

Knapp, D. (2005), Environmental Education and Environmental Interpretation: The Relationships. <http://www.eenorthcarolina.org/>, Retrieved 10/7/15

U.S. National Park Service. (2012). About interpretation. Interpretive development program Retrieved from <http://idp.eppley.org/about-interpretation>

“A key component in an interpretive lesson plan is a strategic ‘theme’ targeted at your audience.”



Paddle Green Spotlight: Maine Island Trail Association



The ACA has awarded the [Maine Island Trail Association](#) (MITA) the 2015 [Green Paddle for Waterway Conservation award](#) at its Annual Banquet and Awards Ceremony in Charleston, South Carolina. Presented to “an individual or group that has made an outstanding contribution to paddlesports by protecting America’s waterways,” the award was received by MITA’s Executive Director, Doug Welch.

To the gathering of approximately 100 national and international guests, including from Europe and Iran, Welch proudly received the award in the name of MITA volunteers who participate in Maine Island Trail stewardship events each year. “This award is not a reflection of MITA’s small staff, but of its small army of volunteers who work to keep the Maine islands clean each year.”

Presenting the award, ACA Stewardship Director Chris Raab noted, “As I received stewardship activity reports from across the country each year, MITA stands out. Where most reports arrive in terms of the number of bags

of trash collected, often MITA’s reports come in terms of cubic yards.”

In 2014, MITA documented 4,850 hours of volunteerism, including approximately 1,000 island landings and the removal of over 900 bags of shoreline trash from the islands.



“It is not about picking up litter left by visitors,” Welch explained. “Most visitors have adopted ‘Leave No Trace’ practices and leave the islands at least as clean as they find them. But the level of water-borne trash, including plastics and Styrofoam, keeps us very busy.”

MITA is a 4,000-member organization dedicated to the protection and enjoyment of the wild islands of Maine. Through 27 years of community-building, stewardship and education, the organization developed America’s first recreational water trail and a model of sustainable recreation.

www.americancanoe.org/Awards

EDUCATION

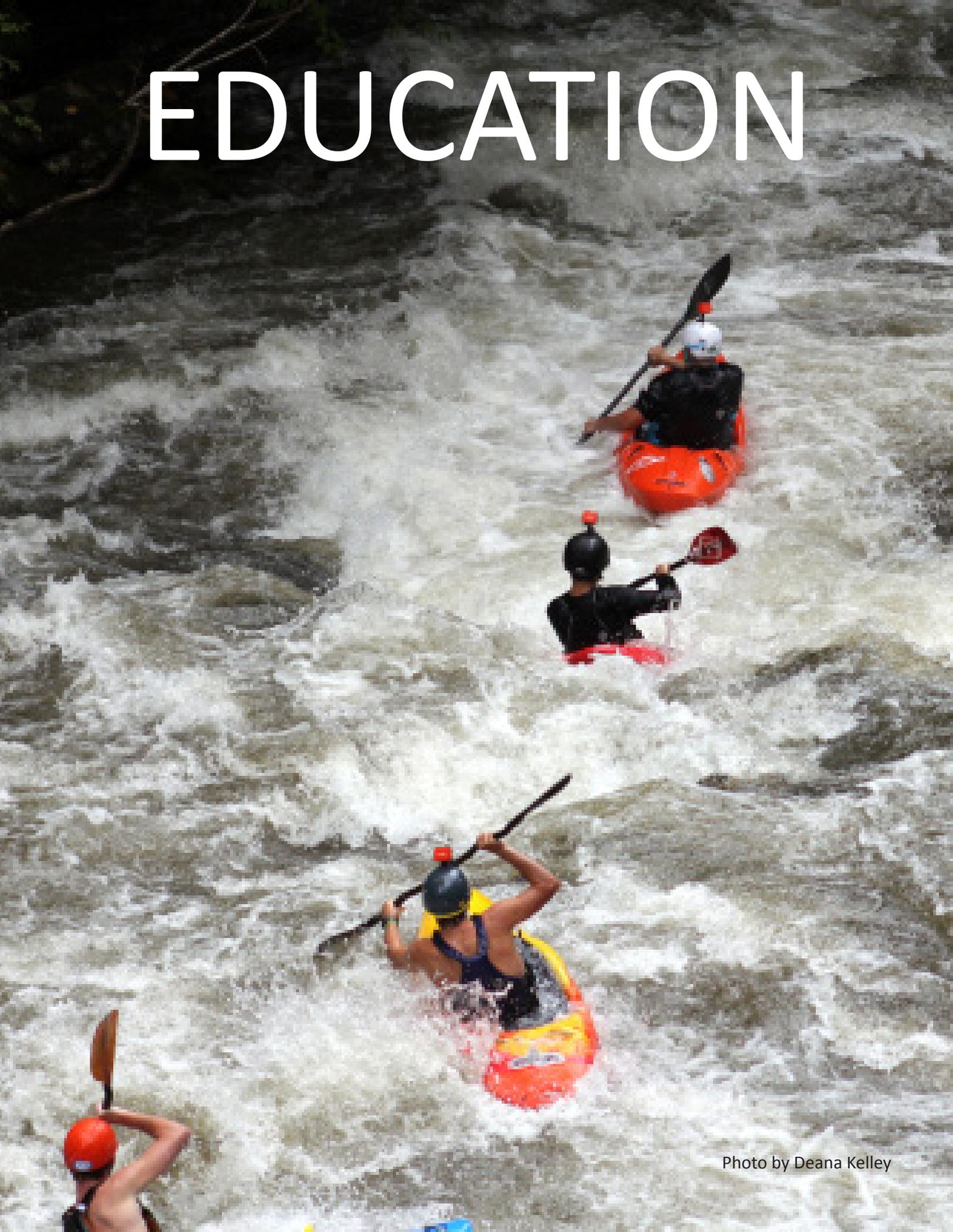


Photo by Deana Kelley



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

Do you know an instructor who deserves recognition?

[Nominate them today!](#)

OCTOBER Instructor of the Month - Katie Crites

ACA: What aspect of paddling is the most exciting and engaging to you?

Crites: The most challenging and engaging part of paddling is being able to think on my feet. As water levels change, features in the river change. Just about every time I go out I face new challenges and it keeps me coming back. If I feel confident with paddling the river in my creek boat, I'll change to my play boat or SUP and it becomes a new puzzle all over again.

ACA: Why did you choose to become an ACA Instructor?

Crites: I became an ACA instructor because that's what people do in the paddling world if they want to teach. I immediately started to see all the activities and benefits of being an ACA instructor. As an instructor for the ACA, I have a standard to which I teach; however I also have the freedom to present the material to my students in a way that is most beneficial for them to learn.

ACA: What has been one of your most mem-



orable moments on the water?

Crites: Running Nantahala Falls for the first time...or I should say successfully running Nantahala Falls for the first time on a stand up paddleboard. We were in NC for the first ACA Swiftwater Rescue Conference, and people kept mentioning the Nantahala River. We had to check it out. The falls is a class III drop, but I had not run anything that big on my SUP yet. The first two attempts I hit the top drop using the line I wanted, but I was off on the bottom drop and ended up swimming to shore. After climbing to the falls one last time, I took a deep breath and focused on my goal. On the third attempt I cleaned the line. I couldn't stop smiling for the rest of the day.

NOVEMBER Instructor of the Month - Jill Wiest

Only six women worldwide have pursued and achieved ACA Level 3 Whitewater Standup paddleboard certification and November's Instructor of the month, Jill Wiest from Lykens, Pennsylvania, is one of those six women.

Jill's first experience on a SUP was in a class II-III downriver race on the Lehigh River in 2012 and she immediately became addicted, loving the extra challenge of not only navigating a rapid successfully, but stay standing on the board while doing so. Over the next two years, she immersed herself in the sport, attained L3 ACA certification, and grew her board collection to five including a slalom-specific custom board. She teaches SUP through the Canoe Club of Greater Harrisburg (CCGH).

Her love of paddling started during her adventure racing years in 2003-2005, a time when Jill was realizing the importance of being active and healthy. An avid mountain biker, she looked at paddling as a good cross-sport. Her husband, Rick Brown, and she bought their first kayaks as a wedding gift to each other in 2004. They quickly realized they both enjoyed whitewater most and found paddlers with the CCGH to join on trips. The CCGH runs a successful kayak and canoe training program training over a hundred paddlers each year. The CCGH wanted to add standup paddleboard and Jill -- with all her enthusiasm -- seemed like the perfect paddler to become an

instructor. Jill became certified and proceeded to develop the SUP training program for the CCGH for SUP Levels 1, 2, and 3.

If there was one river she could paddle the rest of her life, for Jill it would be the Susquehanna River at Harrisburg. The Susquehanna offers the best of all worlds with flat, easy sections and whitewater sections to train at all levels and teach SUP. Her husband and she often will take new-to-whitewater folks out for a whitewater "skills-building" session at varied locations near Harrisburg after paddlers go through the CCGH training classes.

Jill has raced several downriver whitewater SUP races the past three years and more recently has been competing in slalom races. The CCGH puts on a slalom race called Fiddler's Elbow which is part of the Penn Cup Slalom Series held in six locations throughout Pennsylvania for the past 40 years. It's a beginner's series of races to encourage young paddlers to try slalom and race. Her participation in slalom on a SUP is slowly encouraging others to pursue this challenging competition.

To learn more about previous Instructor of the Month award recipients, [click here](#).



Remembering Tom MacKenzie



We lost Tom MacKenzie on Tuesday, October 20th, 2015, after a long illness. Tom was an environmental educator before turning to an interest in boat building; initially in traditional birchbark, then later in cedar fabric. Tom's cedar Dacron canoes built on forms he designed with David Yost, were the gold standard, the finest craft of their type.

Tom was also active in paddlesport instruction. He participated in Canoe Magazine's famous '85 solo rendezvous in the Boundary Waters and was one of the founders of the American Canoe Association's FreeStyle Committee, serving as its second chair. He supported the Conclave series of on-water events and the Texas Canoe Rendezvous and initiated the Adirondack Canoe Symposium.

His many friends will remember a keen intellect, a kind voice and an abiding dedication to the sideslip in all its variations. We'll miss you, Tom.

Have You Tried the PADDLE READY app yet?

[Download the app for your iPhone](#)

[Download the app for your Android](#)

“Needed this for so long!”

-Margaret Roth

“This free app has some pretty cool features that I can see coming in quite handy. You can check tides, river and surf levels for locations where you are headed, as well as find the closest access to put-ins. Perhaps the coolest feature on the Paddle Ready app is the ability to file a float plan.”

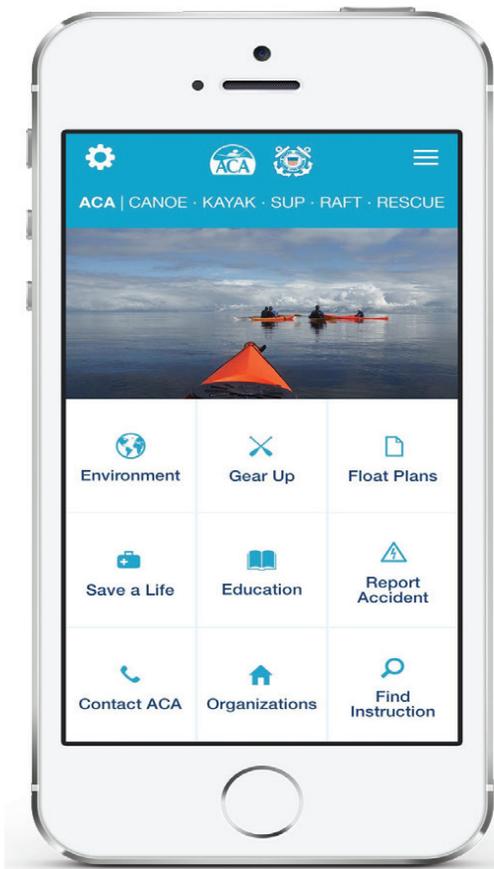
-Tee Clarkson, Richmond Times Dispatch

“I use this app multiple times throughout the week to see what’s going on at my favorite spots”

-Jay Yarborough

**“This app looks sick!
Just downloaded it and
cannot wait to use it!”**

-Alex Mauer



Surf Forecasting

Tide Forecasting

Course Reporting for ACA Instructors

Improved Float Plans

Access Points

Paddle Club Search

Improved ACA Instructor Search

ACA PRO SCHOOL SPOTLIGHT



NaturPur

[NaturPur](#) school is situated in Austria near Vienna. We offer skill development classes for beginner through advanced paddlers as well as ACA Instructor and Trainer certifications in Sea-Kayak or Canoe.

Whether you're looking for an afternoon in the Danube National Park, an educational course, or a multi-day trip, we are the right partner for you! We also lend state of the art equipment like Wenonah canoes or Current Design kayaks.

For more information, follow us on [Facebook](#) or visit www.naturpur.co.at.



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

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

The Power of Proprioceptive Exercises for SUP (aka: I Should Do That With My Eyes Closed!)

By Cindy Scherrer, ACA Level 4 Coastal Kayak Instructor and ACA Level 2 SUP Instructor Trainer. Cindy owns and manages [Shellback Paddle Experience](#) in Ocean Park, WA with her husband Steve.



I am a shuffler when it comes to stepping back on my board. Cross stepping has always felt awkward and risky. As an instructor, I am expected to be able to cross step as well as teach it.

One day, while waiting to get on the water, I noticed some railroad ties used as landscape edging. I thought they were the perfect width to practice cross stepping. I moved around on them for less than 10 minutes. The following few days I had the opportunity to repeat the exercises. I didn't know it at the time but I was actually training my proprioceptive sensory system.

I discovered the benefits accidentally while

one day I decided to step back by cross stepping. As soon as I started, I had the sensory recall from the railroad tie practice and it was so much easier, it really surprised me!

Proprioceptors reside in our body's sensory system providing stimuli. They send information to our brains as to joint and muscle positioning from movement, acceleration, and equilibrium. This ties in directly with our vestibular system that provides our sense of balance and spatial orientation.

Confused? Here's an easy way to understand what's going on: proprioception is what allows us to walk around with our eyes closed or in the dark without losing our balance.



My partner trained his proprioceptors (without knowing it!) last winter. He developed a “yoga mat sup” routine by walking ninja-like all over his mat. The mat defined his space and he had to control where his feet landed. He swears it helped his cross stepping and it shows on his board.

Recently, I had a student that stood too wide on his SUP with lots of pressure on the rails. Naturally he had a hard time stepping around without falling in. While trying to get him to move around more comfortably, I asked him to move his feet closer to the center line of his board. Finally his “feeler” senses kicked in and he asked “you mean like a slackline?” Epiphany and success!

Our instincts in the beginning of SUPing, or when we’re learning a new skill like cross stepping, is to look down either at our feet or at our paddle blades. We know this doesn’t work. By the time our eyes register the information to our brain and the brain responds with what we think needs to happen for the desired outcome, it’s too late. That’s where

proprioceptive training can be greatly beneficial.

Some exercises to improve our spatial awareness and balance could include balance boards, yoga, slacklining, ballroom dancing (!) or just discovering on our own what works, like railroad ties or yoga mat SUP.

One can get really nerdy researching this but don’t you feel better knowing that there are so many cool ways to improve your SUP performance doing practically every day moves? Now about those tango lessons . . .



Understand Stroke Variability to Master SUP Technique

By Chase Kosterlitz, President of Stand Up Paddle Athletes Association (SUPAA). This article was originally published on supathletes.com.



The information on SUP technique below will help stand up paddlers of all skill levels. Whether you have never entered a SUP race or are a seasoned SUP elite paddler, the stand up paddle stroke is the most critical part of your paddling experience.

There is not one universal stand up paddle technique that applies to all stand up paddlers. Each paddler must find the technique that works best for them individually. Use the information below to learn the different elements of SUP technique that will help you paddle faster, longer, stronger and prevent injury.

Different Strokes For Different Folks

During a race or training session a paddler will stroke through the water thousands of times. The way in which each of these strokes is performed is determined by a variety of variables. These variables include the paddlers experience, strength and equipment as well as the distance they are paddling and the conditions on the water. There is not one single SUP stroke rate and stroke type that I can tell you to use. Instead, you will need to find an optimal stroke based on the different variables of paddling that are unique to you and the water you are paddling on. In order to maximize per-

formance, you should employ multiple stroke rates and types of strokes throughout the course of a SUP training session or race. Below are the stand up paddle stroke variables that can be applied to each stroke in a variety of combinations.

Stroke Variables:

Power Application: light, medium, heavy

Power Location: front-loaded, back-loaded, evenly-loaded

Stroke Rate: slow, medium, fast

Rhythm: out of control, jerky, smooth

Power Application

The more connected a paddle is in the water, the more water it is grabbing, and the greater the power that can potentially be produced. Each paddle stroke can have a light, medium or heavy application of power. One option is not necessarily better than the other. A light stroke does not have much power but will generally have a higher rate; a heavy stroke will be more powerful and generally have a slower rate; a medium stroke will be somewhere in between.

The connection that your paddle has with the water will determine how much power gets translated to forward board speed. You can have a powerful stroke where you exert a lot of effort, but poor connection with your paddle and therefore will not maximize your potential for a fast board speed. The poorer the connection, the less efficient your stroke will be. Concentrate on getting a solid connection with your blade regardless of the amount of power you are applying.

Power Location

The point in which the power is applied to

the stroke can also change according to the paddler and the conditions. Someone who has a front-loaded stroke applies most of their power immediately after the catch and in the first part of the power phase. A paddler with a back-loaded stroke has a lighter catch with more power toward the back of the stroke. An evenly-loaded stroke has a relatively even distribution of power throughout the power phase.

Stroke Rate

Stroke rate, also called cadence, is the speed at which a paddler enters and exits their paddle from the water. Don't get tied to the numbers used for the examples below. Stroke rate is highly variable for each paddler and there is no right or wrong rate. I am simply quantifying stroke rate for the sake of the explanation. DO NOT try to stick to these rates as measurements for how you should be paddling. Stroke rate is heavily variable between paddlers based on their equipment, experience, body type, the conditions in which they are paddling and the total distance they are paddling.

A slow rate usually produces a slow speed and is anywhere from 15-35 strokes per minute. This rate is in low intensity for active recovery, warming up and cooling down.

A medium rate is around 36-44 strokes per minute. This is a rate that can be used for active recovery toward the low end and for a medium race pace intensity toward the upper end.

A fast rate is anywhere from 44-60+ strokes per minute. This rate is for someone who has poor connection (slapping the water), sprinting, not applying power or as a race pace rate.

Rhythm

Rhythm is a component of paddling that will improve as you perfect your overall stand up paddle technique. Take a second and imagine someone learning a fancy ballroom dance. When they first start to dance, they will likely be jerking all around the dance floor and not moving with rhythm, much the same way a novice stand up paddler will look. The more the dancer (paddler) improves, the more smooth their movements become.

Why do we care about being smooth?

A smooth rhythm will translate into an efficient stroke. Any unnecessary movements during each stroke essentially leads to wasted energy and extra strain on your body. A smooth rhythm will help you move faster with better technique while you conserve energy. Try using a mantra during the recovery phase of each stroke to help set up a smooth rhythm. For example you can say the word, “breathe”, and take a breath as you recover for the next stroke.

Optimizing Stroke Rate

An important factor to consider about stroke rate is paddling efficiently during each stroke. Remember, if you have a poor connection between your blade and the water, the energy you put into your blade will not produce forward board speed as efficiently as a stroke with a solid connection. Simply put, a power-

ful, fast, sloppy stroke with poor connection can result in much slower speeds than a slow, solid stroke with good connection. Finding the right balance between speed, power and connection is the key to finding your optimal stroke rate for different conditions and distances.



Former Olympic paddler and current Canadian National Team coach, Larry Cain, breaks down stroke rate:

“The reality is that paddling any watercraft is not much different than riding a bike. Everyone is familiar with the selection of gears available to a rider on a road or mountain bike. Some people like to use a really heavy gear when riding a bike. They take fewer pedal strokes but go quite fast for the number of pedal strokes taken.

Others prefer lighter gears and find it more comfortable to take more pedal strokes with less muscular effort to go fast.”

This analogy vividly describes the variability of the stand up paddle stroke rate. The more gears a paddler is able to tap into through the course of a race, the better he/she will adapt to the various conditions and challenges presented on a race course.

Work on each variable of the stand up paddle stroke to optimize your technique for SUP training and racing. You can also purchase the eBook, [SUP Training The Smart Way](#), to learn more about optimizing your stroke rate and testing to find your optimal paddling gear.

New Animated Video Just Released: *Stories of Survival*

In partnership with the talented folks at Anzovin Studio and the U.S. Coast Guard, the ACA has created an animated memoir-style film that confronts some of the challenging situations that even experienced paddlers face. We are excited to announce the release of *Stories of Survival*.

[CLICK HERE](#) to watch the new video on our YouTube channel.

You can also help us spread the word about safe paddling by sharing the video with your friends, family, and the rest of your network.



MAKING THE WORLD A BETTER PLACE TO PADDLE
americancanoe.org subaru.com

ADAPTIVE



Adaptive Grants!

The ACA Adaptive Paddling Program and the USACK Paracanoe Program Work Together

As part of our USACK / ACA partnership, in the summer of 2015, we have recently applied for and just received two grants targeted specifically for individuals with disabilities including one grant that has an elite level Paracanoe competition focus.

Grants

Craig H. Neilsen Foundation: \$123,460.00

Department of Veteran Affairs: \$149,133.85

Total funding: \$272,593.85

We are contracting with former ACA staff member Joe Moore who now runs [Adaptive Expeditions](#) to manage both of these grants.

We are looking for local paddling clubs across the country who are interested in either starting or expanding their adaptive programs and learning how to organize a seasonal or year round adaptive program for their community.

The ACA is excited for the opportunities that these two grants present for paddlers of all abilities, but also for the possibility of finding a few individuals who might be interested to compete on a national and/or international level.



News Near You

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subaru.com

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

Arizona

Fall is HERE! Just because the weather gets cooler doesn't mean your paddling season has to come to an end! We've got plenty of destinations around the State to keep you on the water. Check out our [WaterTrails page](#) to find a paddling spot for your next adventure!

Are you staying up to date with what's going on with ACA- Arizona? Like our [Facebook page](#) to stay in the know!

Contact: Danielle Keil

AZStateDirector@americancanoe.net

California

The ACA provided insurance and safety for the Class 4-5 Tobin Race on the Feather River. The race was a great success with paddlers from all over the west coming to race. By supporting the Tobin Race, the ACA collaborated with American Whitewater to make for a very successful Feather River festival, promoting paddling and stewardship.

Contact: Alexander Morris

CaStateDirector@americancanoe.net

Florida

The Boating Advisory Council has created a non-motorized boat working group. Two members of the Florida Executive Council were appointed to serve: Peggy Phillips and Tommy Thompson. The group will focus on 4 critical issues: Access, Education, Safety, User Pay/User Benefits. The meeting minutes are available online at myfwc.com, and we encourage our ACA members to contact us relative to your needs. We represent you!

Contact: Peggy Phillips

FLStateDirector@americancanoe.net

Idaho

It's been a terrific paddling season, and we are all hoping for a great winter to fill our rivers and lakes for next year. Currently, I'm looking for help as part of the Idaho Volunteer Executive Council. If you are an Idaho ACA Member and would like to get more involved in our state, please reach out to me. This winter would be a great time to get started so that we can work together to hit the ground running in the spring.

Contact: Elliot Jacobs

IdStateDirector@americancanoe.net

Illinois

Illinois added a new water trail, a 7-mile loop on Wheel Lake at Banner Marsh State Recreation Area, southwest of Peoria. The project was funded in part by a stewardship grant from the ACA as well as financial support from paddling clubs. It is the brainchild of Jeff Fitch, an ACA-certified canoe instructor who paddles there often. More loops will be added this spring at Johnson Lake, which also is part of Banner Marsh.

Contact: Lenore Sobota

ILStateDirector@americancanoe.net

Indiana

Indiana's first ADA Canoe and Kayak EZ-launch ramp, allowing more accessibility to the Trail Creek and Lake Michigan Water Trails, was opened in Hansen Park, Michigan City. The success of the project has sparked new interest in developing additional ADA ramps in northern Indiana. The Northwest Indiana Paddling Association and Valparaiso University are proud to announce the creation of

the Northwest Indiana chapter of Team River Runner. The proposed Dam/Reservoir on the White River was dealt a death blow when opponents were able to prevent unanimous approval from the affected communities. Efforts are now focused on creating a new Greenway project to better enhance and protect the White River.

Contact: Joe Rozsahegyi

InStateDirector@americancanoe.net

Kentucky

The Kentucky Department of Fish and Wildlife Resources is working with local outfitters and paddle sports retailers to create a section on their "Boat Safe Kentucky" App which will include a color coded water level interpreter for all streams and rivers, launch sites, safe boating procedures, outfitter locations and more. If you have information regarding safe boating levels on a local Kentucky stream, please contact me.

Contact: Nathan Depenbrock

KYStateDirector@americancanoe.net

Maryland

Working with, and providing input to, local and Federal officials to ensure that Mallows Bay, fully accessible only by canoe or kayak, becomes a national marine sanctuary. Visit [this link](#) for the latest information.

Contact: Bob Cianflone

MdStateDirector@americancanoe.net

Mississippi

Mississippi is wrapping up another successful canoe/kayak race season. The first Okatoma River Race was recently held and the Gator Fest canoe/kayak race will take place Saturday, Nov 7 on the Pearl River at the Columbia Water Park (Columbia, MS). Contact your State Director if you are interested in hosting a race, clean-up day, or educational program

in 2016. Also, there are several leadership positions still open on the Mississippi ACA Council. Please, contact us if you are interested in helping to make our state an even greater place to paddle!

Contact: Brian Ramsey

MsStateDirector@americancanoe.net

New York

Congratulations to Noah Hussain, New York State Executive Council Youth Coordinator, on winning this year's ACA Joe Pena Volunteer of the Year Award! We are proud to have you in New York - you are a fantastic asset to the paddling community! For the whitewater kayakers, the annual pilgrimage to Moosefest took place October 16-18. New York is also working on plans to host an ACA Instructor Rendezvous in 2016....stay tuned for more details!

Contact: Liane Amaral

NyStateDirector@americancanoe.net

Ohio

Ohio's Executive Council is hosting a meeting in Columbus Ohio at TAASC on November 14th. The meeting is open to all ACA Members. If you would like to join us please contact your State Director to find out more.

Contact: Ryan Pepper

OhStateDirector@americancanoe.net

Oklahoma

Enjoy the great fall weather in Oklahoma while increasing your paddling ability by taking a class or participating in a growing number of local roll sessions with an ACA certified instructor. Volunteers are needed for growing adaptive recreational kayaking programs in the OKC metro area. Help create access for all paddlers while learning from ACA Adaptive and USACK Paralympic paddling instructors.

Contact: Aasim Saleh

OkStateDirector@americancanoe.net

Pennsylvania

Recently I've been guide training international guests from Germany, Switzerland and Canada for Esprit Rafting company on the Youghiogheny and Gauley rivers. It's been a great opportunity to pass on the 20 years of guiding and swiftwater rescue information gained to the next generation. I've also been busy posting articles online about the activities of whitewater clubs in our Pennsylvania area and writing articles about using SUPs for swiftwater rescue. Fall boating is here and paddling with the changing leaves is fantastic. It's a great time to be on the water in Pennsylvania!

Contact: Steve Barber

PaStateDirector@americancanoe.net

Puerto Rico

ACA-PR established Paddle Green Bag stewardship initiative with Caguas Private School. Middle and high school students will learn about stewardship and will do river and coastal cleanups with Paddle Paradise PR. Program is scheduled to begin in November.

Contact: Omar Ramos

PRStateDirector@americancanoe.net

South Carolina

SC ACA members helped in searching flooded houses in the lowcountry after Hurricane Juquin, took part in the Annual NOC Guest Appreciation Festival, and a state PAC won the Paddle Achievement award. We are also actively encouraging membership and education through clinics and instructor development.

Contact: Ethan Talley, Kyle Thomas

SCStateDirector@americancanoe.net

Texas

Many Texas outfitters are offering a FREE first time ACA membership with the purchase of a

boat or SUP! Check it out! Texas has clubs featuring a wide array of paddling opportunities. Check the ACA website or Facebook for these and more: North Texas River Runner's; The Houston Canoe Club; Dallas Downriver Club; Coastal Bend Paddle Club (Corpus area); and Alamo City Rivermen (San Antonio area).

Contact: Lorraine McPhee

TXStateDirector@americancanoe.net

Vermont

In September, ACA and Vermont Paddlers Club members joined paddlers from across the region for a day on the West River during the annual Ball Mountain Dam release. Class II to IV rapids plus an enthusiastic group of paddlers and spectators make this event an annual favorite. September was also a popular month for river cleanup efforts around Vermont. Thanks to all who participated!

Contact: Nathan Lavery

VtStateDirector@americancanoe.net

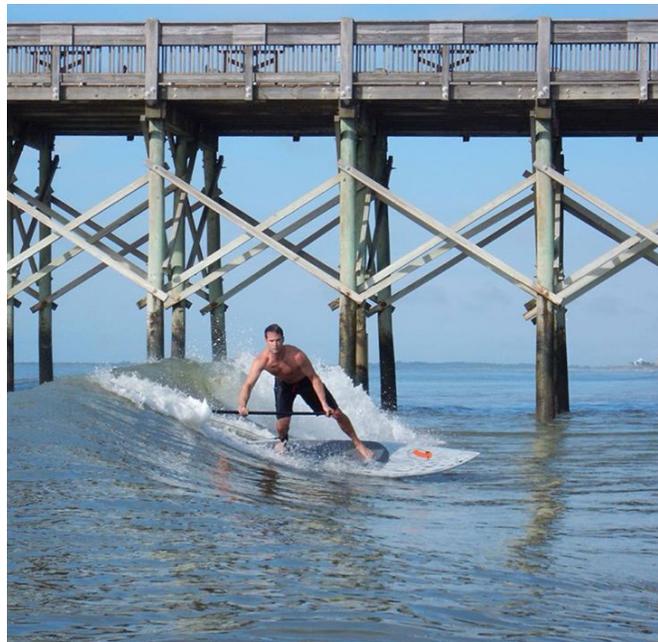


Want to Get Involved in Your State?

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.

For additional information on the ACA State Director Program, please contact Amy Ellis at aellis@americancanoe.org.



MEMBERSHIP



ACA Member Benefit: Subaru VIP Partners Program



Get a Discount on a New Subaru!

As part of Subaru's support for the association, ACA members are eligible to participate in the Subaru VIP Partners Program.

VIP pricing allows members to save between \$1,000 and \$3,000 off of the vehicle and factory installed accessories as invoiced and delivered to the retailer by Subaru. This is the non-negotiable base price for all customers with proper VIP Program authorization. The VIP price is further reduced by all applicable regional retailer or customer incentives that may be in effect at the time of purchase.

The special pricing under the VIP program cannot be combined with any other Subaru of America, Inc. promotional offers or vouchers (except Subaru Guaranteed Trade Program (GTP), \$500 Subaru Added Security Maintenance Plan Coupons and Subaru Reward Dollars). The VIP Partners customer will be responsible for all applicable federal, state and local taxes and license and municipality registration fees. Any administrative and/or retailer trade fees are additional.

Visit www.americancanoe.org/Subaru for more information.

ACA Outfitter, Livery & Guide Spotlight



Outer Banks Kayak Adventures

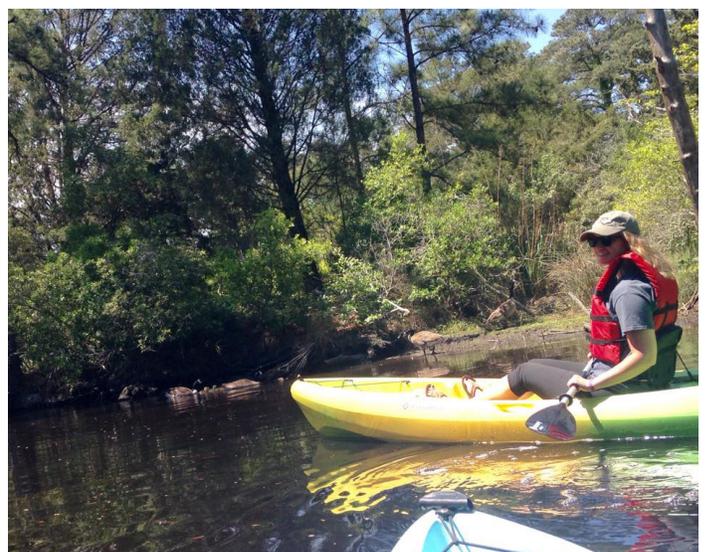
[Outer Banks Kayak Adventures](#) was created from a passion for nature and paddling, and the desire to share meaningful outdoor experiences with others.

Outer Banks Kayak Adventures provides quality, affordable, and relaxing kayak and stand up paddle board (SUP) eco-tours. Join us for an unforgettable family adventure and see a more natural side of the Outer Banks.

Our guided kayak and stand up paddle board (SUP) tours offer exciting and educational opportunities for all ages. No experience is needed and we provide all the equipment you'll need along with a paddle lesson just before we get on the water. From the high-adventure Alligator River trip to the scenic Kill Devil Hills paddle, we have an option for everyone. OBX Kayak Adventures provides the best value tour in the area. We outfit you with the most up-to-date paddling equipment that is comfortable and efficient. Our guides are CPR and

first aid certified and fully trained in kayak safety and coastal ecology.

For an unguided adventure, our rentals are a perfect way for you to get your feet wet. We outfit you with all the right equipment at our location at North Beach Outfitters in Duck.



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

MEMBER PHOTO OF THE MONTH

*Photo taken by ACA Instructor Greg Spencer at the
Freestyle Workshop at Weißensee, August 2015*



COMPETITION



Ready, Set, Mark Your Calendars!

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

Nov 6, 2015

[Surf to Sound Challenge](#)

Wrightsville Beach, North Carolina

Apr 19, 2016

[The Carolina Cup](#)

Wrightsville Beach, North Carolina

May 7, 2016

[North Carolina Paddle Festival](#)

Swansboro, North Carolina

June 4, 2016

[36th Annual GRWCR](#)

Fredericksburg, Virginia

June 29, 2016

[Penobscot River Whitewater Nationals](#)

Old Town, Maine

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

USA Canoe/Kayak Update

By Aaron Mann, Director of Communications USA Canoe/Kayak



What to watch for:

Rio 2016 Olympic Test Event for Canoe Slalom (November 26-29) - Olympic prospects from around the world come to Rio de Janeiro, Brazil to get their first look at the brand new Olympic whitewater course. While athletes familiarize themselves with the whitewater, the organizers will get a chance to test the protocols and procedures they will use next summer at the Olympic Games. In competition, athletes will also get a chance to experience the Olympic racing schedule.

2015 National Slalom Development Thanksgiving Training Camp (11/25-11/29) - Junior and Senior National Team athletes along with other promising young athletes come to the US National Whitewater Center in Charlotte, NC for this annual event. Participants will have the opportunity to learn from US National and Olympic Team Coach Silvan Poberaj both on and off the water, as well as take part in different types of physical testing to see how they stack up against some of the world's best.

H2O Winter Paddle Camp (12/28/2015-1/1/2016) - The South Florida Canoe Kayak Club invites sprint athletes to Cape Coral, Florida for this warm-weather training camp. Coaching at the camp will be provided by Pepe Naranjo, Dylan Easterday, and Marsh Jones. For information or to register, please contact Melinda Mack (melinda.mack@sfckc.org). Registration closes November 21st.

Paddling History



*Wally Van B. Claussen - Dean of Canoe Instructors -
Assistant National Director, Water Safety Services -
American Red Cross - 1949 - Commodore ACA - 1940*

**To learn about more current and past ACA Presidents/Commodores,
please visit:**

www.americancanoe.org/commodores_presidents

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

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