

### **ACA Mission Statement**

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



#### **NATIONAL STAFF**

Wade Blackwood- Executive Director Chris Stec- Chief Operating Officer

Marcel Bieg-Western States Outreach Director

Kandace Bowers-Financial Coordinator

Kelsey Bracewell- SEI Manager

Dave Burden- International Paddlesports Ambassador Amy Ellis- State Director/Membership Coordinator

Mike Foreman- Conservation, Stewardship & Public Policy Director

Katie Hansen- Membership Coordinator Kimberly Jenkins- Paddle eMagazine Editor

Brett Mayer- Public Policy Chief

LeighAnne Rakovich-Insurance Coordinator

Carrie Schlemmer- Education & Grant Coordinator

John Sims- Social Media Coordinator

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Safety & Rescue- Sam Fowlkes (NC)
Safety & Rescue- Charlie Walbridge (WV)

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Intro to Paddling- Ben Lawry (CA)

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### **Cover photo**

A canoe by a serene mountain lake 123rf photo

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For information about the State Director Program, please contact Amy Ellis at the ACA National Office.

# **PARTNERS**

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





WE PADDLE. WE CARE."



















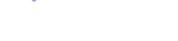














If you would like to align your business with the nation's oldest paddlesports organization, please click here for partnership opportunities with the ACA.





























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# Meet your



Wade Blackwood
Executive Director
I survived the eclipse!



**LeighAnn Rakovich**Insurance Coordinator

The best thing that happened to me this summer was simply taking a break from the school routine and getting to spend extra quality time with my family -- camping, bon fires, swimming, cookouts, sunshine, family & friends.



**Kimberly Jenkins**Paddle eMagazine Editor

Taking a much anticipated trip to Ireland with my husband. What a way to celebrate our 10th wedding anniversary!



Christopher Stec
Chief Operating Officer

I took my family on a fun-filled raft and SUP trip on the Rogue River in Oregon.

What was the best thing that happened to you this summer?



Mike Foreman Rakovich
Conservation, Stewardship &
Public Policy Director

First, of course, is my joining the ACA and helping with policy and conservation issues. Second were several great trips, one to the Outer Banks in late July and a great canoe trip on the Rivanna River in early July.



Katie Hansen Membership Coordinator

The best thing that happened to me this summer was that I was able to spend a lot of time with my family.

# **ACA Staff**



**Brett Mayer**Public Policy Chief

My wife and I welcomed a new son into the world, River Maclean Mayer.



John Sims
Social Media Coordinator

This summer was my first opportunity to work for the ACA. It's been really enjoyable to meet the ACA staff and learn more about paddlesports, water safety and how the ACA really brings the industry together. I'm looking forward to expandiing the social media following and getting more time on the water with the team.



Marcel Bieg
Western States Outreach Director
& Grant Manager

I was able to take my eight-year-old daughter to Marine Science Camp, and due to that I was able to Surf Kayak for 6 days in a row on the Oregon Coast.



**Kelsey Bracewell** SEI Coordinator

Getting to know and work with the new ACA staff members.



Kandace Bowers
Financial Coordinator
Getting hired by ACA, of course!!!



Carrie Schlemmer
Education & Grant Coordinator

My favorite memory from this summer was paddling on Oh Be Joyful creek in Crested Butte, Colorado!



**Dave Burden** International Paddlesports Ambassador

I watched the eclipse while on and in South Carolina's Lake Keowee.



Amy Ellis
State Director/Membership
Coorinator

My husband went whitewater kayaking for the first time!

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# **ACA adds new staffers**

Over the last several months, the ACA has seen some changes in staffing. With previous employees moving on to new opportunities, the ACA has added new staffers to continue to serve its members and achieve its mission effectively. In addition to John Sims (see the <u>July 2017 Paddle</u> for his bio), the following staff members have joined the ACA this year.



# LeighAnn Rakovich Insurance Coordinator

LeighAnn joined the ACA staff in March 2017 as the Insurance Coordinator. She was born in Virginia and has lived in the Spotsylvania/ Fredericksburg area most of her life. She became a licensed Property & Casualty Insurance Agent in 2002 shortly after beginning her insurance career with GEICO, where she gained over 14 years of insurance experience.

During her free time, Rakovich enjoys the outdoors, being on the water, and camping. She is an active member and volunteer at Lifepoint Church and she loves spending time with her two children, family, and friends. She has a passion for serving others and is happy to be working with the ACA staff, its members, and the paddling community.



# Carrie Schlemmer Education & Grant Coordinator

Carri Schlemmer became the ACA's Education & Grant Coordinator on July 20. Growing up in Birmingham, Alabama, and developing a passion for the outdoors through biking, camping, hiking and exploration, Schlemmer finally landed in paddlesports at the age of 17.

Focusing mainly on whitewater kayaking, she has paddled all over the U.S., with a greater concentration in the Southeast and Colorado. She attended Brevard College and earned a dual degree in Business and Organizational Leadership and Wilderness Leadership and Experiential Education.

She taught whitewater kayaking for Rocky Mountain Outdoor Center in Buena Vista, Colorado in the summers of 2016 and 2017. Before that, she taught the whitewater kayaking class for her alma mater, Brevard College.

Schlemmer holds an ACA Level 4: Whitewater Kayak Instructor certification, Wilderness First Responder, Leave No Trace trainer, and she has taken several ACA Swiftwater Rescue courses.



# **Kandace Bowers Financial Coordinator**

Born in Buffalo, New York, Kandace Bowers spent many years living in different areas of the U.S. with the military. During that time, she earned her bachelor's degree in Accounting as well as her MBA with Campbell University in North Carolina. Bowers settled down in Virginia 2002, and she worked as the finance director of the Fredericksburg Expo Center since its inception in 2006. She joined the ACA in July 2017 as the Financial Coordinator

Bowers has always loved the outdoors and is excited to now have that passion reflected as part of her work life. She enjoys whitewater rafting, zip lining, hiking, and canoeing. She currently resides in Spotsylvania County with her wonderful husband, dog, two cats, and two sugar gliders.



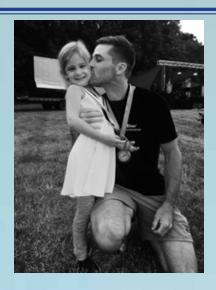
### Mike Foreman

### Conservation, Stewardship & Public Policy Director

J. Michael "Mike" Foreman, a well-known conservationist and natural resources leader in Virginia and throughout the Chesapeake Bay watershed, joined the ACA on Aug. 1, 2017, as director of Conservation, Stewardship & Public Policy. In this role, he will lead all aspects of ACA's grassroots efforts to promote appropriate access to clean water on America's waterways. Foreman will provide leadership on federal, state and local policy considerations to advance the mission of ACA. He will also coordinate a wide range of water-based clean-ups throughout the country.

Foreman brings 36 years of work experience including leadership, facilitation, strategic planning, group process and mediation services. He has worked in the university, corporate and public sectors since 1987, recently retiring from Virginia state government with 30 years of service.

He lives with his wife of 39 years, Deborrah, near Charlottesville, Virginia. They have three grown children and eight grandchildren.



## Brett Mayer Public Policy Chief

Brett Mayer joined the ACA staff on July 5, 2017, as the new Public Policy Chief. He has worked in the world of environmental and adventure education for over 14 years and brings a wealth of knowledge, experience, and passion to the position. Under Mayer's leadership, the ACA looks forward to enhancing communications with ACA members on a wide range of local, regional, and national policy issues.

Mayer attended the University of Virginia where he majored in Environmental Studies and completed a master's degree in Arizona's Adventure Education at Prescott College, where he wrote a thesis on how participation motivation changes in whitewater kayakers over time.

Mayer also serves as an ambassador for Dagger Kayaks. He resides near Great Falls of the Potomac River with his wife, daughter and son.

# Award nominations now open

Deadline September 11, 2017



Each year, we recognize individuals and organizations who have illustrated exemplary leadership, service, and dedication to various aspects of paddlesports.

Do you know someone who deserves recognition? Take this opportunity and submit a nomination. All nominations are due by Monday, September 11, 2017.

Award recipients will be announced at the ACA Annual Banquet & Awards Ceremony at the upcoming National Paddlesports Conference in Wesser, North Carolina.

Learn more at <u>www.americancanoe.org/Awards</u>.

## Fearless Formosa expresses gratitude for support

Dear ACA,

Laura and I would like to extend a heartfelt thank you to the American Canoe Association for supporting Fearless Formosa. The funds provided significantly offset the cost of our roundtrip airfare to Taiwan. We are also grateful for your continued social media promotion!

This trip and helped me grow as both an instructor, paddler, and person. Each day I woke to face new kayaking and cultural challenges. I learned creative new ways to provide one-onone feedback to my Mandarin speaking students. I grew to relish paddling into a headwind - because at least it wasn't a cross wind! And I came to graciously accept help from the Taiwanese who were always so eager to provide assistance.

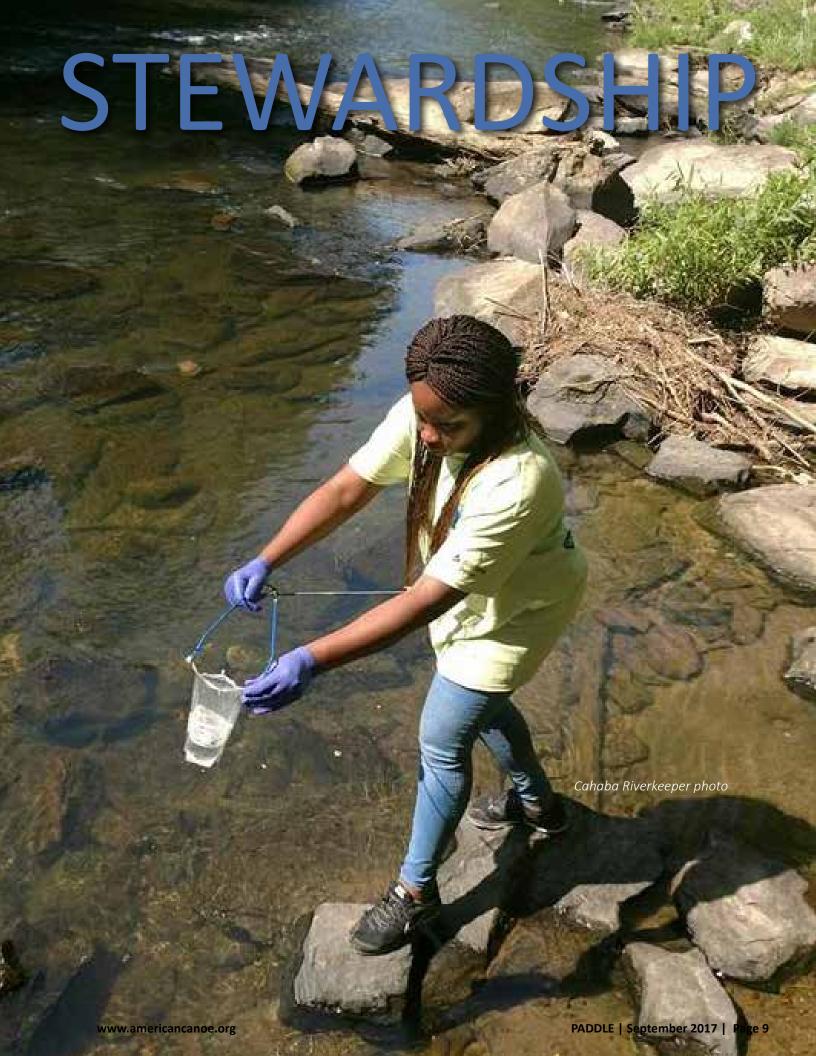
My time teaching in Taiwan was some of the most rewarding of my short coaching career. Our students were attentive, eager to learn and try new skills, and above all else, grateful. I will remember my spring kayaking in Taiwan with fondness and hope to have another opportunity to teach and paddle there again.

Lastly, Laura and I are working to update our website fearlessformosa.com with details to help others paddle the east coast of Taiwan. Once we are done updating the site, I will let you know.

Thank you again for supporting our adventure!

Kind regards, Kelly & Laura





# Paddle Green Spotlight

# ACA announces stewardship grant awardees

ince 2002, the ACA has partnered with L.L. Bean to sponsor the Club Fostered Stewardship (CFS) Program. This program provides funding to local and regional paddling clubs and organizations that undertake stewardship projects on waterways in their area. The purpose of the program is to encourage paddling clubs to take an active role in protecting and improving the nation's waterways.

The ACA is proud to be able to help local paddling clubs and organizations improve their waterways and make this world a better place to paddle! Through funds provided by L.L. Bean, the ACA's CFS Program has provided nearly \$150,000 to over 160 different stewardship initiatives since its inception. For more information, please visit <a href="https://www.americancanoe.org/LLBean">www.americancanoe.org/LLBean</a> CFS Grant.

In mid-May, the ACA announced this year's CFS Grant recipients. The recipients by state are as follows:

- Alaska: Anchorage Waterways Council
- Alabama: Cahaba Riverkeeper
- Illinois: River Action
- Indiana: Paddlers 4 Conservation
- Michigan: Boardman River Clean Sweep
- New Mexico: Kayak New Mexico
- New York: Friends of the Chemung River Watershed

- New York: SUNY Adirondak Adventure Sports
- Pennsylvania: Allegheny Aquatic Alliance
- Puerto Rico: Coalition for the Northeast Ecological Corridor
- Vermont: Vermont River Conservancy
- Texas: The Colorado River Alliance
- Washington: Spokane River Forum
- Wisconsin: Harbor District Inc.

In the July issue of *Paddle*, we began highlighting the work of the 2017 award recipients. To learn about three more of the award recipients, please see the next three pages.

### Cahaba Riverkeeper

<u>Cahaba Riverkeeper</u> is a community-based, nonprofit 501(c)(3) organization established in 2009 as a licensee of the global Waterkeeper Alliance.

The volunteer organization's mission is to defend the ecological integrity of the Cahaba River, its tributaries and watershed to ensure clean water, a healthy aquatic environment, and the status of recreational sites along the river.

The watershed is routinely monitored to identify violations of clean water legislation and sites with accumulated trash. Each summer, volunteers conduct Swim Guide, a science-based sampling program along the Cahaba and its tributaries to gather and archive water quality and bacteriological data on the river.

The Cahaba River National Wildlife Refuge one of the test sites. Cahaba Riverkeeper seeks to engage citizens in its activities and fosters clean-up activities throughout the year. This year, the organization has been recognized with three awards from area environmental groups for excellence of work.

The Cahaba River National Wildlife Refuge is the home of the rare Cahaba lily and is the destination of many thousands of visitors each year to view the flowers, swim and canoe the water running through the 3,690 acres of forest. Much of the trash that enters the river upstream ends trapped in the shoals, islands of flowers, and banks of the Cahaba Refuge.



Using funds from the CFS grant, the organization will hold two clean-up projects where volunteers will collect trash in the Cahaba Refuge in the fall

of 2017 and spring 2018. The second cleanup will prepare the area for Lily Day, held in May, when many visitors from out of state come to see the rare Cahaba water flower.

Cahaba Riverkeeper will be joined in the events by Canoe the Cahaba, a commercial canoe and kayak rental facility that also provides guided tours on the Cahaba River, and Friends of the Cahaba River National Wildlife Refuge, the volunteer organization that is the interface between the Refuge and the U.S. Fish and Wildlife Service that manages the preserve.

Volunteers will clean by land, from canoes, and by canoeing the almost mile to transverse the far side of the Refuge. For safety reasons, heavy loads will be ferried from the far side to the trash collection site by a volunteer who drives a Hovercraft and who often participates in such events.

The last cleanup in the Refuge in 2016 included tires, household goods (including a sofa), and construction trash. The collection overflowed the dump truck provided by the Bibb County Solid Waste Department!

(Continued on page 12)



### Friends of the Chemung River Watershed

Friends of the Chemung River Watershed is an Elmira, N.Y.-based, eight-year-old, nonprofit environmental organization that promotes and protects the rivers and streams in the Chemung River Watershed; and encourages the public to better use, enjoy and care for our waterways.

The organization's members

build boat launches, trails and fishing access sites; clean up trash; and teach water safety, basic paddling and environmental stewardship. They also lead guided paddles, hikes and cross-country ski trips along our trails and waterways.

On Earth Day 2017 (April 22), River Friends partnered with

85 first-grade students from the Finn Academy charter school in Elmira to improve the environment for owls and other wildlife that live along Newtown Creek and nearby Lackawanna Rail Trail in Elmira. The students spent six weeks studying owls and learning about the threats the birds face in our community – litter and trash being a major problem. As part of the proj-

ect, the Finn Academy staff, students and their parents volunteered to do an Earth Day cleanup of that debris on a two-mile stretch of the creek and trail.

This project is part of a long-term partnership between Finn Academy and River Friends, which began two years ago. The academy has adopted the river and its tributaries and uses them as outdoor classrooms and as places where they can improve the environment. It is designed to make the students aware of the threats facing our waterways, wildlife and natural resources. This is a give-back to the community event that helps students discover what volunteers can

accomplish to help reduce pollution and damage to our environment.

River Friends staff and vol-

unteers supervise the cleanup involving an estimated 120 people (children and adults). As they picked up trash along the trail and creek, they discussed the trash they found, how it got there, how it harms the environment and what can be done to reduce it. The Finn Academy staff talked about how the debris harms owls, wildlife and the creek

that flows into the Chemung River. River Friends staff discussed local history of the creek, the water cycle and the Native Americans that lived along the waterway.

The program teaches students and parents the value of personal responsibility and empowers them to respect and protect our environment. The rewards are immediate.

The participants see the pile of trash and immediately realize they improved the environment, their community and their own self-worth. That develops civic pride and responsibility.

River Friends supplied supervision, work gloves, construction-grade bags, orange mesh vests (to make it easier to identify volunteers), whistles, grab sticks, bottled water and a first-aid kit.



Friends of the

# Partnership provides cleanup of New Mexico's Cochiti Lake

By Robert Levin, Director ACA – New Mexico

ACA – New Mexico is always looking for ways to promote safe paddle sports, stewardship, promote accessibility and make a difference in our communities. Cochiti Lake is my community and

where I spend countless hours doing fitness and meditation paddles in kayaks and canoes as well as practicing boating safety and rescues. After a while, you get to know where the trash is and how nice it would be to remove it.

The ACA and L.L. Bean awarded a small grant to <u>Kayak New Mexico</u> (501c3) for programming in support of a stewardship project on Cochiti Lake. This waterway is a flood control lake on the Rio Grande. It is bordered by lands owned by the Cochiti Pueblo. A short three-mile paddle upstream finds you in both designated wilderness canyons and Bandelier National Monument. As Cochiti Lake is a no-wake lake, it is perfect for paddle sports, sail craft, canyoneering by paddle craft, bird watching and wildlife viewing.

KNM is an all-volunteer adaptive paddling program founded in 2011. KNM provides paddling-centered programming for kids and adults with physical and developmental disabilities and other life-threatening conditions. Jane Bales, president of KNM, and I discussed doing this project at Cochiti Lake Recreation



Area which is managed and operated by the U.S. Army Corps of Engineers.

With Park Ranger Chris Dohmen serving as the Corps coordinator, the project was warmly received by all the park rangers and very well supported!

As a result, the recent stewardship project at the Cochiti Lake Recreation Area found the teaming of the ACA New Mexico, KNM (Kayak New Mexico 501c3), the United States Army Corps of Engineers, Sol Board Sports and the Boy Scouts of America Troop 444. The team provided volunteer and stewardship opportunities to cleanup and sweep of all things NOT bio-degradable along the water's edges. Free camping was hosted by the USACOE and free water-craft were made available for volunteers use by Kayak New Mexico and Sol Board Sports. Rangers with the USACE also provided a safety boat with trash collection points along the water.

Most of the boaters were in kayaks whose carrying capacity proved both challenging and inventive! Many participants camped afterwards and were rewarded with good viewing weather for a distant electrical storm as well as a bonus, the Perseid meteor shower! The Boy Scouts Troop 444 had a great time on the water and happily fulfilled their public service.

In about three hours, volunteers collected 10 tires and wheels, an assortment of building materials, and nearly

1400 pounds of trash and recyclables. We look forward to making this an annual event.





# Stay up to date on ACA's stewardship initiatives

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

www.americancanoe.org/PublicPolicy

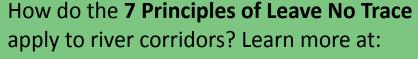


Want to help your local waterway? Watch these videos from fellow paddlers at their **Paddle Green Events**:

www.americancanoe.org/PGEvents

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

www.americancanoe.org/TrackTrash



www.americancanoe.org/LNT





# Give the Gift of an ACA Membership



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

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

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

- Subaru VIP Program
- Stewardship support
- <u>Public Policy</u> representation
- Free Rapid Media subscription
- Reduced admission to thousands of ACA sanctioned events and races each year
- Pro Deals for certified instructors
- Bimonthly <u>Paddle</u> eMagazine featuring local, regional, and national paddlesport issues
- Members Only discounts
- Discount on ACA merchandise
- And more!

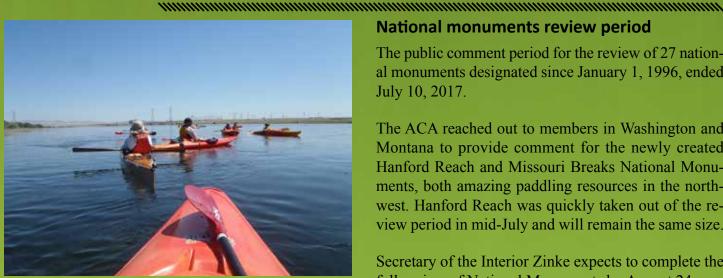
It's easy to give an ACA Gift Membership using our safe and secure online form. Or, if you prefer, you can make your gift by mail or phone:

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

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

# Recent Paddle Green Policy Action

By Brett Mayer, ACA Public Policy Chief



Paddlers enjoy a sunny day on the Columbia River's Hanford Reach. Columbia Riverkeeper photo

## National monuments review period

The public comment period for the review of 27 national monuments designated since January 1, 1996, ended July 10, 2017.

The ACA reached out to members in Washington and Montana to provide comment for the newly created Hanford Reach and Missouri Breaks National Monuments, both amazing paddling resources in the northwest. Hanford Reach was quickly taken out of the review period in mid-July and will remain the same size.

Secretary of the Interior Zinke expects to complete the full review of National Monuments by August 24.

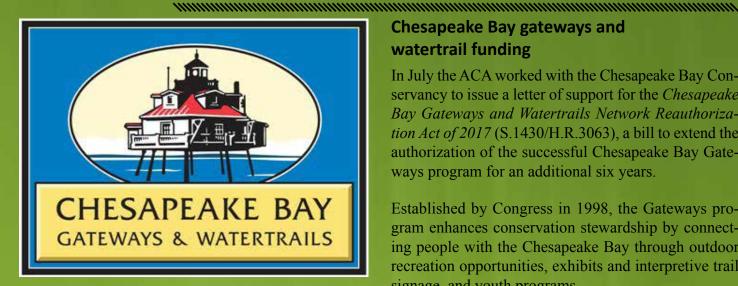


Kayakers approach Riley's Lock and Seneca Aquaduct on the Potomac River. National Park Service photo

## Temporary closures of Riley's Lock, **Potomac River**

In early July the Coast Guard issued a mandate to close the Potomac River from bank to bank between Trump National Golf Course in Virginia and Riley's Lock, a popular river access point in Maryland, in order to protect the executive branch while using the facilities of Trump National.

The mandate stirred fierce emotions in the local paddling community. The ACA worked as a willing partner with the Coast Guard offering support in the development of a collaborative solution if there was a possibility to maintain access at Riley's Lock during the temporary and sporadic closures. During a congressional hearing, the Coast Guard stated they were working closely with the ACA and would indeed make an accommodation for access at Riley's Lock for paddlers.



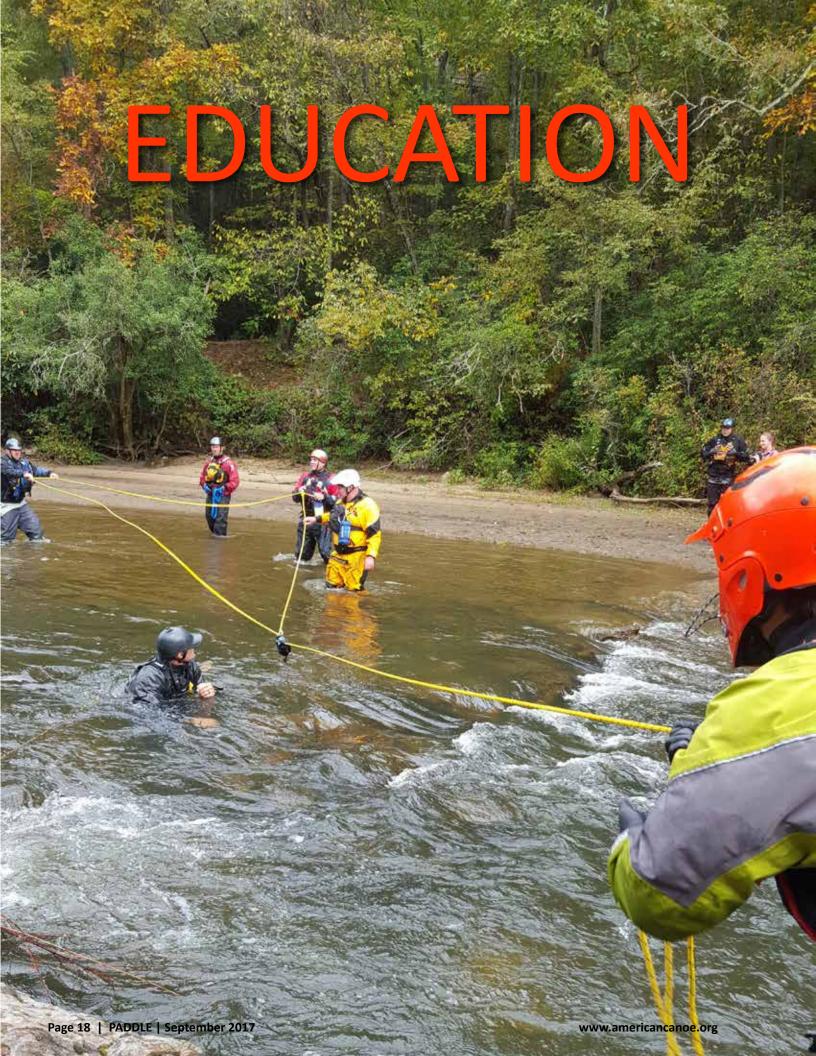
## Chesapeake Bay gateways and watertrail funding

In July the ACA worked with the Chesapeake Bay Conservancy to issue a letter of support for the *Chesapeake* Bay Gateways and Watertrails Network Reauthorization Act of 2017 (S.1430/H.R.3063), a bill to extend the authorization of the successful Chesapeake Bay Gateways program for an additional six years.

Established by Congress in 1998, the Gateways program enhances conservation stewardship by connecting people with the Chesapeake Bay through outdoor recreation opportunities, exhibits and interpretive trail signage, and youth programs.

Since 2000, the Gateways program has enabled the National Park Service Chesapeake Bay Office to provide more than \$13 million in financial and technical assistance for more than 300 projects in communities in the Chesapeake Bay and its tributaries. These funds have been matched at least dollar for dollar, resulting in improved bay access for everyone and fueling the growth of a thriving outdoor recreation industry across the Chesapeake states and Washington, D.C.

Read the ACA's recent policy action letters.



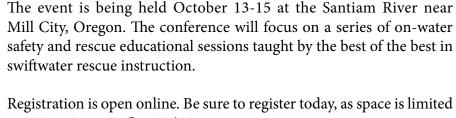


# Learn from the best at the swiftwater rescue conference

October 13-15, 20017 | Santiam River, Oregon



Do you want to learn more about swiftwater rescue? Learn from the experts during the 2017 ACA Swiftwater Rescue Conference.





to 100 registrants. Cost is \$225.

### Additional Highlights

- Challenging on-water sessions for paddlers of all experience levels
- Learn from a list of who's who in swiftwater rescue
- Educational sessions for fire and rescue personnel
- High quality land and water educational sessions
- ACA Safety & Rescue Instructor updates

For more information and to register, please visit www.americancanoe.org/SWR\_Conference.





# August Instructor of the Month



# **Adam Masters**

Adam Masters, founder of Bellyak, didn't set out to develop a whole new sport; he just enjoyed playing in the water. He figured others might get the same kick he got. He started with a simple goal: to combine the feeling of whitewater swimming with the stability of freestyle kayaking. As a result, he developed prone kayaking.

And now, prone river paddling is Adam Masters' passion.

"The bellyak opens up so much creativity in interpreting familiar runs - from front surfing, to splatting to spinning in holes to figuring out the newest ways to play...figuring out the smoothest and most effortless

lines down a rapid and playing every feature.," he said.

Masters founded Bellyak Inc., headquartered in Candler, North Carolina, to share his newfound passion with others.

"We focus on teaching people how to paddle whitewater through our

Intro to Whitewater courses. Since there isn't a sprayskirt [on the bellyak], we are able to teach people to roll/remount within minutes...increasing their confidence and thus being able to focus our lessons on learning the language of whitewater, and experiencing the FUN of paddling downstream."

The next step for newcomers is a Progression Clinic where Masters and his team systematically increase paddlers' skills to become independent whitewater paddlers, and some of these go on to become prone paddling instructors. He says the company's focus is on developing the sport and the discipline, and that

starts with developing the people who paddle.

The bellyak is the great "equalizer" in that it works off the shelf for the differently abled population.

Masters said, "We do multiple events a year for people with dis-

> abilities, whether physical, cognitive or both. With no fear of entrapment, or lateral stability issues that come from paraplegia, the bellyak provides mobility, balance and exercise in a safe, fun and quick to learn package."

"We also do local events with several of the Cross Fit gyms who use bellyak in their weekly workouts

to mix up their fitness routines. We are always looking for creative ways to get more people on the water," he added.

"As a lifelong kayaker, I had forgotten how big of a barrier to entry the

(Continued on page 22)

# September Instructor of the Month



# Ge Wu

When it comes to paddlesports, spending time with friends and family and just being on the water with them either kayaking, playing canoe polo or paddleboarding are the most precious and exciting moments for Ge Wu.

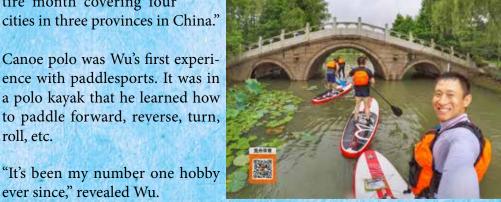
"However, such moments are coming in short supply for me now because teaching classes and promoting paddlesports have become my full-time job, and I have had to give up most of my own recreational and competitive paddling. For example, this July I was teaching kayaking and SUP courses almost nonstop for the entire month covering four

Canoe polo was Wu's first experience with paddlesports. It was in a polo kayak that he learned how to paddle forward, reverse, turn, roll, etc.

"It's been my number one hobby ever since," revealed Wu.

"Playing canoe polo has taught me a lot about self-determination, working as a team, and working hard

(often harder than other people) to win. Since 2011 I've been playing on the USA Men's Kayak Polo Team, I really treasure this honor and opportunity to represent the country and play against the best players and teams around the world," said Wu.



Apart from playing canoe polo, Wu also finds time to compete in whitewater, SUP and dragon boat races.

However, this year he hasn't been able to play as many tournaments as he did in the past. Now he's dedicating more of his time to coaching others to prepare for and compete in such competitions.

In May, the student canoe polo team from Zhejiang University that he had been coaching competed in 20th International Canoe Polo Amsterdam Open, and they finished third.

"I couldn't have been more proud of these kids. They all had just started to learn canoe polo no more than a year prior to the

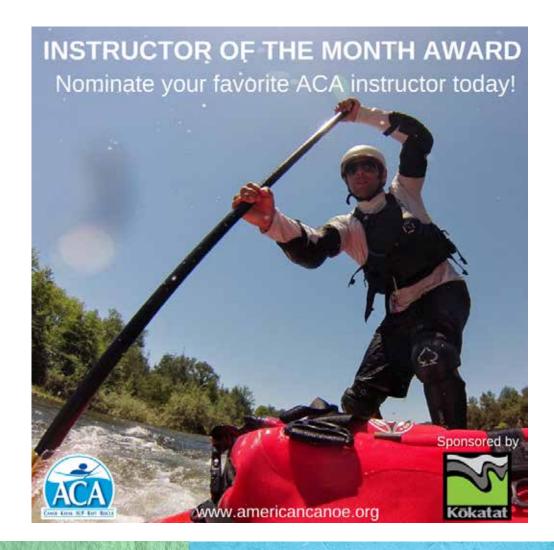
competition," said Wu.

As an international ACA Instructor, Wu travels quite a bit. He uses these experiences to strengthen his local paddling community.

"Wherever I go paddling, I take pictures of the local infrastructure, the facilities, the waterways and the local paddlers. And when I get home, I show these pictures

to my fellow paddlers and share

(Continued on page 22)



(Masters, continued from page 20)

kayak roll is, and how much instruction early on focuses specifically on what to do if you're upside down. What we've found is that there is a large community of people out there who want to experience the joy of whitewater but have felt limited by current options. We make it easy and exciting for them," said Masters.

"The best part of a bellyak is that everything feels exciting when you're paddling prone and using your hands. There are those who have tried it, there are those who want to try it, and there is everyone else. We focus on our students, in making them competent, safe and knowledgeable paddlers. There is no substitution for quality instruction combined with experience over time," he added.

(Wu, continued from page 21)

what I've learned from these trips. I think there's always a thing or two that our local paddling community can relate to or learn from another community that may be thousands of miles away, especially when my young local paddling community and the entire paddling community in China just kicked off a few years ago," said Wu.

He truly enjoys being able to paddle "in many interesting places with so many great people."

He gets asked a lot by fellow Chinese paddlers to help them translate teaching and learning materials, or help them pay their ACA dues because they can't read English, or help them decide which gear to buy, or help them get in touch with a club in another country.

"I absolutely enjoy doing all of these, because it can help my local paddling community mature and stay connected with wider international community. I think globalization is definitely in our paddlesports, too," he added. Register today!



Online registeration is open for the **2017 National Paddlesports Conference**.

October 18-22 | Nantahala Outdoor Center | Wesser, North Carolina

You don't want to miss this event! As part of the ACA's leadership role in the paddlesports community, the organization initiated the National Paddlesports Conference to target all facets of the paddlesports community.

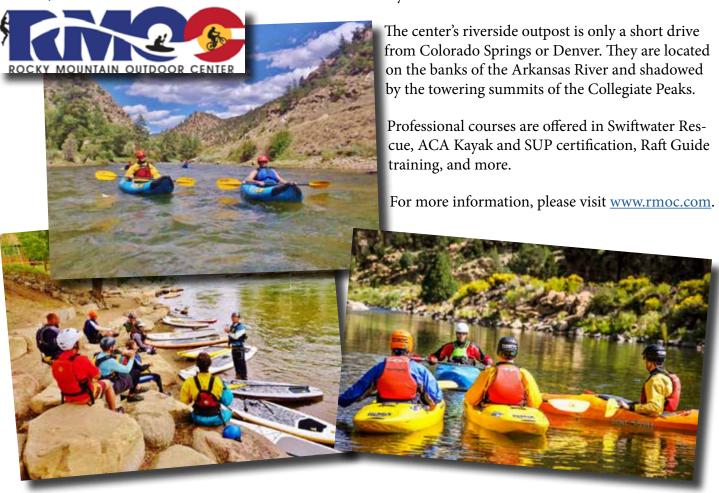
This year, the event takes place October 18-22 at the Nantahala Outdoor Center in Wesser, North Carolina, and has a great deal in store for you. Offerings include exceptional educational sessions, instructor updates, navigation classes, outdoor activity opportunities, and exciting events for paddlers of all experience levels.

To learn more, please visit www.americancanoe.org/NPC today!

# ACA PRO SCHOOL SPOTLIGHT

# Rocky Mountain Outdoor Center

The <u>Rocky Mountain Outdoor Center</u> has been a leader in outdoor adventure since 1982. They offer professional kayak instruction and SUP instruction, as well as guided rafting trips on the beautiful Arkansas River near Buena Vista, Colorado. Check out classic sections like Brown's Canyon or The Numbers.



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 ACA Career Center Website is now better than ever!

Use it as a one-stop shop to find awesome jobs all over the country at places like REI, the U.S. National Whitewater Center, and more.

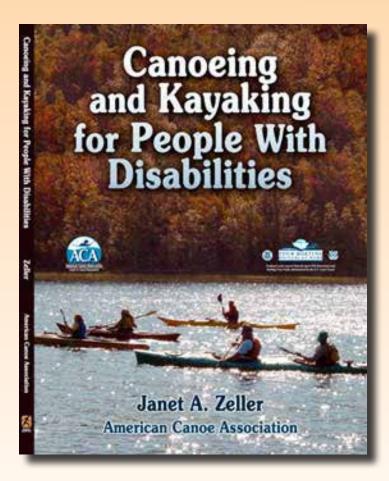
You can even sign up for email notifications so you know when new jobs get posted to the site!

Visit <u>www.americancanoe.org/Employment</u> to find your dream job in the outdoor recreation industry today.



# EQUIPMENT SPOTLIGHT

# Book serves as excellent resource for paddlers with disabilities



"Water is the ultimate equalizer," says adaptive paddling pioneer Janet A. Zeller. Given this, once the appropriate adaptations are made to canoe and kayak outfitting, paddling instruction is the same for persons with disabilities as for ablebodied paddlers.

In her book <u>Canoeing and Kayaking for People</u> <u>With Disabilities</u>, she presents strategies that give people of all abilities the opportunity to discover the challenge, freedom, and renewal found in paddling. Zeller presents best practices based on her years of experience as a paddler with a disability and the experiences of other instructors and recreation and health care professionals. The text includes tested instructional techniques and equipment adaptations as well as safety information and rescue protocols.

Packed with information about safe adaptations, techniques, and integrated opportunities, *Canoeing and Kayaking for People With Disabilities* is your resource for making paddling a reality for those with disabilities.

This book, among many other valuable resources, is available through the ACA's eStore.



# New Mexico nonprofit provides help through adaptive kayaking

By Jane Bales, Co-Founder and President, Kayak New Mexico Inc.

Kayak New Mexico Inc. was founded to improve the quality of life for people with physical or developmental disabilities or life-threatening medical conditions through recreational 'adaptive' kayaking. This volunteer-run nonprofit organization has had a busy year.

KNM recently underwent a change in leadership from founder and past president Kelly Gossett to co-founder and current president Jane Bales. Gossett retired from the Board of Directors and as president after purchasing Kokopelli Rafting Company and moving to Santa Fe to embark on a new career.



Kelly Gossett, KNM founder and former president



Jane Bales, current KNM president

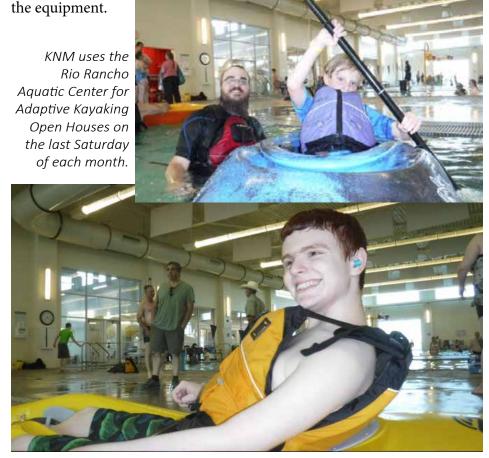
KNM currently has six board members. Three of the board members are ACA (American Canoe Association) Certified Kayak Instructors with adaptive paddling endorsements; two are mothers of sons on the autism spectrum, and one is a behavior analyst. Including board members, KNM has 34 volunteers, all of whom have passed background checks. Nine are ACA-certified instructors and 12 have completed the adaptive paddling class from the ACA.



In February, KNM bought a 16' enclosed trailer for the storage of all KNM gear. The purchase allowed KNM to cancel their monthly storage unit rental. In addition, KNM purchased paddles, life jackets, additional kayaks and inflatable kayaks for use in programs. This eliminated the need to continue renting

KNM uses the Rio Rancho Aquatic Center for Adaptive Kayaking Open Houses on the last Saturday of each month. Families travel from as far away as Las Cruces, New Mexico.

KNM hopes to find monthly sponsors to pay for the Rio Rancho Aquatic Center Fee (\$325) to rent the entire facility. With a monthly sponsorship of the Open Houses, the fee for participants could be reduced by 50 percent to \$5 a person. The first sponsor is IEC Electronics of Albuquerque. KNM also hopes to find a nearby hotel to offer reduced room rates for the night of the open houses.





KNM provides volunteers and kayaks for the University of New Mexico's Adapted Sports Festival at the Jewish Community Center each May.

For the fifth year in a row, KNM provided volunteers and kayaks for the University of New Mexico's Adapted Sports Festival at the Jewish Community Center in May. UNM's Adapted Sports Festival occurs each year and is a fun day of adaptive and inclusive sports, including adapted kayaking, adapted cycling, goalball, martial arts, adapted table tennis, sitting volleyball, adapted scuba, wheelchair basketball, adapted tennis, and adapted CrossFit.

In June, KNM once again provided volunteers and kayaks for Carrie Tingley Hospital Foundation's Camp Adventure. The event occurred at Sandia Lakes Recreation Area, a beautiful lake with a view of Sandia Mountain.

KNM was hired by Rio Rancho Inclusive Adventures to teach 15 Rio Rancho school students kayaking skills for four weeks. KNM taught the students – including those with disabilities and their siblings – at Sandia Lakes Recreation Area in June and July. The last class consisted of a "treasure hunt" with a pirate ship. The students were awarded prizes, discounts to future adaptive kayaking events, and a certificate of completion award.

On a beautiful Saturday, KNM provided safety kayakers and life jackets to participants of Sandia Lakes Recreation Area's first ever Card-

board Boat Race. Sandia Lakes Recreation Area supports KNM's programs, and the nonprofit organization jumped at the chance to help them in their endeavor to raise money for a local nonprofit. Much laughter was had as many of the cardboard boats sank in the lake.

This year, CTHF requested KNM's help in providing adaptive kayaking at their camp "Destination: Inspiration! in Farmington, New Mexico. A long day of driving was well worth the time involved after seeing how excited the children were to try kayaking for the first time at the Farmington Aquatic Center.

In August, KNM teamed up with the Army Corps of Engineers and the ACA to clean up Cochiti Lake.

The event was funded by a grant through the ACA's Club Fostered Stewardship Program, sponsored by L.L. Bean. KNM provided kayaks and gear free of charge to anyone participating in the clean-up. The Army Corps of Engineers provided free camping for the entire weekend to all volunteers. In addition, a local Boy Scout troop participated in the event as part of a service project.



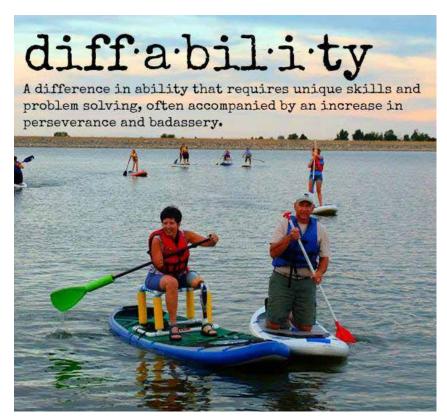
# **Upcoming Adaptive Paddling Workshops**

September 21-24 Big Bay, Michigan

Click here for more information

October 22-24 Cullowhee, North Carolina

Click here for more information

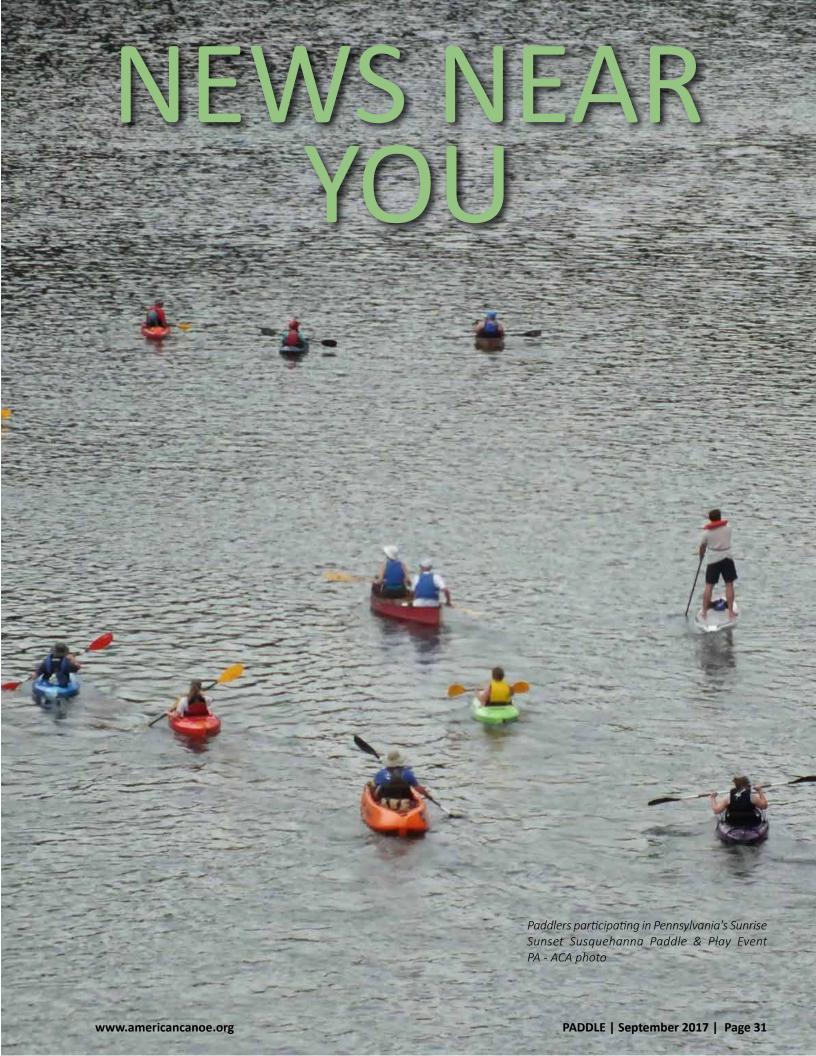




Visit the <u>Adaptive Event Calendar</u> to stay up-to-date on APWs happening near you!







# State by State

### **California**

Ahhhh, summer in California, where the oceans are calm, the SUPing is splendid, and the long warm days

offer superb relaxing after long river days in the Sierra Nevada mountains. Many kayakers have been on whitewater releases on the Pitt River, while some elite paddlers have tackled mega-classics like Upper Cherry Creek! If



you haven't tried SUPing, you should! There are many places to rent boards, including in Mission Bay in San Diego, in Morro Bay, or in Lake Tahoe. Too much fun to be had. Get out and send us your pictures!

Alexander Morris, CaStateDirector@americancanoe.net,

### **Florida**

Our team of FL ACA instructors hosted our second paddlecraft course for at-risk youth. The teens participated in knycking and paddle boarding

al experience helps teens build confidence as they learn how to safely navigate waterways. Teens returning for their second year have formed a kayak racing team and have participated in two races this season!

In partnership with the South Florida Water Manage-

In partnership with the South Florida Water Management District, the ACA Paddle America Club - College of Life Foundation is providing educational kayaking trips along restored sections of the Kissimmee River. As one of the largest river restoration projects in the world, this nearly \$1 billion project is federally and state funded. On two separate trips, Congressman Frances Rooney and Congressman Darren Soto joined our ACA instructors on eight-mile trips along the river.

beautiful Estero River. This educational and recreation-

ACA Florida State Director, Tommy Thompson, continues to travel the state as a representative of the ACA Florida Executive Council visiting paddlesport clubs as a part of our efforts to share public policy updates and listen how the Florida ACA Executive Council can support the paddlesport communities across the state. Club organizers are encouraged to schedule a visit by their ACA Executive Council.

These listening/sharing sessions encourage ACA membership and to fully engage in fulfilling the mission of the ACA.

Tommy Thompson, <u>FlStateDirector@AmericanCanoe.net</u>



# Paddlers discover Indian dugout in a Louisiana river

On June 7, 2017, a massive Native American dugout canoe was discovered on the Red River at Belcher, north

of Shreveport, Louisiana.

Robert Cornett and Jeanna Bradley, who often travel the Red in search of artifacts from the Caddo tribe, "...were riding the river, just looking at the banks to see if we could see anything," Cornett explained. "We found some pottery and little pieces of arrowhead and grindstone. [We] rode on down the river and coming back [we] seen (sic) a log sticking out - it looked funny on the end. We kind of had an idea of what it was and went to digging and that's what it was."

After verifying they'd found a canoe, Cornett and Bradley notified the Louisiana Department of Wildlife and Fisheries of their discovery, which was in turn reported to Louisiana's Division of Archaeology. Dr. Chip McGimsey, the state archaeologist, examined the find, joined by retired archaeologist

Dr. Jeff Girard. Dr. McGimsey believes that, at approximately 33 feet long and 3 feet wide, the canoe "may be the largest prehistoric watercraft ever discovered in North America."



Jeanna Bradley and Robert Cornett of Hosston found what is believed to be the biggest intact Indian dugout in North America. The ShreveportTimes photos/Henrietta Wildsmith

A sample of wood from the canoe has been radiocarbon dated by Beta Analytic Inc. of Miami, Florida, to deter-

mine when the canoe was made. This dating method does not identify a specific year but instead gives a range when the tree was cut down to make the canoe. The dating result indicates the canoe was made sometime between 1300 and 1420 A.D.

Whatever the exact age – which may be impossible to assess with absolute certainty – the canoe has lain ever since encased in airtight mud, and thus preserved. Massive flooding on the Red River in 2016 is may have loosened and partially exposed it.

The canoe "is in incredible condition," Dr. Girard said. "We're going to ship it to Texas A&M University," he continued, "where it will be conserved. They'll remove the moisture from the wood and replace it with polyethylene glycol that will retain the cell structure of the wood so it doesn't deteriorate over time."



The canoe found by Bradley and Cornett and excavated from the bank of the Red River is believed to be made by the Caddo Nation.

Once this process is completed, the canoe will be returned to Louisiana and displayed in the Shreveport area at a facility to be determined. Options include the Red River National Wildlife Refuge and the Louisiana State Exhibit Museum.

In addition, the Caddo and the Osage nations have both expressed interested in acquiring it.

For additional information, please visit <a href="http://today.tamu.edu/2017/08/03/texas-am-conserves-canoe-to-keep-ancient-culture-afloat/">http://today.tamu.edu/2017/08/03/texas-am-conserves-canoe-to-keep-ancient-culture-afloat/</a>.

Ben Sandmel, <u>LaStateDirector@americancanoe.net</u>

(Continued on page 30)

### **New Mexico**

It has been a great paddling season in New Mexico. Snowfall and runoff were above average, a welcome change from years of drought. Successful events were held this year that included the Rio Grande White Water Races, Adobe Whitewater Clubs Paddling Clinic, the introduction of an annual Cardboard Boat Race, and the Cochiti Lake Cleanup. Additional well-attended events included volunteer and stewardship opportunities with Kayak New Mexico.

KNM (Kayak New Mexico (501(c)(3)) is an all-volunteer adaptive paddling program founded by Kelly Gossett in 2011. KNM provides paddling-centered programming for kids and adults with physical and developmental disabilities and other life-threatening conditions.



Kelly Gossett, an ACA level 4 whitewater instructor, has provided much leadership in the New Mexico paddling community and has trained many of New Mexico's paddlers. Earlier this year, Kelly retired from the Board of Directors and stepped down

as the president and executive director at KNM to pursue other interests that include the acquisition of Kokopelli Rafting Adventures and the continuation of New Mexico Kayak Instruction. The paddlesports community would like to say "thank you" for Kelly's years of service with KNM and promoting boating safety. We wish him well in his new endeavors!

Following a smooth transition to co-founder and current president Jane Bales, KNM has made a few adjustments that included the acquisition of equipment. KNM continues to provide ever-expanding adaptive paddling programming and team-



ing opportunities with other adaptive programs under Jane's leadership. Jane, the consummate professional, is a stickler for details and cost-effective delivery. Jane was a presenter on Adaptive Paddling Programming at last year's State Director Conference.

Paddle on!

Robert Levin, NmStateDirector@americancanoe.net



### **North Carolina**

The NC ACA has been busy lately. We attended Carolina Canoe Club's Week of Rivers, manning a table and giving out ACA information brochures and other ACA Swag. Week of Rivers is the Carolina Canoe Club's flagship annual whitewater paddling event. Each year around the Fourth of July, much of the CCC's membership converges on the Smoky Mountain Meadows Campground in Bryson City, NC for nine days of paddling fun, evening activities, and camping.

We are looking forward to the National Paddlesports Conference and the State Directors' meeting at NOC in Bryson City in October.

We will be launching a social media contest soon to promote life jacket usage. This contest will encourage people to use the #WearItToWork hashtag when they post a photo of them wearing their PFD on Facebook/Instagram. We then will send out prizes for the most creative, biggest group, etc.

Kyle Thomas, NcStateDirector@americancanoe.net

## Pennsylvania

Water is everywhere. South Western Pennsylvania has been drenched. Big river flows for all the boaters. It was Christmas in July and August, and we'll see about September.





The second <u>Sunrise Sunset Susquehanna Paddle & Play Event</u>, held July 22, was a hit. Selected as a Toyota SPLASH event, the day's activities kicked off with an 11-mile environmental awareness paddle. Following the paddle, participants enjoyed music, storytelling, food, and more at the Susquehanna State Park, as well as an evening a river cruise. Mark your calendars -- next year's event will be held June 23.

Visit our Facebook page <u>www.facebook.com/americancanoe.pa/</u> to learn more about what is going on in Pennsylvania.

Steve Barber, PaStateDirector@americancanoe.net

#### **Puerto Rico**

Instructor certification workshops and skills courses are taking place throughout the island bringing paddling safety, education and new instructors. ICW June 23-25 IT and PR State Director Omar Ramos.



A CFS Grant was awarded to the Coalicion Corredor Ecologico del Este. On July 22-23, the cleanup and debris removal was held, allowing access to public areas for paddlers and general public.

Omar Ramos, PRStateDirector@americancanoe.net

### **South Carolina**

ACA South Carolina representative Scott

Brown recognized USCG Air Station Savannah for the continued support to the Kayak Incident Management Trogram on June 30, 2017 during the Stations All Hands Call. The next program is in October;



watch the ACA website for details to sign up.

The Pumphouse River Run was held in Rock Hill with a good turnout. The race should get more popular each year!

Charleston County Parks Summer camps for kids has helped teach approximately 1,200 kids multiple paddlesports disciplines guided by ACA standards.

(Continued on page 36)



The Traditional Inuit Paddlers of the Southeast (TIPS) paddling event was held on Lake Greenwood. ACA Instructors partnered with Qajaq USA to help educate participants on Inuit culture and skills.

ACA SC stewardship coordinator Ashley Brown coordinated paddlers to join forces with the South Carolina Department of Natural Resources to build oyster reefs with recycled shell in Charleston Harbor during July. These reefs do multiple things to improve water quality and habitat for the surrounding area.

ACA State Director Jeff Atkins taught classes in Washington D.C. and a Coastal Kayak Day-trip Leader Training in Pittsburgh, Pennsylvania. This training was held increase ACA membership in these states.

ACA ITE Joshua Hall traveled to New Orleans to help the USCG Auxiliary with training for their staff.

An inaugural paddle fest was held on Lake Marion in July. Over 200 people received instruction from ACA instructors on SUP, Canoe, and Kayak. ACA instructors also helped with classes at the annual Spirit of the River Festival on the Edisto River.

Jeff Atkins, ScStateDirector@americancanoe.net

#### **Texas**

My mission as state director is to be the voice of the paddler to the head office. I will start hosting "Come Paddle with the State Director" events all over the state of Texas. I want to meet as many ACA members as I can and find out what programs and events you would like to see. I would also like to hear your needs and concerns as Texas paddlers -- don't hesitate to email me.

Janice Malone, TxStateDirector@americancanoe.net

#### Wisconsin

Team River Runner Milwaukee and Green Bay Chapters managed the 4<sup>th</sup> Annual Team River Runner Whitewater Weekend at Wausau Whitewater in downtown Wausau, Wisconsin. Participants came from Wisconsin, Illinois, Minnesota, and Iowa. Participants were fed, able to camp, commiserate, and paddle for free thanks to the diligent efforts of the Team River Runner chapter efforts and the fundraising team at Wausau Whitewater. Local outfitters supplied inflatable kayaks and instructors to help the event. This allowed non-whitewater participants to experience the joy of whitewater paddling in a safe, friendly and moderately controlled environment.



Volunteer support is always phenomenal for the event. Local legend and Jackson regional pro, John McConville, took paddlers through the heavier gradient in a Jackson Dynamic Duo to make sure everyone that desired to receive the full measure of thrill offered by whitewater paddling. Another Dynamic Duo and a Topo was also in use with the smaller paddlers to give them a small feel for whitewater freestyle under the guidance of local paddlers Jeff Jensen and Willy Heindel. Meals were provided both by local businesses and by a handful of individuals that have been doing so from day one. The rest of the large volunteer corps tapped for the event came from just as far away as the participants, including a select group of high school students that are kayak instructors working on their leadership training.

It can easily be said that the event is an unqualified success, and all the participants are looking forward to returning next year.

Thomas Schrader, WiStateDirector@americancanoe.net



### ACA Outfitter, Livery & Guide Spotlight

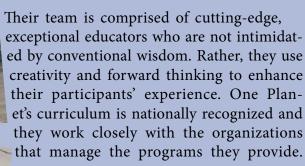


### One Planet Adventures

<u>One Planet Adventures</u> provides outdoor leadership skills training using adventure, innovation, and client-centered and collaborative learning experiences.

A member of the ACA since October 2014, One Planet Adventures' primary focus is on helping individuals, organizations and agencies use purposeful experiential skills and outdoor leadership activities to achieve desired outcomes. They are agents in providing the next level of experience that helps create new learning opportunities, experiences and skills that are tangible and applicable to a client's needs.







Find an ACA outfitter near you using the convenient search tool on our website!

## **ACA Member Benefit**



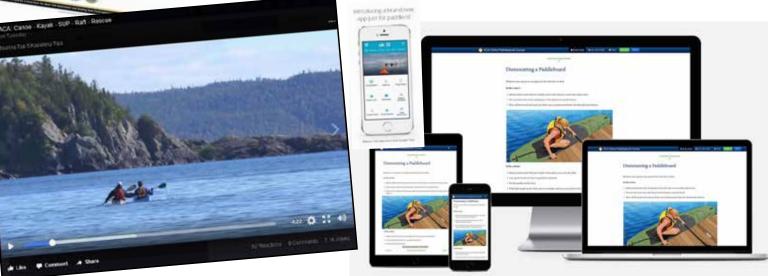
# Access **Gold Standard**Educational Resources

As a member of the ACA, you join the ranks of tens of thousands of people who support safe, enjoyable paddling and protection of America's recreational waterways. In return for supporting the nation's oldest paddlesport organization, your membership provides you with countless tangible and intangible benefits.

The ACA National Paddlesports Instruction Program has long been acknowledged as the "Gold Standard" of paddlesports education throughout the United States and in over 30 countries. Because of this, a key benefit is access to the "Gold Standard" in <a href="Educational Resources"><u>Educational Resources</u></a> produced by the organization.

Through the efforts of the ACA National Office and the <u>Safety Education & Instruction Council</u>, a wide variety of educational resources are developed and made available for your use. These include knowledge-based and on-water <u>standards</u>; a growing library of <u>paddlesports safety/educational videos</u>; an awardwinning <u>app</u>; an <u>online paddlesports course</u>; <u>statistics and additional research</u>; <u>educational pamphlets</u>, <u>brochures</u>, <u>placards and posters</u>; <u>PowerPoint presentations</u>; and much more.

To check out these countless valuable resources, please visit <a href="https://www.americancanoe.org/Resources">www.americancanoe.org/Resources</a>.



www.americancanoe.org/Discounts

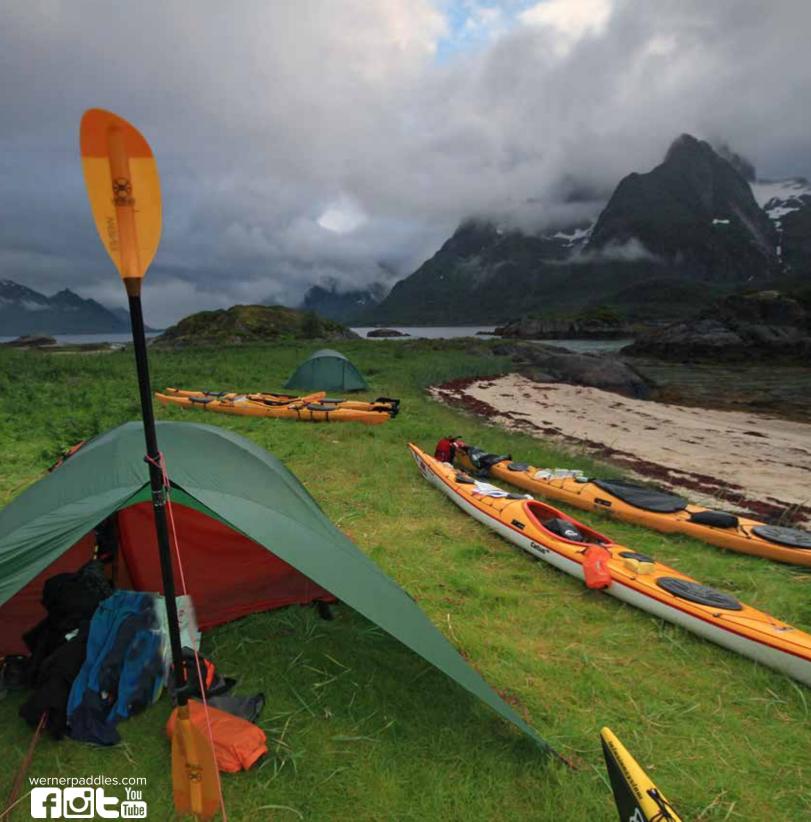
### Member Photo of the Month



Multi-Discipline ACA Instructor Trainer Aaron Peeler of North Carolina will be a featured presenter at this year's <a href="Swiftwater Rescue Conference">Swiftwater Rescue Conference</a> in Oregon.

### Send us your photos!!

We'd like to showcase your outdoor adventures. Please send photos (along with a brief description) to ACA Paddle eMagazine Editor Kimberly Jenkins at <u>kjenkins@americancanoe.org</u> for a chance to be featured.





























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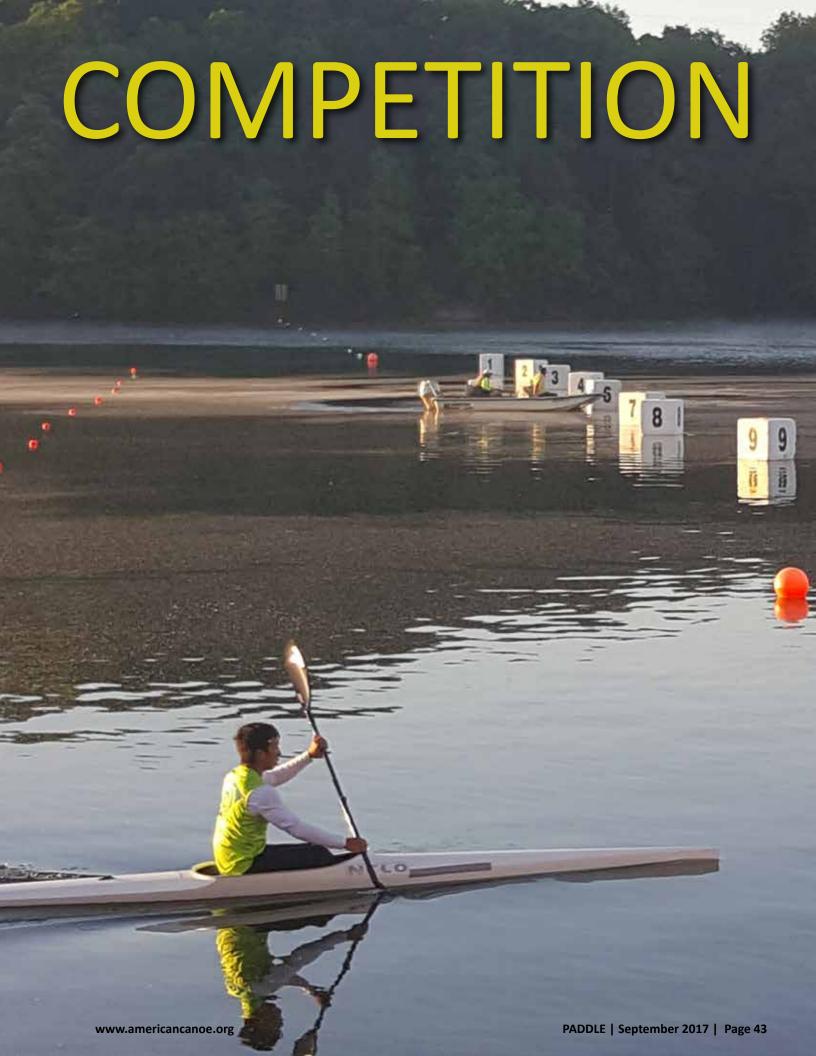
www.motionizeme.com



The New York Times



**CANOECKAYAK** 



# Olympic Gold is sophomore's goal: 'Desire, Drive, Determination, Dedication to get to the Destination'

By Patty Miller, The Edmond Sun

ost 15-year-old boys' thoughts turn to their next meal or to that cute girl in class, but few set a lifetime goal and start working toward it.

For Edmond North sophomore Colin McMullen that is not the case. He has set his goal to be a member of the U.S. Olympic Sprint Canoe Kayak team some day. Colin also likes studying math and science and hopes to one day be a surgeon.

### DESIRE

Colin just turned 15 years old in April and was nine years old when his mom, Darcy, a math teacher at Sequoyah Middle School, encouraged him to branch out and try a new sport in addition to playing with the Club Volleyball, in which he and his sisters participate. Colin's sisters are Kenzie, a student at Oklahoma City University, and Halle, a junior at North High School.

"Colin was very good at volley-ball and team captain. He was a quiet leader and always wanted to do things right," said Randy Decker, one of the coaches for Club Volleyball.

Decker said he thinks Colin enjoys athletics.

"Colin is a hard worker and absolutely committed to whatever he is working on," Decker said. "When he started kayaking he loved it. He has found his niche. He has a found a place where he can excel."

Decker said fun to Colin is doing something the very best he can do.

"Whatever he chooses to apply himself to, that is what happens. He works hard to become the very best he can be," Decker added.

"We went to an open house at Lake Hefner and that was when I decided I wanted to learn how to paddle a kayak," Colin said.

Canoe and Sprint Kayak are the same sport just done in different kinds of boats.

In racing sprint kayak, the paddler sits and paddles forward with a two-bladed paddle.

To propel a kayak, one must work the legs and core of the body together.

"I always say the arms are the transmission and the legs and the core are the engine," Colin's dad David McMullen said.

In canoeing the rowers face forward, kneel on one knee and use a one-bladed paddle.

Although kayaking is a recognized and even a financially sponsored sport in many countries, in the United States it does not receive a lot of attention or support.

"In Canada as well as many other countries, per diems are given to the top athletes, even the paddlers (athletes who paddle kayaks)," David said. "The money is used to travel to competitions, pay for

coaches, equipment, practice time, and training camps."

In the United States, all of these costs are covered by the athlete's family.

"At this time Colin's equipment, training and traveling costs run about \$15,000 a year," David said. "As he ages the costs will increase."

David said he would love to see sponsorships for the 40 Junior athletes, who range from ages 8 to 18, come from local businesses.

"Our Adult Masters team travels to most locations that the Junior team does," David said.

#### DRIVE

In the summer Colin is up by 6:15 a.m. and can be seen at the Devon Boathouse practicing his paddling on the river twice a day, about two hours each time. In between times Colin will be working out as he helps build his endurance.

During his lunch break he and his friends can be seen at the underground restaurant, China Chef, taking advantage of the \$7 buffet.

"We rest until 4 p.m. and then back in the water until 6 p.m.," Colin said.

Aasim Saleh, is the director of paddlesports for the OKC River Sports and he's also Colin's coach.

The rest of the year Colin starts his day working out, attends classes and then he gets back on the water to practice two hours a day.



Colin McMullen puts up his kayak at Devon Boathouse in the Boathouse District after completing a day of paddling and working out preparing for his next competition, the 2017 Sprint National Championship in Florida.

"When I am paddling I think about how what I'm doing at that moment is going to affect me in the long run," Colin said. "I ask myself, 'Is what I'm doing right now going to make me faster?"

Paddlers are big, but lean, Colin's father said.

"In the sport of kayaking, a paddler doesn't reach his or her prime until about 26 or 27 years of age," his dad said, "with world class athletes maxing out at around age 36 or 37."

"Sprint Canoe Kayak is considered one of the most technical sports in the Summer Olympics," David said. "The athlete must have endurance to propel his or her kayak as fast as they can."

In the last Olympics the U.S. had no men and only one female kayaker, Maggie Hogan, in the competition.

David said, "We are looking at Los Angeles in 2024, providing they get the bid, and hoping to have some athletes competing." David said the Oklahoma City team is growing and one of the youngest paddlers is 10-year-old Reagan Liles, also from Edmond.

But other Metro-area communities also have strong athletes.

"One of the paddlers to watch for is Camden Sexton from Moore. He won everything in the U15C1 competition," David said.

### DETERMINATION

In order to reach his goal of competing in the Olympics one day, Colin must participate in and win other competitions along the way.

Last summer Colin became a national champion by winning the K1 1000M and the K1 500M in the Sprint National Championships held at the Boathouse District in Oklahoma City.

Colin will be competing in the 2017 National Championship to be held in Clermont, Fla., on Lake Minneola Aug. 2-5. If he meets his goal at the National Championship he plans to attend the Olympic Hopes Regatta, the 2017 ICF Canoe Sprint World Championship, also known as the Junior World Championship, in Račice in the Czech Republic in September.

"Last November Colin set the USA Distance Record for the Barton Bantam Challenge," David said.

In Seattle, Wash., at the 2016 Eric Hughes Memorial Regatta Race K-l Men's Bantam 10KM Final Long Distance, Colin placed first. Later that month Colin was also nominated to the Olympic Development Program, ODP, Mens Kayak Training Squad.

Along with Colin, six other individuals from the Oklahoma City Team made the Olympic Development Program Training Squad including Augustus "Gus" Cook, Myles Baker, Camden Sexton, and Brice Anderson, a junior at Memorial. Two girls were among the six. They are: Nicole Anderson, a sophomore at Memorial; and Isabel Alberola.

(Continued on page 46)

"The Oklahoma City Boathouse Foundation area kayakers and parents hosted the in 2016 and are scheduled to host it in 2019," David said. "There is a lot of work by volunteers that goes into making it happen, but it is worth it. This is a premier location with the more than \$120 million facilities including the Devon Boathouse area."

#### **DEDICATION**

Practice for Sprint Kayak participants is divided into seasons with the fall and winter season considered a training and preparatory season and is vital to success in the spring season. This season is critical to developing volume base and technical skill and includes distance paddling, strength training, cardiovascular training, kayak ergometer training, circuits, and other similar activities. The fall and winter season begins in October and continues through early February and includes a 200m kayak ergometer race.

The spring season is the most critical training season for a competitive paddler. During the spring, skills and fitness developed during the fall/winter season are honed and specified for canoe/kayak competition.

The summer season is the most competitive racing season for all canoe/kayak athletes and a primary racing focus. The summer season begins in June and continues through August for the National Championships. Participants said from local fun races and scrimmages to regional, national and international competition the summer is the best time to be a paddler.

"As far as competing in canoe/kayak racing, the USA is a sleeping giant and the rest of the world is waiting for us to get it together," David said.

#### DESTINATION

Colin said he wants to set the bar higher for the athletes who come after him. Reaching his destination as a member of the Olympic Sprint Kayak team will take many more years of preparation and work competing often in national and international events.

Most recently, Colin and his team traveled to Saskatchewan, Canada, to compete in the Canada Day Regatta, A Canadian National Qualifier with 195 athletes competing for a spot at the Canadian National Championships, his father said.

"Colin raced in his age International U15 age group as well as racing up in older divisions," David said. Slalom Nationals Will be on October 7 at Dickerson.

He made the finals for every event he entered and here are his highlights for the two-day event:

- U15 K1 500M-Gold;
- U15 K1 4,000M-Gold;
- U15 K2 500M-Gold (Partner is Lane Hopkins);
- U15 K4 500M-Gold (Partners are Lane Hopkins, Dylan Klemether and Ryan Bussert);
- U16 K1 1000M-Bronze;
- U17 K2 1000M-Gold (Partner is Gus Cook); and
- U19 K4 1000M-Silver (Partners are Gus Cook, Lane Hopkins and Nate Blasdel).

Colin's focus is on competing in the Olympics, and he works daily to reach that goal whether it is paddling or working out or keeping his straight A grade point average.

"We have worked with Mack Mitchell, one of the assistant principals at North High School, David said. "It is imperative that Colin keep his grades up so he can compete. Many of the competitions are out of state or as the one coming up, out of the country."

Mitchell said Colin is a world-class athlete but a quiet, polite, courteous and humble young man.

"He is taking tough classes and making great grades," Mitchell said. "When talking to him once he told me, 'I just want to be a kid."

Outside of a few friends and teachers, very few people know he is a world-class athlete.

"He has achieved a lot. He feels uncomfortable having his accomplishments brought to the forefront," Mitchell said.

This is Colin's choice, Mitchell said, "Colin isn't the first athlete of his caliber that did not want to have a lot of attention brought to him. In the sport of Sprint Kayak in the little town of Edmond, we have one of the best kayakers in the world. That is what is really cool about who he is."

Colin's goal is to compete in the Olympics one day, and with his desire, drive, dedication and determination, it is a sure bet that he will reach his destination.

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### The Gorge Downwind Race Festival

By Michele Eray, Olympian and World Surfski Champion

Hood River is a truly special place. Besides the natural beauty, incredible hiking and mountain biking, the proximity of Mt. Hood, and fantastic restaurants, breweries and wine farms, there is also the amazing Columbia River flowing through the town, which serves as the border for Oregon and Washington states.

This river happens to be in a highwind area, and with the current charging one direction, and the wind in the other, it results in an incredible "downwind" paddling experience. The area is a hotspot for wind sports, from kite boarding to wind surfing, to the paddling world of stand up paddleboarding, outrigger and, of course, surfski.

This strange combination of river flow and opposite wind direction, creates a unique scenario of really fun (and sometimes massive) downwind conditions, at a slightly slower than usual speed. Many times during the week's daily runs, I would look down at my GPS and be surprised at the relatively slow speed I was traveling at, despite being a on a cracking good run!

All this makes for a forgiving – but still super fun – downwind. It also makes a great environment to learn in, and we capitalized on the natural teaching arena. We took many paddlers on Downwind Coaching Clinics and in our teaching double ski. (This vessel has steering in both the back and front, hence giving the learner the opportunity to sit in front and actually see where they need to be on the runs while being steered by the expert sitting behind them.)

### THE FESTIVAL

Everything about the race is set up with paddlers in mind, from the lively and vibrant beer garden for after-race stories and hanging out, the race village with vendors selling

the latest surfski related products. There is a pre-race dinner, as well as a post-race celebration of the division winners.

All the manufacturers rent out their surfskis for the week, or transport participants' up from major centres. These shuttles also help out with transport during the week, including taking participants and their surfskis up to the Viento State Park put-in. This eliminates the need for a driver (or car) and lets participants paddle about eight miles back to race headquarters, enjoying the river's run offerings, including the famous Swell City. Swell City can seem bigger than ocean swell, and paddling through the crowds of kiters and wind surfers adds to the exhilaration of the runs!

All in all, it's a family-oriented, social paddling week.

(Continued on page 48)





### THE RACE

The event starts off in Home Valley, and then follows the Columbia River (upstream) to the finish in Hood River. Total distance is 13.5 miles. The real challenge comes in knowing where in the river to be. Great runs are fun; however, a super strong head current will make

you slower. The constant debate on how much head current versus how many great runs will equal out to the fastest time from start to finish keeps this race exciting and hard to pick a winner.

In the end, the 2017 surfski results are as follows:

Women:

Rachel Clarke (New Zealand) Teneale Hatton (New Zealand) Hayley Nixon (South Africa) Michele Eray (USA)

Men:

Ken Rice (South Africa) Sean Rice (South Africa) Jasper Mocke (South Africa) Austin Kieffer (USA)

For full results, including OC1 and SUP/Prone Paddleboard, please see <a href="https://paddleguru.com/races/GorgeDownwindChamps2017S-kiSUPOC">https://paddleguru.com/races/GorgeDownwindChamps2017S-kiSUPOC</a>.

Next year's dates are set for July 16-21. These will sell out fast, so make sure you get your entry in for the USA's most popular surfski race!

#### About the Author

Michèle Eray has been paddling for 24 years. She was the World SurfSki Champion in 2013 and earned the silver in 2015. She's an Olympian for cnoesprint (kayak in the U.S.) and a certified International Canoe Federation Level 3 Advanced Coach.

### 2017 U.S. Slalom National Championships Weekend



# October 5-8, 2017 Potomac Whitewater Racing Center Dickerson Whitewater Course, Maryland

Slalom Nationals will be held Oct. 7. The following day a club slalom, boater cross and eight ball will be held.

Open to members and non-members alike.

For more information, please visit <u>potomacwhitewater.org/us-slalom-national-championships/</u>.

# Ready, Set, Mark Your Calendars!

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

Sept. 9-10 <u>Larry March Slalom Penn Cup Series</u>

Allentown, Pennsylvania

Sept. 30-Oct. 1 Canoe Sailing National Championships

Lake Sebago, New York

October 7 <u>Leif Eriksson Day Row and Run</u>

Charlevoix, Michigan

Oct. 21 Sea Trek Regatta

Sausalito, California

Oct. 22 Southeastern Downriver Championship

Nantahala Outdoor Center, North Carolina

June 2, 2018 Great Rappahannock Whitewater Canoe Race

Fredericksburg, Virginia

June 2, 2018 GRWCR Youth Race

Fredericksburg, Virginia

# Make your events *easier* with online waivers!







If you are an event organizer and interested in using our online waivers as part of your online registration process, please email the <a href="Insurance Coordinator">Insurance Coordinator</a> for more details.

# Interpretive FreeStyle Canoing Championships

September 8-10, 2017
Camp Butler | Peninsula, Ohio



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.

FreeStyle paddling requires no special equipment other than a boat, a paddle, a life jacket, and, in most cases, a kneeling pad.

For more information, please visit <a href="https://www.americancanoe.org/FreeStyle\_Canoeing">www.americancanoe.org/FreeStyle\_Canoeing</a>.

### **Canoe Sailing National Championships**

September 30-October 1, 2017
ACA Camp | Lake Sebago, New York



This traditional style of sailing appeals to canoe sailors of all kinds who enjoy the simplicity and charm. The novelty of canoe sailing provides a unique challenge!

For more information, please visit www.americancanoe.org/Canoe Sailing.

# Collegiate Race Series National Championships

Fall 2017



The Colligiate Race Series National Championships is the premier event for colleges and universities from across the country to compete.

The competition offers individual as well as team races in SUP, kayak and both solo and tandem canoes.

Whether you have an experienced paddling program or one that is just starting up, attendance at the National Championships will provide camaraderie, networking, and, of course, all the fun associated with racing!

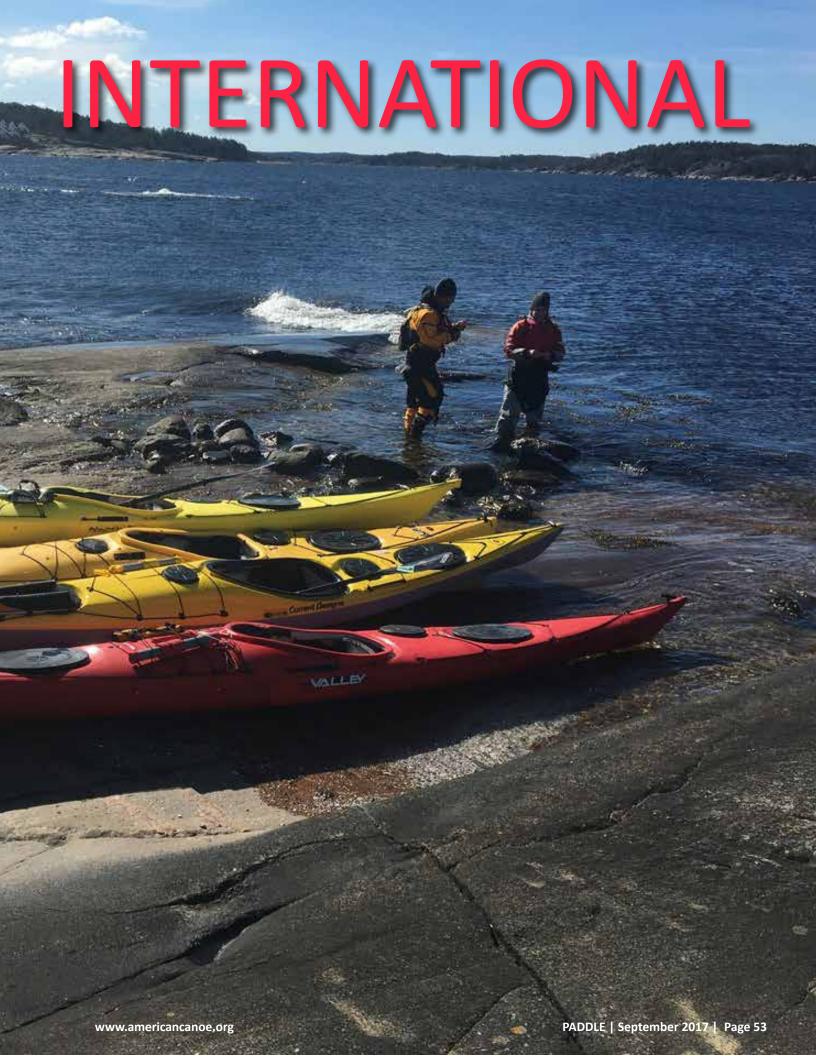
More importantly, after experiencing the fun and excitement of paddlesports, students will be able to carry those skills and enthusiasm past their collegiate years and develop it into a family and lifetime activity.



For more information, please visit

www.americancanoe.org/Collegiate Nationals.





### **ACA's growing footprint in China**

By Ge Wu, ACA Instructor and Zhejiang University Teacher

A few years ago, ACA Chief Operating Officer Chris Stec and International Ambassador David Burden visited China and conducted the first-ever ACA course for a group of Chinese kayakers. Since then, a growing number of ACA Instructors, Instructor Trainers and Instructors Trainer Educators have visited vari-

ous parts of China to give courses to the world's most populous country.

As a Chinese American, I was fortunate enough to have been able to learn from some of the best ACA



instructors in the U.S. and became the first certified instructor in China. Since 2015, I've been traveling around China to host ACA Skills and Assessment Courses in Coastal Kayaking, River Kayaking and SUP disciplines.

I've witnessed the births of dozens of paddlesports clubs across the country in such places as Beijing, Tianjin, Shanghai, Hangzhou, Kunming, Nanning, Guangzhou, Shenzhen, Hefei, Fuzhou, Hong Kong, etc. As recent ACA official statistics show, China has become second in the world in terms of the number

of registered ACA members, after the U.S.

In the past year or so, more and more Chinese paddlesports enthusiasts have become certified ACA





instructors, and they are now taking ACA instruction courses to even more and farther places.

Not only have more people been able to benefit from the knowledge, skills and experience of ACA and its instructors, but also there's been a surge in demand for paddlesports gear. For example, many of my students have asked me to help them purchase highend gear from the U.S. or help them make purchasing decisions. I see this as a healthy growth for both consumers and businesses in the industry.

As ACA's presence continues to spread in China, there are also challenges and hurdles, in particular, the restricted online access to the ACA website, the language barrier, and online payment difficulty. Bewilderingly, ACA's website has joined the ranks of YouTube, Facebook and Gmail that are blocked by the Chinese government. This, along with other aforementioned factors, has made the majority of Chinese people unable to register membership and make payments. I suspect that ACA is merely a collateral and unintentional casualty of the government's censorship efforts. In May 2017, ACA COO Chris Stec signed a strategic partnership agreement with China's Zhejiang University to further promote ACA's education programs in the country and to establish a localized Chinese version website and payment platform to better service the Chinese speaking population.

These positive developments are encouraging, and as the grassroots paddlesports scene grows bigger, it is my hope that in the future, ACA could help us in China to sway government policies more in favor of environment protection and granting easier access to our waterways.

### **ACA takes safety information Down Under**

ACA Chief Operating Officer Chris Stec attended Marine17 - Asia Pacific's biggest



recreational boating safety and marine business conference and associated trade exhibition – in Sydney, Australia, July 30-Aug. 1, 2017. He'd been asked by event organizers to present on trends and issues for paddlecraft in the U.S.



This event brings together hundreds of key boating industry leaders and boating sector stakeholders to share views and gather market intelligence to help prepare for the boating sector's future. Building on the success of Marine13 and Marine15, Marine17 attracted over 500 attendees and more than 70 exhibitors from across the Asia-Pacific region. This unique three-day event brought together the marine sector leaders

from state and federal governments and industry to discuss the key sectoral issues across the

themes of boating business, marinas, boating safety and light commercial marine.

During his presentation, Stec discussed the latest canoe, kayak, SUP and rafting participation numbers, fatality

statistics, as well as paddlesports trends in the U.S. He also covered regulatory and education initiatives pertaining to stand up paddleboarding. To view paddlesports related statistical information from the presentation, please visit <a href="www.americancanoe.org/Statistics">www.americancanoe.org/Statistics</a>.

The ACA is proud that the tireless volunteer work of our Safety, Education & Instruction

Council (SEIC) and all of its Discipline Committees is recognized worldwide as a leader in paddlesports safety and education. We also thank the Marine17 organizing committee for providing the ACA an opportunity to share our information in this region of the world.

For more information about the conference, please visit www.marine17.com.



### Instructors meet in Sweden

By Raphael Kuner ACA Instructor Trainer Educator

What does it mean in Europe when paddlers from America, Austria, Denmark, Sweden, Switzerland and Germany meet in Sweden? Well, that's a typical Instructor Workshop in Europe. Europe is, compared to U.S. pretty small and there are not very many ITs and ITEs. Nevertheless, the Europeans are very active and willing to travel.

Last April a group of seakayakers met in Sweden, between Gothenborg and the Norwegian border, for a L3 Seakayak Certification Workshop. Hosted by ACA Instructors Torbjörn and Katrin from Nautopp Seaakayak in Grebbestad, led by Raphael Kuner from Germany and Jeremy Oyen from Seattle.

The whole course was taught in English but there was a constant mix of German, Swiss German, French, Danish, Swedish and Austrian. The language barrier is perhaps the greatest challenge we have here in Europe. Not everybody is able to understand an English-speaking instructor and, it may be even harder to teach in English. However, a great thing in Europe is that most people are open-minded, curious and willing to share opinions and learn across the borders. Paddling connects people and every course is a step toward making Europe a better place to paddle!

### Make your plans now



# **Europe Paddlesports Symposium**

October 27-29, 2017 Kreuzlingen, Switzerland

The eighth annual <u>ACA Europe Paddlesports Symposium</u> will be held on Lake Constance in Kreuzlingen, Switzerland, October 27-29, 2017.

For full details, please visit <u>www.americancanoe.org/EuropePaddlesportsSymposium</u>.

### **ACA's first**

### Whitewater & Rescue Symposium

September 25-October 3, 2017 Baden, Switzerland

The ACA's inaugural <u>Whitewater & Rescue Symposium</u> is being held September 25-October 3, 2017, in Baden, Switzerland. In addition, numerous ACA Whitewater & Rescue Instructor Certification Workshops will be offered prior to and after the symposium.

For full details, please visit <u>www.americancanoe.org/EuropeWWandRescueSymposium</u>.



### **International Whitewater Hall of Fame announces**

### 2017 Inductees

The International Whitewater Hall of Fame (<u>IWHOF</u>) has announced its inductees for the Class of 2017. The selected honorees join an esteemed group of the world's most accomplished whitewater pioneers, explorers, champions, and advocates.

"We are extremely excited to honor this year's inductees with our partners at the ACA," said IWHOF Board of Governors Chair Risa Shimoda. "This year's voting was extremely close and very competitive, and should make for a special induction ceremony at the Nantahala Outdoor Center on October 21."

As with years past, this year's nominations were submitted through IWHOF Affiliate Organizations around the world, whose leaders confirmed their validity and screened the candidates before electorate voting in June 2017. Following are this year's winners:



### Advocate: Bunny Johns

Bunny Johns won this year's Advocate category for her sport-changing facilitation of how the process, technique, and safety of whitewater paddling instruction was taught and shared across the USA. Johns supported and guided a period of profound transformation of whitewater kayaking instruction in her roles as an ACA Instructor Trainer (1979-2000), chairwoman of the ACA's training committee (1979-1981), department head, and vice presient and president of NOC (1976-2000), one of the largest and most famous whitewater paddling schools in the world. She was also an accomplished racer, winning the Gold Medal in C2 Mixed at the 1981 World Wildwater Championships in Bala, Wales, with partner Mike Hipsher.



### Explorer: N ikki Kelly and Julie Munger (Tie)

In one of IWHOF's closest-ever vote tallies, this year's Explorer honors go to both Nikki Kelly of New Zealand and Julie Munger of the USA.

Julie Munger led the U.S. Women's Rafting team from 1989-2001, winning gold at every World Championships. A 25-year instructor for Rescue 3 International, the international raft guide has also taken part in several first descents around the world and is one of the leading safety and rescue instructors for whitewater rescue in the world, founding Sierra Rescue to advance whitewater rescue curriculum development.



Nikki Kelly helped her New Zealand Women's Rafting Team win World Championships in 1999, 2001, 2003 and 2013. An acclaimed extreme kayaker, she also owns the first female descent of the Stikine River, in British Columbia, Canada. "Everybody who pushes their limits inspires me, especially a beginner kayaker facing their first grade two rapid," she says.





### Pioneer: Bill Masters

Bill Masters won the Pioneer category for his role in advancing the methodology of rotational molding. Masters founded Perception Kayaks in 1975, the brand most responsible for the development of whitewater kayaking. Masters made significant advances to the methodology of rotational molding as applied to kayaks, allowing affordable, high-quality kayaks to be available worldwide. His designs, such as the Dancer, created categories in boat design still used to this day. Masters has been referred to as "the trunk of the tree of modern whitewater kayaking."



This year's Class of 2017 Hall of Fame Induction Ceremony will be held in Bryson City, North Carolina, October 21, as a component of the annual ACA National Paddlesports Conference. IWHOF fans whose heroes and heroines belong to this year's class are encouraged to attend the event, which includes dinner and a video presentation ceremony honoring the inductees.

"We are an International Whitewater Hall of Fame, and we recognize the size and importance of our international membership base," said IWHOF board member Pamela Dillon. "Holding the ceremony in conjunction with the ACA's annual National Paddlesports Conference will provide a fantastic opportunity for instructors and individuals seeking training and certification to witness the induction and meet revered whitewater heroes."



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



The International Whitewater Hall of Fame (IWHOF) is a program of the American Canoe Association (ACA) and is designed to recognize and celebrate significant contributions to paddlesports. IWHOF is led by an international Board of Governors who hail from various paddling backgrounds. Nominations are sought and submitted through IWHOF Affiliates around the world and screened by an international panel. Over 100 members of the IWHOF electorate are eligible to cast votes in each category to determine the honorees. Submitted recommendations are good for six years, after which they must be re-submitted. Each year up to two honorees may be chosen in the categories of Pioneer, Explorer, Champion and Advocate. See past inductees and find more information at <a href="https://www.iwhof.org">www.iwhof.org</a>.

# Micronesia's rich heritage of traditional seafaring to be celebrated December 8-9, 2017

Celebrating the rich heritage of traditional seafaring in the Pacific region of Micronesia, the Yap Visitors Bureau, in partnership with the Yap Traditional Navigation Society, announced that the <u>8th Annual Yap Canoe Festival</u> will be held December 8-9, 2017, in Colonia.

The two days of festivities will take place at the Yap Living History Museum and will include a parade of traditional sailing canoes, dances, skills demonstrations, and a marketplace offering food and handicrafts for sale.



Micronesian scholar and filmmaker Dr. Eric Metzgar will provide the keynote address and present his video, A Voyaging Odyssey, featuring highlights from the 2010 ocean voyages captained by Pwo Master Navigator Ali Haleyalur and Master Canoe Carver Chief Bruno Tharngan. The ocean crossings "rediscovered" the ancient, traditional sea routes between the islands of Lamotrek, Guam, Yap and Palau.

"We are excited that Dr. Metzgar will be joining us along with Ali Haleyalur and Chief Tharngan," said Don Evans, General Manager of the Yap Visitors Bureau. "Dr. Metzgar has spent many years on the Outer Islands of Yap studying the art and history of traditional sailing and is a leading expert in the field."

Voyaging canoe rides will be offered Friday, December 8 followed that evening by the traditional dances of Yap that are renowned throughout the region.

On Saturday, December 9, a photographic exhibit of Yap's seafaring history along with other exhibits will be on display. Visitors will also have the rare opportunity to taste the traditional offertory, voyaging, and celebratory foods connected with successful long sea voyages.

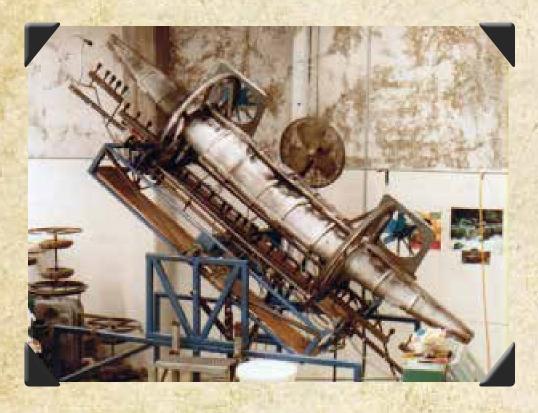
"This year's Canoe Festival promises to be a not-to-be-missed experience for not only canoeists but anyone interested in learning more about the seafaring history and traditions of these remote Pacific islands," adds Evans.

For more information, visit <u>www.visityap.com</u> or email Tom Tamangmow at the Yap Visitors Bureau at <u>tomyvb@mail.fm</u>.



# Paddling History

In the early 1970s, the materials and construction of kayaks took a giant leap forward when Bill Masters began working on the idea of plastic roto-molded kayaks. Recently inducted into the International Whitewater Hall of Fame (learn more on pp. 58-59), Masters developed the first rotational kayak mold, (shown below).



To learn about the background of this invention, please visit <u>www.google.com.</u> pg/patents/US5094607.

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

We hope you enjoy these little glimpses of paddling history.

To learn more about ACA history and the early days of paddlesports, visit: <a href="https://www.americancanoe.org/History">www.americancanoe.org/History</a>.

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