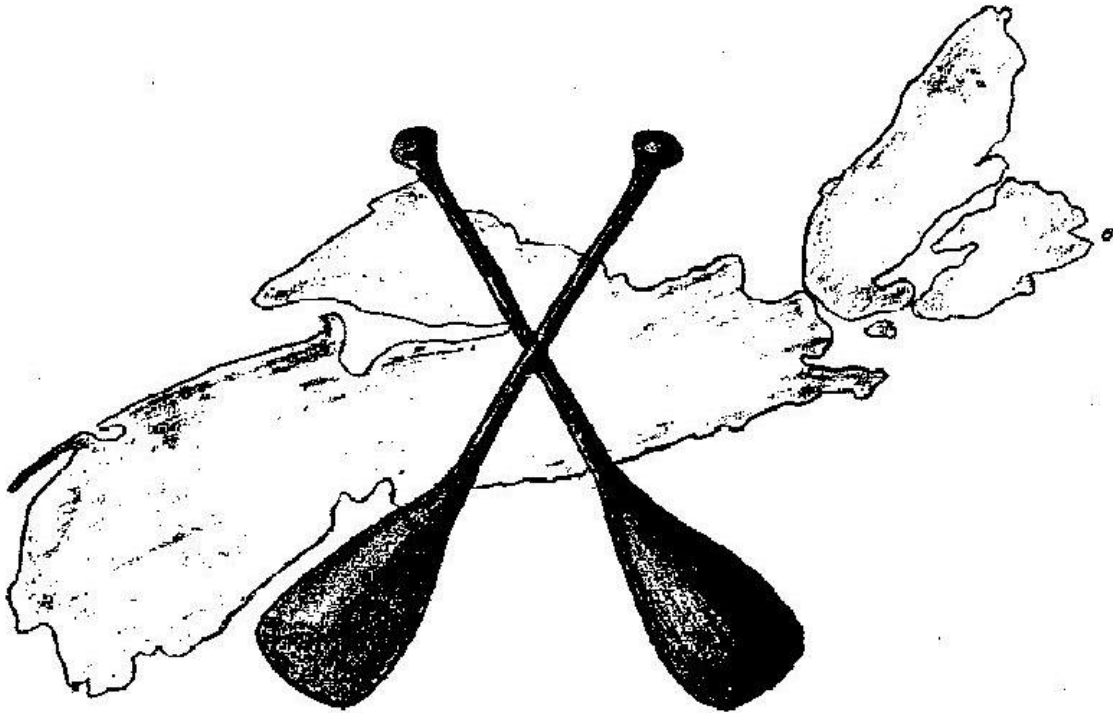


# NOVA SCOTIA MARATHON CANOE RACING ASSOCIATION



## 2002 NEWSLETTER

## **The Nova Scotia Marathon Canoe Racing Association**

### **Presidents Message**

Welcome to the Nova Scotia Marathon Canoe Racing Association. We are a group of paddlers who love canoeing and given the opportunity like nothing better than to line up our canoes and race to some predetermined finish line. Our races are more than just the Race. They are an Event where friends meet and are made, new paddlers are welcomed, classes are tailored to the participants, skills and strategies are learned and practiced, competition, adrenalin and fun are free and enjoyment is the name of the game. If this is your first time browsing our newsletter, see our schedule of events and plan to attend. If you have questions give us a call, and keep in touch, as we often have training nights where we get together to practice and introduce our sport to anyone interested. If you are solo, not a problem, partners can usually be arranged. If you are a regular welcome back, 2002 is shaping up to be a very good year !

Check out our NSMCRA schedule of sanctioned races. In addition there are other races in the province as well as those offered by our friends and neighbours in nearby New Brunswick and Prince Edward Island. Of special interest will be the Canadian Marathon Canoe Championships to be held in Wallaceburg Ontario August 18 - 20. In addition the United States Canoe Association 2002 Canoe Nationals will be held in Hanover, New Hampshire August 6-11. Keep in touch, as the NSMCRA has plans to send a contingent of paddlers.

A Marathon Canoe Racing Clinic is tentatively planned for July 13, 14 at Mill Lake, Upper Musquodoboit. The 2 day event will be for paddlers and families. This will be an opportunity for novice and experienced paddlers to get together in a relaxed setting to train and practice. There will be lots of room for camping with kitchen and washroom facilities provided. A BBQ and campfire will highlight the evening. For further information watch the web site or contact Doug Archibald or Jean Marien.

On behalf of the Nova Scotia Marathon Canoe Racing Association I wish to congratulate our paddlers of the year for 2001. This was a competitive year with many paddlers close to capturing the worthy nominations. The awards are presented annually to paddlers whom participate and do well in the sanctioned races. Our female paddler of the year award goes to Robin McKinnon and the male award goes to Jason McKinnon and Alan Billard who tied for first place. These racers are not new to the sport and it is their participation, persistence and determination that has made them worthy of this prestigious award.

In closing I wish to thank all members of the executive, race organizers and you the racers for your dedication, commitment and good sportsmanship. It is because of YOU we have a thriving association. So, as the ice wanes from the lakes and rivers, and the days lengthen, pull out those canoes from their hibernaculums and plunge a paddle into the dark water.....let the spirit awaken !

HUT,

Doug Archibald  
President NSMCRA

## NSMCRA Race Details 2002

Date	Title	Location	Details	Contact	Phone
May.11	* <a href="#">Annapolis River</a>	Middleton	12 km-Flatwater	John Skaling	825-2589
May.25	<a href="#">PEI Red Cross Relay</a>	PEI	Mtb,Run,Canoe,Bike	Red Cross	628-6262
June ????	<a href="#">Elmsdale Relay</a>	Elmsdale	Mtb,Run,Canoe	<a href="#">Jodi Isenor</a>	883-9629
Jun.15-16	* <a href="#">Canoe to the Sea</a>	Dartmouth	Flatwater	<a href="#">Al Billard</a>	469-5253
Jun.27	<a href="#">Yukon RiverQuest</a>	Yukon	742 km (Yeah!)	<a href="#">John Firth</a>	867-668-4711
Jun.29	<a href="#">Diamond Man Relay</a>	Halifax-Dartmouth	Run,Swim,Paddle,Bike	<a href="#">Al Billard</a>	469-5253
Jun.30	* <a href="#">Mersey River Race</a>	Liverpool	24 km-Flatwater	<a href="#">Dave Lewis</a>	354-4931
Jul.06	* <a href="#">Nictaux Canal</a>	Middleton	17 km-Flatwater		
John Skaling	825-2589				
Aug.6-11	<a href="#">USA Nationals</a>	Hanover, N.H.	Marathon Canoe	<a href="#">Email</a>	(603) 643-6709
Aug.17	<a href="#">Sheet Hbr Relay</a>	Sheet Harbor	Bike,Run,Paddle	Mike Coady	885-2140
Aug.18	** <a href="#">Enforcement Challenge</a>	New Glasgow	Flatwater	Harvey Stiles Rob McCaman	755-4141 485-4333
Aug.16-18	<a href="#">Canoe/Kayak Canada</a>	Wallaceburg, ONT	Flatwater	N/A	N/A
Aug.30-Sep.02	<a href="#">Shawinigan Classique</a>	Shawinigan, QUE	Flatwater	N/A	N/A
Sep.07	<a href="#">PPP Relay</a>	Fall River	Bike, Paddle, Run	<a href="#">Bruce Duffy</a>	860-3591
Sep.08	* <a href="#">Fred Lynch</a>				
Dartmouth	Flatwater	Jean Marien	434-1240		

\* NSMRCA Sanctioned Race

\*\* Hopefully will be sanctioned. See Website for updates

## NSMCRA Membership Fees

Racing season: January to December.

Adults (18 year and over): \$20.00 / year.

Youth (less than 18 years): \$10.00 / year.

Family Membership: \$50.00 / year.

Single Race Fee: \$5.00 / paddler. This does not provide full membership to the NSMCRA but allows participation in one sanctioned race.

### NSMCRA Members Receive:

- Opportunity to participate in NSMCRA sanctioned races. These races are ran according to NSMCRA regulations. Participation automatically enrolls members in the NSMCRA points system which determines Female and Male Paddler of the Year.
- All members receive an annual newsletter and schedule of N.S. sanctioned races as well as other races around the province and across Canada.
- All members are entitled to participate in the Canadian Marathon Canoe and Kayak Racing Championships held once a year.
- N.S. paddlers wishing to compete within the ICF Marathon Canoe and Kayak World Championships must be members of the NSMCRA.
- All members are automatically members of the Marathon Racing Council of Canada which represents Marathon Racing within the Canadian Canoe Association which in turn represents Canada at the International Canoe Federation at the world level.
- Membership will be notified of and encouraged to attend workshops, clinics, annual meetings, social events, and other functions which will help to develop Marathon Canoeing and the camaraderie which accompanies it. In addition members will receive any pertinent information which becomes available to the executive which may be of value to the individual or the sport in general.
- Members are eligible to use any NSMCRA equipment (Pro Boats, Paddles etc).

## NSMCRA Sanctioned Race Point System

NSMCRA members who participate at sanctioned races are awarded points depending upon their placement and the number of canoes in their respective class. It is from these points that the female and male paddler of the year are determined. At our Annual General Meeting on Dec. 15, 2001 the method of point determination was altered slightly to better reflect participation at our races. As a result points will be awarded as follows for the year 2002 and beyond. In addition there will be only one female and one male paddler of the year award. Should a tie arise the executive will consider number of races attended and past awards received in determining paddler of the year.

PLACE	3 or more Boats	2 Boats	1 Boat	Personal Record
1st	50	40	30	
2nd	40	30		
3rd	30			
4th	20			
5th	10			

\*\* Classes may vary from race to race depending upon the number of paddlers who show up, the type of boat and the decision of the race organizing committee. If uncertain racers are encouraged to contact the organizers and organizers are to insure all paddlers are aware of the class they are in, prior to race start. Upon completion of the race, results are to be forwarded to the president of the NSMCRA, by class, on the official application forms provided to sanctioned race organizers.

## NSMCRA Racing Regulations: Canoes & Kayaks

All canoes and kayaks involved in a Nova Scotia Marathon Canoe Racing Association (NSMCRA) Sanctioned Race must carry the following equipment :

- One Canadian approved pfd or lifejacket of proper size for each person on board.
- A soundsignalling device.
- A watertight workable flashlight if race is operated after sunset or before sunrise.
- Bailer or manual water pump.
- Spare paddle
- All canoes and kayaks must have an attached painter at least 3 meters in length.

## NSMCRA Sanctioned Race Minimums

All NSMCRA sanctioned races must insure as a minimum the following conditions are adhered to:

- A starter and safety person must be present at the start of all races.
- A finish line judge and safety person must be present at the finish of all races.
- A course official must be present at all locations where problems of safety or race improprieties could occur. This refers but is not limited to locations such as bouy turns, portages and' white water.
- Safety boats are required on large bodies of water where wind, waves, swell, or distance from shore could create a dangerous situation for racing canoes or kayaks.
- Communication devises are mandatory between designated officials and the chief race official.
- A verified starting line up must be recorded for all race classes. All canoes or kayaks that start a race must have their completion times recorded. The status of all canoes that do not complete the race must be known by the chief race official. It is the responsibility of craft that drop out of any race to notify the chief official as soon as possible.
- All participants in NSMCRA sanctioned races must be members of the NSMCRA.
- All race participants must complete a race application form and read and sign a Standard Release Form for the race in question. All racers must attend the pre race meeting where the course will be reviewed.
- The race organizer must submit race results and NSMCRA membership fees to the Secretary Treasurer of the NSMCRA within two (2) weeks of the race.

## Annapolis River Canoe Race 2001

<b>Date:</b>	Saturday May 12, 2001
<b>Registration:</b>	9:30 AM in Kingston
<b>Start:</b>	11:00 a.m. at Kingston Bridge (Bridge Street)
<b>Cost:</b>	\$15.00 per person,\$10.00 for NSMCRA members
<b>Divisions:</b>	Classes for all lengths of Tandem and Solo Canoes & Kayaks
<b>Course:</b>	12 km Flatwater Paddle 12 km from Kingston to Middleton
<b>Misc:</b>	Fund Raiser For Annapolis Co. Ground Search & Rescue
<b>Contact:</b>	John/Christine Skaling at 825-2589 (Middleton, NS)
<b>Notes:</b>	BBQ, drinks and draws for prizes at Riverside Park, Middleton

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### Youth Pro

Jeffery and Jason McKinnon	1:18:40
Chris Wagner and Bev Lewis	1:21:30
Justin and Robert Jr. McKinnon	1:28:10

### Pro

Jean Marien and Dave Lewis	1:15:00
Derek Jenkins and Kris Archibald	1:16:00
Wally Woodbury and John Gillies	1:16:08

### Open

Richard McKinnon and Lawson Fraser	1:16:17
Bernie Levy and Bruce Duffy	1:23:32
Mary-Beth and Doug Archibald	1:26:05
John and Christine Skaling	1:28:30

### Kayak

Martin Huntley	1:24:56
Bruce Murphy	1:28:00

### Rec

Shirley Wenaus and Allan Billard	1:25:05
Robin and Robert McKinnon	1:35:36
Louise and Abigail Lewis	1:40:30

## Elmsdale Relay 2001

**Date:** Saturday, June 09, 2001

**Registration:** 8:30 - 9:30 a.m.

**Start:** 10:00 a.m. Elmsdale Indian Bridge

**Cost:** \$10.00/person

**Divisions:** Solo (kayaks can be used), 2,3,or 4 person teams (must use a canoe).

**Course:** The course starts with a mountain bike ride (5-6km), off road run (5.5km) and a 5km paddle on the Shubenacadie River.

**Notes:** I believe that the running portion is the most demanding, as people were walking some parts last year due to the hills! Fun stuff

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<b>Team</b>	<b>Members</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Total</b>	<b>Place</b>
#1	Jodi Isenor Derek Jenkins Kris Archibald Curtis Bergman	15:32 (1st)	17:28 (2nd)	23:23 (1st)	56:23	1
#5	Terry Fisher Sue Ehler Doug Archibald	20:34 (4th)	21:18 (7th)	23:48 (2nd)	65:40	2
#10	Wally Woodbury Lori Taylor	23:28 (7th)	17:07 (1st)	25:15 (3rd)	65:50	3
#9	Bruce Murphy	22:20 (5th)	20:04 (5th)	27:31 (6th)	69:55	4
#4	Dan Spry Doug Hnatiuk Ben Hawkes	18:25 (2nd)	21:04 (6th)	30:35 (9th)	70:04	5
#7	Mark Stein Bruce Duffy	24:10 (8th)	19:13 (3rd)	27:13 (5th)	70:36	6
#3	Jody Davis Allan Gallant	19:54 (3rd)	23:08 (8th)	29:37 (8th)	72:39	7
#11	Steve MacKeil Ben MacKeil Sherry Archibald Mary-Beth Archibald	29:02 (10th)	19:26 (4th)	26:10 (4th)	74:38	8
#6	Gordon Warnica	26:01 (9th)	24:11 (10th)	27:34 (7th)	77:46	9
#2	Tyler Hughes Matt Archibald	22:26 (6th)	23:19 (9th)	44:15 (10th)	90:00	10



## Canoe To The Sea 2001

- Date:** Saturday June 16, 2001
- Registration:** 8:00 A.M. - 10:00 A.M. at the Fairbanks Centre
- Start:** 10:30 A.M. Fairbanks Centre, 54 Locks Road, Dartmouth.
- Cost:** 20.00 per person (see below for Family Paddle)
- Divisions:** Open Class Pro-boat C-2; Open Class Pro-boat C-1; Men's; Women's & Mixed Stock Canoe; Men's; Women's & Mixed Recreational Canoe; and Men's & Women's Kayak
- Course:** 7-18 Kilometres in length starting on Lake Mic Mac in Shubie Park and covering all of Lake Charles and portions of the canal
- Misc:** Family Paddle: For those who just want to come out for a "fun race" and be part of the festivities, with a registration fee of only \$20.00 per canoe
- Contact:** Piet Mars at 463-9639 or Andrew Cox at 462-0128
- Notes:**
- (1) 13th Annual Trail Shop Canoe To The Sea T-shirt
  - (2) B.B.Q. hosted by the Shubenacadie Canal Commission
  - (3) draw for fabulous door prizes donated by the Trail Shop
  - (4) Prizes: 1st & 2nd prizes will be awarded in each of the race categories

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### Men's recreational - 7.5km

Bruce Duffy, Bernie Levy 1:01:22  
Morley White, Jim Vance 1:06:27

### Women's stock - 18 km

Jennifer Power, Suzanne Lee 2:40:52

### Men's stock - 18 km

Wally Woodbury, Steve Williams 2:05:10  
Malcom Pain, Gordon Warnica 2:18:16

### Open C-2 - 18 km

Jean Marien, Dave Lewis 1:49:48  
Doug Archibald, Kristoffer Archibald 1:50:19  
Richard McKinnon, Lawson Fraser 1:55:30  
Rick McMahan, John Gillis 1:57:19  
Jason McKinnon, Robbie Mckinnon 2:02:14

Angela Adams, Richard Cameron 2:03:20  
Justin McKinnon, Jeff McKinnon 2:13:29

**Mixed Recreational - 7.5km**

Allan Billard, Shirley Wenaus 59:27  
Robin McKinnon, Robert McKinnon 1:01:05  
Derrick Jenkins, Mary Beth Archibald 1:02:24  
Darren Gray, Erin Levy 1:06:51

**Women's Recreational - 7.5km**

Lori Taylor, Barbara Stary 1:15:35

**Men's Kayak - 7.5km**

Mark Penfound 52:49  
Bruce Murphy 53:48  
Martin Huntley 57:04  
Doug Polak 1:01:23  
Marc Dunning 1:05:02

## Mersey 2001

- Date:** Sunday July 01, 2001  
**Registration:** 11:00 A.M.  
**Start:** 12:00 A.M. Big Falls Tailrace  
**Finish:** Government boat landing in Liverpool between 2:00 and 3:00 p.m.  
**Cost:** \$15.00 per person (Non NSMCRA members)(\$10.00 for members)  
**Divisions:** Competitive Recreational- Canoe 17' and under- distance 24 km.  
**Course:** 24/26 Km race On the Mersey River, 4 portages  
**Contact:** David Lewis (902) 354-4931  
**Notes:** Immediately following the race all participants are invited to a barbeque and a draw for prizes.
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### Youth Pro - 24 Km

Jason & Robert McKinnon 2:06:04  
Justin & Jeffrey McKinnon 2:17:22  
Bev Lewis & Chris Wagner 2:20:39

### Recreational Class - 24 Km

Shirley Wenaus & Alan Billard 2:28:50  
Robert Sr. & Robin McKinnon 2:29:09  
Bruce Duffy & Richard Cameron 2:44:18

### Stock Class - 24 Km

Lawson Fraser & Richard McKinnon 2:09:58  
Malcolm Pain & Gordon Warnica 2:22:51

### Open- Kayak Class - 24 Km

Martin Huntley 2:32:05  
Bruce Murphy 2:40:33

### Adult Pro Class - 26 km

Jean Marien & David Lewis 2:15:22  
Doug & Kristoffer Archibald 2:16:01  
John Gillies & Rick McMahan 2:19:52

## Nictaux Canal Race 2001

- Date:** Saturday July 07, 2001
- Registration:** 9:30 A.M.
- Start:** 11:00 A.M.
- Cost:** \$15.00 per person (Non NSMCRA members)(\$10.00 for NSMCRA members)
- Divisions:** Recreational- Canoes 17' and under  
Open- Canoes over 17'  
Pro- Assymetrical racing canoes  
Youth - One or both paddler(s) must Be less than 16 yrs of age
- Course:** The Start/Finish is at the HWY # 10 Bridge over the NICTAUX CANAL approximately 5 minutes south of Middleton.
- Misc:** All Proceeds Go To The Annapolis County Ground Search And Rescue Association
- Contact:** For more information call John or Christine Skaling at (902) 825-2589
- Notes:** Trophies/Barbeque and a Draw for prizes
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### Adult Pro Class

J Kris Archibald / John Gilles 1:37:12  
Doug Archibald / Rick McMahon 1:39:38  
Angus Borland / Jean Marien 1:42:39

### Junior Pro

Jason McKinnon / Robert Mc Kinnon Jr. 1:50:32  
Jeffery Mc Kinnon / Justin Mc Kinnon 1:52 :42

### Mixed Recreational Class

Robert Mc Kinnon Sr./ Robin Mc Kinnon 1:29:00  
Alan Billard / Sherry Archibald 1:29:45

### Open Class

Lawson Fraser 1:21:55  
Richard Mc Kinnon /Ashley Mc Kinnon 1:21:57  
Martin Huntley 1:27:20

## Sheet Harbour Relay 2001

<b>Team</b>	<b>Members</b>	<b>Bike</b>	<b>Run</b>	<b>Paddle</b>	<b>Total</b>	<b>Place</b>
#4 Mickey's Mice	Jodi Isenor Steve McKeil Sherri Archibald Doug Archibald	19:34 (1st)	32:26 (2nd)	1:02:44 (2nd)	1:54:44	1st
#3 Double Century	Shawn Amireault Ross Mitchell Gordon Warnica Malcolm Pain	20:02 (2nd)	32:32 (3rd)	1:03:25 (3rd)	1:56:01	2nd
#2 Gonzo Kennel	Ron Jeppeson Mark Stein Bernie Levy Bruce Duffy	21:48 (3rd)	31:18 (1st)	1:03:34	1:56:40	3rd
#5 French Quarter	Brad Crossley John MacCormick Jean Marion	24:52	38:21	57:45 (1st)	2:00:58	4th
#1 Sheet Harbour	Don MacDonald Doug Howe	23:40	36:06	1:36:26	2:36:12	5th

## Fred Lynch Race 2001

- Date:** Saturday Sept 08, 2001
- Registration:** 10:00 a.m.
- Start:** 11:00 a.m. Lion's Beach, Dartmouth (bottom of Lake Banook beside Senobe Boat Club)
- Cost:** NSMCRA and New Brunswick members \$5.00. Non Members \$10.00.
- Divisions:** Multiple classes depending upon what boats show up. (Three boats needed to form a class). Regardless there will be youth and adult ProClass, Recreation class, Open Class. As well there will be classes for ICF C and K boats.
- Course:** Race Lengths vary from 4, 8, 16 km.+
- Notes:** Awards , food, beverages, Good Time to follow race at Lions beach. Last sanctioned race of the season. Male and Female paddler of the year to be awarded.

Forty one paddlers showed up at Senobe Aquatic Club, Lake Banook, Dartmouth on the morning of Saturday September 8. The reason, The Fred Lynch Canoe Race, the last official sanctioned marathon race of the year. In addition to traditional sit down marathon and recreation classes seven ICF paddlers arrived for The Arthur Weston Canoe Race, a tradition on the Dartmouth Lakes for years.

The day was sunny and warm with light southerly winds. The combined start proved to be exciting and challenging with 20 boats on the line. Within minutes packs were forming as competitors settled on the selected strategy of the day, looking for that all important side wash or that moment too jump a wave and pass a boat.

The shorter races were made up of laps around Lakes Banook and Micmac (8 or 12 km), where as the pro classes raced to the end of Lake Charles and back, a 16 km race including two 460 m portages. Following the race an excellent chili feast was offered up to the paddlers followed by awards. The organizers would like to thank all racers and volunteers who participated, including the rescue boats operated by Ralph Ricard, Sarah Conrad and Paul Bowie and the chefs par excellence, Sherry Archibald and Jean Marien.

### Pro-Mixed

Jean Marien, Sue Slimming	1:29:08
Richard Cameron, Angela Adams	1:36:32
Doug & Sherry Archibald	1:38:23
Dave & Abbey Lewis	1:38:49
Tim Lynch, Bev Lewis	1:39:21

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**Pro Mens**

Stephen & Mike Scarola	1:28:08
Lawson Fraser, Bill Lobban	1:34:19
Alan MacEachern, Peter Toombs	1:37:27
Steven Griggs, Angus Borland	1:39:27

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**Pro Youth**

Justin & Jeff McKinnon	1:38:25
Jason & Robert McKinnon	1:39:08
Mary-Beth & Kris Archibald	1:46:04

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**Stock**

John MacCormick, Jacque Strap	1:20:55 (3 laps)
Kevin Lynch, Michelle Sanford	1:03:28 (2 laps)

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**Recreation**

Alan Billard, Shirley Wenaus	0:57:48
Robert & Robin McKinnon	1:00:18
Don & Jonathan Evans	1:15:56

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**ICF Class (Arthur Weston Race)**

C1 Jim Little	00:26:20 (1 lap)
C2 Clem Hennenbury, Lowell Goulden	1:32:26
C4 Terry McCormick , Liz Evans, Gail Scarola, Sue Rickard	1:59:59

## DiamondMan Quad 2001

### Open Men - Individual

Mark Campbell	3:54:04
Tim Stiner	4:00:11
Shawn Amirault	4:00:36
Mike Kerrivan	4:25:22
Mike Wadel	4:35:52

### Open Women - Individual

Kerry Copeland	4:04:30
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### Masters<sup>1</sup> Men (I & II) - Individual

Barry Ring	3:56:35
Ken Boutilier	4:04:08
Wally Woodbury	4:13:00
Chum Latorovszki	4:13:39
Jim Thain	4:24:13
Mark Dempsey	4:59:03

### Masters<sup>1</sup> Women (III) - Individual

Jennifer Murphy	6:13:26
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### Youth Men - Individual

### Youth Women - Individual

Caitlyn Dunphy	5:50:00
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### Open Men - Team

Trevor MacLean, Mike Smith, Clint Simmons, Matt Richardson	3:05:01
Aaron Smith, Kristoffer Archibald, Jodi Isnor, Hugh McIsaac	3:31:13

### Masters Mixed - Team

Lynn Vernon, Lowell Goulden, Allan Rogers, George Potier	4:01:06
Ian Burton, Gordon Warnica, Heather Hogg, Mark Stein	4:21:27

### Masters Men - Team

Kevin MacKillop, Mark Penfound, Steven Moroney, Joe Murphy	4:06:24
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### Masters Women - Team

Luanne Doyle, Angela Adams, Gail Kendel, Patsy Galvin	5:23:48
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## PPP Relay 2001

- Date:** Saturday, September 22, 2001
- Registration:** 8:00 - 8:45 AM
- Start:** 9:00 AM Waverley Sports Park Bridge
- Cost:** Before Sept.15: \$15.00/person. Includes t-shirt, awards, reception & fun
- Late Cost:** After Sept.15: \$20.00/person. No t-shirt
- Entries:** Solo, 2, 3 or 4 person teams
- Course:** The bike/run course follows the perimeter of the park. Mountain bike ride (5km), Lake Thomas paddle (5km) Trail run (5km)
- Notes:** The bike/run course is hilly with a few sections that will likely require walking your bike. Other than that, it is not a technical course. The water course is flatwater, no portages
- Directions:** Waverley Sports Park is on the Cobequid Rd, about 1 Km from the east end of Rocky Lake Rd. and about 1.5 Km from the Waverley Rd (#2 highway)
- Safety Gear:** Bikers are required to wear bike helmets. Paddlers require a bailer, rope, towline, lifejackets, whistle and a spare paddle
- Race Updates:** Check out <http://chebucto.ca/SportFit/NSMC/index.htm> for updates on race participants or news related to the woods being closed

Results	Participant	Div	Accumulated Times			Individual Leg Times		
			Peddle	Paddle	Plod	Peddle	Paddle	Plod
Team 10	Wally Woodbury	M	0:12:41	0:41:41	1:02:07	0:12:41	0:29:00	0:20:26
Team 07	Lorenzo Caterini	M	0:10:59	0:41:50	1:02:17	0:10:59	0:30:51	0:20:27
Team 01	Bruce Barteaux	M	0:14:45	0:49:50	1:09:16	0:14:45	0:35:05	0:19:26
Team 13	Ron Jeppesen	M	0:13:39	0:47:32	1:10:51	0:13:39	0:33:53	0:23:19
Team 09	Bruce Murphy	M	0:17:28	0:48:03	1:13:09	0:17:28	0:30:35	0:25:06
Team 06	Tim Milligan	M	0:13:26	0:44:11	1:13:42	0:13:26	0:30:45	0:29:31
Team 08	Greg Murphy	M	0:17:28	0:48:35	1:15:44	0:17:28	0:31:07	0:27:09
Team 11	Ron McDougall	M	0:17:57	0:58:28	1:25:03	0:17:57	0:40:31	0:26:35
Team 05	Joe Baker	M	0:15:48	0:52:29	1:25:12	0:15:48	0:36:41	0:32:43
Team 03	Ed James	M	0:14:52	1:03:24	1:26:36	0:14:52	0:48:32	0:23:12
Team 12	Mike Malley	M	0:18:21	0:53:23	1:27:38	0:18:21	0:35:02	0:34:15
Team 02	Jonathan Barteaux	M	0:17:22	1:02:54	1:31:03	0:17:22	0:45:32	0:28:09
Team 04	Wayne Vincent	M	0:16:54	1:01:24	1:42:38	0:16:54	0:44:30	0:41:14
Team 17	Melanie Wallace	F	0:18:11	0:56:28	1:25:51	0:18:11	0:38:17	0:29:23

Team 22	Paula Peters	F	0:18:49	1:03:17	1:26:52	0:18:49	0:44:28	0:23:35
Team 24	Pam James	F	0:16:19	1:04:39	1:27:52	0:16:19	0:48:20	0:23:13
Team 21	Heather O'Connell	F	0:16:53	1:00:16	1:29:44	0:16:53	0:43:23	0:29:28
Team 23	Karin Kaill	F	0:18:32	1:04:39	1:30:40	0:18:32	0:46:07	0:26:01
Team 20	Darlene Hart	F	0:19:17	0:59:19	1:31:14	0:19:17	0:40:02	0:31:55
Team 18	Caitlyn Dunphy	F	0:19:00	0:54:17	1:32:20	0:19:00	0:35:17	0:38:03
Team 25	Stephanie Barteaux	F	0:22:25	1:03:14	1:38:16	0:22:25	0:40:49	0:35:02
Team 19	Karen Cheng	F	0:21:31	1:10:45	1:38:36	0:21:31	0:49:14	0:27:51
Team 52	Born Ready	Team	0:15:06	0:43:55	1:06:26	0:15:06	0:28:49	0:22:31
Team 54	The Archies	Team	0:18:27	0:49:23	1:09:53	0:18:27	0:30:56	0:20:30
Team 51	Team Grayhound	Team	0:17:02	0:47:11	1:10:40	0:17:02	0:30:09	0:23:29
Team 53	Ron's Army Navy	Team	0:17:09	0:53:45	1:15:45	0:17:09	0:36:36	0:22:00
Team 50	Dynamic Divas	Team	0:19:57	1:08:12	1:46:09	0:19:57	0:48:15	0:37:57

50Lisa Prevost; Mary Beth Gouthro  
 51Gordon Warnica, Malcolm Pain  
 52Darren Gray; Ben & Bernie Levy; Erin Levy  
 53Carter Murphy; Greg Gaudette; Denise Fillion  
 54Sherry, Doug & Mary-Beth; Kris Archibald

## Classique de la Maurice 2001

Late last year, while attending the AGM, I was asked to write an article on the race of the Classique de cannot held on the St-Maurice River, Quebec, every Labor Day week-end. The purpose of the article was to recount how Dave Lewis and I trained for the event and portray what we had experienced during the race.

Back in December 2000, hosting the N.S.M.C.A.meeting, Dave and I initiated a conversation on “racing la Classique”. We were both keen on trying to practice for it. This race is to my knowledge the highest level of competition in marathon canoe racing. It is the last race of the Triple Crown in the professional circuit, and 125 miles long.

My reasons for wanting to complete this race were my passion for canoe racing and even more importantly to honour my heritage; being able to compete back home at a level which I never experienced when I lived there. My father had done this race when I was 10 years old. I was very proud of him. I learned a lesson about perseverance, and being able to achieve goals of any size. I wanted to give the same lessons to my son Ben, and return the compliment to my father.

### Getting the Wheel in Motion:

It was late in December, I had to find information on the way to train, the food to eat. There were so many questions on how to become fit and on how to peak for a race. I decided to search for literature. To my surprise I found the most suitable book for me. It was called “Workouts for working people “ by Mark Allen. The book touched on weight training, racing diet, training format, all related to triathlon racing. The best part was how it kept me motivated and focused. I then decided to purchase a paddling machine, and a heart monitor to measure the intensity of training. January and part of February was spent running on a treadmill and using my paddling machine.

### The Start of Training:

Mid February saw Dave and I paddling the river because all lakes were still frozen. As the spring progressed, the length and the intensity of training increased. It was a must for us to have a minimum of 100 hours on the water by the end of August to attempt the Classique . We also needed to have long training sessions so that we could get use to remaining in the canoe for hours on end and also solve any issue that might arise. Knowing what to expect, and refitting the canoe to get maximum comfort for current conditions were items high on the agenda. The importance of having a good set up makes the difference when focusing on the race. The alternative is poor boat setup thus causing aggravation which intensifies as the length of the race increases.

### Training Highlights:

Training on its own is not usually the most exciting deed, however we always seemed to enjoy it. One thing that Dave and I needed to improve was our ability to cope with big waves. One evening in May after work we met for a practice at Mill Lake, Hubbards. The wind was blowing hard and the rain was torrential. I was not looking forward to doing this. I realized that positive attitude had everything to do with confidence, which both of us needed for our balance. We decided to go and play on the waves instead of the hard workout we usually endured. It was rough, but fun. We did not flip even though the rain soaked us. I still remember Dave's words "the only way I would be wetter, is if I were bigger". Wasn't it the truth! The most part of our training was done on the Lahave River and Mill Lake, Hubbards. Lahave River offered us great similarity to the St-Maurice River. It was very wide, unprotected from the wind and was plenty long to train on. Mill Lake on the other hand was a bit shorter but good open water was to be found. The portage was ideal- it was a very long steep hill, graded with loose stones, and was about 1.8km in length. That portage was a challenge. I held Dave back.

A day in July during one of our 3-hour practices on Lahave River we found ourselves in the middle of a motorboat rally. There were 60 to 80 motorboats that took part. This was one of the most interesting sessions we had. There were waves coming to us from all directions, some as high as 5 feet tall. We were able to stay afloat while my bailer was working to its maximum. Dave and I knew this was a good practice for the St-Maurice, as there are many motor boats that follow the race, creating big waves. Our longest training day was in late July- we had scheduled 3 practice sessions of 5-hour duration each within one week. Two weeks later we had the longest single training consisting of one 7-hour straight practice. We then reduced the length and increased rest time between intervals in order to peak for Shawinigan. We finished the summer with 160 hours of practice.

### Race Preparation:

Arriving in Quebec one week before the race, Dave and I completed our final preparation. Canoe preparations included installing Velcro for our food containers, installing foam with glue to hold our boost cans, preparing lots of extra water bottles, ensuring ample Gatorade on hand and all the little things that we possibly would need during the race. As you know, while racing, there is no stop break for lunch or washroom, so every team must outfit their canoe in such a way that there is no more than one second lost when reaching for food, or drink, and also the canoe has to be set up in a sanitary fashion, so food does not become contaminated while racing.

### Our Pit Crew:

In the middle of the summer Doug and Kris Archibald offered to be our pit crew if we needed them. We could not have been luckier. Not only that we had a pit crew, but Doug had experience in this race, as he participated in it two years in a row. We also received a lot of information from Loraine and Steve McAller about the logistics of pitting, and the time required to travel from points A to B for the pit crew. It was unbelievable; Loraine had it mastered to a science.

### Boat Measuring:

All the teams arrived at La Tuque Friday morning where boat measuring and the mandatory sprint took place. The measurement of the canoe was done measuring the full length, then measuring the bottom of the canoe at its widest point with a "c" type jig, and lastly measuring the top of the canoe at its widest point again. To my surprise my canoe was 1/8 inches too narrow at the top portion. The measurer had to wait for a top official. We were so nervous as this was our only canoe available for racing. The official later gave us a green light for racing.

### Race Course:

The race was set as follow:

- Friday afternoon 600-meter sprints were conducted individually.
- Saturday morning the race start was at LaTuque to St-Jean des Piles- about 8 1/2 hours, without portage.
- Sunday the race started at St-Jean des Piles to Grand Mere with 4 big laps, then all the way to Shawinigan, with one loop. There were 3 portages that day.
- Monday the race consisted of 5 laps around La Cite de L'Energie and Shawinigan with two portages approximately 600 meters each.

The total distance was about 125 miles.

### The Race Start:

Dave and I did our sprint the first day. We finished 27<sup>th</sup>. After competing, our group from Nova Scotia all meant at Doug's campsite. We completed the final tuning for pitting, and we had a wonderful meal that Sherry Archibald made. Dave and I also received our official team hat that we both pampered.

### Saturday:

Saturday morning we woke up early and anxious. The race was starting at 8 a.m. and the morning had a cool chill in the air. I was glad to see my father and his old canoe partner, a great friend of the family; two of my brothers and my son were also present. We proceeded to put the canoe in as we were getting close to start time, we had a brief warm up, and then we lined up for start. The current was strong. There were 72 canoes that lined up holding a cable. We got surprised on the start as we thought there was going to be more notice. Thus we started a bit behind. We proceeded to move up to position. We turned the buoy, 8 canoes wide. We then went upriver, pushing hard to try to gain the position we should have been in. We were about 30<sup>th</sup> when we crossed the river going up. Being tense, the current took the front of the canoe and to our surprise we were in the water, swimming. We tried and tried to empty the canoe while the current was bringing us down, without success. We then swam until we could touch bottom. We got back in the canoe and went up to the top buoy. We

had lost our drink, our food, but worst our spirit. I was so disappointed to see all the hard training coming down to this.

We were 70<sup>th</sup> as there were 2 boats that had flipped as well. We could barely see the other canoes ahead, more than one km. away. The top portion of that river has a lot of sand bars that extend almost the full width of it. Not knowing the river, we were too far back to determine from the other canoes where the good current was. Dave and I paddled for ½hour before Doug and Kris gave us our first pit. Without their initiative we probably would have experienced dehydration. After pitting we did not gain on the other canoes. Dave suggested we paddle similar to our training sessions “5 minutes at 100 percent, one minute relax” until we reach a canoe. One hour after the start we finally reached a canoe. It was now that our spirit returned. The adrenalin was kicking in and we started to pass other canoes. Our strategy was to sprint to maximum until we reached a canoe, ride their wave, catch our breath, and then exploding to another sprint. The thinking behind this was that we did not want to bring other canoes ahead with us, only to be beaten by them at the end. We endured this to the 6 ½hour point of the race, where we caught up to a group of 4 canoes. We pulled away, however one canoe followed us up to the next group of 4 canoes, bringing it to 6. We rode wash for a bit and tried to go but without luck, all the canoes were following us. We were becoming drained of energy. We decided to ride wash for a while and eat some food. We stayed beside them for about ½hour. Suddenly we found ourselves up one wave from them. Dave not missing the opportunity laid the hammer down. It was amazing how the canoe and the two of us became just like a finely tuned machine. We were pulling away. I could hear the teams saying “come on, go, hard they are pulling away”. But the voice was getting weaker as we were going. At that point we went very hard for 15 minutes to discourage the teams behind from catching us. At this point we had reached another canoe that was on the opposite side of the river. In the distance we could see the finish line. We pulled away from that canoe, and attempted to pull in one more canoe. We sprinted for a finish with the last canoe, but could not pass them. I was so pleased with my first day, even though we had a bad start. I did not think we could have made such a comeback. When I got out of the canoe my legs felt like rags. I had such a great feeling when I saw my son’s face, so enthusiastic and proud, along with my father and brothers-they were all smiling. We ended finishing 32<sup>nd</sup>.

### Sunday:

Sunday morning, we started at St-Jean des Piles. All the canoes lined up holding a cable. Serge Corbin pulled his canoe beside mine. We started facing downriver, completed a buoy and raced upriver past the start line, and then back downriver. Further on we passed an island and experienced big waves from motorboats. The fact that we were in shallow water made the situation worse. Before these waves we were sitting at about 30<sup>th</sup> position however we dropped back about 7 positions. After reaching deeper water we slowly climbed back up. Arriving at Grand- Mere we had 4 big laps to complete at about 4 km. each. There was a bridge, which was crowded with spectators. With every lap Dave and I were gaining, and passing crews we had not seen the previous day. We were using a technique that we learned in a clinic for climbing waves. After the 4<sup>th</sup> lap we tackled the portage. Exiting the boat, we ran uphill, catching one canoe. We then ran down a steep hill passing another one, on a flat where we tied up with 2 more canoes. Our portage training on the summer had paid off. After the put-in we paddled below the power dam riding wash with two other teams. We were nearing a rapid above Isle Des Heutre –the next portage. We used the start of the rapid to gain velocity to quickly turn in order to be first on the portage. Here we pulled away

spreading the distance on the path. After a 2 km paddle we then arrived in Shawinigan .The last portage was the boulevard. There were thousands of spectators cheering. Believe me, neither of us felt any pain on this one. There was no canoe close; we finished in 21st position for that day.

### Monday:

Monday morning Dave, Louise, Abigail, Beverley , Ben and I went for a rich breakfast. I was feeling very tired due to the race being hard and a lack of sleep on the previous nights as a result of being too nervous. We then prepared the canoe. I felt like I had nothing left to give. Dave's forearms were very tender. The race was starting to take its toll on us. We went for a light run to check one of the two portages. We went for a warm up paddle just before the start. Dave and I knew this was going to be the shortest day but the fastest day, as all paddlers would try to give everything they had left to gain the best position. We lined up at the cable on the outside as we thought it would be better for us, instead of fighting the waves from the other canoes. This was a good decision. The race commenced, and we had the best start of our 3 days. We completed the first lap passing some boats. We ended up catching a group of four canoes where we rode their waves for a short time but then lost their wash on a buoy turn. The portage was close, so Dave and I decided to conserve our energy on the water and try to pass them on the portage. The four canoes had the ramp fully used, causing us to wait a brisk moment. We then exited the boat and began the run. We passed 3 canoes early on but the last team was persistent. The adrenalin kicked in, as we tried to drop everyone. We pushed harder and started to lose the last canoe. At the put-in, the team from Minnesota was in reach, about 5 waves away. We then decided to use a combination of technique and sprint to catch that canoe. It took us 1 1/2 laps to catch them. This was a great accomplishment. We had a sizeable lead on the pack of canoes behind, and we were riding the side wave of the Minnesota team. Dave asked them if they wanted to work together to try and reach the other teams ahead- no response. It was obvious they did not want us beside them. We rode sidewash for some time before I opened the bailer to rid the boat of extra water. The other crew noticed and gave their best. I quickly shut it to minimize the drag and Dave and I barely stayed on their wave. If they had known they probably would have kicked us off their wash. We then pulled up beside them again and while everyone was recuperating I again opened the bailer even though they could see me. I was playing a mind game with them. The Minnesota team kept us on the outside of the buoys, as they were all counterclockwise. What pleased Dave and I the most was that the last buoy before the portage was clockwise. It was to be ours. Nearing the buoy, the Minnesota team raced us however we did not give ground. We experienced a light collision, turned, got out of the water as I could see from the corner of my eye the bow paddler dropping his paddle. This was a terrible mistake for them. We ran the last portage again on the boulevard and the adrenalin did not fail us. After the put-in we pushed hard to increase our lead on the Minnesota team. We worked hard to close the gap between us and the 18<sup>th</sup> and 19<sup>th</sup> teams however we finished 20<sup>th</sup> for that day.

### Goals:

Earlier in the season I had picked two goals- one that was attainable, and one that was not so realistic. My first was to finish the race without being disqualified, as there is a time limit to complete each day. My second was to finish 1/2 way through the pack. Dave and I had achieved better than that. We finished in 26<sup>th</sup> position out of 72. It felt better than any win I had ever

experienced.

**Support:**

Some special folks who are dear to heart and kept us motivated deserve mentioning- Louise, Abigail, Beverley Lewis, also my son Ben, and my girl friend Jen. Thank you all for your patience and for allowing Dave and I to attempt the race. Without you it would not have been the same. Also there are our special friends Doug, Kris, Mary Beth, & Sherry Archibald who made the voyage to Quebec to be our pit crew, and who supported us in any way they could. We must also thank Steve and Loraine McAleer for helping us with all kinds of tips, information and techniques for the event. Thank-you all again.

Jean Marien



# CBET - Competency Based Educational Training

CBET-it means competency based educational training. Many of us have seen this term recently in the workplace. It is a process whereby all the skills to complete a specific task are identified. The worker must then demonstrate that he or she is competent to undertake the task at hand. Applied to the world of coaching it means the program a coach is expected to deliver is tailored to the needs of the participant receiving the training. This makes for a more enjoyable experience for the participant. Participants will more apt to return to the sport for more coaching if they are receiving information and skills applicable to their level of skill and the outcome they wish to achieve. Coaches employing the CBET philosophy will nurture qualities such as interaction, problem solving and empowerment that will prove to benefit the participant's experience. Let's look at both ends of the spectrum as it is applied to marathon canoeing. On one hand we have a weekend recreational racer-someone who enjoys the sport for the camaraderie and competition of people similar in skill. Then we have the high performance athlete who endeavors to train daily and is looking for podium results likely nationally and internationally. These two participants could not be coached by the same coach using only one criteria. Someone would not be getting the most "bang for their buck". It is easy to see that programs must be tailored to the participant and what he/she hopes the final outcome to be.

You might ask yourself-Why CBET? To answer this you must realize that Marathon Canoeing does not have a NCCP (National Coaching Certification Program). If we do not undertake the CBET process we will simply be perceived as a recreational activity- meaning we will not be eligible for sport funding.

Here is a brief description of what we have accomplished thus far. Representatives from Ontario, New Brunswick, Saskatchewan and Nova Scotia met in Ottawa in the winter of 2001 to begin the process. Initially we undertook to identify all the participants who played the sport. The list became quite extensive involving paddlers right across the spectrum . We then compiled Participant Identification Cards (PDM's) on each participant-This enabled us to start to group them based on their age, abilities, objectives, where they played their sport , etc.(see Marathon Participant Groups Chart) From this we were able to organize the participants into streams noting the various entry points for new paddlers. The arrows on the chart also designate how participants might move about within the various streams of the Marathon discipline.(see Participant Model Worksheet Chart)

From the Participant Model Worksheet we developed the Coaching Development Model (see chart) This demonstrates the various coaches that evolve due to participant needs. A breakdown of them are as follows:

## Marathon Coaching Development Model

### Draft Descriptions

CS Coach 1 - Someone who is delivering programs already developed by MRC to introduce participants to the basic skills of Marathon paddling.

CS Coach 2 - Someone who is planning a season for paddlers which includes scheduled group paddles and fun racing. Group paddles offer opportunity for Coach to pass on technical knowledge and help participants improve their skills.

Competition Coach 1 - Someone who is introducing paddlers to the basics of training to improve performance. Introduces basic tactics and strategies as well as working on improving technique. Coach is providing paddlers with a conditioning program appropriate for their age and ability. Coach is developing weekly training programs based on a more advanced coach's seasonal/yearly program priorities.

Competition Coach 2 - Someone who is striving to help athletes develop their competitive performance through the acquisition of advanced skills and tactics. Coach is developing seasonal training programs based on a more advanced coach's integrated annual and multi-year programs.

Competition Coach 3 - Someone who is developing advanced conditioning and training for athletes who aspire to national and international success. Coach is helping paddlers refine advanced skills, strategies and tactics. Coach is developing integrated annual and multi-year training programs.

Intermediate / Advanced Clinicians -- Someone who develops and delivers clinics specific to helping paddlers improve intermediate and advanced paddling skills.

After all this we attempted to complete a task analysis on each type of coach with the following items in mind: Program design, program management, support to athletes with regard to competition, support to athlete with regard to training and social support. A sample Task Analysis for Competition Coach 1 is included.(see Chart)

This is where we are at this point in the CBET transition. What comes next? Step 1 is to validate and endorse the Participant and Coach Development Models. What this means is that the Canadian Canoe Association is confident that these models represent who is participating in marathon canoe and what attributes a person coaching marathon should have. The Marathon Racing Council and all marathon paddlers need to be sure that the models are solid-ie boxes in the correct position with the right information in each.

From there we will have to identify the coaching program. we most want to see developed first. We also have to decide where Marathon can get the most out of a

coaching manual-possibly community sport??

In closing, I hope you take time to evaluate the information. This is an exciting time for the sport of Marathon Canoeing whereby we have a chance to control our destiny and grow our sport.

David Lewis

# Canadian Marathon CANOE Championships

## Accommodation

<b>Crothers Park</b>	<b>Race Site</b>		
OAK'S INN 80 McNaughton	Wallaceburg	T: 1-888-627-1433 F: (519) 627-6101	Website: <a href="http://www.oaksinn.net">www.oaksinn.net</a> E-Mail: <a href="mailto:info@oaksinn.net">info@oaksinn.net</a>
SUPER 8 McNaughton Ave.	Wallaceburg	T: (519) 627-0781 or 1-800-800-8000	
Rosie's Bed & Breakfast	Sombra	T: (519) 892-3581 F: (519) 892-3583	web - <a href="http://www.bbcanada.com">www.bbcanada.com</a> Southwestern Ontario Region E-Mail: <a href="http://www.bbcanada.com">www.bbcanada.com</a>
Sombra Bed & Breakfast	Sombra	T: (519) 892-3311	
Parkside Cabins -cabins and motel rooms	Mitchell's Bay	T: (519) 352-4955 F: (519) 358-1157	
Comfort Inn	Chatham	T: (519) 352 5500 F: (519) 352 2520	<a href="http://www.choicehotels.ca">www.choicehotels.ca</a>
Travelodge	Chatham	T: (519) 436-1200	<a href="http://www.travelodge.com">www.travelodge.com</a>
Wheels Inn	Chatham	T: (519) 351-1100 or 1-800-265-5257	<a href="http://www.wheelsinn.com">www.wheelsinn.com</a>

**CANADIAN MARATHON CANOE CHAMPIONSHIPS  
AUGUST 16 - 18, 2002  
WALLACEBURG, ONT.**

**Paddler Information**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ E-Mail: \_\_\_\_\_

Tel. No. \_\_\_\_\_

Age as of Jan. 1, 02 \_\_\_\_\_ Prov. Org. \_\_\_\_\_

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**Registration (entry fee includes all races!)**

	<b>Before July 15</b>	<b>After July 15</b>
Pewee (under 6)	free	free
Bantam (under 14)	15	20
Juvenile (under 17 years)	15	20
Junior (under 20 years)	15	20
Senior (over 19 years)	30	45
Masters* (over 40)	30	45
Masters II* (over 50) (avg. age over 50, min age 35)	30	45
Masters III* (over 60) (avg. age over 60, min age 35)	30	45
Family (2 adults, plus 2 or more Pewee/Bantam Junior/Juvenile) - pre registration only	90	
Banquet	\$15	\$20
T-Shirt	\$12	\$15

\*For Mixed Classes: Masters I (avg. age > 40, min age 35); Masters II (avg. age > 50, min age = 35);  
Masters III (avg. age > 60, min age 35)

Fees Owing	Before July 15	After July 15	Cost	Organizer Use
	#	Rate		
Open, all Masters				
Junior/Juvenile/Bantam				
Pewee				
Family				
Banquet				
T-Shirts				
<b>Amount Owing (Cdn fund only please)</b>				

**T-Shirts (subject to availability)**

	<b>Small</b>	<b>Medium</b>	<b>Large</b>	<b>X-Large</b>
Unbleached				
Green				
Salmon				

**SCHEDULE OF EVENTS**

<b>Wednesday, Aug. 14</b>	4 – 6 p.m.	Registration – Crothers Park		
<b>Thursday, Aug. 15</b>	4 – 6 p.m.	Registration – Crothers Park		
<b>Friday, Aug. 16</b>	8 a.m.	Opening Ceremonies		
	8:15	Pick up boat numbers		
	9:00	ICF K2	Women	Junior (15k)
				Senior (22k)
	9:00	ICF K1	Men	Junior (15k)
				Senior (22k)
	9:05	ICF C1	Men	Junior (15k)
				Senior (22k)
	9:10	C2	Women	Juvenile (15k)
				Junior (15k)
				Senior (22k)
				Masters I, II, III (22k)
			Men	Juvenile (15k)
				Junior (15k)
9:15	C1	Men	Senior (22k)	
			Masters I, II, III (22k)	
4 p.m.	C2	Bantam	Open (~5km)	
4 – 6 p.m.	Registration Open			

**SCHEDULE OF EVENTS**

<b>Saturday, Aug. 17</b>	8:00 a.m.	Pick up boat numbers		
	9:00	ICF K2	Men	Junior (15k)
				Senior (22k)
		ICF K1	Women	Junior (15k)
				Senior (22k)
	9:05	ICF C2	Men	Junior (15k)
				Senior (22k)
	9:10	C2	Men	Senior (22k)
				Masters I, II, III (22k)
	9:15	C1	Women	Juvenile (15k)
				Junior (15k)
				Senior (22k)
				Masters I, II (22k)
			Men	Juvenile (15k)
				Junior (15k)
	9:20	C2	Rec	Juvenile (15k)
				Junior (15k)
Women (15k)				
Men (15k)				
4 p.m.	C2	Adult/Pewee	Open (~1.5k)	
		Adult/Bantam	Open (3k)	
		Adult/Junior 15 yr age gap	Open (5.5k)	
4 – 6 p.m.	Registration			
6 p.m.	Banquet – location to be announced. Presentation of awards for Friday and Saturday			
<b>Sunday, Aug. 18</b>	8:00	Pick up boat numbers		
	9 a.m.	C2	Mixed	Senior (22k)
				Masters I, II, III (22k)
	9:05	C2	Mixed	Juvenile (15k)
				Junior (15k)
	9:10	C2	Rec Mixed	Open (15k)
	11:30	C1	Bantam	Open (~1.5k)
	12:00	North Canoe Race(s)		
12:45	Awards			

# The Nova Scotia Marathon Canoe Racing Association

## Annapolis/Mersey/Nictaux



## Marathon Relays



## Quebec Classique



## DiamondMan Quad





