

The Nova Scotia Marathon Canoe Racing Association



2003 Newsletter



The Nova Scotia Marathon Canoe Racing Association



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Presidents Message 2003

It is the 27th of January and after several weeks of very cold weather and lots of snow I awoke to a light drizzle with heavy rains forecast. It is our January thaw and thoughts turn to paddling. Although I was skiing on the river yesterday, within weeks I will have the canoe out and once again be plying the waters of the Shubenacadie.

For me the early season consists of evening paddling and weekend tripping; a great way to work out lazy muscles, rejuvenate the mind, and get ready for our upcoming marathon canoe racing season.

The Nova Scotia Marathon Canoe Association is a group of canoeists and kayakers who love to race their boats over long distances. Races vary in distance and time and have classes to fit most paddlers and boats. It is our goal to introduce our sport to as many paddlers as possible. Should you be a dedicated racer or someone who enjoys the occasional recreational race against a couple of buddies, come out and experience one of our events. You will be sure to enjoy the camaraderie, the competition, the exhilaration and above all the fun of paddling on one of our beautiful rivers or lakes. We may even add the odd portage just to make you feel like an explorer of days gone by.....the true marathoners who had deadlines to keep before ice up. Check out our events schedule located further along in this newsletter. You may find out that racing with us is a lot of fun and a sport that you may wish to pursue.

It is said that the first canoe race occurred shortly after the second canoe was built! Now there are races all over the world and as part of the Canadian Canoe Association you will find that our sanctioned races are well organized with safety being of paramount importance. Drop by one of our events and talk to some of the paddlers, try out a canoe and experience the difference between various models. Even if you do not intend to be a racer you will pick up a number of tips that will make your paddling much more efficient and enjoyable. If you are in the Dartmouth area on July 10, 17 or 24 drop by the south end of Lake Banook at 6:30 in the evening and try out a variety of canoes and kayaks. The Banook Canoe Club is celebrating its 100th Anniversary and wants you to share in their celebrations. There will be competent instructors in attendance.

The summer of 2002 was a banner year for Nova Scotia marathon paddlers. We were well represented at both the United States and Canadian Nationals with our paddlers often placing high in the standings. We are particularly proud of our youth who brought home Bronze, Silver and Gold. Further on in the newsletter you can read more on this excursion which took our paddlers to Hanover New Hampshire and Wallaceburg Ontario.

Nationals are a great place to meet paddlers from all over North America and learn many of the subtle techniques that experienced paddlers have picked up during years of racing, and speaking of years I have met marathon paddlers from the age of 3 to 83. If you would like to attend the Nationals but find travelling to distant destinations prohibitive, then you are in luck as the Nova Scotia Marathon Canoe Assoc. plan to host the Canadian Marathon Canoe Championships in Dartmouth Nova Scotia during the

summer of 2004. Keep your eye on this website for further information.

The website is a great spot to find out about our association and what is going on in Nova Scotia and elsewhere. Race results along with pictures tell the stories of our major events. Contact names and links to other informative sites allow you to keep in touch and in the know.

Each year the NSMCA maintains a point system for all its fulltime members, adult and youth, who compete in the sanctioned races. Points are awarded for participation and placing. At the closing race of the season, the Fred Lynch Memorial Canoe Race, a female and male paddler of the year are named. The winners for the 2002 season were Ashley McKinnon with a total of 170 points and Justin McKinnon with 210 points. Our congratulations go out to these paddlers whom have shown that perserverence, participation and dedication have their own rewards in addition to the awarded trophies. Ashley and Justin, long time members of the association, represent our youth contingent. They hail from Liverpool and paddle out of the Mersey River Canoe and Camera Club. The McKinnons are regulars at all our races and it is such dedication on their part and that of all our other active members that make belonging to the NSMCA a pleasure.

The rains have stopped and the cold has returned. February signals that winter is still here, however the sun says spring is close at hand. The time is nigh to get the gear ready, wax the canoe, lube the sliders and loosen up the joints.

See you on the water,

Doug Archibald
President NSMCRA

The Nova Scotia Marathon Canoe Racing Association



NSMCRA Race Details 2003



Date	Title	Details	Contact
May.10 Saturday	Annapolis River * Middleton	12&20 km River Course	John Skaling 825-2589
May.24 Saturday	Red Cross Relay PEI	Mtb,Run,Paddle,Bike	Red Cross 628-6262
May.23-26 Fri-Mon	General Clinton Cooperstown, NY	Various races including marathon 70 miler	Peter Bauerle (607) 967-8700
June 21 Saturday	Elmsdale Relay (Tentative)	Mtb,Run,Canoe	Doug Archibald 883-9759
Jun.28-29 Sat-Sun	Junior Quadrathlon Lake Banook,Dart.	Swim,Paddle Run,Bike	Al Billard 449-0581
Jun.29 Sunday	Mersey River * Liverpool	24-km,Flat and moving water	Dave Lewis 354-4931
Jul.05 Saturday	Nictaux Canal * Nictaux	17 km-Flatwater	John Skaling 825-2589
Jul.13 Sunday	Pugwash Canoe Orienteering	Pugwash Estuary	Greg Nix
Jul.25-27 Fri-Sun	Canadian Nationals Kamloops, BC		Darryl Spencer
Aug.5-10 Tue-Sun	USCA Nationals Allegheny River Penn.USA	15 miles	Jim Decker
Aug.09 Saturday	Bucket to the Boat Club St John River Fredericton	Flatwater	John Harper (506) 457-4581 Bob Matthews (506) 459-3222
Aug.16 Saturday	Sheet Hbr Relay Sheet Harbor	Bike,Run,Paddle	Mike Coady 885-2140
Aug.17 Sunday	Enforcement Challenge New Glasgow East River and Pictou Hrb	Flatwater (waves)	Harvey Stiles 755-4141 Rob McCaman 485-4333
Aug.29-Sep.01 Fri-Mon	La Classique Saint Maurice River La Tuque to Trois Rivieres	120 miles Flat and moving water. Waves	Rejean Huard (819)537- 9221
Sep.06/03 Saturday	Fred Lynch * Dartmouth Lakes	18km Flatwater, 2 portages	Jean Marien (902)434-1240
Sep.13 Saturday	PPP Relay Waverly	Bike, Paddle, Run	Bruce Duffy 860-3591



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Sep.20 Saturday	Canoe to the Sea * Dartmouth	Flatwater, various classes	Al Billard 449-0581
Sep.27/03 Saturday	Diamond Man Quad Halifax-Dartmouth	Run,Swim,Paddle,Bike *** Sanctioned World Cup Race	Al Billard 449-0581
Oct.04 Saturday	Frigid River Run St John River Fredericton	Flatwater	Bob Matthews (506)459-3222
* NSMRCRA Sanctioned Race			
North American C-1 Championship Series 2003			
Date	Title	Details	Contact
2003 Season	North American C-1 Championship Series	Main Site for C-1 Series	Pat Sawyer (574) 243-1604
Race #1 Apr.19 Saturday	Burlington C1 Pursuit Wisconsin, USA	13 Mile Loop Course	Email Fritz Hansen (262) 878-2777
Race #2 Jun.21 Saturday	Indian River Indian River Michigan, USA	Details to Follow	Email Tony Short (231)238-0460
Race #3 Jun.29 Sunday	Subaru Paddlefest South Bend, Indiana, USA	16 Mile Loop Race	Pat Sawyer (574) 243-1604

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.

NSMRCA Standard Race Registration Form

Date: _____	Race Fee: \$ _____
Name: _____	Member: Full _____
Address: _____	Member: Part _____
Postal Code: _____ Telephone: _____	Total Fee: \$ _____
Age: _____	
Email: _____	
Next Of Kin: _____ Telephone: _____	

Date: _____	Race Fee: \$ _____
Name: _____	Member: Full _____
Address: _____	Member: Part _____
Postal Code: _____ Telephone: _____	Total Fee: \$ _____
Age: _____	
Email: _____	
Next Of Kin: _____ Telephone: _____	

Canoe Model: _____	Race Class: _____	
Canoe Number: _____		
Start Time: _____	Finish Time: _____	
Elapsed Time: _____		PLACE: _____

Standard Release Form

We do hereby remise, release and forever discharge the organizers of the _____ Race of and from and all manner of actions, cause of actions, suits, proceedings, debts, dues, contracts, judgments, damages, claims and demands whatsoever in laws on equity, which against said organizers we ever had, now have or which our heirs, executors or administrators hereafter can, shall or may have, for or by any reason of our participation in the so called race to held on _____ We further acknowledge that no representations as to the conditions, nature or hazards of the canoe race course have been made to us by the organizers, and assume all risks and responsibilities for injury to ourselves and others and any property damage that may result from participation in said events.

Signature: _____ Signature: _____

Parental Consent

I, _____ individually as parent and guardian of the above named minor do hereby give my consent of his/her participation in said event, and further release the organizers from all claims, demands of charges on account of any and all injuries to persons or property that may result by virtue of said minors , participation in said event.

Parents's Signature: _____

THE RIGHT TO REJECT ANY ENTRY IS RESERVED. APPLICATIONS FOR ALL ENTRANTS UNDER 18 YEARS OF AGE MUST BE CO-SIGNED BY PARENT.

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Annapolis River Canoe Race 2002

Date: Saturday May 11, 2002
 Registration: 9:30 AM in Middleton
 Start: 11:00 a.m. at Middleton
 Cost: \$10.00 (\$15.00 Non-NSMCRA members)
 Divisions: Pro Boat, Open, Rec, Kayak
 Course: 11+ km (22 km Pro) Flatwater Paddle from Middleton to Lawrencetown
 Misc: BBQ and Prizes to follow event
 Contact: John or Christine Skaling (902) 825-2589
 Notes: Fundraiser for Annapolis Co. Ground Search & Rescue Assn.

On May 11, 2002 the first sanctioned race of the season was held on the Annapolis River. Race start was at Lawrencetown with the finish at Bridgetown. The Pro class raced 20 km with a 4 km upstream section. All remaining classes raced 12 km.

Pro Class (22 km)

Doug and Kris Archibald	2:08:31
Bruce Murphy	2:10:34
Louise and Dave Lewis	2:35:09
Gordon Warnica, Malcolm Pain	2:38:22

Youth Pro (22 km)

Jeffery and Jason McKinnon	2:08:56
Robin and Robert McKinnon	2:27:52
Bev and Abigal Lewis	DNF

Recreation

Rick McMahan and Barry Squires	1:19:55
Robert and Ashley McKinnon	1:20:48
Kevin and Thomas Coldwell	1:58:27

Open

Richard and Justin McKinnon	1:08:46
Lawson Fraser	1:09:27
Bernie Levy and Bruce Duffy	1:12:26
Lynda Weatherby and Derek Jenkins	1:15:12
Roger Ellis	1:18:03
Christine and John Skaling	1:22:04

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Date: Saturday, Jun.15, 2002

Registration: 8:00 A.M. - 10:00 A.M. Sullivan's Beach

Start: 10:30 A.M.

Cost: 20.00 per person

Divisions: Categories: Pro Boats and ICF class boats only. Should others with boats such as competition cruisers etc. want to race they will be entered in the existing classes. Day 1 is not for recreational canoeists.

Course: 33 km including 7 portages and a couple of very short carries through some shallow sections. Shubenacadie Grand Lake to Fairbanks Center. Times to complete will vary , 4+ hours. Winds and waves may be problematic to inexperienced racers. This race is for experienced paddlers.

Misc: There will be signs directing paddlers to the beach, from the Home Hardware Store in Enfield.(This is a private beach.)

Contact: For race course information and directions call Doug Archibald at 883-9759. For more information please call Allan Billard at 463-0817 or Andrew Cox at 462-0128

Notes: Route will follow checkpoints on the western side of Grand Lake to avoid the winds. The finish is at the Fairbanks Centre.

Safety: Must have a PFD in boat for each paddler, whistle, bailer and painter

Date: Sunday Jun.16, 2002

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. The pro and ICF classes will continue their race (from June15) on Lakes Micmac and Charles with one Portage. The stock class will also race this course. All other classes will be with the family, rec, kayak classes on Lake Charles.

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 (includes food)

Contact: For race course information and directions call Doug Archibald at 883-9759. For more information please call Allan Billard at 463-0817 or Andrew Cox at 462-0128

Safety: Must have a PFD in boat for each paddler, whistle, bailer and painter

Canoe To The Sea was held June 15 and 16. For the C2 Pro, C1 Pro and Open K1 classes the race was 2days totalling 52 km. The Youth Pro was 2 days for approx 41 km. Day 1 for these classes began on Shubenacadie Grand Lake, Enfield and followed the Shubenacadie Canal and Lake System 33 km to the Fairbanks Center in Dartmouth.

The course for Day 2 for the above and all other classes was on Lake Micmac and Lake Charles in the city of Dartmouth. Distances varied per class. There were a total of 37 boats and 48 participants. The distances and weather conditions (wind and rain Day 2) added to the challenge of this, the 14th annual Canoe to the Sea.

C1 Pro Class (52 km)

Lawson Fraser

4:13:14 + 2:09:12 = 6:22:26

C2 Pro Class (52 km)

Jean Marien / Dave Lewis	3:26:15 + 1:49:14 = 5:15:29
Kris and Doug Archibald	3:32:51 + 1:54:47 = 5:27:38
Allan Billard / Trevor MacLean	3:39:03 + 1:54:06 = 5:33:09
John Gillies / Rick McMahon	3:37:56 + 2:07:16 = 5:45:12
Gord Warnica / Malcom Pain	4:44:57 + Did not race = DNF

Youth Pro Class (41 km)

Jeff and Jason McKinnon	3:53:23 + 1:14:06 = 5:07:29
Robin and Robert McKinnon	4:46:43 + 1:35:54 = 6:22:37

Open K1 (52 km)

Wally Woodbury	3:51:43 + Did Not Race = DNF
Bruce Murphy	4:09:04 + Did Not Race = DNF

Open Rec Kayak

Marc Dunning	1:02:03
Doug Polak	1:10:13

Mixed Rec

Robert and Ashley McKinnon	1:04:21
John and Christine Scaling	1:18:42

Mixed Stock

Bruce Duffy / Kim Hollebhone	2:20:50
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Men's Stock

Richard and Justin McKinnon	2:03:27
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Men's ICF C-1

Gary Bartlett	2:04:41
Patrick James	2:05:41
Bill Lobban	DNF

Women's ICF K-1

Carmen Scott	1:41:21
Julie Marks	1:50:11
Courtney Inglis	1:50:24
Christina Taylor	1:50:27
Leanne Clattenburg	1:50:38
Angela Adams	1:53:23
Debra Burke	1:54:48
Vanessa Slayter	1:56:07
Tara Duffy	DNF

Men's ICF K-1

Michael Wadel	1:37:46
Luke Williams	1:47:44
Mitchell Reardon	1:47:55
Aaron Baker	1:48:13
Andrew Maggio	1:48:25
Travis Barrett	1:52:19
Joe Starr	1:52:37
Joey Romkey	1:53:10
Colin Corbett	DNF

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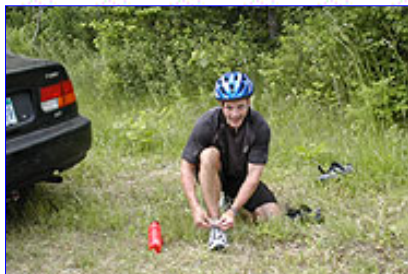
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Elmsdale Relay 2002

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Date: Saturday June 22 11, 2002

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.

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

Contact: Jodi Isenor 883-9629

Team	Members	Bike	Run	Paddle	Total	Place
#2	Shawn	14:09 (2nd)	19:56 (3rd)	24:30 (3rd)	58:35	1st
#4	Wally	15:39 (4th)	20:40 (6th)	22:57 (1st)	59:56	2nd
#1	Lorenzo	13:09 (1st)	18:27 (1st)	28:20 (7th)	59:56	3rd
#3	Dale	14:22 (3rd)	20:30 (5th)	25:35 (4th)	1:00:30	4th
#6	Derek/Chris	19:19 (6th)	20:05 (4th)	23:53 (2nd)	1:03:17	5th
#11	BruceD/Malcolm	21:45 (11th)	19:42 (2nd)	26:55 (6th)	1:08:22	6th
#7	Doug	19:34 (7th)	25:03 (8th)	25:43 (5th)	1:10:20	7th
#9	BruceM	20:40 (9th)	22:45 (7th)	28:30 (8th)	1:11:55	8th
#5	Marc	16:13 (5th)	25:59 (9th)	31:06 (10th)	1:13:18	9th
#8	Veronica	20:26 (8th)	26:04 (10th)	31:45 (11th)	1:18:15	10th
#10	Ron	21:36 (10th)	28:44 (11th)	33:30 (12th)	1:23:50	11th
#12	Bernie	23:59 (12th)	30:53 (12th)	30:30 (9th)	1:25:22	12th



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HRM Coun. - Shiela Fougere
Race Director - Allan Billard
Open Male Winner -
Trevor MacLean



Masters Male Winners -
(David Stuewe, Joe Murphy,
Mark Penfound, Steve Molroney)
Race Marshal - Rudy Vodicka



HRM Coun.- Shiela Fougere
Open Female Winner -
Jen Hoyt

Date: Saturday, June 29, 2002
Registration: 9:00 AM
Start: 10:00 AM
Cost: \$100 solo or \$200 team
Divisions: Male, Female, Open, Youth, Masters 35-44/45-54/55+
Course: Dartmouth, Waverly, Sackville, Bedford, Halifax
Misc: BBQ and Prizes to follow event
Contact: Allan Billard (902) 449-0581

Rank	Team	Time	Position	Class
1	Trevor MacLean	3:24:10	Winner	Open Male
2	Alan Carlsson	3:26:55	2nd	Open Male
3	Roburt Trantor	3:32:02	3rd	Open Male
4	Roger Tabone	3:32:10	Winner	Masters Male
5	Rob Bourque, Roger Tabone, Dave Murray, Dennis Caissie	3:35:16	Winner	Open Male Team
6	Mark Campbell	3:40:00	4th	Open Male
7	Murray Wood	3:42:15	2nd	Masters Male
8	Tim Stiner	3:43:12	5th	Open Male
9	Hannah Vaughan, Devri Grimsrud, Elaine Mattatall, Erin Schaus	3:46:54	Winner	Open Female Team
10	Barry Ring	3:47:42	6th	Open Male
11	Jakob VanDorp	3:48:36	Winner	Junior Male
12	Shawn Amirault	3:53:03	7th	Open Male
13	Jim MacDonald, Michelle MacDonald, Mike MacDonald, Dave MacDonald	3:54:49	Winner	Open Mixed Team
14	Ken Boutilier	3:58:29	3rd	Masters Male
15	David Stuewe, Mark Penfound, Steve Molroney, Joe Murphy	4:05:56	Winner	Masters Male Team
16	Lorenzo Catorini	4:10:41	8th	Open Male
17	Jen Hoyt	4:11:54	Winner	Open Female
18	Jim Currie, Pete McCormick	4:13:31	2nd	Masters Male Team
19	Tom Brown, Neil Smith, Ian McDougall, Jen Corcoran	4:13:35	2nd	Open Mixed Team
20	Caitlyn Dunphy	5:54:52	Winner	Junior Female

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- Date: Sunday, June 30, 2002
 Start: Big Falls Tailrace @ 11:30 AM
 Cost: \$10.00 (\$15.00 Non-NSMCRA members)
 Divisions: Competitive Recreational - Canoe 17' and under Distance 24km
 Open - includes Kayak and USCA C1 canoe - Distance 24km
 Stock-18' canoe - Distance 24 km
 Proboat C2 - Distance 26 km
 Course: See map. Paddle Mersey with portages down to Liverpool harbour
 Misc: BBQ and Prizes to follow event
 Contact: [Dave Lewis](#) (902) 354-4931
 Safety: This is a NSMCRA sanctioned event. Safety boat in Lower Great Brook Headpond and also in main river between Milton and Liverpool.
 Portages: Portages flagged at take-out and put-in with personnel available to check participants off. ALL PORTAGES MANDATORY.
 Notes: FINISH: Government boat landing in Liverpool between 2 & 3 p.m.

The Nova Scotia Marathon Canoe Racing Association, though small in numbers is comprised of a dedicated group of paddlers mostly from Hfx, Valley and South Shore-a good number are members of the local Milton Canoe & Camera Club-namely Richard & Robert Mckinnon's families from Milton.

Although the word "marathon "can be intimidating for some ,we try to offer a class for all types of paddlecraft from the slow and sturdy recreational canoe to the sleek,light and fast proboats.Sunday's race only had ten boats total(20 participants) in the race which is a little disappointing,which confirms that next year we may have to offer a shorter "recreational course" to hopefully entice some more local content.

Dave wanted to express his appreciation to Queens Emergency Measures Organization and Queens County Amateur Radio Club members for assistance provided, along with help from sponsors. Through their efforts, \$160 was raised for the local EMO.

Pro Boat (26 km)	
Wally Woodbury/Jean Marien(Dartmouth)	2:13:16
Doug Archibald(Enfield)/Dave Lewis(Milton)	2:15:17
Kris Archibald/Derek Jenkins (Enfield)	2:16:43
Jeffrey/Jason McKinnon (Milton)	2:18:33
John Gillies/Rick McMahan (Middleton)	2:19:56
Gordon Warnica/Malcolm Pain(Fall River)	2:32:25 (24 km)
Youth Pro Boat (24 km)	
Robert(Jr.) & Robin McKinnon(Milton)	2:19:48
Stock Boat (24 km)	
Richard & Justin McKinnon(Milton)	2:13:49
Lawson Fraser(Lunenburg)/Maureen Stiner(Dartmouth)	2:21:52
Mixed Recreational (24 km)	
Ashley & Robert(Sr.) McKinnon (Milton)	2:36:15

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Nictaux Canal Race 2002

Date:	Saturday, July 6, 2002
Registration:	9:30 AM
Start:	11:00 AM
Cost:	\$10.00 (\$15.00 Non-NSMCRA members)
Divisions:	Pro, Open, Rec, Kayak
Course:	Nictaux Canal - 5 KMs South of Middleton, on Hwy # 10
Misc:	BBQ and Prizes to follow event
Contact:	John or Christine Skaling (902) 825-2589
Notes:	Fundraiser for Annapolis Co. Ground Search & Rescue Assn.

Saturday July 6 was a beautiful day for a Canoe Race on the Nictaux Canal, and not wanting to miss this popular event nine teams were on the start line at the appointed hour.

The initial phase of the race, up the canal to the lake, proved to be a very challenging and strategic section as boats veered for position and that all important side wave. The lead changed several times as one or another canoe was dropped in the narrow canal; dealing with boat and shore waves along with upstream paddling and all the tricks of the sport called for careful calculation and all the skill the teams had to muster.

Thanks to the Annapolis Valley Ground Search and Rescue, Debbie, John and Christine for a well organized and fun race.

Pro Class (16 km)

Doug Archibald / Jean Marien	1:32:49
Kris Archibald / Stefan Scarola	1:35:14
John Gillies / Rick McMahon	1:37:00
Dave and Abby Lewis	1:51:27

Youth Pro (16 km)

Jeffery and Jason McKinnon	1:34:15
Robert and Robin McKinnon	1:50:56

Stock (12 km)

Richard and Justin McKinnon	1:14:44
Lawson Fraser / Ken Trudeau	1:18:35

Mixed Recreational

Robert and Ashley McKinnon	1:29:23
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The North Shore Adventure Club's 4th Annual Canoe O 2002

Date: Saturday July 13, 2002

Registration: 11:30 AM

Start: 12:45 AM

Cost: \$10.00 per canoe

Divisions:

1. The Island Paddle--Great for families or younger folks--paddle 300m to an island--beach the canoe--use a map to navigate and find checkpoints--paddle to the finish--winning times approx. 40min
2. The Wet and Wild--Stay in your canoe or kayak and navigate with a map to find water controls (no need to get out of your vessel) approx. winning time 1.5 hrs.
3. The Ultimate challenge!! Find all water and land based checkpoints as fast as you can! Approx. winning time 2 hrs.

Course: Pugwash Estuary (see map)

Contact: Greg Nix



I think last year, it was unanimous that this was an event 'not to miss". Aah but this year only the defending champions returned. we just have so many things to fit in and so little time to get them in. Malcolm and I set off on Saturday morning to try it again. Same start place same course (pretty much) as last year. There wwere probably about 25 boats this year so maybe a little more competition.

We used our same strategy as last year. We took off to the right, hard, (an attempt to make people think we are fast, then quickly slowed down to a pace that we could maintain. We quickly picked off the first three controls, then pulled into shore to get a couple of ones on land. We turned to check on the competition. Already, as were leaving this site, there is a canoe (two adults and a teenage girl in it) pulling into shore. Now have brought two canoes with us -the pro boat and the double XX. We decided to use the double XX as there are big waves in the harbour. Now we have to turn with the wind getting us sideways. Wow hard to stay in any kind of line - big waves from the side bigger wind from the side and the double XX rides very high. We finally make the island. It was tiring I dropped off Malcolm and he runs to the left as I walk the canoe around to the right. When all you are doing is waiting, the time passes soooo slow. I have made it to shore and found the last control, and am still waiting. Finally Malcolm shows and we get the last one and we wade out to canoe. I step one foot to right of the reeds that I walked in to shore on and poof. I am in water that is up to my neck. Well I guess we never thought that we stay dry.

Now straight across the waves No partly from the side All from the side. We finally make it to the far shore and while waiting at the island someone has actually made it past us. The same canoe with three people in it is now ahead of us. We get to the next control. (you remember the one- the one by the railway bridge) they are leading us by 20 yards coming out as we are going into it. We grab it, then we do the portage thing while the competition is trying to paddle aroud the point. Up, over, and back to the water. In we go and get the next control. Now we look up and we are a hundred metres from that one(done) and the competition is still about 200 metres from getting it. Well the look on their faces was worth it. Quick around the corner and up the river. As we are returning down stream we pass them again (the lead is getting longer). " Oh so you guys portaged?". We answered "Well yes the race should go to the smartest". Now we are in good shape - we have a lead- and the race returns into the wind. We really don't mind going into the wind. It takes a while to get the last 4 or 5 but we pull in first again.

It turns out that the canoe that we worked so hard to beat was a family. The sternsman was an ex prof from Queens and his wife a school teacher. They have lots of canoeing experience and have a cottage in Nova Scotia. I actually won a book (as a draw prize) by this author. "Deep Waters" a great story about the Kamiskaming canoe disaster in the 70's in which 13 boys and a leader drowned whilst trying to follow one of the routes of the voyageurs. We had a good time and we won't be back next year (small hike and all) so we leave our trophy for someone else. It was good way to spend a day.

Viking

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Tuesday Sprints

Sprint C1 - Male	Steve McAleer (NB)	2:37:11	6/8
Sprint C1 - Masters Male	Steve McAleer (NB)	2:33:09	4/6
Sprint C2 - Masters Male	Steve McAleer (NB), Peter Heed (NH)	2:18:10	1/5
Sprint C1 - Male Final	Steve McAleer (NB)	2:37:43	6/11
Sprint C2 - Masters Male Final	Steve McAleer (NB), Peter Heed (NH)	2:17:85	3/9

Thursday Youth

Youth (8-10) 250m C1 - Mixed Heats	Abigail Lewis (NS)	1:56:60	4/12
Youth (8-10) 250m C1 - Mixed Final	Abigail Lewis (NS)	1:47:23	3/10
Youth (13-14) 500m C1 - Female	Bev Lewis (NS)	2:43:94	1/8
Youth (13-14) 500m C2 - Female	Bev Lewis (NS), Abigail Lewis (NS)	2:39:94	1/3
Youth (13-17) 500m C2 - Mixed	Bev Lewis (NS), Ben Hahn (OH)	2:49:57	8/12
	Abigail Lewis (NS), Kyle Herbruck	3:11:17	12/12

Friday Marathon

C2 - Masters Male Cruiser	Steve McAleer (NB), Fred Ludwig (ME)	1:47:45	5/23
C2 - Male Cruiser	Doug Archibald (NS), Jean Marien (NS)	1:51:40	17/27
	Dave Lewis (NS), Darryl Spencer (CAN)	1:51:41	18/27
C1 - Junior Male	Kris Archibald (NS)	0:51:41	2/12
C1 - Junior Woman	Bev Lewis (NS)	1:03:13	3/7

Saturday Marathon

C1 - Senior Male Cruiser	Doug Archibald (NS)	2:12:03	43/46
C1 - Senior Male Cruiser	Steve McAleer (NB)	1:55:27	12/47
	Jean Marien (NS)	1:58:49	21/47
	Dave Lewis (NS)	2:00:52	27/47
C2 - Junior Male Cruiser	Kris Archibald (NS)	0:47:47	1/5
C2 - Junior Female Cruiser	Abigail Lewis (NS)	0:57:26	2/5

Sunday Marathon

C2 - Adult/Junior Cruiser	Kris Archibald (NS), Steve McAleer (NB)	1:48:42	2/6
C2 - Adult/Youth Cruiser	Abigail Lewis (NS), Dave Lewis (NS)	0:52:16	10/28
	Mary-Beth, Doug Archibald (NS)	0:55:56	20/28
C2 - Mixed Junior Cruiser	Alex Calvin (NB), Bev Lewis (NS)	0:50:37	2/3

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Sheet Harbour Relay 2002

Date: Saturday Aug.17,2002
Registration: Sheet Harbour Library Parking Lot 10:00 am
Start: 11:00 am
Cost: \$10 per person
Divisions: Solo -> 1 person does all events. A kayak or solo canoe can be used. \$100.00 First Place
Team ->Up to 4 members. A Canoe with 2 people must be used. Medallions 1st, 2nd, 3rd places.
Course: Bike: 28 km, Run: 7 km, Paddle: 9 km
Misc: Bike Helmets, PFD's with whistle, spare paddle, bailer, bow rope are required.
Contact: Mike Coady 885-2140

Team	Members	Bike	Run	Paddle	Total	Place
No Name	Jodi Isenor Derek Jenkins Bruce Montgomery	47:04 (1st)	32:58 (2nd)	1:00:56 (2nd)	2:20:58	1st
Wally Woodbury (Solo)	Wally Woodbury	53:55 (3rd)	31:31 (1st)	59:30 (1st)	2:24:56	2nd
GrayHounds	Gordon Warnica Ross Mitchell John Smith Malcolm Pain	52:41 (2nd)	34:19 (3rd)	1:04:05 (3rd)	2:31:05	3rd
3 Gonzos and a Chick	Bruce Duffy Kirsten Mitchell Bernie Levy Don Grandy	1:01:10 (4th)	38:31 (4th)	1:04:14 (4th)	2:43:55	4th

The first thing both teams realized upon registering was that we would NOT be fighting for first when we said hello to Jodi Isenor, one of the top Adventure racers in Eastern Canada and one of his partners, Derek Jenkins-certainly a much better paddler than any of us.

The second thing we realized is that we WOULD be fighting for second place, since there were only 3 teams in the race. After doing all the math of the known abilities of our members, the two we were unsure of were the bikers. It was recognized that Tri-Guy would have to beat John by about 3 minutes over the 35km course and we may have a race on our hands.

Now remember John is 67 years old, but still in great shape, but he is 67. Don is around 50, also in good shape, but only 50. While, after the dust had cleared (literally), John (who we just found out had competed a short while ago in New Hampshire in a time trail) had beaten Don by 8 1/2 minutes. Da man is amazing. Realize that Don was fast, averaging about 30km per hour on a very difficult, hilly, windy, course. I would have been another 10 minutes behind, minimally. Ross, for the Grayhounds, and Kirsten (Chickie) ran their sections basically on schedule, both looking great at the end. When I max and myself dove into our craft we were 12 minutes behind Viking and Goat, and since we had lost the 11km paddling leg to them last year by 9 seconds, we assumed it would be very difficult to pick up and extra 12 minutes-actually we gave it absolutely no thought. Let's work as hard as we can and see where we are at the end.

Amazing as it may seem, at the end of the paddling leg, considering different tides/wind/cloud cover, and any training differences the four of us had over the past year-the difference was the same 9 seconds. Now if only on that turn if I had of....?

Off to the reception, Pop, Pizza, Beer, etc. When we were called up to get our bronze medals Kirsten was surprised,saying to me she thought we were last--I told her we were both, 3rd sounds better.
Cheers Sg

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Canadian Nationals 2002

Friday Races

C1 - Men Masters I	Dave Lewis (NS)	2:18:26	4/7
C1 - Men Masters II	Doug Archibald (NS)	2:28:35	8/11
C2 - Men Juvenile	Kris Archibald (NS), Ross Philips (SK)	1:30:42	1/3
C2 - Bantam Open	Abby Lewis (NS), Bev Lewis (NS)	0:36:09	3/3

Saturday Races

C2 - Men Masters I	Dave Lewis (NS), Darrell Spencer (BC)	2:07:35	2/4
C2 - Men Masters II	Doug Archibald (NS), Jim Roberts (USA)	2:16:27	4/4
C1 - Men Junior	Kris Archibald (NS)	1:45:11	1/3
C1 - Women Juvenile	Bev Lewis (NS)	2:31:02	1/1
C2 - Adult/Bantam	Bob Vincent (ON), Abby Archibald (NS)	0:10:01	2/3
C2 - Adult/Bantam X	Dave Lewis (NS), Bev Lewis (NS)	0:18:59	3/3
C2 - Adult/Junior	Doug Archibald (NS), Kris Archibald (NS)	0:26:01	3/2

Provincial Standings

Ontario	170.0	1/5
Saskatchewan	34.0	2/5
Nova Scotia	24.5	3/5
British Columbia	10.5	4/5
Quebec	1.0	5/5

A Summer To Remember - Dave Lewis 2002



Looking back through my logbook, I realize that paddling has consumed my time during the fair weather. Glancing through the notes that accompany the entries brings back fond memories of invigorating sessions either in the company of my two daughters, the McKinnon family or both. Sunday July 14th - 5 hrs paddling on Kedge Lake- 3 hrs by myself/ 2 hrs with Bev & Abby. OR July 10th- 2 hr paddle on Lahave River with 8 other proboats-lots of washriding / good practice!! I guess these little notations bring back memories of

time on the water, muscles aching from an enduring session.

On several occasions my daughters and I paddled Kedge Lake. I love Kedge- it is a lake meant for canoeists of all walks-I'd like to see a future marathon clinic hosted there. More great paddling is to be had on Ponhook Lake-it's so large you can paddle all day and never cross the same water twice. Ample powerboat traffic makes for lots of waves that improve on stability. The bulk of our training was on the Mersey River in the company of the McKinnon family-worthy adversaries willing to push you to the limits. All this training was in hopes of preparing us for the US and Canadian Nationals in mid August.

My logbook includes details of our trip. We arrived in Lebanon, New Hampshire late Wednesday afternoon on Aug 7th after being on the road 17 hrs overall. Jean Marien and his son Ben were already set up and we met up with the Archibalds the following day. John and Alex Calvin of New Brunswick also joined us on Friday and Saturday nights. There were paddlers staying at the campground from all over North America however it was unique being part of the Atlantic Canada Contingent.

The Dartmouth College Boathouse situated on the Connecticut River in Hanover proved to be an excellent venue for the competitions. Hanover reminded me of the town of Wolfville- a town draped in rich history. Dartmouth College, a member of the Ivy League has been around since 1769. The boathouse overlooked the river and provided the start and finish for all competitions and an excellent vantage point for spectators.

Upon arriving in the parking lot on Thursday morning we could barely find a place to park- there must have been 200 vehicles parked there with at least 2-3 racing boats each. We were greeted by the voice of Peter Heed (MC) on the PA system. Canoe racing vendors were set up in the middle of the lot displaying their wares. There was a mounting excitement in the air as volunteers took registration in the boathouse.

This morning was to be for the youth sprint competitions. My kids were going to sleep in that morning-they were tired after the previous two days of travel. After some debate Louise and I persuaded them to try the sprints. There was some nervous anticipation at first, as they had never experienced this type of race before. To their surprise they were pleasantly rewarded for their efforts and their enthusiasm grew for the event.

Friday saw marathon races for both youth (C1's) and adult (C2's) begin. Every five minutes, 30 to 50 canoes went off the line in waves. The organizers had the event so well structured-everything went like clockwork. Our race was exciting-we finished middle of the pack with Jean & Doug taking Darrell Spencer (BC) and myself right down to the finish line by one second. Louise said we could have stayed home and done that!! Oh well, it was a rush going off the line with that many boats and caliber of paddler. The Canadian junior C1 paddlers held their own with Kris Archibald awarded 2nd out of 12 positions and Bev Lewis 3rd out of 7 paddlers. Alex Calvin demonstrated that he would have been a force to reckon with had he been able to register late. Unofficially there would have been 2 Canadians in the top 3 places rather than 1. A rule preventing late registrations kept Alex Calvin out of the official race.

Saturday was a repeat of the previous 2 days exercise trying to find a parking spot-cars were spilled out on the street parked. The adults finished respectably in their C1 classes however the youth really excelled. Kris and Alex won their C2 race and Bev and Abby finished 2nd out of 5. One thing I found interesting in the Adult C1 race was that being in the Senior Class we started 10 minutes ahead of the Open Class C1's. At the $\frac{3}{4}$ mark in the race a group of three open C1ers passed us. They were like machines-one minute they were beside us, then they were gone. If you were lucky enough to jump on their wash you might have a chance to drop the boats you were paddling with. However, you had to be able to stay with the open boats-a formidable challenge.

Sunday was no different with the youth demonstrating that they could hold their own in a field of world-class competition. Kris Archibald and Steve McAleer of New Brunswick had an exceptional race coming in 2nd out of 6 in the Adult/Junior Cruiser.

Proboats were not allowed in any of the races on Sunday however with the help of Lorraine McAleer and Peter Heed we managed to borrow several. Competition and awards finished up around 2:00 p.m. with our Canadian youth packing lots of hardware.

We crossed the US/Canada border at Niagara Falls at 11:00 p.m. The next few days were spent vacationing around Niagara Falls and Guelph, Ontario. From there we made the journey to our next destination-Wallaceburg.

The Canadian Nationals were not as high a profile as the US Nats, but never-the- less the competition was second to none and the venue unique. Wallaceburg is often referred to as the Venice of Canada. The river we paddled snaked its way throughout the city making for some very good viewing for spectators. Allison MacDonald and her team of volunteers achieved a commendable task in hosting the event. Again Nova Scotia was well represented by our youth and in total standing we came 3rd overall behind Saskatchewan and Ontario. The highlight of the weekend was a grudge match between provinces in voyageur canoes on the last day. The only heat saw Ontario, Saskatchewan and Nova Scotia line up. The course was short, only 1 km in length with a buoy turn in the middle. Every boat had a little time to practice and work on technique.

Obviously the other provinces were better at hutting and switching than we were so we decided to go it all on one side. The gun fired and we were off. Somehow Saskatchewan veered in front of us and we drove them into the bank. Ontario was way out in front. Finally we got our boats straightened out and it was a sprint to the buoy. We went into the turn neck and neck. On the way out of the turn Saskatchewan called a "Hut". It was here that when one of their paddlers switched, the boat rocked and he was catapulted right out of the boat- Splash. That was the end of the race for Saskatchewan. On our return to the finish we took up a rousing chorus of "I'se the B'y that Builds the Boat" and came in second to Ontario.

Overall the summer of 2002 was one to remember. I shared some quality time with my kids while training and racing. The folks we met up with at the events were most considerate-always willing to help. We shared camaraderie with the NS and NB paddlers we camped with at these races. It's gonna be hard for 2003 to top this one!!

Dave Lewis



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Date: Saturday, September 07, 2002
 Registration: Before Sept.01: \$20.00/person includes T-shirt
 After Sept 1: \$25/person, no T-shirt guarantee
 Race Day: \$25/person, no T-shirt guarantee 8:00 - 8:45 AM
 Start: 9:00 AM Waverley Sports Park
 Divisions: Solo Male, Solo Female and Team (2, 3 or 4 persons)
 Course: The bike/run course follows the perimeter of the park. MTB 5km, Paddle 5km, Run 5km (Distances Approximate). See [Map](#)
 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)
 Contact: Bruce Duffy (902) 860-3591 duffy.bruce@ns.sympatico.ca
 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
 Food & Prizes: Pizza, pop and great draw prizes after the race.
 Safety Gear: Bikers **MUST** wear bike helmets. Paddlers **MUST** wear a lifejacket and require a bailer, towline, whistle and a spare paddle (canoes)

Team	Members	Pedal	Paddle	Plod	Total	Place
GrayHounds	Trevor Maclean Gordon Warnica Malcolm Pain Jacques Thibault	12:45 (1st)	29:30 (3rd)	22:49 (4th)	1:05:04	1st
BDT	Doug Archibald Terry Fisher Bruce Montgomery	14:44 (4th)	29:41 (4th)	22:17 (3rd)	1:06:42	2nd
Born Ready	Darren Gray Bernie Levy Ben Levy Erin Gray	15:57 (5th)	28:29 (2nd)	25:47 (6th)	1:10:13	3rd
TAO-O	Carol Desesrais Bev Baker Jacquie Guyader Dave Guyader	14:39 (3rd)	31:34 (5th)	25:37 (5th)	1:11:20	4th
TAO-A	Joe Baker Ken Boutilier Tricia Boutilier	16:20 (6th)	27:27 (1st)	30:12 (10th)	1:13:59	5th
Pat/Steve	Patty McGrath Steve Greer	17:42 (7th)	36:34 (7th)	20:04 (1st)	1:14:20	6th
TAO-T	Dave Arsenault Daniel Peach Mike Malley	14:17 (2nd)	33:14 (6th)	27:09 (7th)	1:14:40	7th
Just Us Girls Having Fun	Lori Taylor Betty Sampson	17:49 (8th)	36:40 (8th)	22:07 (2nd)	1:16:36	8th
MicMac	Leanne MacMillan Peter McVey	18:39 (9th)	37:28 (9th)	27:47 (8th)	1:23:54	9th
Rebels With A Cause	Don Billard Isiah Billard Rodney Crossman	19:59 (10th)	38:24 (10th)	28:18 (9th)	1:26:41	10th
Solo-Female		Pedal	Paddle	Plod	Total	Place

Heather O'Connell	16:21 (2nd)	39:04 (1st)	27:25 (1st)	1:22:50	1st
Darlene Hart	18:16 (3rd)	39:08 (2nd)	31:26 (2nd)	1:28:50	2nd
Nell, Den Heyer	20:02 (4th)	45:03 (3rd)	32:17 (3rd)	1:37:22	3rd
Minga O'Brien	15:25 (1st)	49:40 (4th)	32:18 (4th)	1:37:23	4th
Solo-Male	Pedal	Paddle	Plod	Total	Place
Wally Woodbury	12:20 (3rd)	27:13 (1st)	20:14 (1st)	59:47	1st
Shawn Amirault	12:02 (2nd)	30:10 (3rd)	21:27 (2nd)	1:03:39	2nd
Tim Farmer	11:52 (1st)	30:24 (4th)	24:22 (3rd)	1:06:38	3rd
Bruce Murphy	15:26 (4th)	29:20 (2nd)	24:54 (4th)	1:09:40	4th
Ron MacDougall	16:07 (5th)	38:03 (5th)	27:29 (5th)	1:21:39	5th
Ted Wallace	17:44 (6th)	47:45 (6th)	28:49 (6th)	1:34:18	6th

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Date: Sunday, Sept.08,2002
 Registration: Senobe (Lake Banook) 10:00 am
 Start: 11:00 am
 Cost: \$10 per person
 Divisions: Pro-Boats, Stock and Recreational plus ICF style C2/K1/K2
 Course: Lake Banook/MicMac/Charles
 Misc: Home-made chili and draw prizes to follow
 Contact: Jean Marien 434-1240
 Misc: ICF boats will be racing in the Arthur Weston Class

This year's race had 40 participants and a total of 21 boats including those in the Arthur Weston Class.

There were a total of 9 classes. The race distance for the Pro-Boats as well as the ICF style CII, K1 and K2 was 20 kms. The Stock class had to paddle 3 laps of Lake Banook plus around the island in MicMac for a total of 12 kms Gordon Warnica & Bruce Duffy did 16 kms along with another Stock boat courtesy of Leigh & Cheryl Merrit. The Recreational Class had to paddle 8 kms

Everyone enjoyed home-made chili and fresh fruit after the race. Prizes donated by the community were drawn for by race participants.

I would like to thank everyone who helped with all the organizing and volunteering for this race. As well, I would like to thank Senobe Club friends who hosted this event at their club.

Please check out the [Sponsor Page](#) and support those who helped make this a great event.

Jean Marien

Pro Boat - Men (20 km)

Jean Gilles, Rick McMahon	1:58:48
Steve William, Wally Woodbury	2:02:40
Peter Toombs (PEI), Bruce Murphy	2:09:59

Pro Boat - Mixed (20 km)

Dave Lewis, Beverly Lewis	1:57:38
Jean Marien, Susan Slimming	1:58:20
Lawson fraser, Angela Adams	2:05:09
Allan Billard, Shirley Weneas	2:10:59
Doug Archibald, Sherry Archibald	2:14:00

Pro Boat - Youth (20 km)

Jason McKinnon, Jeffery McKinnon	2:05:00
Robert McKinnon, Robin McKinnon	2:27:29
Stock (12 km)	
Richard McKinnon, Justin McKinnon	1:22:29
Louise Lewis, Abigail Lewis	1:52:59
Lori Taylor, Betty Samson	1:54:28
Gordon Warninca, Bruce Duffy	2:21:45(16 kms)
Leigh Merrit, Cheryl Merrit	2:50:40 (16 kms)

C1 - Marathon (20 km)

MaryBeth Archibald DNF (Wind Conditions)

Recreational - Mixed (8 km)

Ashley McKinnon, Robert McKinnon 1:03:36

ICF - C2 (20 km)

Paul Barry, Albert McDonald 1:51:03

Lowell Goulden, Clem Hennebury 1:58:40

ICF - K1 (20 km)

Trevor MacLean 1:49:14

ICF - K2 (20 km)

Liz Evans, Lori Hodder 2:27:47

The Nova Scotia Marathon Canoe Racing Association



Fred Lynch Award 2002



NS Marathon Canoe Racing Association president Doug Archibald was awarded The Fred Lynch Award for 2002. This prestigious achievement came from Canoe/Kayak Nova Scotia which has sponsored the prize for many years, in honour of the founder of that group. It recognizes a complete dedication to the development of the sport at the entry level as well as long-term participation in organizing, and fostering the spread of safe canoeing throughout the province.

Parts of the nomination document submitted on his behalf referred to Doug's involvement in every aspect of the sport having marked over 30 years in a variety of other boats.

In 1996, Doug acted as Race Course Director for the Canadian Marathon Canoe Championships, held on the Northwest Arm in Halifax.



This was the first time a national championship was held on the very active waterway, and the position required sensitive liaisons with three yacht clubs, municipal park operations and several other user groups.

Also in 1996 and 1997, Doug served as Chairman of the Canoe to the Sea Society. This group is dedicated to the encouragement of competitive and recreational canoeing on the Shubenacadie Canal system. The position involved building partnerships with a variety of levels of government and local communities to raise the profile of the system and its potential for Adventure Tourism.



From 1998 to 2000, Doug was Race Course Director for the Marathon Canoe World Championships held in September 2000 on the Dartmouth lakes. That required all his skills as a team builder, bringing together event administrators and canoe enthusiasts from all over the world.

For most of the 1990's, Doug was a member of the Shubenacadie/Grand Lake Watershed Advisory Board. From 1996 to 1999, he chaired the group. As an active participant, he often spoke up for water course enhancement for the benefit of canoeing, feeling that what was good for the ecosystem in general would, in all likelihood, be good for the paddlers.

In 1997, Doug received the prestigious ³Award of Recognition² from the NS Salmon Association for educational initiatives related to the Shubenacadie River System. This resulted principally from his effort to organize ³Shubie River Nights² in several Hants Co. communities. These sessions involved guest speakers who were invited to promote the techniques and advantages of river clean-up.

The fact that Nova Scotia has so many historic rivers has encouraged Doug to try to explore every one of them. They have been the motivation for his ³Easter Weekend Friendship² trips for over 20 years. Such tripping experiences have led him up and/or down more than 30 historic waterways in this province and he is not prepared to stop yet. While paddling, Doug is continually making notes of the voyages, sharing them with his supervisors at DNR for use not only in watershed management, but in parkland planning and resource heritage. These notes, he hopes, will lead to the development of greater government focus upon the local archeology and parkland development with tourism growth in mind."



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Until Ice - Kris Archibald 2002



After a night of rain and with rain promised for the morrow, a calm has befallen my region of Nova Scotia. Looking out my dining room window, I see the river lies calm while the thermometer reads eight degrees. A brief conversation with my Dad and it is agreed that a paddle up river is in need.

A short time later I find myself seated in the bow of a lightweight Kevlar boat. It is termed a pro boat by North Americans due to it being the boat of choice by athletes in the top Canadian and American races. Measuring eighteen

and a half feet long, the canoe is asymmetrical in design and is often mistaken for a kayak by the inexperienced, as decking covers the middle in an effort to keep waves and splashes out. Designed to go straight and fast, the pro boat sacrifices the initial stability of a conventional canoe as well as the ease of turning. As can be imagined these two factors can cause considerable difficulty for beginners as they adjust to the subtle reactions needed to maintain a smooth boat. With lightweight paddles pulling smoothly through the water, their smaller blades designed to reduce energy output, their efficiency only furthered with the bend where the shaft meets the blade, we approach the first bend in the river.

At what age I looked at a river not only as a body of water, but as something that flows and follows rules like anything else, I could not tell you. It may be that I've always looked upon water knowing that it will react certain ways under certain conditions. I do remember at a fairly young age standing beside my Dad looking upon a set of rapids and explaining to him how a canoe and a person might possibly make it through dry. After he had listened to my plan, he showed me a different angle, which after considering I recall agreeing with him. No one ever ran that set that I remember but it remains an early memory of "choosing a channel". Over time other lessons followed such as leaning downstream, something firmly reinforced this early March, how to predict where the current was going to flow, and the amazingly frustrating art of paddling upstream.

Today, with the rules of the river in my head and years of watching or paddling with Dad I know just how we'll approach and hug the inside corner. A slight increase in the strength put out through my upper body and the canoe glides through the fast section at the corner without losing any speed. I have to check myself that I don't paddle too hard. With the season still early, it is a time to work on technique and strategy while toning muscles left unused aside from weights and basic everyday use.

Moving upstream we concentrate on the simple yet difficult marathon paddle stroke. The basics of which follow. The paddle enters the water at the full extension of the bottom arm in a downward or sideways motion, depending on what feels best and water conditions, while the top arm remains slightly bent and at a height below ones nose. Termed 'the catch', the beginning of the stroke is the part in which, even years later, people seek perfection in; it also leads into the power phase. In the second part or power phase, the canoeist draws his lower arm back, ideally untwisting his body so as to utilize the larger back muscles as opposed to one's arms. The final part of the stroke, termed the recovery, begins at the canoeists' waist where the power phase ends. As the paddle exits the water, it is turned so the blade's edge cuts through the air, thus reducing air pressure on the blade and, therefore, conserving energy and strength. This final stage leads back into the catch, thus completing the short cycle often described as a circular stroke. While it would seem simple, it becomes more involved as people move up in caliber and find themselves seeking that competitive



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edge denied to them despite being stronger or possessing equal equipment.

Improvements in the catch, body posture during the entire stroke, the speed of the recovery, and switching sides are only a few areas people find themselves improving. In addition to the basic stroke one quickly learns there is a variety of other strokes, all based on the one explained above but modified. An example is how when paddling in shallow water, approximately four to eight inches in depth, the rpms increase dramatically as opposed to the standard of 60 - 70 strokes per minute.

Gliding along I feel a relaxation spread through my body despite my muscles being in constant motion. The feel of the paddle as it enters the water and how in less than a second it is flicked out of the water at my waist in an effortless movement of my wrist, instills in me a sense of calm that is not otherwise easily obtained. Here, in the bow or stern of these canoes, my mind will drift through past memories of travels and events. Often, thoughts of friends will emerge amongst others and I'll find myself wondering what life will be like next year or ten years down the road. None of these thoughts usually last long enough to evolve into anything major but often times I'll reach a decision, to do something or to go somewhere that prior to paddling I was indecisive about. Other times I file away thoughts for a time when I can do something about them.

Passing under an old towering tree, I remember the time during the past summer when Brad and I jumped out of its upper branches. The rush we experienced as we approached the water, that feeling of just falling with no dominant emotion, came back to me without warning.

"Hut!" The word cuts through my mind like a knife and, in an almost unconscious motion, I have switched sides. The thought that Dad may have called the command once before I acknowledged runs through my head and in turn I concentrate more on technique, forcing myself to hear his signal. It is for this reason that when I'm in these canoes my thoughts don't usually result in long - term plans.

The word "Hut", which was just used to tell me to switch sides, was developed, I believe, by a man by the name of Gene Jensen. I once read an article about it but I'm afraid my memory fails me, other than to remember that the word was taken from an army marching tune and is used in the place of "switch sides". The benefits are more obvious as the intensity of the race gains momentum and "Hut!" requires less breath than "Change Sides!" or "Switch!".

This brings me to another major point, which seems very logical to me, yet discuss it around many people, particularly those in sprint paddling, and they will look at you as though your insane. As has been strongly hinted at marathon paddlers switch sides when paddling. This technique, possible as a result of sitting down, allows the boat to track straighter as well as keeping both paddlers rested on either side. Steering the boat is largely controlled through this practice of switching sides. As the boat will generally go left with the stern paddler on the right side, and vice versa, than slight corrections can be performed with little need of the traditional recreational paddle strokes. This technique is much less tiring after 20km. In the case of a winding river, the technique of having both paddlers paddle on one side is often used. Given the nature of the sport, an efficient switch from one side of the canoe to the other is needed if one hopes to maintain speed. This is accomplished by sliding one's hands along the paddle shaft so that they interchange places and in an ideal change over, the arms will be properly positioned on the paddle for the start of the next stroke. The whole process takes no longer than the time it takes to complete a normal paddle stroke so as not to interrupt the rhythm of the canoe and occurs as needed for steering, or approximately every twelve to fifteen strokes.

Paddling along, I find myself marveling at the variety of scenery the river offers as spring changes to summer and the water levels drop. While now we paddle in water almost over my head, the image of forcing a path through reeds taller than me when I'm sitting in this same location flows through my head.

As we round the last bend to look out over Grand Lake, I can't help but marvel at its beauty. Grand

Lake could best be described as moody. Some days it may be as calm as glass while others see it casting waves several feet in height along the shore. The traditional rule of bodies of water such as this one being calm in the morning only holds true part of the time. As the day wears on, one is usually guaranteed wave action. Today though at 2:00pm the lake is as calm as glass. A slight mist hangs over the entire lake and we can see how a breath of wind will subtly change the fog formation. The chance to paddle in deep water on a surface smoother than the river is too great and we turn right, heading down one side of the lake. Moving in unison, the canoe is pulled through the water until I spot a childhood friend, Taylor.

Taylor always was, and to my knowledge still is, an interesting character yet sometime in grade seven we went our separate ways. We chose different roads, yet after saying hello and continuing on, I wonder how things would have worked out had we remained closer. We still share some interests but, I believe, what really distanced us was our different lifestyles. Taylor always was more spontaneous and adventuresome than I.

Glancing ahead, I see ice still covering parts of the lake. It is agreed that we should go as far as the ice before turning around. As we cross a large open area, Dad makes a comment about falling out in this water. The knowledge of not being able to make it to shore, even with lifejackets, leaves a hard ball of fear in my stomach. I allow my waterproof-gloved hands to dip into the water for a few strokes and feel how cold it is, despite the warmth of the air.

Having crossed the wide-open area, we turn and begin the trip back home, not before however reaching out and touching the ice with my gloved hand. On our way home we would find ourselves talking to someone my Dad knew growing up. Their kids were insistent that they knew how to swim and, therefore, did not require lifejackets when going out in a kayak. I hope to never have to argue the need of life jackets in cold-water activities. Even with it on, depending on the distance from shore, one could find himself dead very quickly.

The trip back seems relatively short in comparison to the length of time it took to reach our halfway point. The downstream paddling is a welcome change to fighting the high water current. Given the chance when going upstream, that current would swing the boat sideways defeating a strategy set far downstream.

After paddling for two and a half hours we arrive back at our starting point, the front yard. The river remains calm yet there is now a touch of wind in the air. The sun continues to shine down. The water that I have been drinking, off and on for the past few hours, is only three quarters gone. This is a testament to the difference in climate and the pace of a race in summer when I would normally consume twice as much liquid. Carrying the canoe to the garage I notice the hunger factor, something that has been present off and on for the past two hours. Thoughts of chocolate and other instant energy food slip through my mind and my mouth waters at the prospect of supper.

Another few hours to record in the 2002 season training log leaves me to wonder why I invest so much time in this sport given its little representation amongst the general public. It isn't the early hours in the summer or the cold hands in early April. Nor is it the feeling of not having any strength left with which to pull and keep pace with the team beside you, who appear far superior in conditioning. It certainly isn't the cold swims in late April or early May. It is difficult to say exactly what brings me back to that black paddle hanging in the garage each spring for another season except that it has to do with the challenge. The thought that this year I will be able to keep pace with the older guys who had passed me the year before and the desire to perfect strategies I did not mention in this piece of writing are both also likely reasons. In the past I've tried to describe to people the rush one feels as the race starts, the calmness that results after finishing a training session or the beauty the natural world presents in its variety of colours, depending on the time of day. These are all factors but perhaps most importantly is the realization that out of each race I find a type of satisfaction accomplished only after the necessary time has been invested to gain the comfort level and knowledge required to operate at a level of not physical pain but emotional, psychological, and physical enjoyment.

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Canoe to the Sea Writeup - 2002



Canoe to the Sea Race 2002, Day One

"Grand Lake to Fairbanks Center, 33 km including 7 portages"

Well, doesn't that advertisement make you want to run down and register before all the slots are taken? What would make someone want to enter a 33 km race, stopping every so often to get out and carry their boat over ramp and rock, only to put back in and keep paddling, for up to 4 hours? I know why I liked the idea, so let me tell you my story.

Other than a few tourist paddles, I was never in a canoe until the spring of 2000. I fell into the sport pretty quickly however, starting with a river-runner kayak and a few races. By the summer, it was sprint kayaks at Banook Canoe Club and more racing. After a chance discussion with Allan Billard, I ended up trying out marathon canoeing and got into even more racing. I have been dabbling in all three kinds of boats for the last 3 years, which makes it difficult to get good at any one discipline, but I'm unwilling to give up anything that is so much fun.

When I'm sitting in a kayak or canoe, I'm happy. I like the water being so close that I can let it run through my fingers any time I like. I like being out in the middle of a lake, away from car traffic. Paddling in the early morning or evening is about as peaceful as my life gets. Mother Nature doesn't seem to mind me paddling through her living room.

Training and racing in a Marathon Canoe or ICF boat presents a nice series of challenges. The boats are pretty tippy, the race courses are usually 10-20 km long and there is usually some sort of portage to keep on your toes. Putting in a 2 hour training paddle is not unlike road biking. You stay within your aerobic threshold, try drafting with your training partners, put in a fair bit of distance and get a nice buzz from the workout. If you are the kind of person who likes 2-3 hour workouts, then the next logical step is racing. Marathon Canoe races test you mentally and physically from top to bottom. Can you do buoy turns without stalling, have you and our partner worked on entries and exits at the portages, do you have a liquid & fuel re-supply system that works, can you handle a 6-7 minutes anaerobic sprint to gain position at the start of a race, can you draft efficiently, is shallow water really all that difficult, have you been doing weights, can you handle a crosswind, do you have an efficient stroke or are you still flailing about like the tourists? Can you stay in race mode for 2-3 hours?

This year, I started paddling as soon as the ice was clear in the Shubenacadie River, then moved to Lake Thomas. I did paddling-specific weights all winter and have been running 10 miles a week year round. I've been to a few clinics about stroke technique and am very comfortable in my boat. How do I feel about a 33 km race with 7 portages? I'm ready.

I start thinking about a race early in the week. I want to make sure my training workouts aren't draining me. I want to stay hydrated all the time, but especially near a race. I make sure I don't miss meals or sleep. You never really know how you are going to feel on race day, but it makes sense to stack the deck as much as possible.

For this race, I am taking my ICF kayak. It's 15 years old. Not as fast as the newer models, but also a lot less tippy. I feel I can handle up to a 1 foot chop with a crosswind. The race starts at 10:00 AM, so wind will be a factor by the time we get to Lake Williams. A bunch of us drive up to the

top of Grand Lake, schmooze a bit, get our gear ready, and listen to Doug Archibald describe the course. I'm pretty bad at directions, so it's usually a good thing that I'm in the back 1/3 of the field, so I can see where we're supposed to be heading.

The start of a Marathon Canoe race is always a shock to your system. You would think that anyone who is expecting to paddle hard for the next 4 hours would sort of ease away from the start line, let the aerobic system get warmed up and then pick up speed over a 7-10 minute period. No sir! In these races, position and drafting are very important. On some narrow river courses like the Annapolis, you don't want to get behind someone who is a tad slower than you. It will take an extreme effort just to get by them.

The race starts and we all shoot off the line. I'm paddling my heart out, trying to at least maintain position and not be the last boat to the first portage. There is a fair bit of boat wash coming off the back of the Pro Boats and I have to work pretty hard just to stay in stroke. Adrenalin will get you through the first 2-3 minutes of any race, but the next 4-5 minutes of sprint require training and a decent fitness level. The first portage doesn't go well, and I get passed. How can I be working so hard, and still get passed? Drives me nuts.

After 15 minutes, I finally get into a rhythm where I can breathe without wondering if I'm going to have "the big one". I take some time to look around a bit. It is a gorgeous day and I feel pretty good considering the circumstances. There is someone in front of me to chase (isn't that always the case?) and I'm happy. Racing gives you a chance to test yourself. As your age moves you to the front of the pack and your results move you closer to the back, you are the only one that can judge how well you are doing. Even if you prepare well for the race and make all the right decisions as you work your way down the course, you are continually faced with the question of just how deep you are willing to dig. How much pain will you endure? Can you get 100% out of your body or will you shy away as the cost of the effort starts to mount?

I start to gain back some time on the canoe ahead of me and get a chance to draft for awhile. Given equal circumstances, a single kayaker ought to be faster than 2 paddlers in a Marathon Canoe Stock boat, and maybe a tad slower than a Pro Boat. Of course, that is a personal opinion. There are so many other variables involved that making any sort of statement like that will just start an argument, which is half the fun.

Just as biking in a group creates wind drafts, the canoe ahead of me is creating a water flow that I can use to my advantage. Once in the draft, I can maintain my speed using about 10% less effort, which gives me a chance to rest a bit and store up some energy for the pass. Drafting is one of the many tactics involved in this type of racing and is even more fun when a bunch of boats are close together.

By the time I get to the portage at the end of Grand Lake, I have passed the canoe that took me on the portage. Most of the racers have settled into a sustainable pace. If you're more than 20-30 seconds behind someone at this stage of the race, chances are you won't see them again. However, since there are 7 portages in this race, you can make up a fair bit of time on land. I'm not very good at portages, and as we head into Lake Fletcher, I'm passed by Lawson in his Marathon C1. We stay close together for a few lakes and one thing becomes quite obvious. While I'm quicker on the water, Lawson is kicking my butt on the portages.

During the water legs, my kayak has the advantage. C1s are quite long and move around a lot in the wind. As well, my kayak paddle has a blade in the water much more often, which gives me more control in the wind.

On the portages, Lawson has a bit of an advantage during the entry/exit, but that's not the big difference. When we have our boats hoisted, I feel like I'm running uphill in knee-high water. Lawson looks like he is running downhill. Very dis-heartening. For the next 2 hours, we take turns passing each other, I get him on the water and beat him into the portage, he passes me easily on land and gets a good head start on the next lake.

The transition from Lake Fletcher to Lake Thomas includes a series of portages adding up to about 0.7 kilometre and Lawson is now almost out of sight. I have drunk all my Camelbak water and stop at the bridge to pick up my stored water bottle. This gives me a chance to catch my breath and say hi to the volunteers. At all the portage points, there are volunteers helping you stay on course. I am very grateful for this, as my sense of direction wouldn't win any awards. I think that everyone who races should volunteer their time as well. It keeps things in perspective. Without volunteers, these types of races just wouldn't exist.

I started my kayaking in Lake Thomas and still do a lot of training there. I can remember the first time I paddled a full kilometre on this lake and how pleased I was with myself. Now, the entire lake is but 4 km in a 33 km race. Cool! This thought fires me up. I am feeling really strong. My focus is very good and my entire world is this race. There is no yesterday or tomorrow, no job, no bills. There is no real pain yet as the race is still young. There is still plenty of time for the big hurt. I pick up the pace a bit and am taking time from Lawson, but not enough to get close on this lake.

By the time I finish the short portage into Lake Williams, I am aware that I need to fuel up. Generally, I don't take on food during a race unless it goes over 2 hours. After this race, I will probably move to an hour or so, which would match the other racers. Being a single person with a 2-handed paddle, I have to sit still to eat, so I take in one of those gel packs right at the dock. Who though those beastly things could taste so good? The wind that was noticeable on the last lake has now become a race factor. It's in my face and the chop is easily a foot high. I'm really glad to see those support Zodiacs out there in case I have any trouble. The waves are breaking over the front of the kayak and washing right up to the cowling. In these conditions, my advantage over Lawson is better, and I beat him to the portage, but not through it. We are actually in each other's way, which gets pretty funny as we go along. I can't drop him and he can't drop me. Going under the bridge close to Lake Charles, our boats are banging a bit in the channel as we slide over the rocks. I need to stay close, because if things stay true to form, I will have the advantage as the race finishes on water.

The paddling and the portages are starting to beat me up. It's great having someone to race against, but my boat feels like it's made of cement. There is pain. Digging in hurts. It hurts every second, every stroke. Pushing yourself is not a one-time decision. Your body is continually trying to get you to stop. Paddling feels good but my muscles have lost their zip. I'm working under the endorphin-induced illusion that I keep my stroke form even as I tire.

I finally pass Lawson for good on Lake Charles and as it is a long leg, I put some distance on him before the canal. My position in the race is secure, so there is an option to coast a bit at this point. I need a new goal, so now I'm hoping to beat a set time (4:10) and it will take a bit of a push. My goals have changed as the race wears on. First it was to stay in the pack and hopefully catch and pass a few boats. Then it was to stay ahead of Lawson. Now I'm racing a clock. My position won't change and my finish time won't change that much. Only I will know how much that final push hurt. Once I am finished, I'm as pleased with that last kilometre as I am with the whole race.

If finishing a workout provides a nice buzz, then the feeling at the end of a race as grueling as this year's Canoe to the Sea was exquisite. When I was much younger, that buzz would last a long time and then perhaps a bit of pain would set in. Nowadays, the buzz and pain perform some tag-team wrestling in my much-abused, aching body. The pain always wins out in the end, but it is never enough to dim my desire to continue training and racing.

P.S. The 2002 Canoe to the Sea race actually takes place over 2 days. Day Two is a 20+ kilometre race in Lake MicMac and Lake Charles. While I did make it down for the awards ceremony, my body did not answer the call for the race itself. No excuses and definitely no regrets

Bcm

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Skiing - Winter 2003



We have been ski du fond for over a month-2 to 3 hrs per day. The snow came on Boxing Day, 2002 and we only just had our first rain storm last weekend-January 31st. Refusing to acknowledge an impending rainstorm we had carried through on plans to ski into Mason's Cabin in beautiful Kejimikujik National Park. This 54-Km round trip was by no means a trek for the faint of heart. Our party comprised of Jean Marien, my two daughters Bev & Abby and myself. We departed from Grafton Lake on Friday Jan.31st hoping to return on Sunday, Feb 2nd.Laden down with all sorts of goodies (because we were to have Saturday to recover from the ski in) we finally arrived at the cabin after 7 hrs late Friday afternoon. What a welcome sight it was. The cabin was toasty warm in just an hour and we gorged on all sorts of delicacies. Many stories were told and a boisterous card game followed. We were tucked in by 10:30-oblivious to the ensuing rainstorm that took place

overnight and into early Saturday morning.

Saturday morning brought brightening skies but terrible ski conditions. Upon learning of again another depression heading our way bringing lots of rainfall for Sunday we decided it best to make our return trip on Saturday. We were not prepared for the ordeal that faced us now. The trail we had labored to break the previous day had gone soft and sloppy with the overnight rainfall. Laden with still heavy packs and muscles aching from the previous day's ski we set out with expectations that we would be able to cut our time by 1/3 going out. After 1 hr and only managing to travel 2-3 kms our high expectations were dashed. All in all we kept our spirits high taking turns re-breaking trail and making frequent but short breaks to refuel. By 3:30 Saturday afternoon we were at the Eel Weir on the Mersey River with the final 8 kms facing us. Jean offered to set out ahead of us while we had a quick break. Upon catching Jean we were relieved to see that the Park had groomed the final 8 kms with their snowmobile thus creating glide that was remarkable. This really perked up everyone's spirits and we completed the final leg in just over an hour.

Weary from two full days of skiing we went our separate ways, however come Sunday we were grateful for making the return trip a day early. The province was battered with 40 mm of rain for most of the day resulting in much flooding.

Now it must seem odd having an account of a ski outing included in a marathon canoe newsletter. Quite the contrary I believe. Many of the training concepts, nutrition and health benefits are universal to both sports. These long 3-5 hr outings are in a way a marathon of sorts.

Living on the south shore of Nova Scotia does not generally lend itself to a long and fulfilling ski season such as one would experience in say northern New Brunswick. It seems as if the winter of 03 is a freak of nature. Many of the storms advancing up the eastern seaboard are dumping precipitation along the coast in the form powder rather than rain.

Getting back to the training, I really have no plan. Rather, I simply am using the skiing as a form of release from the short days and long cold nights. Louise says that I am avoiding some home renovation project-she may be right. I feel compelled to ski as much as I can because we may never have another winter like this one-plenty of time to tackle that drywall project after the snow is gone!!

The time skiing is helping with the base training for the canoe season though.-lots of long, low intensity hours spent on the trail. Some days while feeling up to it, I will mix it up with a really hard fast ski, pushing my heart into the anaerobic zone for extended periods- what a burn. This is the feeling that equals that of a marathon canoe training - that empty spent feeling that follows a race- knowing you gave it all and then some! As Jean says and I quote "it's remarkable that ones body continues to give". I guess that is what we have trained our bodies to do.

As I sit here finishing up this article, the wind is howling outside and there is an additional 10-cm of fresh snow in the driveway. Oh by the way, my worst winter activity is shoveling snow-takes away from the ski du fond. I have already been out for my evening outing-an easy 1 ½ hr ski to the lake and back. Since the big rain we had on Feb 2nd we have been dumped on 3 more times and there is still another 20 cm threatening for Saturday! I've got 15 km of classic trail to break out this weekend if everything goes right. Still too much snow around to start that drywall project!!

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CBET - Competency Based Educational Training

<u>Community Sport Adult Context</u>		<u>Initiation Context</u>	<u>Objectives</u>
Ocean Kayakers	Fast Tri	Recreation/Stock Novice Paddlers	1. Have a good time/fun
Down River B	Weekend	Youth 1	2. Increase sense of self-esteem
Canoe Junkies	Big Bo	Canoe Kids A and B	3. Experiment with new activity
Social/ Seniors	College	Big Boats Novice - Intermediate	4. Acquire basic skills
Aboriginal Adult Programs		School Programs	
Recreation/Stock Intermediate Padd		Aboriginal Youth Programs	
Parent / Child Programs			
Novice Adventure Races / Cross T			

[Marathon Coach Development](#)

[Marathon Participant Diagram](#)

[Marathon Groups Chart](#)

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



The Nova Scotia Marathon Canoe Racing Association



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AGM 2002

Senobe Aquatic Club.

Attendance: Meeting started at 13:15 hours. Those in attendance = Dave Lewis, Stefan Scarola, Daina Deblette, Jean Marien, Alan Billard, Gordon Warnica, Bruce Murphy, Ross Denman, Doug Archibald. (Guest: Ross Archibald).

Draw Prizes: Draw Prizes were awarded at the AGM this year. Special thanks to TAO Adventure for their contributions to these attendance incentive awards. Ross Archibald drew the following lucky names:

Gordon Warnica.....Can of chocolates ...purchased by NSMCRA.

Bruce Murphy.....PFD...purchased by NSMCRA

Alan Billard.....Carlyle plastic Bent Shaft Paddle ...TAO Adventure Sports

Doug Archibald.....Throw Bag...TAO Adventure Sports

Old Business:

(1.) Inventory of Equipment Nov.30, 2002.

Crozier Pro Boat	Kevlar	Senobe Aquatic Club, Dartmouth
2 Bracca Paddles	Carbon Fiber, Bent Shaft	~~~~~
Gillies Pro Boat	Kevlar (Pink)	Cheema Canoe Club, Waverley
2 Gillies Paddles	wood shaft, C Fiber blade	~~~~~
Gillies Pro Boat	Carbon Fiber, Lt Wt, with Canoe Bag.	Milton Canoe and Camera Club
2 Paddles	1 Zav LtWt, 1 Barton Med	~~~~~
Wabash Valley Pro Boat	Kevlar (on loan from New Brunswick)	~~~~~
Crozier Pro Boat	Kevlar (on loan from New Brunswick)	~~~~~
USCA Cruiser	Kevlar (on loan from New Brunswick)	~~~~~
1 Cam Paddle	Wood Laminate	Jean Marien
1 Bow Foot Brace	Aluminium, adjustable	Doug Archibald

(2.) Revised format for Point Races was adopted this year. Worked well. Only one male and one female Paddler of the Year to be awarded. In case of tie executive to make decision.

Place	> = 3 Boats	2 Boats	1 Boat
1st	50 points	40 points	30 points
2nd	40	30	
3rd	30		
4th	20		
5th	10		

(3.) Race Schedule:

- Worked well. Fred Lynch Race should be scheduled on a Saturday in the future.

- Enforcement Challenge Race in New Glasgow is interested in becoming Sanctioned, however they still wish to have a clause that states each canoe must have an enforcement person on board. That would be too exclusive as some NSMCRA members might not be able to race. The offer is still open to them should they drop that clause.

New Business:

(1.) Affiliation with Atl. Div CCA was re affirmed this fall at their AGM on Nov 10. This affiliation was initiated during the last application for Block Funding in the spring of 2001. Through this arrangement the NSMCRA receives liability insurance for the executive and the organizers of sanctioned races (up to \$500 premium cost); Secretarial support; \$500 grant; Membership within the Atl. Div.;

Use of facilities on Lake Banook with permission from the Facilities and Maintenance Chairperson.

(2.)Insurance Policy: All NSMCRA Sanctioned races must conform to the rules and regulations for Races and Racers. **This is important.**

(3.) Membership: Year 2002= 35 Full Time Members, 46 Part Time Members = **Total 81 Members.**

(4.) Paddlers of the Year: Female = Ashley McKinnon... 170 points.

Male = Justin McKinnon 210 points.

(5.)Remarks from MRC Chairman Don Stoneman:

- Turnout for 2002 Cdn. Nationals at Wallaceburg Ontario = 77; Numbers were down; \$1200 deficit.

-2003 Cdn. Nationals undecided, possibility at Mount Laurier, Quebec.

-Canada was represented at the 2002 Worlds by Trevor MacLean of Nova Scotia and Blair Manktelow of Ontario. The MRC will no longer carry the mandate of selecting the Team for the Worlds after 2003. MacLean and Manktelow will compete in 2003 as will a junior K2 mens team from Ontario. There are many openings for nominations. Contact Don Stoneman.

-MRC experienced a surplus this year, some of the surplus may go towards CBET initiatives.

(6.) Treasurers Report, Ross Denman:

See attached Treasurers Statement.

(7.)ESSO Grant: Jean Marien explained the purpose for the \$1500 grant from ESSO. The \$\$ were granted to help foster development of a marathon canoe paddling coaching program in Nova Scotia and to purchase / maintain equipment to initiate new paddlers to the sport of Marathon Paddling.

Bowater Grant: Dave Lewis explained the purpose of the \$630 grant from Bowater. The \$\$ are for fostering youth paddling in the Liverpool region of Nova Scotia.

(8.)Newsletter / Web Page:

Bruce Murphy strongly encouraged race organizers to forward results of the races to him **asap after the races**. This makes for an upto date and current web page which is beneficial to our membership and association. Send any information pertinent to the web page and newsletter to Bruce by E Mail and he will insure it is added. For this year we would like to have several articles on "Why I like to Race", such personal accounts may attract others to our sport.

(9.) Promotions: Gordon Warnica reported that few race organizers submitted results to him this year. This must be done immediately after the race or else the Newspapers will not accept them. Gordon will be away hiking the Appalachian Trail this coming summer (2003) so we will have to find an alternative promotions man in his absence.

The NSMCRA Logo was discussed. The current Logo , designed by Don Evans for the cover of our Newsletter has served that purpose well but needs some revamping to make it suitable for other promotional activities such as T Shirts, etc.

Daina Deblette has agreed to spearhead this project.

(10.)Competency Based Education Training and National Coaching Certification Process:

Dave Lewis reported that currently the Marathom CBET committee for Canada is debating between going with an Advanced Coaching Program or a Community Sports Coaching Program. The feeling seems to be leaning towards Community Sports and that was the feeling from this AGM of the NSMCRA.

(11.)Race Schedule 2003:

Proposed race schedule was reviewed. Race dates and particulars should be sent to Doug Archibald by *January 31, 2003*. This will enable compilation of the 2003 Schedule at an early date so that it will be ready for the Web Page and Newsletter early in the spring.

Clinics were discussed. Association members around Halifax Dartmouth will strive to organize several weekday evening clinics on the Dartmouth or Waverley Lakes. The Milton members continue to have weekly training sessions on the Mersey River in Milton.

NSMCRA Pro Boats can be made available to those who wish to try them out. Contact Dave Lewis, Jean Marien, Alan Billard, Doug Archibald.

Doug Archibald and Jean Marien discussed the possibility of a race on the Musquodoboit River. Doug will investigate the possibilities of continuing the Elmsdale Relay.

(12.) Canadian Nationals 2002; USA Nationals 2002:

Nova Scotia was well represented at both the Canadian and US Nationals this past summer. Dave, Bev and Abbey Lewis, along with Doug, Kristoffer and Mary-Beth Archibald competed at both National Events. Jean Marien joined the others at the US Nationals. The results are recorded in the Newsletter.

(13.) Canadian Nationals 2004:

Alan Billard reviewed the hosting of the 1996 Cdn Nationals on the North West Arm. Doug, Dave and Jean discussed the benefits of National events for paddlers.

A motion was passed (5 of 6) that the NSMCRA would investigate the possibility of hosting the Cdn Nationals for 2004. A focus meeting will be held January 18, 2003 at 13:00 hours at Jean Marien's home, 57 Braeside Avenue, Dartmouth.

Decisions will be made there.

(14.) Equipment: It was decided to go ahead with the purchase of 2 banners; START; FINISH. NSMCRA logo should be included as well as the ESSO logo as the funding for the project comes from the ESSO Grant.

(15.) Grant Application: Jean Marien and Alan Billard will work on applying for the 2003 ESSO grant prior to the end of December 2002.

(16.) Election of Officers:

President: Doug Archibald was re elected as President...2 year term.

Vice President: Alan Billard was re- elected as Vice President....2 year term.

Secretary / Treasurer: Dave Lewis was elected Sec. Treasurer....2 year term.

Ross Denman who was Secretary Treasurer for many years stepped down from this position. The Association thanked him for his commitment.

(17.) Adjournment:

The meeting was adjourned at approximately 16:00 hours. The next AGM is scheduled for Saturday November 29, 2003. Location to be announced.

Special Thanks to Jean Marien for his special pepperoni and coffee.

Canoe to the Sea 2003

- Date:** Saturday, Sep.20, 2003
Registration: 8:00 A.M. - 10:00 A.M. at the Fairbanks Centre
Start: 10:30 A.M. Fairbanks Centre, 54 Locks Road, Dartmouth.
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: Some combination of the 7 chain lakes, river, locks and portages of the historic Shubenacadie Canal



The 2003 running of the Canoe to the Sea marathon is slated for September 20. It will be the 15th year for this popular canoe race.

First staged in 1989, the event has always featured some combination of the 7 chain lakes, river, locks and portages of the historic Shubenacadie Canal. Tide and weather always paly the major determininant in the final routing. Some years it has gone north to the Village of Shubenacadie, other years the entrants have paddled south to finish at Dartmouth's Lake Banook. Either way, it has always recreated the dream of the early canal builders... to have vessels travel across Nova Scotia, from the Bay of Fundy to Halifax Harbour.

At 34 km., this is the longest canoe race in the Maritimes. That is not a deterrent however, as even in its first year, paddlers from several provinces and even the New England states have entered for the challange of racing the route's varied conditions. It is also the most rewarding event in the region with glittering trophies and generous prizes.

Event Chairman, Andrew Cox, has promised more such rewards for 2003, and is planning several extra attractions. The Finish Line for this year's course will be the Fairbanks Centre in Dartmouth's Shubie Park. It is also playing host that day to a marching band, the Dartmouth Volksmarchers, a flotilla from the model boat club, and canoe/kayak rentals.

Much like in 1991, when the Mayor of Dartmouth and later Premier of Nova Scotia showed up to present the annual awards (Pix is L-R Scott Illsley, John Savage, Jeff Houser), a festive atmosphere will be sure to please the many racers, spectators and general public.

See you at the Canoe to the Sea, September 20, 2003.

For more information contact Allan Billard (449-0581)

Allan B