

# The Nova Scotia Marathon Canoe Association

Home of 2004 Canadian Nationals

Action Pics 2004



## 2005 Newsletter



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## Presidents Message 2005

**The Mystique of Marathon** In a battle during the year 490 BC, the Greeks were victorious over the Persians. The Greek Commander, exuberant over the success, sent a long distance runner to Athens to announce the victory. The battle was fought in Marathon.....and as they say, the rest is history.

Since that time we have come to think of a marathon as an event characterized by great length or concentrated effort, an endurance contest, a long race. In the minds of runners it is 26 miles 385 yards (42.2km). For bikers the distance varies but rest assured there is no rest; and for paddlers distance varies but many refer to anything over 10 km as a marathon. However, not to be outdone by the running fraternity the big Marathon Canoe Races in North America are true tests of endurance; the 70 Mile General Clinton Race in upstate New York, the all night Au Sable in Michigan, or the 120 mile La Classique on the Saint Maurice River in Quebec.

To the uninitiated one would ask why, why do you subject yourself to such torture, but to the initiated we would reply because I can, I will and I want to. Surely there is more to it than stubbornness and self determination. Perhaps it is the music that comes to the paddler as the sleek craft glides smoothly through the water propelled by a team paddling in perfect unison, a rhythm brought forth by man and boat, at one with themselves and the darkness of the waters. Perhaps it is the rhythm of ones stride, pace after pace, breath after breath, until time is no more and you are once again listening to the music.

As I run and paddle and bike I often start out with a mind full of thoughts that need thinking and ideas that need sorting, but as time stops and distance passes by my mind clears and once again there is the music. So it is for me, so how is it for you?

*" There is magic in the feel of a paddle and the movement of a canoe, a magic compounded of distance, adventure, solitude and peace." Sigurd Olson*

The Nova Scotia Marathon Canoe Association welcomes all our members, friends and visitors to another year of paddling. The 2005 schedule of Nova Scotia and New Brunswick races follows and I'm sure if you attend one of our events you will enjoy yourself. Not only will you experience the comradery of a friendly race, but if you are new to the sport you will begin to learn a whole new way of propelling your canoe through the water. The technique of hit and switch using bent shaft paddles can add great efficiency when it is needed, regardless if you are racing or perhaps just wanting to get to the campsite prior to nightfall.

Focussing on technique is paramount in any sport if one wishes to improve. The article by Kris Archibald, "**Switch it Up**", extols the benefits of changing paddling partners..... you can always learn something new from somebody new. In "**Want to Get Results**" by Steve McAleer, the basics of training are broken down and discussed with the following adage to hard work, "**The Will To Win Is Nothing Without The Will To Train!!!**" The adventures and exhilarations of an eighteen day marathon canoe trip are related in Rick McMahon's, "**Pekan Skies and Moisie Mornings**", an account that will have you sitting on edge as they negotiate the kind of stuff most of us only dream of.

So pull up a chair, sit back and relax with our 2005 Newsletter. I'm sure you'll find something of interest, and while you are at it remember to scratch a few race dates on your calendar, and invite some friends. Perhaps if you race you will receive the honour of being nominated female or male paddler of the year. This NSMCA award is presented to paddlers who participate in and do well at our sanctioned races. The 2004 recipients were Abbey Lewis from our Youth Division and Jean Marien, Adult Masters I.

So as the spring days lengthen into the warm summer evenings, grab your paddle and hit the waters. With paddling comes fitness, relaxation, good health, comradery and if you focus and listen you too may feel the Rhythm and hear the Music!

Keep your paddle wet,

Doug Archibald  
President NSMCA  
nsmca@eastlink.ca  
Ph 902.883.9759

## 2005 NSMCRA Races

Date	Title	Details	Contact
May.14 Saturday	■ Annapolis River * Middleton	17&20 km River Course	■ Rick McMahon 902.847.3821
Jun.11 Saturday	■ Canoe to the Sea * Dartmouth	Flatwater, various classes	■ Al Billard 902.449.0581
Jul.03 Sunday	■ Mersey River* Liverpool	24-km, Flat and moving water	■ Dave Lewis 902.354.4931
Jul.16 Saturday	■ Musquodoboit River *** Tentative	Flatwater, various classes Hwy 357, South of Crawfords Bridge	■ Doug Archibald 902.883.9759
Jul.23-27 Fri-Sun	■ Canadian Nationals Edmonton, ALTA	Check out the website	■ 2005 World Masters
Aug.13 Saturday	■ Nictaux Canal * Nictaux	17 km-Flatwater	■ John Skaling 902.825.2589
Sep.10 Saturday	■ Fred Lynch* Dartmouth Lakes	18km Flatwater, 2 portages	■ Jean Marien 902.434.1240
Sep.11 Sunday	■ DiamondMan Quad Lake Banook	Swim 750m, Paddle 4000m, Cycle 20km, Run 5000m	■ Al Billard 902.449.0581
Sep.17 Saturday	■ PPP Relay Waverly	Bike, Paddle, Run	■ Bruce Duffy 902.860.3591
* NSMRCRA Sanctioned Race			

## 2005 New Brunswick Races

Date	Title	Details	Contact
Jul.23-24 Sat-Sun	Hampton, NB	Two days of racing on a very scenic course with upstream /downstream, shallows and deep water. Various classes.	Rafe Hooper 506.832.5142
Aug.13 Saturday	26th Annual Bucket to Boat Club Race, Fredericton, NB	Hartts Island Campgrounds, various classes The race starts at 12:00. Registration at 10:00 AM	■ Bob Matthews 506.459.3222 Doug 506.457.2664
Oct.01 Saturday	16th Annual Frigid River Run Fall Canoe Race, Fredericton, NB	Hartts Island Campgrounds, various classes The race starts at 12:00. Registration at 10:00 AM	■ Bob Matthews 506.459.3222 Doug 506.457.2664

## 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.

# NSMCA Race Registration Form 2005

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

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

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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.

## Marathon Canoe AGM

**Date:** Saturday, Nov. 27/2004

**Attendance:** Sherry Archibald, Don Evans, Doug Archibald, Allan Billard, Bruce Murphy, Dave Lewis, Gordon Warnica, Steve Williams and family, Abby Lewis, Wally Woodbury, Bev Lewis

**Opening:** Introduction Draws Paddles for Sale Christmas Special \$200.00

**Old Business:** Update on Block Funding \$1500 funding per year; 3 year window - 2 year window to carry on; Canadian Canoe Association nominated #1; Newsletters- mailed in late spring

**New Business:** Canadian Marathon Canoe Championships: Review statistics (89 total paddlers, young people 17/89, 72% male, 28% female) Thank you's anyone missed? Org. Committee formally thanked. Don Evans- was thanked for looking after the sound system for Nationals banquet Nationals 2005>Edmonton Alberta/World Masters Games July 23- 27, River Course (See 2005 Race Schedule)

**Treasurers Report:** Canadian Championships Budget Overall NSMCA Budget Gordon- made motion to accept treasurer's report/ Don Evans seconded/ All in favor- motion carried

**MRC Update:** \$6-9000 budget to finish Coaching Model, John Edwards to adopt sprint model.

### Projects:

- Training/Clinics: Check with CNS to put booth at Sport and Rec// RV show, March 18-20, Robert Fraser/ Don Evans to pursue Summer Training on Wed. night at Lions Beach; also try to organize 1 + training sessions on Lahave River.
- Chebucto Free Net: We will make a \$50.00 donation for the use of their site. The web site has proven to be a valuable resource to get info to members and the public. Bruce Murphy's efforts as web administrator has really helped our association.
- Paddlers to Nationals: selection committee- application process (3 people ) motion by Allan, second by Gordon \$1000.00 and committee to be chosen at a later date (Spring / Summer 2005)
- CBET: motion to Sherri /Bruce seconded- all in favor/ motion to assist individual travel to Ottawa.
- Portages/Course Upgrades
  - Equipment: Allan to see if storage building donated by city- Allan to explore baggage attached to it//ie insurance, taxes
  - Robert Fraser: has proposed an overnight event-Shubie system, safety boats, portages. As seen with earlier CTS events- was an organizer's nightmare.

**Race Schedule:** Annapolis: early May Nictaux: Mid July Mersey: July 3rd 11:00 start C2Sea: June 18th Fairbanks Center Fred Lynch: September Quad: Sept 11th ½ course Musquodoboit: ??

**Newsletter:** Call for articles early January

**Proposal:** Allan proposed a world class race be organized for 2009 on the Dartmouth Lakes.

**Elections of Officers:** 2yr term:

President: \_\_\_\_\_

Vice President: Allan Billard

Sec/Treasurer: \_\_\_\_\_

\*\*\*\* No one accepted nomination for President or Sec/Treasurer. Doug Archibald is carrying on as president for the time being and Dave Lewis is looking after basic budget and secretarial items as needed. It is hoped someone will come forward to share in the responsibilities of maintaining a Marathon Canoe Association in Nova Scotia. The task is not onerous and now that the Nationals are over it will be smooth sailing for a number of years.

## Annapolis River 2004



- Date: Saturday May.15, 2004
- Registration: 9:00 AM in Kingston Bridge (Bridge Street...this is the traditional race start from several years ago )
- Start: 11:00 a.m. at Kingston Bridge
- Cost: \$10.00 (\$15.00 Non-NSMCRA members)
- Divisions: Recreation, Pro (some pro classes will be longer and will involve some upstream paddling)
- Course: **Stock and Recreation Classes:** Start=Kingston; Finish = Middleton; Distance = 17 km.  
**Pro Class:** Start = Kingston; Finish = Middleton, (5 Km upstream segment from Middleton and return); Distance = 27 km.
- Misc: BBQ and Prizes to follow event
- Contact: Rick McMahon 902.847.3821
- Notes :

### Mens ProBoat C2 Class

(27 km)

Kristoffer &amp; Doug Archibald

2:27:53

Jeffrey &amp; Jason McKinnon

2:28:07

Kevin Lynch &amp; David Lewis

2:28:12

Rick McMahon &amp; John Gillies

2:29:16

### Mixed Proboat C2 Class

(27 km)

Daina Deblette &amp; Stefan Scarola

2:39:49

### Youth Proboat C2 Class

(17 km)

Morgan Sampson &amp; Abby Lewis

1:59:51

### Mens Stock Class

(17 km)

Richard McKinnon &amp; Lawson Fraser

1:30:55

Robert McKinnon &amp; Alex Gallagher

1:37:27

### Mixed Stock Class

(17 km)

Andrea &amp; Mark Bowie

1:40:41

### Mens C1 Class

(17 km)

Steve Williams

1:38:47

### Mixed Recreation Class

(17 km)

Robin &amp; Robert McKinnon

1:50:29

Ashley &amp; Justin McKinnon

1:52:02

### Mens Recreational Class

(17 km)

Kevin &amp; Thomas Coldwell

2:16:06



## Canoe to the Sea 2004



Date: Saturday, June 12, 2004

■ [Map & More Details](#)

Registration: 9:00 A.M. - 10:00 A.M. at the Fairbanks Centre, 54 Locks Road, Dartmouth

Start: Marathon Start: 10:30 A.M.  
Recreational/Family Start 11:00 A.M.

Cost: 25.00 per person, \$25 per family (includes BBQ, draw prizes and 1 "dry fit" racing shirt)

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: Two race routes: 25 km and 9 km

Misc: BBQ & Awards Ceremony is at 2:00 pm

Contact: For race course information and directions call 902.449.0581

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

Notes: (1)The 16th Annual Trail Shop Canoe To The Sea T-shirt is a "high quality breathable athletic top made by Stanfields, especially for the race"  
(2) Free B.B.Q. hosted by the Shubenacadie Canal Commission  
(3) Draw for fabulous door prizes donated by the Trail Shop  
(4) Prizes: 1st & 2nd prizes will be awarded in each of the race categories

### Mens ProBoat C2 Class

(25 km)

Stephen McAleer & Alex Calvin

2:41:04

Jean Marien & Dustin Whelan

2:42:39

Tim Lynch & David Lewis

2:43:36

Kristoffer Archibald & Stephan Scarola

2:43:50

Richard McKinnon & Lawson Fraser

2:49:32

Jeffrey McKinnon & Jason McKinnon

2:57:45

Rick McMahan & John Gillies

3:04:36

Doug Archibald & Bruce Murphy

3:22:45

Steve Williams & Wally Woodbury

DNF

Gordon Warnica & Bernie Levy

DNF

### Mens K1-Icf Class

(25 km)

Joey Mingrone

DNF

### Mens Stock Class

(9 km)

Alex Gallagher & ???? McKinnon

59:39

### Mixed Stock Class

(9 km)

Allan Billard & Shirley Wenaus

59:43

Ashely McKinnon & Justin McKinnon

1:11:26

### Mens Recreational Class

(9 km)

Darren Gray & Randy Murphy

1:08:17

## Mixed Recreational Class

(9 km)

Evan Young & Melissa Young

1:09:05

Robert McKinnon & Robin McKinnon

1:29:55

Bruce Duffy & Ross Mitchell

1:29:56

## Family Recreational

(9 km)

Lori Taylor & Alexander Taylor

1:43:19

Leslie Brown & Michael MacMillan

DNF

Chris Daigle & Andrew MacMillan

DNF

Vera Ford, Hugo, Jeremy, Nicole & Zachary

DNF

Tim Miller, Matthew Millar & Danielle Millar

DNF

## K1 Recreational

(9 km)

John Stricklay???

1:04:36

Fred Van Horne

1:08:28

Nadine Stricklay???

1:32:53

## K1 Open

(9 km)

Jim Little

57:45

## C1 Recreational

(9 km)

Abbey Lewis

DNF

## Mersey River Race 2004



- Date: Sunday, July 04, 2004
- Registration: 10:00 AM
- Start: 11:00 AM
- Cost: \$10.00 Adult/\$5.00 Youth (\$15.00 Non-NSMCRA members)
- Divisions: Pro Class, Stock Class,  
Recreational Class(Canoe/Kayak),  
Open Class( Kayak and USCA C1)
- Course: All classes start and finish at P3-Cowie Falls Hydro  
**Pro-Boat** class will proceed upriver to B3-Big Falls Hydro-complete buoy turn and return to P3- Cowie Falls .This class has 4 portages.  
**Rec, Stock and Open-** proceed upriver to P1-Lower Great Brook Hydro-Complete buoy turn and return to Cowie Falls. These classes have 2 portages
- Misc: Immediately following the race all participants are invited to a barbecue and a draw for prizes. Proceeds to Queens County Emergency Measures Organization.
- Contact: [Dave Lewis](#) 902.354.4931
- Safety: Safety boat in Lower Great Brook Headpond. Portages flagged at take-out and put-in with personnel available to check participants off. Portages mandatory.
- Portages: Portages flagged at take-out and put-in with personnel available to check participants off. ALL PORTAGES MANDATORY.
- Note: Mersey River System is not in generation mode, therefore there is no downstream current. However the ponds are filled to capacity.

### Mens ProBoat C2 Class

(30 km)

Jean Marien/Doug Archibald	2:56:40
Rafe Hooper/Alex Calvin	2:57:33
Tim Lynch/David Lewis	2:57:34
Jeffrey & Jason McKinnon	2:58:56
Rick McMahan/John Gillies	3:01:00
Lawson Fraser/Richard McKinnon	3:02:00
Dustin Whalen/Stephan Scarola	3:05:13

### Mixed ProBoat C2 Class

(30 km)

Beverly Lewis/Kris Archibald	3:10:55
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### Youth ProBoat C2 Class

(16 km)

Ashley & Justin McKinnon	1:41:12
Morgan Sampson/Abby Lewis	1:46:42

### Stock Class

(16 km)

Alex Gallagher/Robert McKinnon	1:30:07
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### Mixed Rec Class

(16 km)

Robin & Robert McKinnon	1:39:21
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### Open Class

(16 km)

Martin Huntley	1:58:12
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## Nictaux Canal Race 2004



Date: Saturday, July 31, 2004  
 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.

### Stock Class

Darren Gray/Bernie Levy	1:47:54
Alex Gallagher /John Skaling	1:48:19
Cheryl Tanton/Austin Roberts	1:48:32

### K1 Recreational

Bruce Duffy	1:39:18
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### Mixed Recreational

Robin & Robert (Sr) McKinnon	1:53:24
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### Mens Pro Boat

David Lewis/ Tim Lynch	1:52:34
Doug Archibald/ Jean Marien	1:53:35
Rick McMahan/ John Gillies	1:54:53
Jeff McKinnon/ Steve Williams	1:58:29
Lawson Fraser/ Richard McKinnon	1:59:24

### Mixed Pro Boat

Bev Lewis/ Kristoffer Archibald	1:57:53
Daina Deblette/ Stafan Scarola	2:07:40
Dustin Whalen/ Angela Russell	2:08:10

### Youth Pro Boat

Justin & Ashley McKinnon	2:04:04
Abby Lewis/ Morgan Sampson	2:06:10

## 2004 Canadian Marathon Canoe Championships



### Dates

Thursday	Aug.19	Registration/Boat Control
Friday	Aug.20	Races
Saturday	Aug.21	Races/Medals Banquet
Sunday	Aug.22	Races/Medals Ceremonies

### Venue

Dartmouth is known as the City of Lakes. It has a long history in canoesport, dating from the First Peoples to present day world champion paddlers. Our lakes are known internationally as a superb natural race course, having hosted the Sprint World Championships in 1989 and 1997 followed by the Jr and Sr Marathon World Championships in 2000.

Lake Banook, located in downtown Dartmouth, is home to four paddling/rowing clubs; Senobe, MicMac, Banook and NorthStar, all of which will be providing support for our Nationals. In particular, the 100 year old Banook Canoe Club will host the banquet, the awards ceremonies, and provide other logistical support.

Registration and judging will take place at the Judges' Tower area with the support of the Society for Canoe Championships and the Atlantic Division of the Canadian Canoe Association.

### Course Description

The course starts at the head of Lake Banook and moves into Lake MicMac. Depending on your class, there is a portage between Lakes MicMac and Charles. Shorter races will portage on Lake Banook.

### Categories/Age Classes

Race categories will include C-1, C-2, K-1, K-2, Pro-Boat, Stock Boat, ICF, recreational canoes and kayaks as well as Sea Kayaks. Age classes include everybody from Bantams to Masters III.

### Canoe Racing Clinic

A very informative canoe racing clinic will be hosted by ■ [Steve McAleer](#) of Ludlow, NB on Friday evening, Aug.20 at 6:00 PM behind the Judges' Tower. Steve is a well-known paddler on the North American Pro-boat racing circuit and will discuss technique, strategy and equipment

### Course Photography

Donna and Tim Mitchell of ■ [Action Pics Photography](#) have agreed to be our Course Photographers. We have provided them setup venues near the Judges' Tower and at the banquet. Be sure to visit them and review their candid racing pictures. A great opportunity to acquire Nationals mementos of yourself and friends.

### Course First-Aid

The Sackville Division of the ■ [St.John Ambulance Brigade](#) is pleased to be part of these National Championships. Please look for their familiar, uniformed volunteers on site and feel free to ask them for assistance.

### Sports Massage

Tasha LaViolette, a Registered Massage Therapist, will setup her table at the Nationals on Saturday and possibly Sunday. She will have a donation box for her services, but a suggested minimum is \$5 per 15 minute session.fo

DATE  
EVENT  
CONDITIONS

Friday Aug.20/2004  
C1/K1

Bib #	Category	Place	Name	Country	Finish
69	Master1 C1 Men	1	Stephen McAleer	CAN	2:14:02
15	Master1 C1 Men	2	Rate Hooper	CAN	2:15:06
6	Master1 C1 Men	3	Jean Marien	CAN	2:15:13
9	Master1 C1 Men	4	David Lewis	CAN	2:15:15
4	Master1 C1 Men	5	Lawson Fraser	CAN	2:23:22
3	Master1 C1 Men	6	Don Stoneman	CAN	2:23:42
5	Master1 C1 Men	7	Steve Williams	CAN	2:24:08
78	Master1 K1 ICF	1	Bruce Murphy	CAN	2:22:57
18	Master2 C1 ICF		Jim Little	CAN	DNF
14	Master2 C1 Men	1	Bob Matthews	CAN	2:03:18
10	Master2 C1 Men	2	Tom Walton	USA	2:03:44
13	Master2 C1 Men	3	Stan Anusiewicz	CAN	2:05:46
8	Master2 C1 Men	4	Jim Roberts	USA	2:07:14
21	Master2 C1 Men	5	Pierre Pinard	CAN	2:11:48
17	Master2 C1 Men		Berhier Rodrique	CAN	DNF
73	Master2 K1 Men	1	Mark Penfound	CAN	2:27:27
2	Master3 C1 Men	1	Stan Machacek	CAN	2:02:41
7	Master3 C1 Men	2	Dick Ulbrich	USA	2:06:10
1	Master3 C1 Men	3	Doug Hollingsworth	CAN	2:15:24
11	Master3 C1 Men	4	Phillip Cole	USA	2:21:24
22	Master3 C1 Men	5	Jon MacQueen	CAN	2:29:35
23	Master3 C1 Men		Iain Craig	CAN	DNF
82	Rec Kayak Open	1	Robert Fraser	CAN	0:28:23
80	Rec Kayak Open	2	Bruce Duffy	CAN	0:31:42
81	Sea Kayak Open	1	Steve Rosenall	USA	1:41:33
83	Sea Kayak Open	2	Wally Woodbury	CAN	1:48:25
85	Sea Kayak Open	3	Rob Girard	CAN	2:01:11
84	Sea Kayak Open	4	Kevin Gallagher	CAN	2:01:12
19	Senior C1 Men	1	Eric Gagnon	CAN	2:19:39
16	Senior C1 Men	2	Alex Calvin	CAN	2:20:28
12	Senior C1 Men	3	Serge Page	CAN	2:21:09
76	Senior K1 ICF	1	Andreas Dombia	CAN	1:48:07
77	Senior K1 ICF	2	Trevor Maclean	CAN	1:48:12
72	Senior K1 ICF	3	Jeff Van Horne	CAN	1:52:10
100	Senior K1 ICF	4	Joey Mingrone	CAN	1:52:19
75	Senior K1 ICF	5	Dustin Whalen	CAN	2:03:16

**DATE**  
**EVENT**  
**CONDITIONS**

Friday Aug.20/2004

C2/K2

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<b>Bib #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Finish</b>
31	Bantam C2 Men	1	Justin Stacey/RobertSimpson-Spook	CAN	0:37:50
43	Bantam C2 Women	1	Abby Lewis/Morgan Sampson	CAN	0:30:44
38	Junior C2 Men	1	Kristoffer Archibald/Ross Phillips	CAN	1:44:45
47	Junior C2 Men	2	Alex Gallagher/Justin McKinnon	CAN	2:24:57
37	Juvenile C2 Men	1	Jeffrey & Jason McKinnon	CAN	1:44:58
33	Juvenile C2 Women	1	Robin & Ashley McKinnon	CAN	2:20:38
30	Master1 C2 Women	1	Liz Lock/Karen Simpson	CAN	2:20:21
70	Master3 K2 Women	1	Emily Tenwolde/Debbie Windsor	CAN	2:32:12
52	Senior C2 Women	1	Dawn Dixon/Audrey Harper	CAN	2:33:32
41	Senior C2 Women	2	Beverley Lewis/Angela Russell	CAN	2:39:13

**DATE**  
**EVENT**  
**CONDITIONS**

Friday Aug.20/2004

Stock

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<b>Bib #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Country</b>	<b>Finish</b>
61	Rec Open	1	Robert McKinnon(sr)/Jeff McKinnon	CAN	28:46:79
60	Stock Open	1	Richard McKinnon/Lawson Fraser	CAN	1:53:08
64	Stock Open	2	Bev McMurtrie/Hugh Croll	CAN	1:54:25
63	Stock Open	3	Darren Gray/Bernie Levy	CAN	1:54:51
62	Stock Open		Alex Gallagher/JasonMcKinnon	CAN	DNF

**DATE**  
**EVENT**  
**CONDITIONS**

Saturday Aug.21/04  
C1/K1

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<b>Bib #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Finish</b>
17	Bantam C1	1	Robert Simpson	CAN	48:48:17
6	Bantam C1	1	Abby Lewis	CAN	32:29:86
3	Bantam C1	2	Robin McKinnon	CAN	35:12:98
4	Junior C1	1	Jeffrey McKinnon	CAN	1:57:35
5	Junior C1	2	Jason McKinnon	CAN	1:59:07
19	Junior C1	3	Alex Gallagher	CAN	2:10:46
9	Juvenile C1(W)	1	Beverly Lewis	CAN	2:15:37
24	Master1 C1		Allyson MacDonald	CAN	2:20:09
13	Master1 C1		Liz Loek	CAN	2:22:00
2	Master1 C1 (W)		Karen Simpson	CAN	SCR
11	Master3 C1 (W)		Dede Herlihy	USA	2:29:11
78	Master3 K1		Emily Tenwolde	CAN	SCR
79	Master3 K1		Debbie Windsor	CAN	SCR

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**DATE**  
**EVENT**  
**CONDITIONS**

Saturday Aug.21/04  
C2/K2

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<b>Boat #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Finish</b>
92	Master1 C2	1	Doug Archibald/Jean Marien	CAN	2:07:59
40	Master1 C2	2	Rick McMahon/John Gillies	CAN	2:09:38
56	Master1 C2	3	Dave Murray/Bill Degroot	CAN	2:09:41
32	Master1 C2	4	Richard McKinnon/Lawson Fraser	CAN	2:10:34
31	Master1 C2	5	Don Stoneman/Craig Creighton	CAN	2:10:44
35	Master1 C2	6	Steve Williams/Wally Woodbury	CAN	2:13:49
30	Master2 C2	1	Stan Anusiewicz/Stan Machaek	CAN	1:51:48
54	Master2 C2	2	Bob Vincent/Pierre Pinard	CAN	1:57:28
50	Master2 C2	3	Berthol Normand/Berhier	CAN	1:57:37
48	Master2 C2	4	Bob Matthews/Doug Duncan	CAN	1:57:38
51	Master2 C2	5	Bernie Levy/Gordon Warnica	CAN	2:09:57
39	Master3 C2	1	Dick Ulbrich/Jim Roberts	USA	1:56:53
44	Master3 C2	2	Tom Walton/Phillip Cole	USA	1:58:29
52	Master3 C2	3	Jon McQueen/John Harper	CAN	2:16:29
34	Master3 C2	4	Bruce Duffy/Malcolm Pain	CAN	2:17:29
53	Senior C2	1	Eric Gagnon/Serge Page	CAN	2:01:05
96	Senior K2	2	Trevor MacLean/Steve McAlleer	CAN	2:03:43
38	Senior C2	3	Kristoffer Archibald/Ross Phillips	CAN	2:04:20
49	Senior C2	4	Rafe Hooper/Alex Calvin	CAN	2:06:30
41	Senior C2	5	David Lewis/Tim Lynch	CAN	2:06:31
45	Senior C2	6	Dustin Whalen/Graham Cobb	CAN	2:10:08

**DATE**  
**EVENT**  
**CONDITIONS**

Saturday Aug.21/04  
Stock

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<b>Bib #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Club</b>
2	Stock W		Ashley & Robin MacKinnon	MCC

**DATE**  
**EVENT**  
**CONDITIONS**

Saturday Aug.21/04  
Youth/Adult

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<b>Bib #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Finish</b>
53	Bantam/Adult	1	Serge Page/Morgan Sampson	CAN	0:26:03
31	Bantam/Adult	2	Justin Stacey/Don Stoneman	CAN	0:26:20
92	Bantam/Adult	3	Robin MacKinnon/Jean Marien	CAN	0:26:22
47	Bantam/Adult	4	Abby Lewis/Bob Vincent	CAN	0:26:34
30	Bantam/Adult	5	Stan Machacek/Robert Simpson-Spook	CAN	0:29:01
45	Bantam/Adult	6	Hilary Johnstone/Haley Robinson	CAN	0:30:18
96	Junior/Adult	1	Ross Phillips/Steve McAleer	CAN	0:23:35
56	Junior/Adult	2	Alex Calvin/Bill Degroot	CAN	0:23:39
40	Junior/Adult	3	Alex Gallagher/Jon Gillies	CAN	0:25:19
32	Junior/Adult	4	Lawson Fraser/Jeffery MacKinnon	CAN	0:25:33
42	Junior/Adult	5	Ashley MacKinnon/Alan Billard	CAN	0:28:00
41	Juvenile/Adult	1	Bev Lewis/Dave Lewis	CAN	0:25:18
33	Juvenile/Adult	2	Richard MacKinnon/Justin MacKinnon	CAN	0:26:54

**DATE**  
**EVENT**  
**CONDITIONS**

Sunday Aug.22/2004  
Mixed C2

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<b>Bib #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Country</b>	<b>Finish</b>
45	Bantam C2	1	Justin Stacey/Hayley Robinson	CAN	0:32:15
33	Junior C2	1	Justin McKinnon/Ashley McKinnon	CAN	2:07:33
36	Master1 C2	1	Craig Creighton/Andrea Keay	CAN	2:14:17
47	Master1 C2	2	Allyson MacDonald/Bob Vincent	CAN	2:16:48
42	Master1 C2	3	Allan Billard/Shirley Wenaus	CAN	2:28:30
30	Master2 C2	1	Stan Machacek/Karen Simpson	CAN	1:58:29
46	Master2 C2	2	Stan Anusiewicz/Liz Lock	CAN	2:00:55
38	Master2 C2	3	Sherri Archibald/Doug Hollingsworth	CAN	2:14:28
34	Master2 C2	4	Bruce Duffy/Hilary Johnstone	CAN	2:17:25
79	Master2 K2	1	Mark Penfound/Emily Tenwolde	CAN	2:10:57
39	Master3 C2	1	Dick Ulbrick/Dede Herlihy	USA	2:03:51
41	Senior C2	1	David Lewis/Abby Lewis	CAN	2:12:08
49	Senior C2	2	Rafe Hooper/Angela Russell	CAN	2:16:47
156	Senior C2	3	Alex Calvin/Bev Lewis	CAN	2:16:52
96	Senior C2	4	Steve McAleer/Dawn Vincent	CAN	2:18:58
40	Senior C2	5	JohnGillies/Lori Taylor	CAN	2:19:01
52	Senior C2	6	Audrey Harper/Bev McMurtrie	CAN	2:19:36
92	Senior C2	7	Serge Page/Morgan Sampson	CAN	2:20:22
43	Senior C2	8	Cheryl Tanton/Austin Roberts	CAN	2:26:41
2	Senior C2	9	Erin Schaus/Ross Phillips	CAN	2:30:31
53	Senior C2	10	Mary-BethArchibald/Eric Gagnon	CAN	2:34:35

**DATE**  
**EVENT**  
**CONDITIONS**

Sunday Aug.22/2004  
Mixed Stock

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<b>Bib #</b>	<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Finish</b>
61	Open Rec	1	Robert McKinnon(sr)/Robin McKinnon	CAN	0:29:43

## DiamondMan Quadrathlon 2004

Saturday, September 11, 2004



## 2004 WORLD CUP RESULTS OPEN MEN



ID	Name(s)	Nation	Class	Swim	T1	Paddle	T2	Cycle	T3	Run	FINAL
<b>1</b>	1-1192 Miroslav Podborsky	CZK	(Open-M)	0:33:40(2)	0:34:02	1:15:38 (1)	1:16:16	2:31:32 (1)		3:09:54	3:09:54
			Race Δ	0:00:13	0:00:18	0:00:00	0:00:00	0:00:00	0:00:00		
			Section Time	0:33:40(2)	0:00:22	0:41:36 (1)	0:00:38	1:15:16 (1)	0:38:22 (2)		
			Section Δ	0:00:13	0:00:07	0:00:00	0:00:21	0:00:00	0:00:47		
<b>2</b>	1-1633 Thoralf Berg	GER	(Open-M)	0:33:42(3)	0:34:10	1:17:35 (3)	1:17:52	2:35:01 (2)		3:12:36	3:12:36
			Race Δ	0:00:15	0:00:26	0:01:57	0:01:36	0:03:29	0:02:42		
			Section Time	0:33:42(3)	0:00:28	0:43:25 (4)	0:00:17	1:17:09 (2)	0:37:35 (1)		
			Section Δ	0:00:15	0:00:13	0:01:49	0:00:00	0:01:53	0:00:00		
<b>3</b>	1-1631 Lukás Matys	CZK	(Open-M)	0:33:27(1)	0:33:44	1:16:38 (2)	1:17:04	2:36:55 (3)		3:20:00	3:20:00
			Race Δ	0:00:00	0:00:00	0:01:00	0:00:48	0:05:23	0:10:06		
			Section Time	0:33:27(1)	0:00:17	0:42:54 (3)	0:00:26	1:19:51 (4)	0:43:05 (6)		
			Section Δ	0:00:00	0:00:02	0:01:18	0:00:09	0:04:35	0:05:30		
<b>4</b>	1-1179 Leos Rousav	CZK	(Open-M)	0:37:57(6)	0:38:32	1:29:04 (8)	1:29:37	2:49:00 (4)		3:28:26	3:28:26
			Race Δ	0:04:30	0:04:48	0:13:26	0:13:21	0:17:28	0:18:32		
			Section Time	0:37:57(6)	0:00:35	0:50:32 (8)	0:00:33	1:19:23 (3)	0:39:26 (4)		
			Section Δ	0:04:30	0:00:20	0:08:56	0:00:16	0:04:07	0:01:51		
<b>5</b>	1-1636 Trevor MacLean	CAN	(Open-M)	0:40:05(8)	0:40:20	1:22:29 (4)	1:23:16	2:49:55 (5)		3:31:12	3:31:12
			Race Δ	0:06:38	0:06:36	0:06:51	0:07:00	0:18:23	0:21:18		
			Section Time	0:40:05(8)	0:00:15	0:42:09 (2)	0:00:47	1:26:39 (5)	0:41:17 (5)		
			Section Δ	0:06:38	0:00:00	0:00:33	0:00:30	0:11:23	0:03:42		
<b>6</b>	1-1650 Roger Tabone	RSA	(Open-M)	0:35:16(4)	0:36:10	1:27:04 (6)	1:27:44	2:55:36 (6)		3:40:48	3:40:48
			Race Δ	0:01:49	0:02:26	0:11:26	0:11:28	0:24:04	0:30:54		
			Section Time	0:35:16(4)	0:00:54	0:50:54 (10)	0:00:40	1:27:52 (7)	0:45:12 (8)		
			Section Δ	0:01:49	0:00:39	0:09:18	0:00:23	0:12:36	0:07:37		
<b>7</b>	1-1651 Robert Tranter	CAN	(Open-M)	0:37:50(5)	0:38:25	1:34:36 (10)	1:35:10	3:02:16 (7)		3:41:06	3:41:06
			Race Δ	0:04:23	0:04:41	0:18:58	0:18:54	0:30:44	0:31:12		
			Section Time	0:37:50(5)	0:00:35	0:56:11 (11)	0:00:34	1:27:06 (6)	0:38:50 (3)		
			Section Δ	0:04:23	0:00:20	0:14:35	0:00:17	0:11:50	0:01:15		
<b>8</b>	1-2265 Tim Stiner	CAN	(Open-M)	0:43:09(9)	0:43:37	1:34:00 (9)	1:35:18	3:08:44 (8)		3:53:00	3:53:00
			Race Δ	0:09:42	0:09:53	0:18:22	0:19:02	0:37:12	0:43:06		
			Section Time	0:43:09(9)	0:00:28	0:50:23 (7)	0:01:18	1:33:26 (8)	0:44:16 (7)		
			Section Δ	0:09:42	0:00:13	0:08:47	0:01:01	0:18:10	0:06:41		
<b>9</b>	1-1634 Roberto Ortega Ramirez	ESP	(Open-M)	0:47:33(10)	0:48:26	1:39:18 (11)	1:40:09	3:21:04 (11)		4:07:28	4:07:28
			Race Δ	0:14:06	0:14:42	0:23:40	0:23:53	0:49:32	0:57:34		
			Section Time	0:47:33(10)	0:00:53	0:50:52 (9)	0:00:51	1:40:55 (9)	0:46:24 (9)		
			Section Δ	0:14:06	0:00:38	0:09:16	0:00:34	0:25:39	0:08:49		
<b>10</b>	1-2267 Dustin Whalen	CAN	(Open-M)	0:38:25(7)	0:39:44	1:27:36 (7)	1:29:31	3:16:25 (10)		4:17:57	4:17:57
			Race Δ	0:04:58	0:06:00	0:11:58	0:13:15	0:44:53	1:08:03		
			Section Time	0:38:25(7)	0:01:19	0:47:52 (6)	0:01:55	1:46:54 (10)	1:01:32 (10)		
			Section Δ	0:04:58	0:01:04	0:06:16	0:01:38	0:31:38	0:23:57		
<b>11</b>	1-2269 Graham Cobb	CAN	(Open-M)		0:39:45	1:26:59 (5)	1:29:08	3:16:24 (9)		4:17:58	DNF
			Race Δ		0:06:01	0:11:21	0:12:52	0:44:52	1:08:04		
			Section Time		0:39:45	0:47:14 (5)	0:02:09	1:47:16 (11)	1:01:34 (11)		
			Section Δ		0:39:30	0:05:38	0:01:52	0:32:00	0:23:59		

DiamondMan Quadrathlon 2004

Saturday, September 11, 2004



2004 WORLD CUP  
RESULTS  
OPEN WOMEN



ID	Name(s)	Nation	Class	Swim	T1	Paddle	T2	Cycle	T3	Run	FINAL
<b>1</b>	2-1191 Sárka Skalická	CZK	(Open-W)	0:37:59(3)	0:38:16	1:30:25 (1)	1:31:05	3:02:55 (1)		3:47:22	3:47:22
			Race Δ	0:03:40	0:03:21	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
			Section Time	0:37:59(3)	0:00:17	0:52:09 (1)	0:00:40	1:31:50 (1)	0:44:27 (1)	0:00:00	
			Section Δ	0:03:40	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	
<b>2</b>	2-1632 Kerry Copeland	CAN	(Open-W)	0:34:37(2)	0:35:03	1:38:07 (2)	1:38:58	3:12:57 (2)		4:01:37	4:01:37
			Race Δ	0:00:18	0:00:08	0:07:42	0:07:53	0:10:02	0:14:15	0:00:00	
			Section Time	0:34:37(2)	0:00:26	1:03:04 (3)	0:00:51	1:33:59 (2)	0:48:40 (2)	0:00:00	
			Section Δ	0:00:18	0:00:09	0:10:55	0:00:11	0:02:09	0:04:13	0:00:00	
<b>3</b>	2-1176 Monika Rosenmeier	GER	(Open-W)	0:34:19(1)	0:34:55	1:39:38 (3)	1:40:48	3:18:13 (3)		4:10:00	4:10:00
			Race Δ	0:00:00	0:00:00	0:09:13	0:09:43	0:15:18	0:22:38	0:00:00	
			Section Time	0:34:19(1)	0:00:36	1:04:43 (4)	0:01:10	1:37:25 (3)	0:51:47 (3)	0:00:00	
			Section Δ	0:00:00	0:00:19	0:12:34	0:00:30	0:05:35	0:07:20	0:00:00	
<b>4</b>	2-2268 Silke Harenberg	GER	(Open-W)	0:41:30(4)	0:42:00	1:45:03 (4)	1:45:50	3:27:20 (4)		4:19:32	4:19:32
			Race Δ	0:07:11	0:07:05	0:14:38	0:14:45	0:24:25	0:32:10	0:00:00	
			Section Time	0:41:30(4)	0:00:30	1:03:03 (2)	0:00:47	1:41:30 (4)	0:52:12 (4)	0:00:00	
			Section Δ	0:07:11	0:00:13	0:10:54	0:00:07	0:09:40	0:07:45	0:00:00	



2004 WORLD CUP  
RESULTS  
MASTERS M1 - MEN



ID	Name(s)	Nation	Class	Swim	T1	Paddle	T2	Cycle	T3	Run	FINAL
<b>1</b>	3-1630 Petr Mejzlik	CZK	(M1-M)	0:40:58(2)	0:42:11	1:44:15 (2)	1:44:53	3:11:14 (1)		3:59:29	3:59:29
			Race Δ	0:05:58	0:06:58	0:04:39	0:03:11	0:00:00	0:00:00	0:00:00	
			Section Time	0:40:58(2)	0:01:13	1:02:04 (1)	0:00:38	1:26:21 (1)	0:48:15 (2)	0:00:00	
			Section Δ	0:05:58	0:01:00	0:00:00	0:00:00	0:00:00	0:06:51	0:00:00	
<b>2</b>	3-1177 Horst Krüger	GER	(M1-M)	0:35:00(1)	0:35:13	1:39:36 (1)	1:41:42	3:18:10 (2)		4:10:00	4:10:00
			Race Δ	0:00:00	0:00:00	0:00:00	0:00:00	0:06:56	0:10:31	0:00:00	
			Section Time	0:35:00(1)	0:00:13	1:04:23 (2)	0:02:06	1:36:28 (2)	0:51:50 (3)	0:00:00	
			Section Δ	0:00:00	0:00:00	0:02:19	0:01:28	0:10:07	0:10:26	0:00:00	
<b>3</b>	3-1178 Václav Marek	CZK	(M1-M)	0:47:41(3)	0:49:20	2:04:46 (3)	2:06:51	3:48:20 (3)		4:29:44	4:29:44
			Race Δ	0:12:41	0:14:07	0:25:10	0:25:09	0:37:06	0:30:15	0:00:00	
			Section Time	0:47:41(3)	0:01:39	1:15:26 (3)	0:02:05	1:41:29 (3)	0:41:24 (1)	0:00:00	
			Section Δ	0:12:41	0:01:26	0:13:22	0:01:27	0:15:08	0:00:00	0:00:00	

**DiamondMan Quadrathlon 2004**

Saturday, September 11, 2004



**2004 DIAMONDMAN RESULTS**



**JUNIOR MEN TRIATHLON**

ID	Name(s)	Nation	Class	Swim	T1	Paddle	T2	Run	FINAL
<b>1</b>	XX 1664 Christian Hall	CAN	(Tri-JrM)	0:04:40(1)	0:05:41	0:20:47 (1)	0:22:21	0:40:53	0:40:53
			Race Δ	0:00:00	0:00:16	0:00:00	0:00:00	0:00:00	
			Section Time	0:04:40(1)	0:01:01	0:15:06 (1)	0:01:34	0:18:32 (1)	
			Section Δ	0:00:00	0:00:35	0:00:00	0:01:04	0:00:00	
<b>2</b>	XX 1656 Conor Friesen		(Tri-JrM)	0:04:45(2)	0:05:25	0:26:31 (2)	0:27:02	0:46:05	0:46:05
			Race Δ	0:00:05	0:00:00	0:05:44	0:04:41	0:05:12	
			Section Time	0:04:45(2)	0:00:40	0:21:06 (2)	0:00:31	0:19:03 (2)	
			Section Δ	0:00:05	0:00:14	0:06:00	0:00:01	0:00:31	
<b>3</b>	XX 1662 Thomas Hall	CAN	(Tri-JrM)	0:07:08(3)	0:07:34	0:29:00 (3)	0:29:30	0:51:17	0:51:17
			Race Δ	0:02:28	0:02:09	0:08:13	0:07:09	0:10:24	
			Section Time	0:07:08(3)	0:00:26	0:21:26 (3)	0:00:30	0:21:47 (3)	
			Section Δ	0:02:28	0:00:00	0:06:20	0:00:00	0:03:15	
<b>4</b>	XX 1657 Jacob Moore		(Tri-JrM)	0:07:18 (4)	0:07:55	0:30:00 (4)	0:30:45	0:57:22	0:57:22
			Race Δ	0:02:38	0:02:30	0:09:13	0:08:24	0:16:29	
			Section Time	0:07:18 (4)	0:00:37	0:22:05 (4)	0:00:45	0:26:37 (4)	
			Section Δ	0:02:38	0:00:11	0:06:59	0:00:15	0:08:05	



**2004 DIAMONDMAN RESULTS**



**JUNIOR WOMEN TRIATHLON**

ID	Name(s)	Nation	Class	Swim	T1	Paddle	T2	Run	FINAL
<b>1</b>	XX 1663 Samantha Hall	CAN	(Tri-JrW)	0:06:16 (1)	0:07:14	0:26:09 (1)	0:27:50	0:46:42	0:46:42
			Race Δ	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	
			Section Time	0:06:16 (1)	0:00:58	0:18:55 (1)	0:01:41	0:18:52 (1)	
			Section Δ	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	



## Fred Lynch 2004



Date: Saturday, Sept.25,2004  
 Registration: Senobe (Lake Banook) 10:00 am  
 Start: 11:00 am  
 Cost: \$10 per person  
 Divisions: Pro Boat, Open, Rec, Kayak  
 Course: Loop from Senobe to top of Charles and back  
 Misc: Draw prizes, home-made chili and juice  
 Contact: Jean Marien 902.434.1240

### Mixed ProBoat C2 Class

16 km

Susan Sliming/ Jean Marien

1:31:12

Angela Russell/ Dustin Whalen

1:37:08

Sherry & Doug Archibald

1:40:24

Lori Hodder/ Bill Lobban

1:48:11

### Womens ProBoat C2 Class

16 km

Bev & Abby Lewis

1:45:48

### Junior ProBoat C2 Class

16 km

Justin & Ashley McKinnon

1:31:45

### Mens ProBoat C2 Class

16 km

Jeff & Jason McKinnon

1:28:29

Richard McKinnon/ Lawson Fraser

1:29:50

Dave Lewis/ Kevin Lynch

1:32:34

Shawn & Chris McCarthy

1:39:08

### Stock Boat Class

12 km

Robert McKinnon/ Alex Gallagher

1:24:55

Danielle & Steve Williams

1:46:29

### Recreational

8 km

Robert (Sr) & Robin McKinnon

00:59:06

Reese Williams (K1 Junior)

1:19:59

## Arthur Weston 2004



Date: Saturday, Sept.25,2004  
 Registration: Senobe (Lake Banook) 10:00 am  
 Start: 11:00 am  
 Cost: \$10 per person  
 Divisions: Pro Boat, Open, Rec, Kayak  
 Course: Loop from Senobe to top of Charles and back  
 Misc: Draw prizes, home-made chili and juice  
 Contact: Jean Marien 902.434.1240

### ARTHUR WESTON - K1

16 km

Trevor MacLean	1:17:14
Joey Mingrone	1:21:20
Sara Hopkins	1:21:26
Tim Farmer	1:33:30
Shawn Amirault	1:39:10

### ARTHUR WESTON - C2

16 km

Dennis & Brian Stever	1:19:38
Luke Moriarty/ Colin Darcy	1:29:02
Lowell Gouldon/ Kate Jarrett	1:50:17
Bruce & Bill Oakley	2:07:19

### ARTHUR WESTON - K2

16 km

Nick Clement/ Jenny Rowlands	1:23:13
Caitlyn Myketyn/ Katie Day	1:25:54
Christian Hall/ Paddy Vaughan	1:36:28

### ARTHUR WESTON - C4

16 km

Sue Rickard, Liz Evans, Barb Black, Terry McCormick	1:55:09
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## PPP Relay 2004



- Date: Saturday, September 18, 2004
- Registration: Before Sept.13: \$20.00/person includes T-shirt at race  
 After Sept 13: \$20/person, T-shirt later  
 Race Day: \$20/person, T-shirt later 8:00 - 8:45 AM
- Start: 9:00 AM Charles L. MacDonald Sportspark
- Divisions: 1. Solo Male 2. Solo Female 3. Team (2, 3 or 4 persons). Solos can share boats
- Course: The bike/run course follows the perimeter of the park. MTB 5km, Paddle 3km, Run 5km (Distances Approximate).
- Directions: Charles L. MacDonald Sportspark 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](mailto:duffy.bruce@ns.sympatico.ca)
- Notes: The bike/run course is hilly with a few sections that may 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** carry a lifejacket and require a bailer, towline, whistle and a spare paddle (canoes). We **STRONGLY** advise you to wear your PFD



### Solo Female

Bib Name	Pedal	Paddle	Plod	Total
42 Beth Moriarty	0:16:33	0:23:10	0:27:02	1:06:45
41 Darlene Chapman	0:16:37	0:26:09	0:28:13	1:10:59
44 Sammy Hall	0:28:42	0:29:43	0:27:16	1:25:41
40 Marlene Reid	0:26:01	0:28:52	0:42:06	1:36:59
43 Tara Duffy	0:43:59	0:21:58	0:36:18	1:42:15

### Solo Male

Bib Name	Pedal	Paddle	Plod	Total
79 Trevor MacLean	0:12:16	0:15:07	0:21:42	0:49:05
72 Joey Mingrone	0:14:47	0:16:30	0:22:55	0:54:12
83 Tim Farmer	0:11:57	0:20:55	0:23:50	0:56:42
69 John McInerney	0:13:03	0:23:30	0:21:46	0:58:19
68 Bruce Murphy	0:15:26	0:18:59	0:24:45	0:59:10
67 Jerry Mason	0:13:42	0:23:43	0:22:38	1:00:03
65 Ron MacDougall	0:14:02	0:23:29	0:24:30	1:02:01
85 Rob Girard	0:15:46	0:22:43	0:23:46	1:02:15
82 Christian Hall	0:16:43	0:19:08	0:26:34	1:02:25
66 Dave Stanford	0:14:23	0:26:18	0:21:46	1:02:27

78	Greg Murphy	0:17:09	0:21:04	0:27:32	1:05:45
77	Bill Lobban	0:19:15	0:19:02	0:28:16	1:06:33
70	Liam McInerney	0:15:24	0:24:31	0:26:43	1:06:38
73	Stuart Towers	0:16:56	0:26:24	0:24:56	1:08:16
84	Jonny White	0:18:05	0:27:46	0:23:57	1:09:48
75	Daniel Snelson	0:16:04	0:28:19	0:25:27	1:09:50
74	David Snelson	0:15:58	0:29:42	0:27:28	1:13:08
76	Karl Lingley	0:17:04	0:29:47	0:33:30	1:20:21
62	Mike Malley	0:22:59	0:28:50	0:41:56	1:33:45
64	Glenn MacKay	0:20:39	0:42:31	0:34:01	1:37:11
63	Ted Wallace	0:19:42	0:48:37	0:28:53	1:37:12
71	Jeff Houser	0:13:38	DNF	DNF	DNF

## Team

Bib	Name	Pedal	Paddle	Plod	Total
12	Team Amirault Shawn Amirault, Kelly Amirault	0:11:42	0:20:07	0:22:41	0:54:30
13	Jam Jim Burke, Alain Charpentier, Mike O'Leary	0:14:15	0:19:06	0:21:26	0:54:47
14	Born Ready Bernie Levy, Ben Levy, Ronnie Reid	0:14:39	0:18:40	0:25:01	0:58:20
17	Botex Brian Coxhead, Tim Milligan	0:14:00	0:21:19	0:23:18	0:58:37
3	Mr: Fish & The Archies Doug Archibald, Sherry Archibald, Terry Fisher	0:13:58	0:19:56	0:27:26	1:01:20
15	Ace Up Sleeve Darren Gray, Kevin Wentzell, Steve Greer	0:16:23	0:18:23	0:29:07	1:03:53
18	3-Gen Chris Hollebhone, Kimberley Hollebhone, Stephanie Murphy	0:17:32	0:20:36	0:25:49	1:03:57
16	Black Daggers Kyle Windsor, Curtis Stacey, Aaron Windsor	0:21:46	0:15:34	0:26:43	1:04:03

## Levy Cruiser



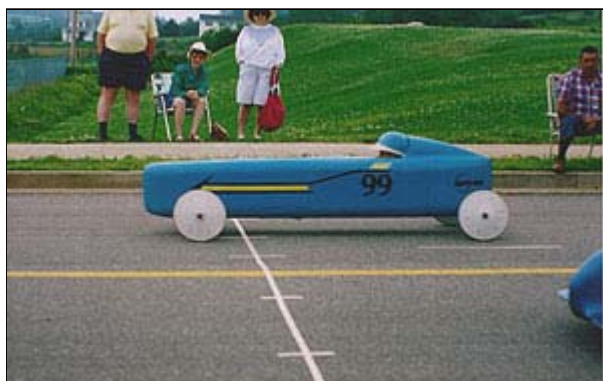
- Built by:** Bernie Levy, David McCurdy and Stephen Rand
- Construction:** Cedarstrip, bead and cove
- Material:** Eastern white cedar, red wood accents  
 -- ash inside stems, gunwales, & grab handles  
 -- fiberglass cloth and East System Epoxy.
- Mould design:** Bernie Levy, 18' Competition Cruiser, patterned after Gillies 18' Stock Boat and Wenonah 18' Jensen.
- Reference:** "Canoeecraft" by Ted Moores and Merilyn Mohr
- Construction Time:** 250 hours
- Others who helped:** Wendy Levy (cloth lay up and out fitting),  
 Lisa Rand (many coffee breaks),  
 Michael McCurdy (bead & cove strips),  
 David Ripley (planking and aluminum source),  
 Henry Vietinghoft (cloth lay up),  
 Bruce Duffy (sheer line),  
 Trevor MacLean (seats),  
 Jeff Houser (aluminum source),  
 Himmelman Contractors (seat frame welding),  
 MMOS (material supplier),  
 Sylvester Signs (Levy Cruiser),  
 Darren Gray (outfitting and bowman in maiden race)



I come from a long line of boat builders, Heislars, Stevens and Levys. My great-grandfather (my paternal grandmother's father) was none other than the famous wooden schooner builder Reuben Heisler, who built at least 35 Tancook Schooners in the early 1900's. One of his schooners (ADARE 40 ft, 1906) was in the last "Tall Ship" Parade of Sail (2000). My great-great-uncle Wesley Stevens (my paternal grandmother's, mother's brother), built his last sailboat when he was well into his 80's. My Dad also worked for a time for Grandpop Heisler (Reuben) in his boat shop in Chester's back harbour. So it was only a matter of time before I built my first double-ended boat.

I built models as a kid, and made a planked wooden replica of Dad's 1945, 30 foot Cape Islander called the "Hubba Hubba II" in my 20's. Cecil Levy and my Dad built two cape boats the winter of '45.

In 1991, my son and I built a Soap Box racer using the stripper style, with a closed, cigar-like shape. Our racer was undefeated in its first season, and under my daughter's piloting, in its third season, won the trophy for overall fastest Soap Box racer in the Bearing class (1993). It didn't float, but we were getting closer.



Since around 1974 when I bought my first canoe, (14 ft cedar/canvas) I started to appreciate the canoe and knew I would build one some day. Usually when I see something I'd like to have, I don't say, "how can I get the money to buy it", but "how can I make one".

Building a canoe took a little longer to happen than some of my ideas, but along the way I helped a friend, David McRae, with two of his Cedar strippers, and re-canvassed my 14 footer.

During a church fall retreat at Camp Mush-Mush in 2001, we looked up in the log rafters of the Dining Hall at an unfinished cedar strip canoe, which had been stored there. My friend Stephen Rand asked, "Can we make one of those?" Those that know me would know the answer (as Stephen did before he asked). "Yes!" was my reply and the "Plan" started. We would build two, Stephen's first, then mine.



As we prepared to start, another friend of ours, David McCurdy got wind of the "Plan" and then there were three canoes to build. Stephen had a connection to New Brunswick white cedar, and before you could say "cedar strip", there were two live-cut cedar logs in Stephen's driveway. We had them milled into 1" thick boards, then air-dried them in Stephen's Dad's basement. David had the woodworking gear, so we cut the strips and did the bead-and-cove edging at his place.

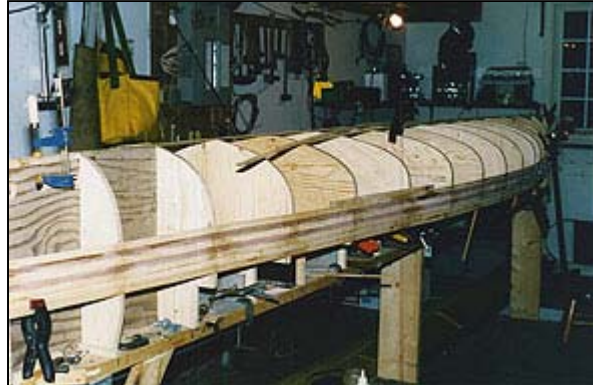
Stephen chose to build a 16' Chestnut Prospector, from Canoeecraft by Ted Moores and Marilyn Mohr. The construction went well and we experimented and learned as we built, modifying and inventing new methods to suit us. We completed his canoe in the fall of 2002, just in time to take it to the Church fall retreat at Camp Mush-a-Mush, the birth place of the "Plan", for its maiden voyage.

As we were building the first canoe, I was trying to decide what to build. Since I already had 5 or 6 canoes, the choice was somewhat difficult. I've wanted my own stock boat for a while, so it seemed like the best choice, but there didn't seem to be any design available. So by using the Canoeecraft section on "Designing Your Own", a Gillies 18-ft stock boat, and pictures and measurements of a Wenonah 18' Jensen, I came up with the design for the

"Levy Cruiser".

By the end of Nov. 2002, we had enough strips made for the next two canoes and my stations set up on the strong back. We used white cedar for the majority of the planking strips, trying to use mostly the richer-coloured ones. For the two accent strips, I recycled some window framing from my Church's latest renovations, at least 39 year-old redwood.

One of my goals was to try to keep weight down, so I only used inside stems and inside gunwales. The stems were made of three pieces of white ash, steamed and laminated. I used laminated ash and redwood 1/2" by 3/4" (finished size) for inside gunwales, and I turned on my lathe a piece of laminated stock for carrying handles. We used fibreglass cloth and the East System Epoxy resin inside and out, with marine spar varnish and UV protection, for the finish. Lightweight aluminum was used for seat supports and thwarts.



The process of building a strip canoe is well laid out in Canoeecraft . We totalled about 250 working hours in building the "Levy Cruiser", working for the most part every Monday evening for 3-4 hours planking, planing and sanding. When it came to fibreglassing and finish work, Saturdays and any free time was used to get the canoe ready for the 2003 Annapolis River race on May 10. The canoe came off the assembly line at 2:00 am the morning of the race! The project was definitely a positive one, attracting many visitors to Stephen's garage, checking out our progress, helping to add a plank, sanding, laying out fibreglass cloth, mixing or rolling on resin, or attaching final hardware. The "Levy Cruiser" tipped the scales at 49 lbs and took first place in her first race. She competed again in the PPP relay in September, performing up to expectations. The canoe handles very well, with good stability. My wife and I have paddled it a fair amount this past summer and it is an easy-paddling, stable, touring canoe.

Bernie Levy  
"Levy Cruiser"

## Pekan Skies and Moisie Mornings

■ Heartwood Homes

Pekans and Moisie River Expedition of Aug/Sept. 2004

*"I think we can run this one", Peter said, as we stood on a massive boulder midway down a class 4 rapid on the Moisie River. I felt the rush of adrenaline as I imagined navigating the powerful hydraulics we were attempting to analyze. "Yeah, I guess so..." Mike replied, "There seems to be a clear path that skirts that hole and avoids the waves." My partner, Rick Swain, was cautious, "Those standing waves are enormous, and if we hit the ledge at the top, we will land in the hole below it and that will be bad!"*



Mike and Peter slide past the ledge on R4, 198 km. from Sept Iles

Peter Gale, Mike McMahon, Rick Swain, and myself, Rick McMahon, were 12 days into our Pekans/Moisie River expedition of August/Sept. 2004. After two years of planning, we had put in near Fermont, Quebec where the Pekans River crosses under the road, 375 km from the St. Lawrence River. Many gruelling portages and exciting rapids later, we were looking at a major challenge, 198 km from our destination near Sept Iles, Quebec.

Not long into this day's paddle, the Moisie narrowed to about 50 meters as it tumbled over a rock pile that had fallen from the 500 meter high canyon wall. There was no real trail through the jumble of boulders on the shore and lining the canoes along the shoreline looked tricky. Down the center of the rapid was a clear tongue that led into a series of two meter high standing waves. They were larger than anything we had run so far. At the top of the run was a ledge extending from river right, creating a dangerous hole below it. With reasonably calm water and an eddy at the bottom of the run, we decided to go for it.

Mike and Peter agreed to go first. They went back up river to their canoe while Rick clambered over the rock pile to a good downriver rescue spot. I set up with a throw bag and a camera on a boulder midway down. Two blasts on the whistle told us that Rick was in position and our friends peeled out into the current.

"Throw the bag, not the camera", I reminded myself as I started snapping pictures. Mike was in the bow, paddling on the left as they rapidly approached the ledge. "Go left, go left!" I yelled, thinking they were too close. I watched through the camera lens, as they skirted the ledge by a couple of feet and dropped by the edge of the hole. The 17 foot Oldtown Tripper looked like a toy canoe beside that gaping hole as Mike pulled hard left and Peter solidly

braced and pried. They shot past the hole and into the standing waves. I snapped pictures, my heart pounding, as our friends were tossed by waves that crashed over them and would have swamped an open boat. They held steady and eddied out to the right.

Mike and Peter had grins so big it was hard to see their faces. "I guess it's our turn," Rick and I said, looking wide-eyed at each other. We secured our boat, checking the spraydeck, spare paddles, painters and throw bags. Peter and Mike bailed and stayed in their canoe for pictures and a river rescue if necessary. Thigh straps tight, we worked our way up the eddy.

Hearts pounding, we peeled out. The current grabbed us and, as we shot downriver, a random boil shook our boat, throwing us momentarily off balance. Everything disappeared behind the rapidly approaching ledge on the right, and the river rose up like a living mountain range down the center channel.

"Keep it left," I yelled as we approached the ledge. I was paddling on the right, so I pried the bow past the ledge and hole as Rick braced hard in the stern. Our bow plunged into the white water and shot into the standing waves. We were on a roller coaster with waves crashing into and over us as we struggled to keep control. Powering right, we caught the eddy behind Mike and Peter. Hooting and hollering, we grinned and laughed and all talked at once. We were ecstatic and felt a boost in confidence as we bailed our boats and headed downriver to find a nice place for lunch.



Rick Swain, Mike McMahon, Rick McMahon and Peter Gale at the top of the Fish Ladder portage

This was just one of the events that highlighted our Pekans/Moisie expedition of August/September 2004. We are four good friends, from Nova Scotia, who share a love of wilderness rivers and whitewater paddling. Mike and Peter live on the Bay of Fundy coast in Baxters Harbour, and they have been paddling together for many years. My partner, Rick Swain, lives on the Atlantic coast in Prospect and he works as a nurse in nearby Halifax. He developed fine whitewater paddling skills on the big Western Canadian rivers before coming home to raise his family in Nova Scotia. I live in Victoria Harbour, and have gained most of my paddling skills in the last few years, with whitewater in the spring and marathon canoe racing from April through October.

For several years, the four of us have been teaming up for one to two-week trips in the springtime to paddle our Nova Scotian river systems. We often talked and dreamed of northern rivers and, finally, these dreams became a reality for us. We focused on the Moisie River in eastern Quebec because it is accessible by road or rail at the top and bottom, but is truly a wilderness experience in between. We chose to outfit our 17 foot Oldtown Trippers with thigh straps and spraydecks for the journey. These 84 lb royalex canoes are tough and maneuverable and they can

handle plenty of weight. Each boat carried two 70 L barrels, two 115 L dry bags and day packs. We had a satellite phone in one boat and an e-pirb in the other. We carried epoxy repair and first aid kits in both.

For navigation, we used topo maps with GPS waypoints as well as an excellent set of river maps developed by Raymond Boyer of Sept Iles, Quebec. These maps provided us with excellent information concerning rapid classification and length, locations of portage trails, and suggested campsites. We considered these rivers to be quite dangerous so it was imperative that we knew exactly where we were all the time.

Safety was a major concern to us. A wilderness first aid course convinced us that we wanted to prevent any kind of accident or emergency situation. We were careful to purify our drinking water and to keep ourselves well hydrated at all times. Our schedule allowed us enough time for the trip so that we were able to feel reasonably well rested most of the time. This also allowed us the chance to savour the beauty of our surroundings. It is beautiful country.

After a grueling drive up the Labrador highway, with five of us jammed into a crew cab truck, we set up camp on a sandy beach at our starting point. Our good friend Barry Squires then drove the truck 600 km south to Sept Iles where he caught a flight home. We had originally planned to send the truck by train from nearby Labrador City but, due to a strike at the mine, the trains were not running. Thank you, Barry!



Rick S and Rick M. in the Pekans River canyon, 298 km. from Sept Iles

The Pekans River, where we joined its flow, is wide and lake-like in the sparsely treed taiga of Northern Quebec. Deep moss cushions the ground and sandy eskers line the river as it winds south through the gentle landscape. There are long stretches of flat water interrupted by rapids and ledges, from class one to five, with the odd waterfall along the route.

The portage trails were, as a rule, pretty easy to locate. They ranged from "not too rugged" to "pretty darn tough". Most of these trails begin "right on the brink of destruction" so good paddling skills are needed to navigate a class 2 rapid while looking for a trail on the left, pretty close to the yawning maw of a class 5 ledge. Our challenge was to accurately read the river, choose a route, and then execute the procedure. We were pleased to find that most rapids could be scouted from the boat and that there was plenty of water to allow clear passage in the deep water channels. Our heavily laden canoes performed well in the big water and we were very happy with the spraydecks as a lot of the class 3 rapids could have easily swamped an open boat. We spent six days on the Pekans, with a two night stay at km 298 just above the 1700 m portage down to the Moisie River. The Pekans plunges about 125 m over the last few km before joining the Moisie and the portage trail is at times rugged and steep. We spent the better part of a day making our three trips and did a tandem carry and drag over most of the trails. I think that this lessened the



probability of injury.

Finally, we were on the Moisie River. Flowing through a distinct valley, it is larger, deeper, and more powerful than the Pekans. The scattered black spruce of the taiga is replaced by a dense forest of spruce, fir, and the occasional white birch. The river flows at a swift 7 km/h on the flat stretches and it accelerates to over 20 km/h in some rapids. There are large standing waves in the R 2's and 3's. The portage trails get steeper with room for only one boat at many of the take out and put in places. There are spectacular waterfalls and cliff faces and ledges. The white water paddling was a dream come true, with sometimes several km's of R 1, 2 and 3's in various exciting combinations. Other days were "portage hell", with class 4 and 5 rapids or ledges every few kilometers down the river. The hills increased in height as we travelled, with canyon walls rising sometimes to 1600 feet above the water. Some sections of the Moisie are so spectacular that we were in a constant state of awe from the beauty that surrounded us.

There are hunting camps along the route that are unlocked and welcoming to the travelling public, who use them with great respect and thanks. The logbooks in these places gave us a glimpse of our fellow adventurers, who they were, where they were from, and how they were fulfilling their dreams, as were we.

One of the highlights of our portage adventures was the Fish Ladder Portage. The trail "a droite" is very steep up for a long way, flat along the top for a while and then steep down for another distance, to a maze of rock piles with bear scat on the path. Finally, it empties onto the beach, amongst a group of cabins belonging to the Quebec Government. There are helicopter pads, boardwalks, and a concrete fish ladder around the "chute". The four of us teamed up on each canoe to push, pull, and sweat the 84 lb beast up that hill and collapse in a heap at the top. We heard later that the "gauche" side is easier.

Below the fish ladder, there are some fancy fishing lodges that close down in early September. There were plenty more rapids to run, more great scenery, and, on our last day...the famous Trestle rapids.



Mike and Peter in the Moisie canyon, km.135

## Journal Entry Tues. September 14, km 32, Day 18

*"We had an early start from our last, beautiful campsite. Cloudy but not raining. Good breakfast, boats tight and much lighter than 18 days ago. Around the first bends, the R 5 was imposing so we portaged our boats and gear over the flat, scoured rockscape. Looked in awe at the tremendous hydraulics created by this mighty river pouring through a smallish gap. On the river again, we had our eyes wide open as we hit a series of R 2, 3, and 4 in pretty quick succession with some pools in between. R3-4 before the trestle was 800 m. We punched through the biggest*

*standing waves I've ever paddled in and I had waves hitting me with great force and actually breaking over my head. Series of diagonal waves tossed our boat like a little puppy dog, but we held her steady and plunged right on through. We bailed when we hit an eddy or pool and then ran the next series. Coming around the bend at the trestle, the water piles up hard on the right bank so we needed to work left to avoid the "drossage". One more R3 past the trestle and we were finished with the white water on the mighty Moisie River. We stopped for tea and lunch, wrung out our wet gear and rejoiced in making a safe and upright run down the Pekans and the Moisie. Good teamwork and communication on the river allowed us to drop eddy to eddy and scout most rapids from the boats to allow for safe and efficient passage downriver. After the Trestle Rapids we had a long, calm paddle, in no winds down the placid Moisie for the last 12 km. to the campground by the bridge. The river is divided into sectors for salmon fishing and is well populated with camps as it nears the St. Lawrence River."*

The weather for our trip was rainy at first but, most days, we experienced a wide range of conditions. On September 2, we had a frosty morning, spectacular sunrise, snow flurries turning into light rain showers, and some sunshine. Generally speaking, if we opened a dry bag and spread stuff out on the ground, it would start to rain. The water temperature on the Pekans was 14 degrees C and dropped to 12 degrees on the lower Moisie. We had nice weather for most of the last two weeks and, some days, there was not a cloud in the sky. I think that this may be unusual. The blackflies were, at times, pretty intense, but they backed off whenever the temperature dropped below about 12 degrees C.

This trip was, in many ways, a voyage of discovery for me. Not only was it new country, but it was also the longest self contained expedition of which I have been a part. We are four good friends who have travelled together before, but we are also four different personalities with individual ways of doing things, and our own personal goals. There was plenty of "give and take" on everybody's part as we attempted to satisfy our own personal agendas without interfering with those of our friends. To maintain group integrity, decisions were made by consensus, with respect for individual needs.

After 18 beautiful days in the wilds of Quebec, we found ourselves back in the "civilized" world. So ended a great adventure that whets the appetite for more.

Rick McMahon

■ [Heartwood Homes](#)



## Switch it Up

The coming season is a ways off, pending on weather, yet it looks like Nova Scotia may be seeing even more people out at local races. The weekly Dartmouth paddles have possibly, hopefully, recruited a few new people with the racing spirit. Their past backgrounds bring much to the sport. The Nationals of last August were challenging, enjoyable, inspirational...a spark to further motivate our paddling souls.

It was a pleasure to pull against, outsmart and be outsmarted by the powerhouse of Dustin and Jean in the wavy Canoe to the Sea. That same race I watched as Doug and Bruce crossed the finish line much dryer than Stefan and I, and nearly all the other teams in the race. One of my best races this year was with Bev whom I'd never paddled with before; and training sessions held there interest much more because of different partners.

What then is the point of stating all this? Change! The importance of changing who one paddles with, is worth keeping in mind.

Not one of us sits in the boat the same and we all have different strengths and weaknesses. Some have more speed, others are better at turning, some people have that will to grind on long open lakes, while others strengths lie in a river course. Each person you paddle with also reacts to the race differently. There is the whole nutritional aspect of who runs out of steam faster. This requires a professional to comment on; however energy levels affect how people respond to situations. And finally different people mean a new relationship in the canoe.

Of course there is a time to religiously train and compete with one person. Big races, or even local races require us to get used to one person. In talking with most people they will swear that time to train and fine tune oneself to another person's actions is critical in the success of a race. But the big success stories of marathon paddling have also paddled with a wide range of different paddlers.

Changing who we paddle with will teach all of us different things. Even if you don't agree with the person, comments by other people will at least make you think about doing things in a different, hopefully more efficient, way. Often times, what you pick up from other people is not noticeable at first. You'll simply adjust something in accommodation and your boat feels faster. So this year, try some different combinations. Some people just don't work together in a boat. But the only way we'll know is to try. What's more, it's fun.

Kris Archibald



## Want to Get Results?!?

### THE WILL TO WIN IS NOTHING WITHOUT THE WILL TO TRAIN!!!

A Word to the Wise : In pre-season training, it is difficult to train a muscle for strength and endurance at the same time; so, train for strength before endurance!!!

In order to get results in any sport (eg. Canoe Racing ), your training has to be broken down into five important parts: 1.) Power; 2.) Endurance; 3.) Speed; 4.) Technique; and 5.) Skill. The latter two can be worked into the first three. If these five parts are mastered, you will get winning results. I will give my definition of the above five parts and how I feel they should be trained:

1.) **Power** - gives great starts, strong performances throughout and strong explosive finishes. - attained by: weight training, hard labor or natural ability.

2.) **Endurance** - good body conditioning that focuses on the heart and lungs! - in season and off season endurance training is very important. Endurance gives you the heart and lungs to go hour after hour after hour as required in sporting events. - this is more easily maintained with a heart monitor at 60 - 70% of your maximum heart rate and 55 - 60% on recovery days. ( I will talk more about heart monitors in future articles ) - attained by: running, biking, swimming, snow-shoeing, cross-country skiing, canoeing, or natural ability.

3.) **Speed** - the most important and a must!!! Speed allows you to capitalize on the other four parts when they are mastered. This is what puts you in the elite group. - attained by: interval training. This is when you sprint for a period of time or distance, rest a certain amount of time and then repeat the sprint. The number of intervals, time of intervals and rest between intervals can be varied to accomplish many different things. ( eg. early season, in season, late season) should be done at 85 - 95% of your maximum heart rate with a heart monitor. It keeps you honest, also enables you to see if you are at 85 - 95% or if you are really at 70%. The duration of intervals should be 75 - 90 minutes including warm-ups and cool down. This should be done twice a week. You should always be exhausted at the end of your workout and never look forward to intervals but this puts your performance to new levels . Some people are born with natural speed (natural ability) while others must work hard at it.

4.) **Technique** - a special method or system used to get results more easily in competition. Good technique can be developed. It will also improve your power, endurance and speed. Always be working to improve and become more efficient. - attained by: movies, video tapes, watching and listening to experienced competitors and professional athletes, attending clinics and of course, natural ability.

5.) **Skill** - ability gained by practice, knowledge and years of experience. Skill is what keeps the older athletes competitive with the younger ones and always can be improved upon. - attained by: experience, practice, competing and training in different conditions and natural ability once again is a great contributing factor to one's skill. Skill is ageing gracefully and wisely in any sport! Monitoring your heart rate, mixing the types of workouts and getting adequate rest, food and fluids plus preparing yourself mentally are " the keys to proper conditioning ". The importance of rest can not be over-emphasized. A good athlete can not expect to over work his/her body every day and expect to get faster or stronger. After a hard workout, the body needs time to heal and to mend itself in order to get stronger. 'Rest' can be active but at an easier pace such as an hour at 50% of your maximum heart rate. Perhaps, one could consider 'rest' as taking a day or two away from your training altogether. To summarize, it is not 'how much you train' that is the most important factor, it is 'how you train' that gives you the winning results!

#### **HEART RATE IS BASED ON THE FOLLOWING FORMULA:**

220 minus your age (equals your maximum heart rate) multiplied by percentage of effort equals range of training .  
(eg. Ted is 40 yrs.  $220 - 40 = 180$  (Max. Heart Rate)  $180 \times .55$  or 55% = 99;  $180 \times .60$  or 60% = 108.

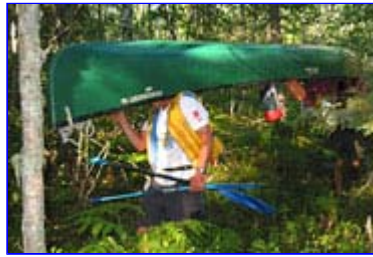
Therefore, the 55 - 60% range for Ted is from 99 to 108 heart rate (Recovery or easy day)  $180 \times .60$  or 60% = 108;  $180 \times .70$  or 70% = 126. Therefore, the 60 - 70% range for Ted is from 108 to 126 heart rate (Endurance Range )  $180 \times .85$  or 85% = 153;  $180 \times .95$  or 95% = 171.

Therefore, the 85 - 95% range for Ted is from 153 - 171 heart rate (Speed or Interval Range) Note: 220 is the standard used for males and 226 is the standard for females, although, as with most everything, there are differing opinions on this.

Stephen McAleer (2005)



## Birch Cove Lakes 2004



## Threats

Time may be quickly running out for this wilderness gem. The provincial government is seriously considering the construction of a \$30 million four-lane freeway directly through the heart of this proposed wilderness area. The purpose is to save a whopping 8-minutes of driving time for commuters traveling between Highways 102 and 103. If built, this ill-conceived highway would do little to ease traffic congestion on nearby Kearney Lake and Hammonds Plains Roads. The proposed road, tentively called Highway 113, would forever destroy the wild character and ecological integrity of Blue Mountain - Birch Cove Lakes by carving the wilderness into two small pieces. Wetlands and old forest stands would be lost or degraded, and the area's outstanding aesthetic and wilderness qualities would become history.

■ [Support Birch Cove](#)

## Our Trip

What a nice loop, Susie, Quarry, Fox, Ash, Crane, Three Finger, Big Horseshoe, Cranberry, and back into Susie Lake-----and the trail head just a couple minutes of Bayer's Lake Shopping conglomeration--certainly a future overnighter.

Parking on the Bicentennial Highway at 5:00pm, the boys figured they had plenty of time to do the 8 lake (9?, Susie twice), 8 portage (11kms paddling, 3+kms portaging) well before dark--8:00pm.

Being warned that it took 5 hours to do a couple months ago, but noting that the portages were just 'cleaned' up (from Juan damage), off we went--once in an hour there was no returning--we did carry minimal gear if an overnighter was necessary--albeit it would be a cold one.

The portages were cleaned up, power saw cuts obvious, but not a walk in the park by anymeans.---mud, single track, rocky, and some difficult to locate at first. It seemed the paddles were too short (some lakes 'very' small) and maybe a bit too much time spent walking but still a great evening.

The water was like glass most of the night, the sun warm on our bodies, and the stillness (knowing there were people shopping a few kms away) was well appreciated.

Timing was perfect, if not maybe a bit close--We were on the water at 5:10 and back at the put in at 8:00pm sharpe---it was now DARK. The 15 minute portage back to the vehicles was no problem as this 'logging type' road was very open from all the traffic.

Highly recommend to anyone in the future--very much an 'entry' level adventure with everthing you could look forward to---There are 'many' places to camp on all the lakes.

And you don't have to drive to get there, eh!

Sg

## Bonaventure River Run 2004



Well-----Bernie Levy, better know as IMAX, has finally done it.

As all are well aware the Gonzo Adventure Club, originally calling ourselves the Gonzo Runners, circa 1977, (since we were runners), has diversified over time, into hiking, biking, camping, socializing, etc. This diversification has been due to both interest in the event and interest in finding things to keep aging bodies moving.

A few years back Bernie got involved with the Gonzos, and brought to us (at least has been trying) the many possibilities of fun ON the water. The biggest accomplishments being over 15 people heading each spring to Maine for the Kenduskeag race.

NOW, on the weekend of June 21st, this interest in getting us involved in more water stuff has culminated with 8 Gonzos paddling canoes on the Bonaventure River in the Gaspesie, Quebec. (One of the toughest parts of this trip was knowing there were Gonzos climbing Mount Katahdin in Baxter State Park at the same time; I wanted to be in both places.)

### FRIDAY, June 18th



The trip really started a few weeks ago when Bernie administered a 'certified' flat-water canoe course for Bonaventure participants Ross Mitchell, Kirsten Mitchell, and Shelly Luddington-along with a number of others. Bringing the skills they learned from this they joined Bruce Murphy, Bruce Duffy, Gordon Warnica, Darren Gray, and Bernie Levy at the Marina Friday, June 18th for a 7:00am departure (another thing Bernie seems to have accomplished is making Gonzo Starts later, on a regular basis.)

Canoes were tied onto the trailer and away we go---heading off to Bonaventure, Quebec-a 650km drive to the Baie d'e Chaleur. As Murphy always says we tend to fill the day, and we did it again, turning a 7-hour drive into 10 hours, arriving at 4:00pm. We were to stay at CIME

Adventures, outfitters who would be taking us to Lac Bonaventure tomorrow morning, 100+km to the start of the river.

After checking in and confirming, we were off into town for a bite to eat, finding restaurants closed, full, too expensive, bar only (no food), until we got into the 'hotel' restaurant. Prices seemed good, nice menu----I ordered fish and chips, asking how many pieces-she said 3, I thought this sounds great---fish was basically Highliner fish sticks-if you need description go look in your freezer---nuff said on the quality of supper.

Back to CIME and our TeePee----fantastic, canvas covered poles, around 20' high, with 9 platform beds (mattresses) circling a BIG fire pit. Fantastic.



### SATURDAY, June 19th-----Total paddled 6.5Km

It rained lightly all night and we woke up to overcast/cloudy at 5:00am-different time zone, eh!



We had our gear all packed and canoes moved over to the modified school bus (painted in Acadien colours) by 7:45am for the 8:00am departure, joining with 4 others from the Montreal area-At the last minute 4 more people showed up and their canoes(now 8)/ and gear had to be added to the bus-getting real tight.

We were finally on the road at 9:00am for the 3 ½ hour ride to Lac Bonaventure-well, we were on the road for maybe 15 minutes, after which we were on a dirt road, a logging road, sort of a logging road, a flat spot cut through the woods, to what was finally a bit of a grassy path that we drove over as we dropped a few hundred meters down from some where in the Chic Choc mountain range.

The final ¼ mile was so tight that we had to close our windows because the branches of the trees would be coming into the bus. Also as part of this drive, we almost (not kidding) had a head on with a BIG friggen logging truck that came out of the fog-this was not on one of the wider parts of the road--also our driver missed a turn in the fog (there were maybe 30 'V's in the roads) and we went a couple miles out of our way-we had no idea where we were.

We arrived around 12:30pm, in the rain/fog, and unloaded our gear and packed the canoes. We were now about 113kms from CIME Adventure (and our cars, 3 or 4 days away) and at an elevation of 350 meters above the camp-requiring we remove that elevation through various Class 2/3, 2, and 1 drops. Kirsten asked an interesting question-"if something happened what would we do?" The basic answer-"address it when it happens!" knowing we are at least a good days paddle from anywhere.



On the water, 10 minutes to cover the Lac and we were into the River, very small at this point-the water was fairly shallow as it was becoming late in the season. With the many logs across the river, shallow spots, and places we had to drag, it took us 3 hours to cover 6.5kms to what we chose as our camping site for the first night---a very small, rocky (with a bit of sand) bar in the middle of the river---



I kept thanking the technology of the 'self inflating' Thermorest mattresses as Bruce and I pitched our tent on the rocks. The rocks, in general, were mostly the size of soft balls, with some tennis and golf thrown in. I found out the next day that Darren had no mattress-scary. Since we were all wet and cold I guess sleep came easier.

The first thing that had to be establishment was a start time in the morning---my basic question was "When are we putting the canoes in the water?" A compromise was made and a 'paddle' time of 8:00am seemed to be the answer. (from Gordie's 7:00am and Bernie's 9:00am) When you got up was your choice; be ready at 8:00.

**SUNDAY, June 20th -----Total paddled 25Km**

Alarms were going off at 6:00am, the day looked 'bright' stoves were going, etc. The time to do all necessary things seemed to fill the 2 hours and we were off.

Bernie, our most technical person on white water, was sterning his Applacian, with Ross as his bowman, Bruce M. was in the bow of Darren's 16' Penobscot, Shelly in the bow of Bruce D.'s 16' Penobscot and Kirsten in the bow, Gordon in the stern, of Bernie's 17' Penobscot. For most of the morning it was more stress, shallow spots, seeming we would 'never' make any time. Then we were finally in some good moving water and some nice white water drops. The water was probably moving on it's own at 3 km per hour.



it was then we saw the Moose-Darren had never seen a moose in the wild and we were jesting him every time we saw a sign on the road, etc. Shelly and I were about 100





meters ahead when I saw a Moose on the bank, 5 meters high and back 20 meters. I stopped and gave the 'moose sign'---open hands on top of head (try to look like a rack, eh!)

We then realized there was something wrong-the eye was 'blank', he was stumbling/crashing around a lot -broken leg? He then went into the water down stream from us and was going in circles, not being able to see? not being able to get up either bank? We were guessing he was sick - and in our path.

We sat there for 20 minutes wondering what to do-lots of photo ops. Finally out of bravery or need we decided to go by him-----STUPIDITY may have been another word.

First Bernie and Ross went down the river, slapping paddles in the water and the moose moved onto the shore, up the bank.----Shelly and I followed---just as the Moose decided he was coming back down into the river-DIRECTLY ON A COLLISION COURSE-I told Shelly to keep paddling well I just basically did the geometric math-if he keeps the same path he 'may' miss us. We don't know if he was going by smell, sight, or sound. Bottom line is he 'did' hit the back of the canoe, I 'did' hit him with my paddle, and we 'did' continue down the river.



As part of today we went through what is called the 'Canyon' over a Km of drop after drop, some quite tough-we later noticed on the map that a couple of those we paddled were recommended to be lined



(walked)-I remember one that was very tough, but we did it(with some luck) okay.

Beautiful campsite this time, on the corner of the river after a 'nice' drop-tucked well into the woods, big fire pit, everything perfect.. It rained again tonight-seemed to rain every night but all the days, except the first, were sunny.

### MONDAY, June 21st-----Total paddled 28.5Km



Same morning routine and we were onto the water for a full day of drops---magical-one drop we did line (Bernie and Darren ran part of it) this was a busy day---pry, draw, cross draw---no draw, bang! The river is just flying and there is more water as every Km goes by. The water is soooooooooooooo clear-there are some deep spots over 10 meters that you can see the bottom---it is all rocks, there is no life (ferns, moss etc.) We are now getting into the Salmon areas, this being a 'major' Salmon river.

A big day of paddling.

The campsite was magnificent, Bernie, Darren, Bruce M., and myself set up on the beach (sand, eh!) while Gordon, Ross, and the girls set up in the woods - BIG fire-magical. Darren had everyone tell the stories where their trail names came from; he wants one!



### TUESDAY, June 22nd-----Total paddled 53.5Km

Up real early since the sun was shining on the tents on the beach-5:30am, the fog burnt off and what a day was coming. First thing was Darren and Murphy doing a 'float' with the current from above our site, what a hoot.

Similar breakfast routine and we were off, the river was wider, more water, and at times we were moving (per the GPS) at 12kms per hour. We were covering water-there were still some good drops, and lots of fast moving riffle, making you brain dead trying to avoid submerged rocks for continuous 5 minute periods.



Original plans were probably to get out the next day but we were just cruising and now were in the main salmon area and lots of camps, etc. around-really few places to camp, so we decided to cover the 53.5 kms in the one day and stay in one of the Big, Nice, Dry, TeePees, after a hot shower.

We arrived at CIME at 5:00pm to find 'all' the TeePees were gone to a bunch of wet nosed, 8-10 year old kids-we were disappointed but Murphy had a good quote---"Think of all the fun those kids are having?"

We did get a couple tent sites so it was back in our tents BUT we did have the hot showers---Big fire, lots of grub-some from the local IGA, and late into bed.

### WEDNESDAY, June 23rd----Drive home

We awoke to a fairly hard rain - maybe it's good-certainly more comfortable - that we are not still up the river. We actually had perfect weather realizing where we were-bit of rain the first afternoon making ourselves fairly cold, rained every night, but it was sunny every day.

Now driving home, it rained hard all day---PERFECT, eh!

## Bonaventure River Run - Kirsten

The Gonzo's did it a little differently this year. Instead of a trip climbing up mountains; they chose to go down it, in a canoe! As expected, this trip lived up to all expectations and more! I went into this one, not knowing what to expect, and as it turns out it is probably best I didn't. There were many times when my heart was pitter-pattering! If it wasn't for the faith in my trusty stern partner Gordon, I fear my poor heart would have beat right out of my chest! Despite this, I would do it all over again in a second.

I spend a large amount of time, whenever I am at events without the Gonzo's, bragging about all the things I get to do as an honorary Gonzo. Without this link, I would miss a lot of fun stuff, so for that I thank you all for always being so welcoming.



Well, enough of the mushy stuff.... this trip cannot be described in one word, but a few stand out in my mind.... cold, wet, exhilarating, challenging (both mentally and physically), etc. As requested, I will not get into the play by play of each day but instead I will give my impression of each day.



After the first day, I thought OMG another 4 days of this, and I will go mad! That first day was certainly one of the most mentally challenging days. There was a lot to overcome, i.e., stepping into that freezing cold water for instance, sleeping on rocks for another. However, like a true Gonzo, I got up the next day, peed in the wide open (asked all to gents to turn around of course), and got back

in the boat; which lasted for about 5 minutes, at which point Gordon and I dragged all of our stuff out of the canoe, so we could get around a huge log jam.

Day 2 consisted of getting out of the boat a lot, and into that freezing cold water (it never got any warmer). When we got to our posh campsite on day 2, everyone was officially full of adrenaline and marveling in what they had just accomplished. I felt the same, however, my heart did skip a beat when Bernie announced that it is recommended to walk your boat through all of the stuff we faced head on (in the boat)!

Day 3 was my favorite. The sun shone brightly, and at times, the pools of water were so deep and bright green, you could see the bottom. I remember at one point saying to Gordon it was so serene, I felt like we were the only two people on earth.

Day 4 was the pound for the finishing line. After finally figuring out where we were, we realized, that we could easily finish a half day early, so despite the incredible headwind, we pushed on and eventually saw the lovely vision of Teepee's around the bend!



These trips I get to go on always succeed in challenging parts of me I barely knew existed, and this one is no exception. There were a few close calls with rocks and trees, and I arrived home with more bumps, bruises, scrapes and bug bites than I left with, but who cares when I get bragging rights to tell people what I just accomplished!

I know that my buddy Shelly and I grow closer with everyone one these trips, and we often find ourselves laughing at whatever outrageous thing we are doing at the time, and saying "there are not too many people I could do that with."

Thanks again folks for yet another fabulous Gonzo adventure! See

you next time!

Legs

## Bonaventure River Run - Dipper

"If you want to catch beasts you don't see everyday, You have to out-of-the-way, You have to go places no others can get to. You have to get cold, and you have to get wet, too." Doctor Seuss (1904-1991)

Oddly enough, the birds wake up and start singing around 4:00 AM in the morning. You really notice this when you're camping. Some primordial trigger expects you to get up when sky lightens and the birds sing. The little nap from 4:00-6:00 AM blinked by in an instant.

OK, I'm awake. It's Day #3 on our traipse down the Bonaventure Riviere in Gaspé, Quebec. On our multi-day excursions, this is usually the day that you become "trail tough". Of course, you have to get up first. My body is indescribably sore from head to toe.

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The past few days have been quite eventful. We drove up to Bonaventure on Friday and stayed in a great big teepee with an indoor firepit that was situated right alongside the river. A gorgeous start to the trip. Saturday didn't see us on the river until almost 1:00 PM, after a long, tortuous bus shuttle in the rain. Every kilometer we drove would have to be paddled in canoes going downriver. Man, that bus ride took forever!

We started cold & wet on the Lac Bonaventure and that nice, easy, lake paddling was the last use of a clean paddle stroke for the next 24 hours. This part of the river is described in the canoeing world as "bony - requiring lots of maneuvering because of the abundance of obstacles, mostly rocks". In this case, the water was so shallow that we had to get in and out of the canoes dozens of times, so I have a new canoe term: "schlep - to pull along heavily, like a heavy load against a resistance"

Our total distance Saturday was something like 7 kms, we were all soaked and tired and beat up. Suppertime brought me another surprise. My biggest "dry bag" was a dud. It's actual use in the great outdoors will be determined at some later date, but at kilometer 110 on the Bonaventure, all I knew was that most of my stuff was as wet as I was. Like Kirsten said, it was a very mentally challenging day.



Sunday woke up sunny and cold. Stepping into cold, wet clothes was and will always be a dicey situation. The day warmed up nicely, but the river obstacles didn't let up any. We had to negotiate no small number of tight streams and logjams. I actually enjoyed this section quite a bit. Lots of tree overhang and tight, little waterways. The air smelled like musty, early summer. Even with all the portages, we were making better headway than Saturday.

Just before lunch, we had the infamous encounter with the "Mad Moose of Kilometer 100". Seeing a moose in the wild is always memorable and usually a wondrous event. Realizing that he was sick (brain worm disease) and that turning blind circles was all that he could expect until death released him, made this a very sad moment. After

waiting and watching him for 40 minutes, we decided to try and squeeze ourselves by him on the river (now a boisterous 10 meters wide).

I have some vivid memories of the moose rushing the canoe with Shelly and Duffy in it. I could hear Darren yelling. I wished those images weren't in my head.

But the day wasn't finished being memorable yet. The latter part of the afternoon had us in some whitewater that was easily above the skill level of us "rookie" bow-persons. Assuming the patient lives, it was a great way to learn pries, draws and cross-draws. Immovable rocks punished our canoes and psyches for any little error. It was a long, wet, nerve-wracking afternoon.

I am a firm believer in the yin/yang of all things. The tough, slogging, wet hours we had already spent were just money in the bank for what was to follow. After a few decidedly bigger than average drops, we were rewarded with a gorgeous campsite (thank-you Imax), a cessation of the rain (Sun god), a late sunset and our first campfire. Actually, we were very lucky on this trip. All our mealtimes were carbo-filled and rain-free. Welcome to the first day of Summer!

=====

So, I'm still in my sleeping bag, lying on the ground, trying to find my 'mojo' so that I can get up and started on the day. Breakfast was interrupted by some glorious sunshine that you could feel deep in your bones. The internal plumbing kicked in early (not an insignificant event on a multi-day canoeing/camping trip), and life was good.

The paddling the next few hours will bring a smile to my face when I'm an old 'geezer' in the Gonzo retirement home. The water reminded me of a lagoon, clear down to 20+ feet, the shade of deep blue impossible to describe, the rapids a little more spaced out (and now within our recently acquired skill range), the canyon walls breathtaking in that morning light and the smells absolutely delightful. The whole day was a blessing.



Our campsite for the night was on the sandy beach at a river junction and I finally got in my first Gonzo swim, followed quickly by the infamous Legs/NoLegs super-hero duo, now full-fledged members of the Gonzo Swim team with 3 official swims (Katahdin 2000, Lonesome Lake 2003 and Bonaventure 2004). Bernie did up some [Bannock](#) by

the fire and we stayed up till past dark!!!

The morning of day #4 was delicious. I woke up at 5:00 AM and it was all I could do to stay in the sack until 5:30, when I just had to jump up and into the river, letting out a hoot and a holler for all to hear. What a day to be alive!

Darren had an idea for some pseudo-canyoning (a pale version of Kirsten's canyoning experience, but Hey!, it's all we had) and we got a quick thrill by jumping into the tributary with our PFDs on and getting pushed out into the main stream. I took a few good thumps on my derriere, the water was freezing and we had yet another newbie for the Gonzo Swim Team.

By now, the river is pretty flat except for some nice drops every 10-15 minutes. We have become so blase about the whitewater. Unfortunately, by paddling 8:00 AM to 5:00 PM for 2 days, we have picked up the 3-4 hours we expected to paddle on Day #5 and it quickly looks like this is the last day. We see a lot of salmon fishermen, do some nice drops, fight some wind, but... the trip is over. By noon, we can "smell the barn" and we arrive back at the [Cime](#) teepees in time for supper, showers, a campfire and a solid night's sleep.

This Bonaventure trip was run by Bernie Levy (Imax), who conceived, setup and ran the whole show, including making sure we at least had the basic, minimum whitewater skill set (completely untested) before we started. He made up the paddling duo's (brilliant) and kept us from getting in above our heads in any situation. Thanks to Bernie for the incredible trip and sign me up for the next one.



Dipper

## Bonaventure River Run - Scrounger

### Thanks From The Bow

Over the past year and four months, I have had the opportunity to do two things that by themselves would be classed as "once-in-a-lifetime" experiences. In 2003 I was able to complete a hike of the Appalachian Trail from Georgia to Maine, and then in June of 2004, I was able to do a white-water canoe trip down the Bonaventure River in the Gaspé, a trip over extensive rapids with significant drops, that for a non-swimmer such as myself, as recently as two years ago I would have considered foolhardy. Maybe some would still hold that view but to those, let me reassure you that I am still here.

But here I am, in my 59th year on this earth, with these experiences under my belt. Paddling the Bonaventure particularly has caused me to pause and reflect. "How could I have such a complete change in attitude toward paddling, and white-water paddling in particular?" Part of it I must recognize is the bravado that comes from realizing that I did the hike, and that gave me the courage to attempt white-water, an experience that I was far less comfortable with.

I now realize that neither could have been accomplished without a great deal of support from people I am fortunate to call friends and family. Firstly I owe a great debt to Linda who has never fussed about my male menopausal adventures. Now anyone who knows Linda also knows that she is not one to sit silently while I do as I wish without some regard for common sense. She did not, however, put pressure on me to stop these adventures when it was obvious that I was subjecting myself to an effort that I was not prepared for. In the case of the canoe trip I was also exposing our daughter to the same risks. Now Kirsten is a mature twenty-something woman so there is a definite element of free choice here but sometimes I think we are close enough that there is an element of "if-you-can-do-it-so-can-I" to our mutual approach to adventures. Linda has tolerated these expeditions and has never even attempted to move to an unknown address while I was away.

### On The River

People with more knowledge of canoeing than I, made necessary decisions about boat partners before we left. That was an important factor in the safety of all on the trip. I have no trouble with being labeled the weakest link on the trip, and for that reason I was paired with Bernie, the one with the most canoeing experience.

The first day and a half on the river was tiring, with portages and bottoming out in shallow water. The rapids we had

to navigate became more intimidating by the second day. I was of the mindset that if I do as Bernie wants, we would get through the river without great difficulty. He is giving me lessons in how to read the river, and from that; I am gaining the little bit of knowledge that makes a novice like me the most dangerous.

Bernie also has compensated for my physical limits by keeping my strokes to the left side of the canoe -what has developed as my preferred side. Some of his instruction to me have become amusing - because of a physical limit I have developed in my right shoulder, I am unable to master a cross-draw to make the canoe go to the right. I have to do it from the left side by using a pry stroke, and in shallow water when we were close to shore, Bernie learned to communicate urgency but telling me to "push away" using the shoreline on the bottom of the river. As Bernie will tell you, he is a person who likes to see a stroke mastered, but I can confirm that he is also a survivalist.

On the afternoon of the second day, one of those memory-moments occurred. I can tell by the roar beyond a sharp left turn there is something significant coming up. First, there is the sharp left to negotiate, and we don't do it cleanly, getting hung-up with Shelly and Bruce, who are also hung-up, but now we are on the outside of them, which means we do the drop first. There is a rock wall on the right funneling water, through what, I later estimated, was a three-foot drop. We get pointed toward this chasm, and I know I have to "push-away" to get us clear, but at the bottom I must draw to keep us off this tongue of rock on the right. Nothing to it ??? Then Bernie yells "It's do or die Ross !!!!!" and that is my first clue that this is something special. We were successful, but afterward when I looked back at Shelly and Bruce coming through, I silently murmur "Holy Shit!"

Now doing something like that can be a confidence builder, but the river has a way of dealing with overconfidence. On the third day, the others had gone ahead while we took some photos. Bernie and I found ourselves at a significant drop that had two distinct routes - one channel through a rock ledge at the right of the river and another on the left. Beside the drop on the left side was a calm pool so we headed there to scout the situation. When we were there, it could be seen that the drop on the left had a large rock at the bottom of the tongue of water that dropped off a shelf of rock that extended all the way across the river to another tongue of water on the right side of the river. That tongue did not have a rock at the bottom. From the safety of this pool on river-left I concluded, with my swelling confidence, that we needed to get back to river-right. That meant crossing back over the fast-moving water channeling through the tongue on the left of the river from the pool that is between the left bank of the river and the left channel. This would require power. This I concluded from my position in the bow and then made a critical error for a bow person - I committed to action before the stern was ready! I started my power stroke, totally ignoring Bernie's now frantic instructions to hold us in the pool. One-person power was not enough! We wound up wedged across the tongue. Fortunately, we were pointed downstream enough so that the water would still hit our canoe at an angle or it could have been worse. I got out of the canoe on the rock ledge in the center of the river, and then almost compounded the difficulty by looking over the rock ledge to a clear still pool below the ledge to the right of where this tongue of water was foaming around the large rock. I could step over this ledge, stand on the bottom and guide the canoe down the tongue, without thought as to how I would get Bernie across this powerful tongue of water because he was on the shore side. My attempt to step into the pool was aborted when I straddled the bare rock without ever touching the bottom of the pool. It is amazing how clear and deep accompany each other in these pristine waters. Bernie's clearer thinking prevailed! He was able to rope the canoe through the tongue, get back in the canoe from the shore below this waterfall, paddle around the rock into the calm, deep pool on his own and pluck me off this rock ledge so that we could continue unscathed to rejoin the others.

Contemplation of that moment has led me to appreciate, more than before, how lucky I was to be matched with someone with Bernie's experience. If I had been the one making all the decisions, my impatience would have resulted in compounded errors, making worse a serious situation. So I now realize that I owe Bernie, not only for the experience that made this canoe trip possible, but for the knowledge that kept us safe. Thanks Bernie !!!!

But - it doesn't end there! As I said in the beginning - a year ago I had the good fortune to be hiking the Appalachian Trail. Reflecting upon that moment on the river and the need to say a public thanks to Bernie also caused me to reflect that if it had not been for Gordon "Gimp" Warnica's extensive planning and woodsmanship my hike, could have ended, like so many others, in the frustration of an incomplete hike. Most of the postal meal drops for us went off without a hitch, and Gordon's foresight in acquiring both maps and the guidebook made the hike a lot easier. A "scrounger" needs to pick a hiking partner carefully. I was able to do that. Thanks Gimp! Your planning and foresight went hand-in-hand with the physical effort that got us through the summer of 2003.

There - three overdue thanks-you's. Already my first year of retirement is associated with positive memories.

Scrounger

## Bonaventure River Run - No Legs

"NO Legs"... "Cross Draw" (My new favourite thing)!... Guess Who? If you don't know, just ask my trusty stern partner Bruce Duffy- He knows all about it! Yup, it's me that fortunate short gal who has been so lucky to meet the GONZO's six years ago, due to her best bud Kirsten and her father Ross Mitchell. Of these six years, five consisted of planning hiking trips, but not this year! Nope! We, eight brave souls, canoed the Bonaventure River in the Gaspé.

And, what an adventure it was! Let me take you through some of the highlights of my river experience as a rookie bowman...

### **Campsites**

The oversized tepee the first night was Amazing! With the inside campfire, foam mattress (luxury) and of course the company, what a way to start the journey... Well, that's what I thought. Our first on the river campsite was horrible! It was rocky, cold... brrr... just thinking about it! But, low and behold thereafter, it couldn't have been any more perfect. Other campsite highlights included, the food; esp. the Bannock- Great Idea Bernie! And, Ross- you're an awesome oatmeal maker! ... Campfire stories... I hope we did a good job Darren in filling you in on everyone's trail names? And, Kirsten it wouldn't be a trip without those skittles! :

### **The Weather**

As I just mentioned the trip started out a bit cold. No, not a bit, a lot! But, as the days went on the weather got nicer and nicer- Thank God! I ❤️ the SUN! And, Kirsten we made a wise rain suit purchase, eh?

### **The River Water**

Number One- It was cold! But, most vividly the clear green water holes stand out in my mind. Being able to see the fish swim by and view deep down to the rocks below was serene. But, in addition too... and in keeping with my perfect swim record... I did it again! ... I took the Dippers advice- Splash! Thanks Bruce Murphy. Wooooo to your early morning dips, too!

### **Rocks**

Interpret which ever way you must, but I think what stands out most in my mind is that new favourite stroke of mine- the cross draw... it came in handy when all I could hear from my stern... "there's a rock ahead, there's a rock ahead ..." continuously. Also, I enjoyed our lunch breaks when Gordon would show me a new rock with every break we took. It worked Gordon, thanks; I now have an amazing piece of the trip for me to remember it by!

### **Log Jams**

Pretty neat to see but, not so pretty crossing. Or should I say climbing, dodging and the saying that best describes it- "Its Portage Time"! - Not, again!

### **The Moose**

I did not forget; how could you! Let me just say that I thought I was on a leisurely canoe trip, not an "Outwardbound" and "SURVIVOR" expedition. In combination with the freezing morning temperatures (literally) on the first day, the rain, and the heavy lifting during log jams, dodging rocks, etc... Nothing compares to my encounter with the MOOSE! Honestly, words can never describe it... Let's just say it was a very close call! The gruelling suffering of the battered moose is a thought I could deal with to forget, but Duffy and I will never forget the charging blind beasts' accuracy when "thud" its hoof hit our canoe. But, like I said at the beginning... my trusty stern partner... well, he- Duffy... he smack, dabbed the T-Grip right in that Moose's chest!

While ending my story here I would like to say thanks again GONZO's for the invite, and thank you all for adding to my adventure repertoire.

Would I do it again? I would do it in a heartbeat!

❤️, Shelly

FRIK OUTDOORS



THAT IS ONE LIGHT WEIGHT CANOE!

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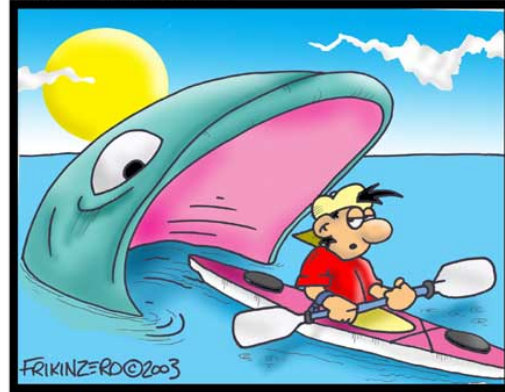
WANNA TELL YOUR SEA GULL BUDDIES TO FLY AROUND THE NICE CLEAN KAYAK?

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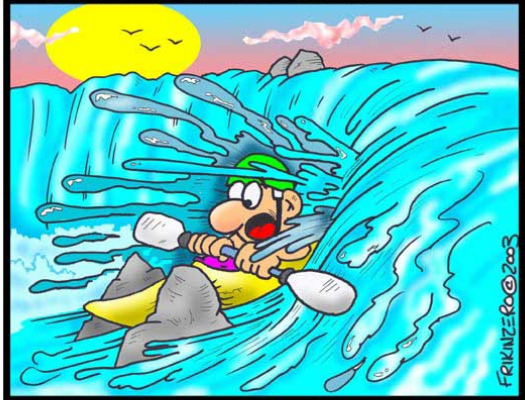
YOU FORGOT HIS LIFE JACKET.....

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ANYONE SMELL FISH ?

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WHITE WATER WEDGIE

FRIK OUTDOORS



MAYBE MOVING FORWARD ISN'T ALWAYS A GOOD THING