

The Racing Paddler

The 2017 February Schedule Edition

Time to plan your races and mark your calendars.
Spring is just around the corner!

Message from the President:

Hello NYMCRA! Last month we had our Race Schedule Meeting. There was a lot of discussion regarding the 2018 USCA Nationals, improving the exposure of our sport, and some fun changes to this year's schedule. Regarding the 2018 Nationals...**NYMCRA won the bid to host.** The race will take place August 9-12 in Syracuse NY. **WE NEED VOLUNTEERS!** Anyone interested in helping, either in the planning stages or in helping to put on the actual event, please email me at phil.millspaugh@gmail.com. It's over a year away, but we need to start planning now!

We will be attending the Adirondack Summer Expo in **Saratoga March 18-19**. We will have a booth set up with brochures, our race schedule, video footage from racing, and some Paddle-Ones to help showcase our sport. Come by and say HI!

This year we will be trying a **NYMCRA Sprint Series**. These events will be sponsored by Greiner Home Improvements. The series will be 5 sprint races to be held after 5 of the points races. Races will be roughly 1/2 mile in length. Partners are drawn from a hat. The winning team receives \$20. These races are **FREE for NYMCRA** members. The races will be held after the USPP Race, Round the Mountain, Armond Bassett, Electric City, and Wells Bridge.

Our **spring training sessions** will take place again this year. We would like to build on the success of last years. The weekends would include on water sessions on both Saturday and Sunday, with dry-land clinics on Saturday evening (when possible). See below for more information.

Hope everyone is staying warm with their early season training! See you all on the water!

Phil

Phil Millspaugh

NYMCRA Spring Training Sessions

March 11-12 Ballston Spa

On water sessions on Fish Creek Saturday and Sunday (final times TBD)

Off water session Saturday evening at Gary Mclain's Home

Contact Gary for more info gary.mclail3@yahoo.com

March 25-26 Rochester/Syracuse

Saturday March 25 on Irondequoit Creek in Rochester

Sunday March 26 on Seneca River in Syracuse

Off water session Saturday Evening at Phil Millspaugh's Home

Contact Phil for more info phil.millspaugh@gmail.com

April 8-9 Wells Bridge

On water sessions on the Susquehanna River

Off water session TBD

Contact Phil for more info

Additional information, final times and put-in locations will be posted in our next newsletter, on facebook, and our website www.nymcra.org.

Chocolate : Bring it on!

So what on earth does one eat to stay healthy plus get the competitive edge for which many of us strive, but only a few will achieve? The fads and trends are endless. I don't need to tell you that what is surely the fountain of youth food one year is the poison that will send you to an early grave the next year.

High protein? Low Protein? High Carb? Low Carb? Raw diet? Caveman Diet? Gluten Free? Gluten Full? Eat eggs, don't eat eggs. Coconut oil is bad, coconut oil is good. Eat this, don't eat that! Well how are we supposed to keep track? Here is my simple solution. CHOCOLATE. Do whatever you want with the other foods, but don't ever take away my chocolate.

Dark chocolate has been hailed for its positive effects on cardiovascular health -- and now a study undertaken at London's Kingston University (April 2016) has found the tasty treat could help give sports enthusiasts an extra edge in their fitness training. The study, which has now been published in the Journal of the International Society of Sports Nutrition, found that after eating dark chocolate, cyclists used less oxygen when at a moderate pace and also covered more distance in a two-minute flat-out time trial.

More good news for chocolate lovers: A new Harvard study found that eating a small square of dark chocolate daily can help lower blood pressure for people with hypertension. Flavonoids, compounds in unsweetened chocolate, cause dilation of the blood vessels. The research also shows evidence that cocoa consumption improves several cardiovascular risk factors which could reduce the risk of cardiovascular disease. Chocolate lovers enjoy a 12 percent lower risk of heart disease compared to those who don't indulge, according to the Feb/March edition of AARP, The Magazine.

Dark chocolate also appears to affect cholesterol. The Harvard researchers found some evidence for a small decrease in LDL (bad) cholesterol and a significant increase in HDL (good) cholesterol. Triglycerides, however, were unchanged.

More good news! Chocolate Milk! It's no longer just for kids. Chocolate milk has you covered in the protein and carb department. Nutritionist Jay Cardiello says, "What many people do not realize is that cow's milk contains about 80% casein protein and 20% whey protein in addition to a whopping 20 to 25 grams of carbohydrates, which makes it ideal for recovery."

We should all be happy to know that chocolate is full of healthy antioxidants and flavonoids. The antioxidants help balance the effect of the sugar that is found in milk and dark chocolate. For the best health benefits, try 70, 85 or 99 percent dark chocolate. Those varieties have more cocoa and less sugar.

So go grab some chocolate and enjoy the healthy benefits!

Cathy Lipski

What is Sportsmanship?

Ed Greiner

After leading our arch rivals on the lake, they passed us soon after entering the Saranac River. We stayed hot on their stern for miles passing through several ponds and stretches of the river. Cutting corners approaching the carry around the lock, we grazed a stump that they must have just missed. My crude exclamation as we flipped over was loud enough to get their attention. They immediately turned around to help us out. Linda kept their boat steady while Bob held ours, at the same time gathering our gear together. After we were back in our boat, Bob handed me my paddle and they took off. We chased them all the way to the finish line.

Almost all of us in this sport have been involved in situations of sportsmanship either as givers or receivers. Kim and I have helped other paddlers that have overturned or broken or lost equipment. That's what we do. We're paddlers.

I have seen the Pros gather after the portage at Madrid and wait for others to catch up so they can paddle together as a group and make a close race of it at the finish.

Not all demonstrations of sportsmanship are so clear cut and obvious. Some paddlers wait at the finish line to congratulate their competition on a good race. Others can't be bothered. They have their boats loaded on the car and are changing clothes right away. There are those competitors who only hang around after the race if they have placed in the top three spots in their class. As soon as they get their plaque or trophy, away they go. That leaves very few people to clap or cheer for those whose class is called last at the awards ceremony.

Remember when you started racing many years ago, and got very few awards? As you got better, you would place once in a while. It was a big deal to be recognized for your efforts and get a plaque to take home. It's not so important to us these days. We have stacks of plaques and shelves of trophies, but we still stick around for the awards and applaud for the winners in every category. That's part of what sportsmanship is; encouraging your fellow competitors and cheering them on. We are all busy these days. We all want to get back home or to camp and get on with the next item in our busy lives, but we owe our fellow paddlers some encouragement. It only costs a little time to make others feel good about their efforts.

Saturday April 22

Upper Susquehanna Pedalers & Paddlers Spring Race

NYMCRA Canoe Points Race

12 and 18 Miles Oneonta, NY

Registration: Begins at 10am at the start.

Pre-race meeting: 11am,

Classes: All NYMCRA Point classes, Pro,
Recreation and Recreation Mixed

Awards: First three places in each division

Entry fees: Pre-registration \$20/paddler for
amateur and \$30/pro paddler. All pre-
registrations must be received by mail prior to
race day. Race day registration \$22/ amateur
paddler and \$35/pro paddler.

All checks payable to: Upper Susquehanna
Pedalers & Paddlers

Mail to: Jeff Shultis, 7 Diane Drive, Otego, NY
13825

Contact: Jeff Shultis: 607-988-7898 or
jrscanoe@aol.com

Course description: All classes start at Route 205
Bridge in Oneonta and finish at the Otego fishing
access. Recreation classes, C-1W and any class
with youth will finish when reaching the Otego
access. All other classes proceed to Wells
Bridge, turn a buoy and return to the Otego
fishing access.

Hot food and awards immediately following at
the Otego Elementary School.

Saturday April 22

Middleburgh Slougher Canoe/Kayak Regatta

Registration open at 9:00 @ Fultonham Park-N-
Ride.

Race time is 11:00am,

Pre-registration forms available by going to
middleburghrotaryny.org

Awards given to the following classes:

Kayak: Male, Female, Student Male, Student
Female, and 55+

Canoe: Male-Female, Male-Male, Female-
Female, Adult-Student, 55+

Competition Cruisers

This race is slightly over 5 miles through the
scenic Schoharie Valley. It starts at the
Fultonham Park-n-Ride on Rte 30 and runs into
the Timothy Murphy Park in the Village of
Middleburgh on the Schoharie Creek. Free T-
shirts are given to early registrants.

Contact: Jim Spencer: 518-827-4448 or
poppop@midtel.net

Sunday April 23,

Middleburgh Slougher Triathlon

Registration opens at 9:00 @ Timothy Murphy
Park.

Race time is 11:00am.

Pre-registration forms available by going to
middleburghrotaryny.org

Awards will be given in the following classes:

Ironman: Two Divisions - 39 & under, 40 and

over: Two Classes - Male, Female

Teams: Two Divisions - 39 & under, 40 & over:

Three Classes - Male, Female, Mixed (Teams
must designate a Captain)

Approximate distances: 5 mi. run, 10 mi. bicycle
(2 lengths of course), and 5 mi. canoe or kayak.

Total course is about 21 miles long through the
scenic Schoharie Valley. Race starts with run
from Timothy Murphy Park in the Village of
Middleburgh. Free T-shirts are given to early
registrants.

Contact: Jim Spencer: 518-827-4448 or
poppop@midtel.net

Saturday April 29

Wappingers Creek Water Derby

Distance: 8 mi. downstream

Registration time: In advance on the website
(www.aquaticexplorers.org), or starting at 8 am
on race day.

Start time 8:00 am.

Entry fee: \$5 -\$20

No pro-boats allowed, but amateur cruisers OK
in CC class

Race starts at Pleasant Valley Recreational
Center and ends at Greenvale Park in the Town
of Poughkeepsie.

Contact: Phil Sylvester Dutydanker@gmail.com
www.aquaticexplorers.org for race app.

Sunday April 23

Little River Ramble

Location: Little River Boat Canton NY

Distance: Varies

Registration 12:00-1:00 First Start 1:00

Entry Fee : Adults \$20 - SLVP adult member

\$15 - School Age students \$5 - - College

Students \$Free

Contact: Gene Newman 315-323-0946
genenewman89@yahoo.com

Please visit www.slv paddlers.org for race results, photos and more information.

Sunday April 30

Run of the Charles, Boston, MA

Distance: 6-, 9-, 19-, 24-Mile races

Registration times, start times and entry fees vary by race.

Visit www.charlesriver.org for more information.

Wednesdays May 3 thru Sept 20

NNYP Wednesday Night Time Trials

Wednesday evenings at 6:30 PM

Mohawk River at Rexford, NY (Aqueduct Boat Dock)

Distance: 3.65 miles or less.

Registration time: Any time after 6 before the start.

Start 6:30PM

Entry fee: none

Contact: Alec Davis 518-321-6820 voice or text or alecdavis@earthlink.net

Saturday May 6 & Sunday May 7

Canton Canoe Weekend

NYMCRA Canoe Points Races both days

Location: Taylor Park, Canton, NY

Distance: Varies

Saturday: C1, K1, C1 Pro, Rec races

Sunday: C2, K2, C2 Pro, team relays

Registration Time Up to 15 minutes prior to start.

Pre-registration accepted prior to April 24

Start Time: Saturday-

9:30 Rushton Recreational Events (1-8 miles)

12:30 C-1 Pro (14 miles), C-1 & K-1 (12 miles)

4:00 Rushton Downriver Tour

Sunday-

9:30 C-2 Pro (14 miles), C-2 Amateur (12 miles)

1:30 Rushton Relay

Entry Fee: \$35 Pro; \$20 Amateur; \$10 College

Student; \$5 School Age

Contact: Gene Newman 315-323-0946

gnewmanboats@gmail.com

Phil LaMarche 315-212-6985

lamarchep@canton.edu

For more details go to www.slv paddlers.org

Saturday May 13

'Round the Mountain Canoe and Kayak Race NYMCRA Canoe & Kayak Points Races

Start is at the Ampersand Bay Resort on Lower Saranac Lake

Distance: 10.5 mi

Registration: 9:00 – 10:30

Start time: 11:00 am

Entry fee: \$25 per paddler. (\$20 for AWA members)

Scenic paddling adventure from Lower Saranac Lake, down the Saranac River over 1 short, carry through Oseetah Lake to the Finish on Lake Flower into the paddler friendly village of Saranac Lake.

Contact: Brian McDonnell 518-891-2744
macscanoe@gmail.com

Wednesdays May 17, June 21, July 19, August 19

SLVP 3rd Wednesday Duathlon Series

Sign in at 6pm, race begins at 6:30pm

Located at the Little River Boat Launch off Park Street in Canton.

Entry fee: free

Run 1.25 mi, paddle 2 mi, run 1.25 mi.

Contact: Gene Newman
gnewmanboats@gmail.com

www.slv paddlers.org

Saturday May 20

Ed Wessels Canoe Regatta

32 miles C1 & C2 Am, C1 & C2 Pro

First start: 10:00 am

All Wessels races will start at the Otego boat launch. The boat launch is located about 1 mile east of the I-88 Otego exit, on the south side of the river.

Finish at Keith Clark Park

Checks payable to Sidney Chamber of Commerce PO Box 2295, Sidney, NY 13838.

Contact: Ed Curley 607-433-0333 or 607-563-1524 or Edward.curley@wellsfargoadvisors.com

Friday – Monday May 26-29
General Clinton Canoe Regatta

Cooperstown to Bainbridge, NY.

5 – 70 miles Susquehanna River

Info, entry forms and results on website.

www.canoeregatta.org

Classes: Racing, Stock, Standard, Stock Aluminum, and Recreational in open and masters.

Races for all levels from first timers to the Pro's
Join us at the finish line in Bainbridge for great food, live entertainment, fireworks and much, much more.

Radio coverage on WCDO FM100.9/AM1490

Contact: John Harmon 607-237-6008

jharmon80@outlook.com

Saturday June 3

Tupper Lake 8 Miler
NYMCRA Kayak Points Race

Location: Simon Pond and Raquette River, near Tupper Lake, New York

Distance: Eight miles

Registration Time: 9:00-10:30 AM

Start Time: 11 AM

Entry Fee: \$30

Contact: Roger Gocking 518-354-8377

rgocking@roadrunner.com

This will be the same course as last year and will be in sheltered water. It will begin at the Tupper Lake Boat Launch on Simon Pond (Rod and Gun Club) and go up the Raquette River to the Oxbow and return to the start.

Saturday June 10

Wild Goose Chase Canoe/Kayak/Sup Race

Location: Housatonic River in Lenox, Ma (the Berkshires)

Distance: 9 miles

Registration starts at 9am

Start Time: 11am

Entry Fee: \$15 per person covers the races, prizes for all, lunch and a great time.

Contact: pattyspector@gmail.com

The Wild Goose Chase is a technical, narrow, suck water, shallow water and somewhat deep water race out and back 9 miles on the Housatonic River.

Saturday & Sunday June 10 & 11

Madrid Canoe Regatta

Many Classes. Register, start & finish at Madrid Community Park. Snack Bar & playground. T-shirts.

Entry Fee: \$15 per individual, \$30 pro paddlers, \$5 high school, discounts for SLVP members and veterans

Rough camping is available for the weekend.

Spaghetti dinner \$5 per plate on Saturday following awards.

Contact: Bernie & Amy Moulton 315-322-4041

bmoulton@twcny.rr.com

www.slvpaddlers.org

Saturday June 10

NYMCRA Canoe & Kayak Points Races

1, 3 & 9 miles

C1 Pro Sprint

Distance: 1 mile

Registration: 9:00

Start time: 10:30

C1 Pro & 9 mile Amateur marathon

Start Time: 11:30

NYMCRA Canoe Points Race

3 mile Rec race

Start time: 11:45

All NYMCRA Points classes

Sunday June 11

6, 13 & 16 miles

Register: 8:00

Start: 10:00

Amateur marathon (13 miles w/ 1 portage) Pro (16 miles w/ 1 portage). Rec. 6 miles

Saturday & Sunday June 17 & 18

53rd Annual Tiadaghton Elm Classic Canoe and Kayak Race

Wayne Township, PA

Contact: Jeff Rankinen jrankinen@gmail.com -

Cell# 570-367-9200

For more information go to

<http://lhnationals.com>

Thursday June 22

Donald Patneau Memorial Towpath Regatta

4.5 miles

Location: Gateway Landing Park, Schenectady, NY, adjacent to Schenectady Community College to Aqueduct Park, Niskayuna

Registration: 5:30 pm Start: 6:30

Entry fee: Free

Contact: Geoff Moore 518-257-3703 or gmoore03@nycap.rr.com

A family-fun race. All classes of human-powered boats welcome. PFDs must be worn at race director's discretion.

Sunday June 25

Black River Canoe and Kayak Race

NYMCRA Kayak Points Race

Location: start at the DEC boat launch in Glenfield, NY and finish at the DEC boat launch in Castorland.

Distance: 23 miles (no carry)

Classes: canoe, kayak, war canoe

Registration time: 8:00 am

Start time: 9:00 am

Entry fee: \$40

Contact: Jerry Haenlin, (315) 489-0368

Tuesday July 4

Contoocook River Canoe & Kayak Race

Contoocook, NH

Distance: 5 miles

Registration 9:30 - 10:45

Race Start 11:00

Entry Fee: to be determined

Contact: Priscilla Reinertsen 603-746-6491
prtsen1@comcast.net

5 mile flatware course. Start and finish same place. Adult and youth classes. Prizes for all. Turkey roast at Reinertsens' following the race.

Wildflower and grass maze.

See NECKRA website for driving directions

www.neckra.org

Saturday July 8

Armond Bassett Canoe and Kayak Race

NYMCRA Canoe & Kayak Points Races

Genesee Water Ways Center

149 Elmwood Ave, Rochester, NY 14611

6 Mile C-1 Pro Race with cash prizes Starts at 9:30

10 Mile Marathon Race, 3 Mile Fun Race

Registration: 8:30 am

First Start: 11:00

Entry Fee: \$20.00 per paddler

Guide Boats, C4, all canoe and kayaks

welcome!!! T-shirts to the 1st 100,

Water and snacks provided, Awards,

Food Available

Contact: Kevin Berl (585) 733-4043

K_Berl@msn.com

Tim Henning (585) 738-8410

THenning3@rochester.rr.com

Saturday July 15

Electric City Regatta

NYMCRA Canoe & Kayak Points Races

Mohawk River/Erie Canal Lock 9

Rotterdam Junction, NY

12 mi. marathon, 3 mi. rec., 1 mi. fun race

All NYMCRA classes including C4 and SUP

Registration 8:30

First start 10:00

Entry fee: \$25, NNYP & NYMCRA members \$20

Post-race potluck picnic. Bring a dish to share or pay \$5 to eat.

Contact: Ed 518-421-2947 or Kim Greiner 518-

421-2939 or eleccityrace@yahoo.com

www.eleccityrace.org

Sunday July 16

Barge Chaser Canoe and Kayak Race

NYMCRA Canoe Points Race

Kiwanis Park, Rt. 5S, Rotterdam, NY

(between Schenectady and Amsterdam)

Distance: 3 miles and 10 miles on the Mohawk River (between Lock 8 and Lock 9)

Registration: 10 am First Start: 11 am.

All NYMCRA classes plus Recreation
Entry fee: \$15 /adult and \$5/youth Picnic will follow bring a dish to share or pay \$3
Contact: Linda and Bob Cooley, 518-393-9201, cooleylinda9@gmail.com

Saturday-Sunday July 22- 23

Spike's Challenge

Grayling, Michigan Contact: John Lucey
jlucey46@gmail.com www.miracing.com

Sunday July 30

BluMouLA-BuFuRa,

The Blue Mountain Lake Association's Buoy Funding Race

Location: Blue Mountain Lake, NY

Distances: 14, 7 and 1.5 miles

Registration Time: 8:30 AM to 10:00 AM

Start Time: 10:30 AM

Entry Fee: \$25 for adults, \$15 for 17 and under

Contact: Aims "Andy" Coney,

AimsConey@PObox.com or

AndyConey@PObox.com, 978-562-2805

(On race weekend: 518-352-7364)

"Prettiest darn race in America". Wide bays, narrow channels, fantastic scenery, 14-miler has six buoy turns! Open to Canoes and Kayaks per NYMCRA Classes & Specs, plus Stand Up Paddleboards, Guideboats and Shells.

For a course map and other info see:

www.BMLBuoyRace.com

Saturday-Sunday July 29-30

AuSable River Canoe Marathon

Grayling, Michigan www.miracing.com

Thursday – Sunday August 9 - 13

USCA Canoe & Kayak Nationals

Event will be held in Dubuque, Iowa, and hosted by Dubuque Dragon Boat Club & Dubuque Water Sport Club

Contact: Earl Brimeyer, 563-583-6345 or ebrimeyer@aol.com

Saturday & Sunday August 19 & 20

Wells Bridge Canoe and Kayak Races

Wells Bridge, NY

NYMCRA Canoe Points Races

Distance: C-1 8 miles, C-2 10 miles, C-4 13 miles

Registration Time: Saturday 1:00 pm, Sunday 9:00 am

Start Time: Saturday 3:00 pm, Sunday 11:00 am

Entry Fee: \$25

All races start and finish in Wells Bridge. Loop course on the Susquehanna starting upstream and finishing downstream.

Contact: Jeff Newman

newmanjr@hotmail.com

Saturday August 26

Nineveh Nine Canoe and Kayak Race

Location: Enchanted Gardens, Nineveh, NY

Exit 6 on Rt. 88 then right onto Rt 7

Distance: 9 mile long course 3 mile short course

Registration Time: 8:45 Start Time: 10:00 am

Entry Fee: \$25 long course \$ 20 short course

Contact: Cathy

Lipski cathyjoyce1003@gmail.com

This loop course is on the Susquehanna River with mostly deep water and light current. The long course has a short area of shallow water and river crossings. Both courses are scenic and the short course is perfect for Novice paddlers Limited Canoe and Kayak rentals will be available at www.canoerental.net Chicken BBQ meals for purchase will be available after the race.

Saturday September 2

Remington II

Classes: any canoe, kayak, single, tandem, group, gender class

Start in Rensselaer Falls on Oswegatchie River and finish at Heuvelton, NY.

Distance: 6 mi.

Registration: 9:00 am First start: 10:00 am

Entry fee: SLVP members \$15, non SLVP \$20, youth \$5, Military SLVP members \$10, and non SLVP Military \$15 There are two rapids where racers choose to paddle thru or carry around

Contact: Allen

Kelly at marydairy@westelcom.com

www.slv paddlers.org

Friday - Sunday September 8, 9, 10

Adirondack Canoe Classic

Location: Old Forge to Saranac Lake

Distance: 90 miles

Entry deadline is July 20, 2016

Start Time: 8:00 AM

Entry Fee: \$200pp for solo boats, \$175pp for tandem boats and C-4 paddlers, \$150pp for

Voyageur Canoe paddlers (AWA members get \$25 discount)

Contact: Brian

McDonnell,macscanoe@gmail.com - 518-891-2744

A three-day paddling event following the original "highways of the Adirondacks" the interconnected lakes, rivers ponds and carries from Old Forge to Saranac Lake. Preregistration is required. There are solo, tandem, 4-person and Voyageur canoes, solo and tandem kayaks and Adirondack guide boats. There is a 275 boat limit. There are both competitive and "Open Touring" classes.

Saturday September 16

21st Annual Rochester River Challenge

Genesee Waterways Center, Rochester, NY

A Disabled Sports USA Warfighter Series Event and an inclusive event for paddlers with or without physical and/or intellectual disabilities presented by Cape Ability Outrigger Ohana, Inc., a chapter of DS/USA

300 meter sprint races on Genesee River

9:30 am-4:00 pm

Pre-registration necessary for seven-person teams

Fee: \$25/ adult, \$12/ youth

Double hulled outrigger canoes provided as well as a steersperson. All proceeds benefit CAO to provide programs and services to paddlers with disabilities. Pre-registration necessary; all teams are assigned a race time; total time commitment is 1.5 hours. Race classes for men, women, open, masters and youth teams.

Contact: Jan Whitaker janwhitaker@twc.com or 585-292-6107

See: www.adaptivecanoeing.org for additional information

Sunday September 17

41st Annual Josh Billings Triathlon

Location: Great Barrington to Lenox, Ma. The Berkshires.

Distance: Bike 27 miles, Canoe/Kayak/SUP 5 miles, Run 6 miles

Pre-registration only on Active.com or download a registration form on our website www.joshbillings.com

Start Time: 9:30am in Great Barrington, Ma

Entry Fee: Varies depending on Category and time of entry.

Contact Information: patty@joshbillings.com,

The race begins with a mass bike start in Great Barrington followed by 27 miles through back country scenic rolling hills to Lenox. Bikers hand off to paddlers who canoe/kayak/SUP 5 miles around Stockbridge Bowl and then runners complete the course with a 6 mile run around the lake and finish down the main gate of Tanglewood in Lenox.

45 categories for ironpersons and teams with separate divisions for canoes, kayaks and SUPs. A matchmaker will help to put teams together.

Saturday September 23

Long Lake Long Boat Regatta

NYMCRA Kayak Points Race

Location: Long Lake, NY

Distance: 10 miles

Registration Time: 9:30-10:30 AM

Start Time: 11 AM

Entry Fee: \$25pp (\$20pp AWA members)

Contact: Brian McDonnell

macscanoe@gmail.com 518-891-2744

Adirondack Watershed Race Circuit Grand Finale. C-4 College Co-ed challenge, Adirondack Kayak Championships, North American Voyageur Canoe Championship, All NYMCRA classes. Registration at Adirondack Hotel. Start and Finish at Town Beach. 10 mile figure of eight course. Lots of fun in Long Lake!

Sunday September 24

St. Regis Canoe Classic

Location: Paul Smith's College, Paul Smiths NY

Distance: 5, 7, or 11 miles

Registration Time: 8:30 - 9:30 AM at Paul Smith's College

Start Time: 10am Entry Fee: \$20 per paddler

Contact: Dylan Kirk dkirk92@gmail.com

Both lake and river paddling. Longer courses have a rough half mile portage

Sunday October 1

Seneca Monster

NYMCRA Kayak Points Race

Location: Waterloo, NY

Distance: 13 miles

Registration Time: 10:00am (online preferred)

Start Time: 11:00am

Entry Fee: \$25

Contact: Jeff Hogue 347-464-8338

j.l.hogue@gmail.com

www.senecamonster.com

All details, early registration forms, and a map are at senecamonster.com. A new course is in consideration that would be part in the Seneca-Cayuga canal and part in the sometimes

formidable Seneca Lake, with no carry. See website for details.

Classes may be expanded based on registrations, but will include:

Open Touring/Adventure, C1 Stock, C2 Stock, C1 Amateur, C2 Amateur, and K1, and K1 Unlimited