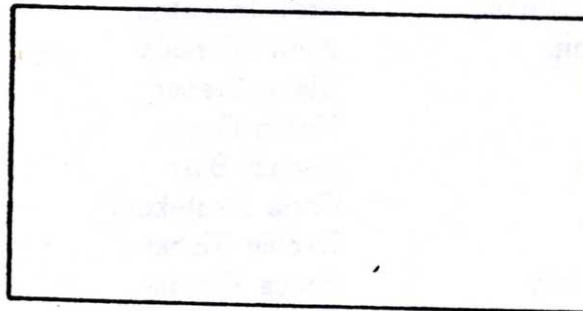


NEWSLETTER

Cataraqi Canoe Club

P.O. Box 1882
Kingston Ont
K7L 5J7



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Officers

Commodore	Dennis Burr	549-7316
Vice-Commodore	Alan Nicholls	389-4026
Secretary	Carla Deutekom	549-7316
Treasurer	Bruce Kirton	384-1474
Past-Commodore	Mike Fisher	386-3159

Board Members

Diane Creber	386-3400
Fred Johnston	386-3568
Debbie Fisher	396-3159
Karen Orgee	547-3783
Tom Sylvester	389-1320

Committee Chairman

Flatwater	John Mitchell	389-5326
Whitewater	Dennis Burr	549-7316
Flatwater Racing	Fred Johnston	386-3568
Membership	Alan Nicholls	389-4026
Safety	Diane Creber	386-3400
Publicity	Karen Orgee	547-3783
Equipment	Dennis Burr	549-7316
Editor	Carla Deutekom	549-7316
Social	Debbie Fisher	386-3159
Water Safety	Bruce Kirton	384-1474
X-Country Ski	Dennis Burr	549-7316
Cycling	Tom Sylvester	389-1320
Archivist	Fred Johnston	386-3568

COMMODORE'S MESSAGE

Another year has come full about and my term as Commodore has just about ended. I would like to take this opportunity to thank all the people who have supported me this past year, in particular the other members of the Executive and Chairmen of the various committees. Many of you will never know the amount of work that they have done to make this club function. Thank you one and all.

Again this year the club has a long string of accomplishments. One only has to re-read the past issues of the newsletter to see that the club is broadening its horizons. This year we have toured on a number of new rivers and lakes, brought home a few more medals for whitewater racing, improved our flatwater and whitewater skills, and have rejuvenate the flatwater racing section. We've skied on a few more trails, fielded a maxi-team in the Canadian Ski Marathon and have exceeded our hopes for skiing endurance and speed. Our cycling trips have been better than ever. We still like our 30-40 km trips but we are no longer scared of the words "70 Km". (As a matter of fact some of us like the words "200 Km".) Also, although not an official section of the club, we have demonstrated our skills as triathletes.

My hopes for next year are that the new executive will keep the momentum going and that maybe more of the membership will join the ranks of "core" members and use this club to their fullest enjoyment.

NOTICE

To All Members of the Cataraqi Canoe Club of Kingston, whereas by-law 5.1 provides for the Annual General Meeting to be held in September or October of each year, take notice that the Board of Directors has established that the Annual General Meeting shall be conducted as follows:

Date: Tuesday October 28, 1986

Time: 7:30 pm to 9:00 pm

Place: Delahaye Room
Kingston Public Library
130 Johnston Street
Kingston, Ontario.

AGENDA

1. Commodore's welcome and remarks

2. Committee Reports:- Membership

Flatwater Touring

Whitewater

Flatwater Touring

Cycling

Cross-Country Ski

Social

3. Auditor's Report for the 1985/86 fiscal year.
4. Treasurer's update for 1985/86.
5. Club awards.
6. Other Business
7. Election of Officers and Members of the Board of Directors

Persons unable to attend the meeting can vote using the accompanying Proxy Form, also those wishing to submit names for nomination can do so using the accompanying Nomination Form which can either be mailed to the club post office box (P.O. Box 1882, Kingston, Ont., K7L 5J7) or delivered at the Annual General Meeting.

PALMER RAPIDS WEEKEND

The weekend of Aug. 2nd & 3rd marked the annual Palmer Rapids Race. It was a popular event with numerous participants and fans from miles around. Saturday was practice day, during which the competitors perfected their whitewater skills. The rest of us enjoyed the clear bright day, relaxing, reading, canoeing, etc. In the evening we enjoyed a good old campfire and ate popcorn and marshmallows. Sunday was a glorious day...the water glistening, the sun on the bright blue sky. The races were exciting and inspiring. Congratulations to all who participated and especially to Dennis & Damon Pickard for taking first in the Open Canoe event, Bruce Kirton for second place K1 novice, Sharon Bell for K1 women, and again to Dennis for first place in K1 intermediate.

A big "thank-you" to Carla & Dennis for introducing me to whitewater canoeing, and to Carla and Debbie for the kayak lesson. The eddies, ferries and yes, even the swims were certainly invigorating and lots of fun. A super way to spend a weekend!

by Anne MacPhail

THE KINGSTON TRIATHALON

The 3rd annual Kingston Triathlon, the longest of its kind in Eastern Ontario and second largest in Canada, took place Sunday August 10. The Cataraqui Canoe Club was well represented with several members involved either as participants or as volunteers.

The Event consisted of a 2 Km. swim, a 55 km. bicycle ride and a 15 Km. run. The weather was perfect the event was extremely well organized.

Just after dawn, Debbie Fisher, Alan Nichols, Derek Paul, Bruce Kirton, Dennis Burr, Mike Fisher, and Rebecca Spaulding were positioned in kayaks on the swim course, ready to assist with lifesaving. Fortunately they were there as Derek had to pull one exhausted swimmer from the water.

The participants (Karen Orgee, Sheila Boyle, Carla Deutekow, Sylvain Lapointe, John Mitchell and myself, along with 600 other triathletes) entered the water and swam to the starting line for the 8:00 am start. The 2 Km. swim was parallel to the Kingston waterfront, to in front of the Marine Museum then back to Confederation Basin. Amongst much pushing and shoving, the first part of the swim

was upsetting. I got kicked in the wrist, breaking off my new watch and losing it, then I was hit in the face loosening my goggles which filled with water. As I treaded water a few seconds to adjust them, a swimmer from behind went right over the top of me, kicking all the way. It was at this point that I began to wonder "Why am I doing this?" Although I trained hardest and felt most confident in the swimming area, nothing except perhaps the New York City subway in rush hour would have prepared me for such close contact with other bodies.

Once we got spaced out, however, the swim became quite enjoyable, the water temperature was perfect, if only one could forget about how polluted the water was.

Next followed a pleasant cycle to Gananoque and back and then a run through the streets of Kingston. All along the way there were spectators cheering us on and the 500 volunteers were there to give directions or offer water, oranges, or bananas and give assistance. It was very well organized and the organizers (Norm Staples, Bill Greer, Ed Grenda,) deserve a big hand for staging such a spectacular event. We must also thank the volunteers for without them an event of this magnitude could not have happened.

by Diana Oraber

Ed. note

Congratulations to all the participants for completing the event and especially to Diana who finished 3rd in her age group. (We won't tell which group that was Diane).

BURLIEGH RACES

On Sunday August 17 weather was ideal for the Burliegh Falls whitewater Slolam races, however the water level was low and overall attendance was much less than expected. The Cataragui Canoe Club had 5 competitors entered in the various classes (and another at home with broken ribs). Campsites were available immediately adjacent to the race course and gates were up early for practice on Saturday.

Noteworthy finishes were Al Whittington & Harold Van Winsen- 1st place in C2, Bruce Kirton - 2nd place in K1 Novice, and Dennis Burr - 3rd place in K1 intermediate.

by Sharon Bell

ORCA LEVEL 1 COURSE

Although not as well attended as we had hoped, the ORCA Level 1 course went without a hitch. Our instructors, Meg Stanley and Glenda Young, deserve a hearty "Thanks" for all the work and time that they put into all the ORCA courses that they gave this year, which was far in excess of what we could afford to pay them. I must say that they were real tyrants though. I can't count how many times that I had to repeat my inside and outside circles to get them perfectly round as opposed to slightly oval, or my docking so that I would stop parallel and exactly 3 inches from the dock, or my side displacement so that my keel was perfectly perpendicular to the dock and my bow 6 inches plus or minus 2 inches from the dock. I swear my knees will never be the same again. Anyway, thanks guys it was fun???

