

## 2009 USCA Nationals

Jim Decker, the *Warren County Chamber of Business and Industry*, and all the good citizens of Warren County, PA welcome the *USCA* back for their fourth *USCA Nationals* in eight years in Warren County, home of *Kinzua Dam*, *Chapman State Park*, and the ever popular *Flame Rapids*.

This issue of *Canoe News* contains the race Registration Forms and the Canoe Instructor Training sign-up form. These forms can also be downloaded from [www.wccbi.org](http://www.wccbi.org).

Also, listed below, are the accommodations in the area.

In the next issue of *Canoe News*, course descriptions, course maps, area maps, and other good information will be added.

Book early!

### Deep Wood Vacation Homes

Martin Hinton  
RD# 1 Box 1726  
Russell, PA 16345  
Phone: 814-757-8848

### Edgewood Court

RR 1 Box 221  
Youngsville, PA 16371-9621  
Phone: 814-563-7516  
Fax: 814-563-9515

### Holiday Inn of Warren

210 Ludlow St  
Warren, PA 16365-2022  
Phone: 814-726-3000  
Fax: 814-726-3720  
[sales@holidayinnofwarren.com](mailto:sales@holidayinnofwarren.com)

### Horton House B & B Inn

504 Market Street  
Warren, PA 16365  
Phone: 814-723-7472  
Phone: 1-888-723-7472  
Fax: 814-726-3633  
[info@hortonhousebb.com](mailto:info@hortonhousebb.com)  
<http://www.hortonhousebb.com>

### Super 8 Motel

204 Struthers St  
Warren, PA 16365-1966  
Phone: 814-723-8881  
Fax: 814-723-8881

### Budget Lodge

RR 6  
Warren, PA 16365  
Phone: (814) 723-7350

### Red Oak Campground

225 Norman Rd  
Russell, PA 16345  
Phone: (814) 757-8507

### Whispering Winds Campground

277 Tollgate Road  
Sheffield, PA 16347-0267  
Phone: (814) 968-4377  
<http://www.whisperingwindspa.com>

### Hampton Inn & Suites

3291 Market St Ext.  
Warren, PA 16365  
Phone: 814-723-2722  
Fax: 723-1207  
Email: [karen.sobkowski@hilton.com](mailto:karen.sobkowski@hilton.com)

### Acorn Bed & Breakfast

316 Hazel St  
Warren, PA 16365  
Phone: (814) 723-3632

## A Short and, in Parts, Curious, Glossary of USCA Nationals Terms

### Adult

You may well ask. At *USCA Nationals* the definition comes into play in (a) Adult Sprint competition and (b) any combination of an "Adult" paddling with Junior (or younger) age paddlers. *[See next two entries below]*

### Adult & Adult/Youth, in "Adult Sprints"

At *USCA National Sprints* competition, an adult is defined, "at least 18 years old on race day," in order to compete in the adult only events. However, when an adult is paddling with a Junior or other Adult/Youth category, they must be at least 29 years old on race day (and at least 14 years older than his/her young partner).

### Adult & Adult/Youth, in non-Sprint Events

There actually is no written age restriction for a paddler who wishes to enter any open age category event at *Nationals* other than Adult Sprints.

Paddlers who would age-qualify as Juniors, or Juveniles, or Bantams, or Fledglings — none of these are theoretically prohibited from paddling in, say, Orienteering or a marathon event in any open class. Indeed, some have. *However, it is not advised.*

As with sprint events, an adult paddling with a "Youth" or a "Junior" must be at least 29 years old on race day (and at least 14 years older than his/her young partner).

### Bantam

A "Bantam" is a young paddler who is 11 or 12 years of age as of midnight of the last day of the year preceding the current year's *Nationals*: in this case, as of 12/31/08.

**Don't wait until the *Nationals*! Please renew your *USCA* membership now. Use the Membership Application envelope that mailed with this issue, or use the form on page 60, and mail your renewal to:**

**Paula Thiel**  
487 Wylie School Road  
Voluntown  
CT 06384

## Barton Cup Challenge

The *Barton Cup Challenge Program* consists of a series of *Barton Cup Qualifying Races* in different parts of the country. Participation in one of these, as a *USCA* Junior member (\$7.50), in any K1 or *USCA* C1 event qualifies a youth to participate in the finals at *USCA Nationals* – this year (2009) in Warren, PA and in 2010 in Peshtigo, WI (future years' venues have yet to be decided).

The program is named for **Greg Barton**, an Olympic K1 Champion who got his start paddling in the *USCA*. *USCA* would like to develop more Junior paddlers to follow in the paddle strokes of **Greg Barton**.

## Biathlon

In the world of paddling, a race involving a paddling leg and a leg involving another sport, typically running. During *USCA Nationals* week, the "National Run/Paddle Biathlon Championships" put on by Tom Walton is an unofficial, non-*USCA-National-Championship* event, involving a 3 kilometer run, a 3 kilometer paddle and 300 yard sprint portage to an on-shore finish line.

[In paddle-only events, the admission "I did a biathlon" usually refers to unplanned tipping and swimming.]

## Canoe

Verb: to propel a boat using a single-bladed paddle.

Noun: any human-powered boat that is typically paddled with a single-bladed paddle.

## Canoe Orienteering

A race that involves paddling or portaging (in a canoe or kayak) to a series of check points ("controls") identified on a map that each contestant is given at the start of their time to race. The object is to visit as many controls as possible in the least amount of time. For an article length description see this issue of *Canoe News*, pages 38-39.

## C1

A canoe for one paddler, a solo canoe. At *USCA Nationals* the term "C1"

(as apposed to "C1 Stock") refers to a *USCA* specification C1, also known as a C1 Competition Cruiser. See definition of "Competition Cruiser" below.

## C1 Stock

A one-person canoe, maximum length 17 feet, that fits the specification of a C1 Stock Canoe. *USCA* has adopted the New York Marathon Canoe Racing Association's definitions by reference, see: [www.nymcra.org/boat\\_specifications/2008\\_Boat\\_Specifications.htm](http://www.nymcra.org/boat_specifications/2008_Boat_Specifications.htm)

## C2

A canoe for two paddlers, a tandem canoe. At *USCA Nationals* the term "C2" (as apposed to "C2 Stock") refers to a *USCA* specification C2, also known as a C2 Competition Cruiser. See definition of "Competition Cruiser" below.

## C2 Standard

A tandem canoe that meets *USCA* "Standard" specifications. It is based on and similar to the Competition Cruiser, with variations (such as a 15% width to length ratio) as listed in *Competition Rules*, which can be found at [www.USCAnoe.com](http://www.USCAnoe.com).

## C2 Stock

A two-person canoe, maximum length 18 feet six inches, that fits the specification of a C2 Stock Canoe. *USCA* has adopted the *New York Marathon Canoe Racing Association's* definitions by reference, see: [www.nymcra.org/boat\\_specifications/2008\\_Boat\\_Specifications.htm](http://www.nymcra.org/boat_specifications/2008_Boat_Specifications.htm)

## Competition Cruiser

A canoe that meets *USCA's* specification for a Competition Cruiser in its Competition Rules. There are many aspects to the specifications, the key ones of which are:

"Maximum length is 18 feet 6 inches (18'6"). Minimum width shall be 14 3/8% of the length (.14375 times the length) at the 4 inch water line, measured within 12 inches fore and aft of the center of the canoe."

See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## DC8

An eight-seat, double-hull outrigger canoe formed by connecting two four-person outrigger canoes with two-four spars ('iako), catamaran style.

## Downriver Kayak

A shorter, nimble kayak designed for rivers with fast current and quick turns, these kayaks are sometimes designed with higher decks to shed water and are usually around 15' in length.

See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## Fledgling

A Fledgling I is a paddler who is 5-7 yrs of age as of midnight of the last day of the year preceding the current *Nationals*: in this case, as of 12/31/08.

A Fledgling II is a paddler who is 8-10 yrs of age as of midnight of the last day of the year preceding the current *Nationals*: in this case, as of 12/31/08.

## Grand Veteran

A Grand Veteran 1 is a paddler who is at least 70 yrs of age as of race day.

A Grand Veteran 2 is a paddler who is at least 75 yrs of age as of race day.

## Grand Master Veteran

A Grand Master Veteran is a paddler who is at least 80 yrs of age as of race day.

## ICF

ICF stands for the International Canoe Federation.

## ICF Kayak

A kayak meeting ICF specifications, typically a narrow racing kayak 17 feet long.

## Iron

In the unofficial fun Biathlon race during *Nationals Week*, the Iron divisions are those where ...

## Juvenile

Juvenile 13-14 yrs of age as of midnight of the last day of the year preceding the current *Nationals*: in this case, as of 12/31/08.

## Junior

Junior Has not reached the age of 18 as of midnight of the last day of the year preceding the current *Nationals*: in this case, as of 12/31/08.

Adult/Junior Adult must be 29 yrs of age as of race day and Junior must qualify as a Junior and be at least 14 years younger than the adult paddler.

## Jig

Verb: to measure boats to determine if they meet specifications for the class in which they are entered.

Noun: any piece of purpose-built equipment used to jig a boat.

## Kayak

Verb: to propel a boat using a double-bladed paddle.

Noun: any human-powered boat that is typically paddled with a double-bladed paddle.

## K1

Kayak for one person - or solo kayak. A solo kayak is paddled with a two-bladed paddle.

At *USCA Nationals* there are five boat classes for solo kayaks: [see *Downriver, ICF, Sea, Touring, and Unlimited*].

## K2

Kayak for two people - or tandem kayak. A tandem kayak is paddled with . . . two two-bladed paddles!

At *USCA Nationals* there is one boat class specification for tandem kayaks: see Unlimited.

See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## Master

Master is a paddler who is at least 40 yrs of age as of race day.

## Marathon

In running, 26.2 miles, but in "marathon" paddling competition, any "long" race. In the paddling world, any race 10 kilometers (about 6 miles) or more is usually referred to as a marathon. At *USCA Nationals*, marathon courses typically take between 2 and 3 hours

to complete. The shortest have been at Warren, PA, with winning times at about 1:30. The longest was on the *Brazos River* in 1974 in Texas: the winning time was 5:39:08 — **Everett Crozier** and **Tim Triebold** paddling.

## Orienteering

See Canoe Orienteering.

## Pro Boat

A canoe that meets the specifications developed and agreed by *La Classique internationale de canots de la Mauricie* and the *AuSable River Canoe Marathon* race organizations. These are reflected in *USCA's Competition Rules*. There are many aspects to the specifications, the key ones of which are:

Maximum length is 18 feet 6 inches (18 feet 6 inches). Minimum width 27 inches at the 3 inch water line, measured within 14 inches fore and aft of the center of the canoe.

See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## Sea Kayak

One of the wider types of kayak, 18 feet or less in length, weighing 40 pounds or more, with sealed bulkheads typically used in open water conditions.

See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## Senior

Senior is a paddler who is at least 50 yrs of age as of race day

## Sprint

Verb: To paddle as fast as you can, typically above your aerobic threshold most of the way . . .

Noun: A race where you paddle as fast as you can, typically above your aerobic threshold most of the way . . .

At *USCA Nationals* the Sprint races for Adults and Adult/Youth are 500 meters, and for youth are 250 meters (Fledgling and Bantam) and 500 meters (Juvenile and Junior).

## Standard

See C2 Standard.

## Tin

In the unofficial fun Biathlon race during *Nationals Week*, the Tin divisions are those where . . .

## Touring Kayak

Longer than a Sea Kayak and without the weight and bulkhead restrictions, Touring Kayaks can be up to 20 feet in length and must be at least 18 inches wide 4 inches from the bottom of the boat. Most Sea Kayaks also fit into the Touring class.

See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## Outrigger Canoe

A type of canoe, of Polynesian origin, that has a stabilizing float (ama) connected to the main hull by two spars ('iako).

## Physically Disabled

### Paddler

A paddler with a permanent physical disability that can be categorized in any of the five disability groups recognized by the *International Paralympic Committee*, that is Amputation, Spinal Cord Injury, Cerebral Palsy, Visual Impairment, Les Autres.

## Unlimited K1

Any single kayak, the faster the better. See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## Unlimited K2

Any double kayak, the faster the better. See *USCA Competition Rules* for full specifications, [www.USCAnoe.com](http://www.USCAnoe.com).

## Veteran

Veteran 1 is a paddler who is at least 60 yrs of age as of race day

Veteran 2 is a paddler who is at least 65 yrs of age as of race day

## Youth

Adult/Youth Adult must be 29 yrs of age as of race day and Youth must be between age 5 and 14 as of midnight 12/31/2008.