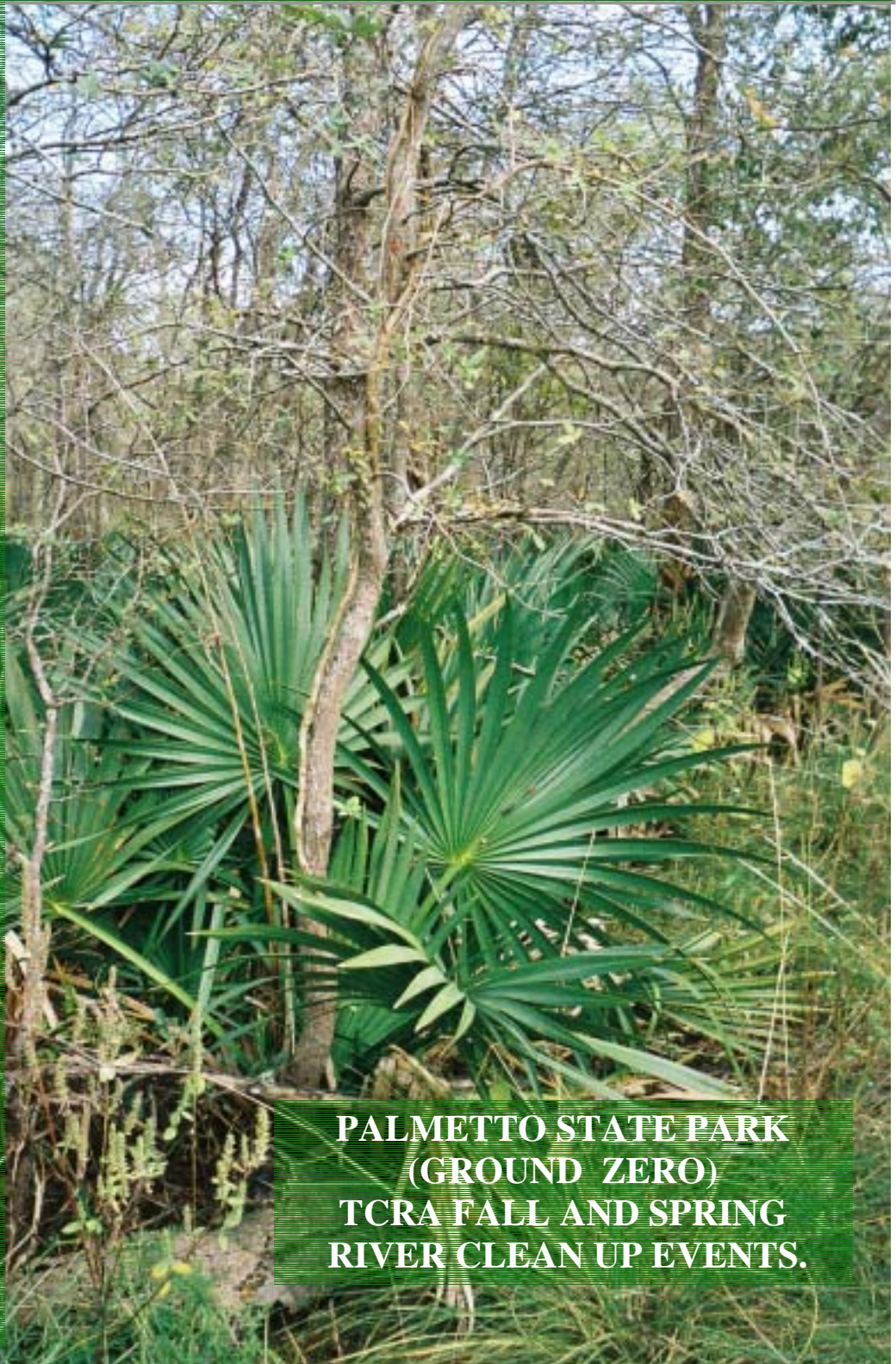


TEXAS CANOE RACING ASSOCIATION
PROMOTERS AND ORGANIZERS OF THE SPORT SINCE 1971

J A N U A R Y 2 0 0 8



**PALMETTO STATE PARK
(GROUND ZERO)
TCRA FALL AND SPRING
RIVER CLEAN UP EVENTS.**

Howdy,

I am grateful to have the opportunity to serve as your 2008 TCRA President, thank you. We are all blessed to have a tremendous set of volunteers serving on the 2008 Board of Directors. Their names are posted on the Officers and Committee Members page. I urge you to get to know them and feel free to approach any of us with your concerns. A little patience might be needed if they are preparing to race, but post race and thereafter they are all at your service. All members who wish to contribute some time are welcome. We are a volunteer organization and we appreciate your help. As President, I recognize the high standards Cindy has set in the past, when you see her let her know how much her hard work has meant to all of us. She will continue to work as our web site administrator and Triathlon Committee Chairman.

As we look forward to 2008, the Board has challenged itself with finding better ways to serve the membership, providing the best possible racing

venues for the TCRA Sponsored Championship Races and providing continued support to canoe racing across the state.

Congratulations goes out to Bob Spain and Grady Hicks for their selection and induction into the TCRA Canoe Racing Hall of Fame in November. Both of these individuals have made tremendous contributions to canoe racing in Texas and we are very lucky to have them still actively volunteering their skills and knowledge as race directors and board members during the 2008 racing season.

What to Look for in 2008.

- Aluminum Nationals
The United States Canoe Racing Association (USCA) Aluminum National Championships are coming to Bastrop, Texas on Saturday the 27th of September. The races will be held on the Colorado River and all are encouraged to attend regardless of skill level. The TCRA is planning a Friday night meal with a guest speaker that should be outstanding. There is a Pro race scheduled for Sunday paying ten places, that will be

fun for all. Please monitor the TCRA web site for additional details as they become finalized. The LCRA is providing discount lodging and the TCRA is planning a paddling clinic for Saturday afternoon.

- Membership

Our membership Chairs, Ann Best and Frank Gray, are planning a membership survey for early 2008 that will help us better identify ways to serve you, the membership better. Ken Keiffer has volunteered to serve as secretary/ treasurer for the coming year. Please help him out by rejoining on line or sending in your membership renewal to the address posted on the web page.

- Newsletter

Starting with this issue the newsletter will have a Coach's Corner. This will provide tips to new racers and those of us that always need a refresher course on how to get down the river faster. The first article was written by Bob Spain. The February column will be marathon racing tips by Carter Johnson. In the February issue we will also add a river conditions report on different sections

of rivers where races are scheduled or sections that have challenges or changes where a little heads up will help.

The 2008 racing season promises to be one of the best ever. We have a tremendous set of youth paddlers that are scaring all the veterans and a large contingent of older paddlers working harder than ever. Our 2008 racing calendar and venues will be posted on the TCRA web page following board approval in January

Thank You,
Pete Binion
TCRA President



•Tentative Dates and Locations;

Solo Unlimited Championships April 19th,
San Marcos River,
Director: Tommy Yonley

USCA Championships September 13th and 14th,
Colorado River
Director: GradyHicks

State Aluminum Championships August 23
Colorado River Bastrop
Directors: Spain/Binion

USCA Aluminum National Championships September 28,
Colorado River, Bastrop
Directors: Spain/Binion

ICF Championships October 18 and 19th
Town Lake
Director: John Baltzell



2008

Officers, Board Members and Committee Chairs

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COMMITTEE CHAIRS

<u>Points Administrator</u>	<u>Membership</u> Ann Best Frank Gray	<u>Constitution & Bylaws</u> Bob Spain
<u>Conservation & Newsletter</u> Ginsie Stauss	<u>USCA Delegates</u> Pete Binion Bob Spain Richard Steppe	<u>Race Directors</u> Unlimited Tommy Yonley USCA Grady Hicks USCA-Youth Frank Gray Aluminum Bob Spain Pete Binion
<u>Budget</u> Ken Kieffer	<u>Web</u> Cindy Meurer	ICF John Batzell Martindale Cindy Meurer Ann Best Teddy Gray
<u>Annual Banquet</u> Pete Binion	<u>Club T-Shirts</u>	

2007 PADDLER AWARDS

Presented by Cindy Meurer, outgoing TCRA President,
at the Hall of Fame/Awards Banquet in November.

Youth Solo Paddler of the Year

Melinda Zeek & Aidan Branch

Youth USCA Paddler of the Year

Melinda Zeek & Daniel Zeek

Youth Paddler of the Year

Melinda Zeek & Joshua Zeek

Adult Solo Paddler of the Year

Erin Magee & Brad Pennington

Adult USCA Paddler of the Year

Teddy Gray & Frank Gray

Adult Paddler of the Year

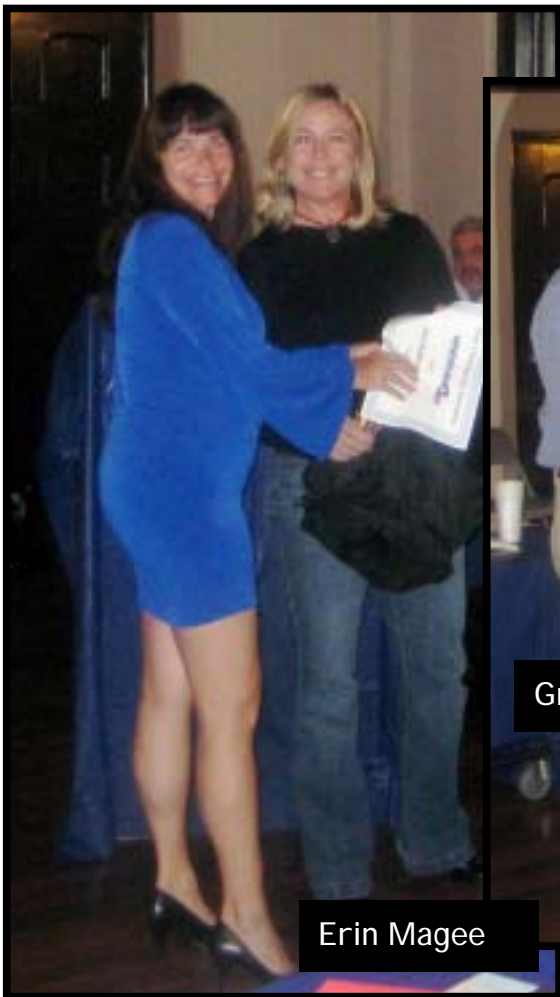
Erin Magee & Richard Steppe



Teddy Gray



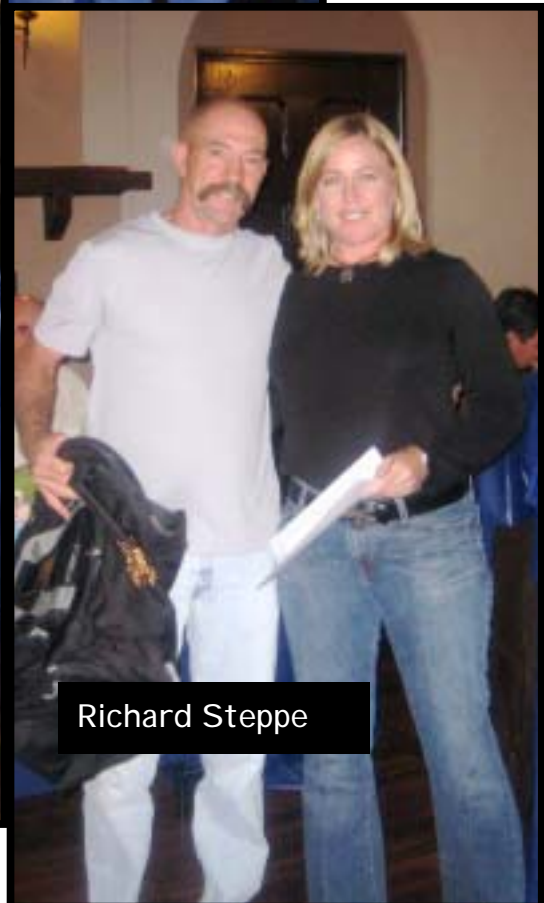
Bob Spain



Erin Magee



Grady Hicks



Richard Steppe

T.C.R.A. RACE CALENDAR 2008

JANUARY - JUNE

VISIT [HTTP://TXCANOERACING.ORG/](http://txcanoeracing.org/)
FOR MORE INFO AND REVISIONS

JANUARY 2008

Town Lake Series I
Sunday 1/27/08

February 2008

Town Lake Series II
Sunday 2/10/08

2008 OLYMPIC TEAM TRIALS
QUALIFIER
Sunday 2/17/08

Town Lake Series III
Sunday 2/24/08

March 2008

Spring Clean up
SATURDAY 3/01/08

Town Lake Series IIII (Lul ing)
Sunday 3/02/08

BUFFALO BAYOU
SATURDAY 3/08/08

Texas Water Safari Seminar
SATURDAY 3/15/08

EAST FORK/WEST FORK
Sunday 3/30/08

APRIL 2008

San Marcos Relay
Saturday 4/08/08

Hil dago Falls
Saturday 4/12/08
Sunday 4/13/08

Solo Unlimited Championship
Saturday 4/19/08

MAY 2008

TWS Pre-I m
Saturday 5/03/08

Barrier to the Bay
Sunday 5/04/08

June 2008

Kellers to Castell
Saturday 6/07/08

Texas Water Safari '08
9AM START Saturday 6/14/08
Sunday 6/15/08
Monday 6/16/08
Tuesday 6/17/08
Wednesday 6/18/08 1pm

The 2007 version of the San Marcos Solo was greeted by some of the best weather we have had all year. Maybe this climate change thing isn't such a bad idea after all. 28 competitors tied the record for the number of participants in the San Marcos Solo.

The purpose of this handicapped race is to beat your previous best time which, if your best time is sub-3 hours, should give you a shot at winning the race. Ten competitors out of the 28 bettered their previous best times! This is especially significant when you realize that 11 of the competitors had never run the race before. Both Mike Stinson and Tim Curry knocked over 30 minutes off of their previous bests.

The results are posted below and speak for themselves. Congratulations to Mike Rendon for the Fastest Time of the day and to Arild Jakobsen for finishing first overall. Thanks to Kristin Daniel, Jerry & Linda Cochran, Ken Kieffer, Cindy Meurer, and Fred Mynar for their help in facilitating this exciting race.

What I am most proud of is the \$350 that we raised for the Martindale PD's Blue Santa program through the "buying" of handicap time and bidding on the ability to skip the long portage at Martindale Dam. See you next year!

San Marcos Solo 2007							
Place	Paddler	Previous Best Time	Start Time	Finish Time	Split Time	Split Rank	Improvement
1	Arild Jakobsen		10:03 AM	12:28:17	2:25:17	4	
2	Bobby Snyder		9:55 AM	12:34:56	2:39:56	11	
3	Phil Bowden	2:34:10	10:21 AM	12:37:02	2:16:02	2	0:18:08
4	Kent Harlan		9:55 AM	12:37:16	2:42:16	13	
5	Michael Rendon	2:32:14	10:28 AM	12:41:01	2:13:01	1	0:19:13
6	Axel Thomsen	2:57:38	9:57 AM	12:43:43	2:46:43	14	0:10:55
7	Jason Locke	2:35:27	10:19 AM	12:45:20	2:26:20	7	0:09:07
8	Mike Stinson	3:24:27	9:55 AM	12:48:55	2:53:55	16	0:30:32
9	Cory Laskoskie	2:34:49	10:20 AM	12:51:40	2:31:40	9	0:03:09
10	Jonathan Zeek	2:29:47	10:30 AM	12:55:25	2:25:25	5	0:04:22
11	Tommy Yonley	2:21:35	10:38 AM	12:56:32	2:18:32	3	0:03:03
12	Richard Ameen	2:23:26	10:31 AM	13:00:34	2:29:34	8	
13	Tim Curry	3:32:42	10:00 AM	13:02:30	3:02:30	18	0:30:12
14	Bran Pennington	2:22:11	10:38 AM	13:03:26	2:25:26	6	
15	Chris Stevenson		9:55 AM	13:03:27	3:08:27	20	
16	Grady Reed		9:55 AM	13:03:34	3:08:34	21	
17	Pete Binion	2:31:04	10:24 AM	13:04:16	2:40:16	12	
18	Jason Dluhy		9:55 AM	13:05:26	3:10:26	22	
19	John Stockwell	2:37:43	10:17 AM	13:05:33	2:48:33	15	
20	Mike Simmons	2:40:11	10:10 AM	13:07:03	2:57:03	17	
21	Erin Magee	2:21:07	10:34 AM	13:13:25	2:39:25	10	
22	Bruce Trainum	3:23:03	10:00 AM	13:17:54	3:17:54	23	0:05:09
23	Lynn Solomon		9:55 AM	13:20:39	3:25:39	24	
24	Grady Hicks	2:34:35	10:30 AM	13:35:38	3:05:38	19	
25	Loren Hudson		9:55 AM	13:35:49	3:40:49	25	
26	Marc McCord		9:55 AM	13:37:47	3:42:47	26	
27	Scott Waldenfels		9:55 AM	14:07:00	4:12:00	28	
28	Jason Sellers		9:55 AM	14:05:41	4:10:41	27	

Recently a new racer asked me what they could do to go faster?

I thought about it a while before I answered, because there are a number of things that canoe racers can do to get faster, i.e., quality speed training, spending more time on the water, weight training, working on the mechanics of the forward stroke, push with your feet, use the back and shoulders and not the arms, seek instruction from experienced paddlers, etc.-- I'll talk about only one.

One of the most important things that a new racers can do to improve their racing speed is to work on the basic elements or the forward/power stroke. Marathon racers paddle 60+ strokes a minute. That's 3600 strokes an hour and if you could gain one more inch per stroke, that's 300 FEET OR 100 YARDS AN HOUR. If you are going 6 mph you would gain about 34 SECONDS PER HOUR.

So, let's talk about the forward stroke.

The four parts of the forward stroke are: the **Catch, Power Phase, Withdrawal, and Recovery.**

- 1. Catch-**(most important phase) - Reach forward and place the paddle blade completely in the water before you beginning the pull (**very important**). The shaft should be almost vertical. The blade should be placed in the direction you want the canoe to go. Do not begin to pull until the blade in positioned correctly. The power-face transmits the force from you to the water and then to the hull.
- 2. Power Phase-** Pull back on the paddle with a steady motion. Pull with the bottom hand and top hand. The powerface is perpendicular to the keel and the stroke is done parallel to the keel line. Keep the paddle submerged completely or almost completely. Keep the arms relatively straight and twist your torso and use your back and shoulder muscles and not your arms.
- 3. Withdrawal Phase-** Drop your top (grip) hand and exit the paddle from the water at your hip. The paddle is essentially horizontal to the water.
- 4. Recovery-** Twist your torso and swing your arms in an arc toward the bow. Lift your upper hand up and slice the blade into the water. Now you are back to the original position and ready to begin the next stroke.

Remember, all that has to be done in a second or less. So, practice, practice, practice.



Save the Date!
Saturday, March 8, 2008, 9am-2pm
Buffalo Bayou Regatta

Please join Buffalo Bayou Partnership for the 36th Annual Buffalo Bayou Regatta - whether you are paddling in the race or cheering on the racers!

The 15-mile canoe and kayak race begins at San Felipe, just west of Voss and will end at downtown_s Sabine Promenade.

Finish line festivities include live music, food and drinks, and the awards ceremony.

Registration will begin in January. Details to follow.



www.buffalobayou.org

713.752.0314

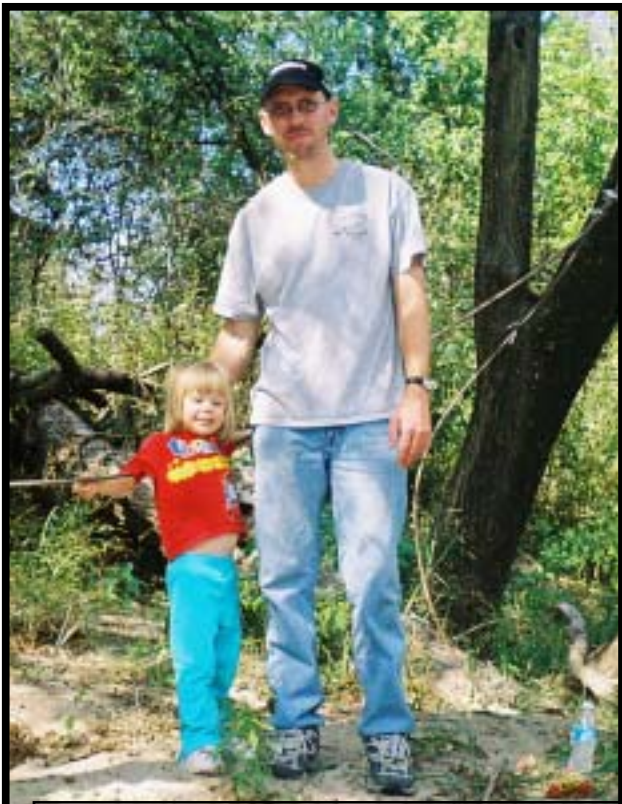
Buffalo Bayou
Partnership

**T. C. R. A. 2007
Fall River Clean Up**



Holly O. & Lone Wolf John Mark take out their collected river trash and haul it up the embankment at everyone's favorite take out spot Slayden Cemetery.





Grady and his sweet daughter Kirsten helped me on the bank... a lot!

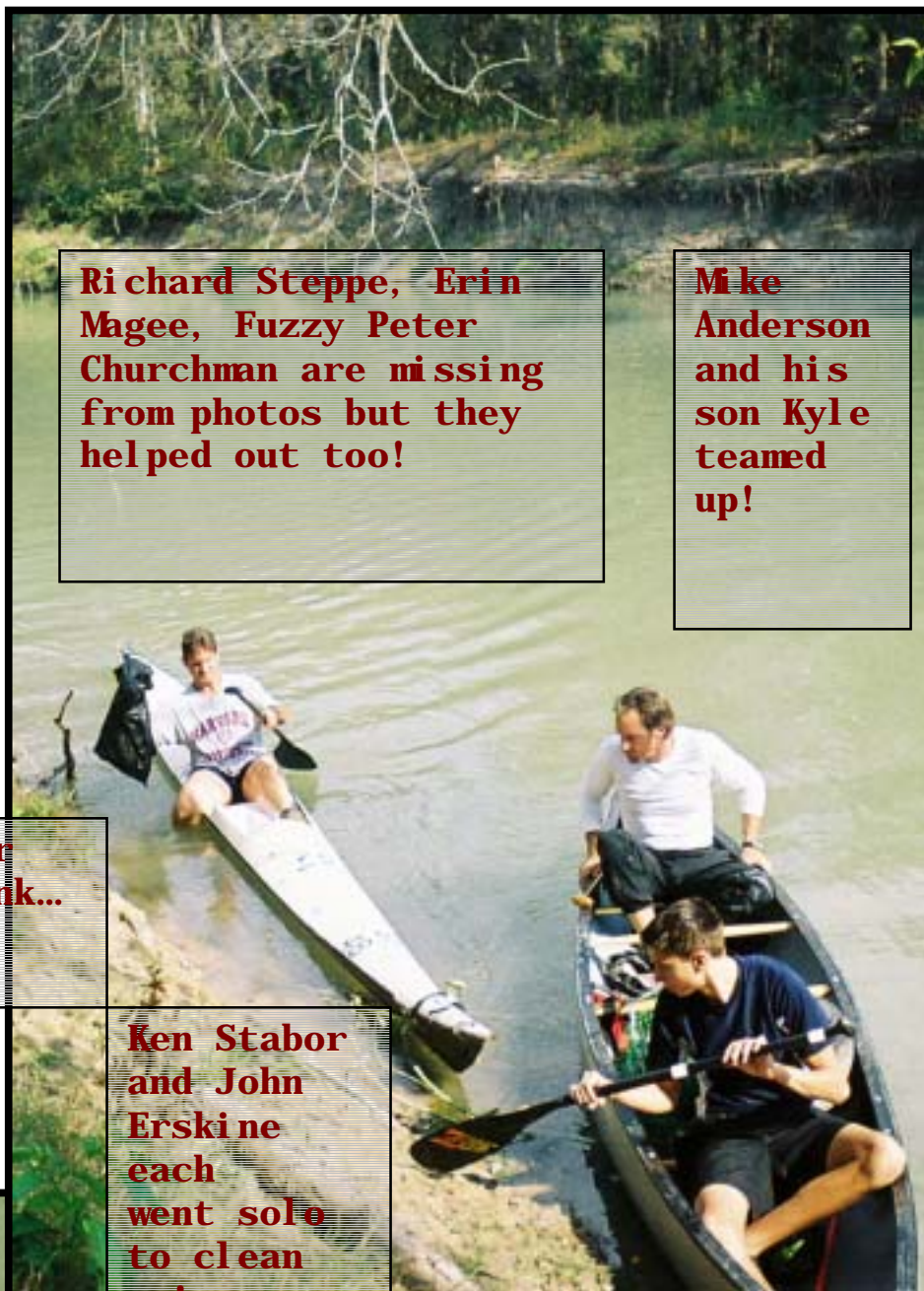
River clean up materials provided free of cost by "Keep Texas Beautiful". Palmetto State Park provided free day passes, free dumpsters and free showers!

See you **March 1st** for the **Spring clean up** where we join with other groups to clean the entire San Marcos River!

Look for more info on the forum as we get closer! My personal thanks to everyone who helped!

Richard Steppe, Erin Magee, Fuzzy Peter Churchman are missing from photos but they helped out too!

Mike Anderson and his son Kyle teamed up!



Ken Stabor and John Erskine each went solo to clean up!

