

PADDLING BASICS

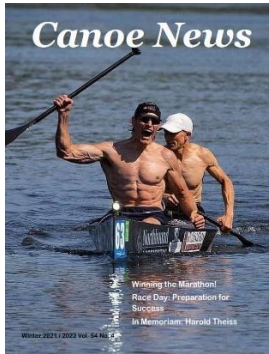
- USCA Safety Information including [Cold Water Gasp / Cold Shock](#) [Hypothermia / Hyperthermia](#)
 - <http://www.uscanoe.com/safety/>
- How to Canoe | 3 Key Strokes All Paddlers Should Know ...ACA...4:21 minutes
 - <https://www.youtube.com/watch?v=dVUNzKkBE5o>
- The Top 3 Basic Canoeing Strokes | Canoeing for Beginners....8:27 minutes
 - <https://www.youtube.com/watch?v=cu4OaglXOo0>
- BSA Canoe training 10:25 minutes
 - <https://www.youtube.com/watch?v=fGiWzRrM-us>
- Introduction to Quietwater Canoeing a USCA Production.....23:24 minutes
 - <https://www.youtube.com/watch?v=517snnqXhVQ>

BEYOND THE BASICS—YOU CAN DO THIS!!!

- Get Ready! 2018 AuSable River Canoe Marathon.....3:39 minutes
 - <https://www.youtube.com/watch?v=0qdZj8H92b0>
- Introduction to Flatwater Marathon Canoe Racing.....6:34 minutes
 - <https://www.youtube.com/watch?v=5qEXrqHAWLY>
- 2011 Snake River Canoe Race.....2:36 minutes
 - <https://www.youtube.com/watch?v=cKmNDyMPRmM>
- Kamini Jain talking about paddling stroke technique.....4:22 minutes
 - <https://www.youtube.com/watch?v=1Ng5ULurhh4&t=252s>
- John Puakea Canoe Paddling Technique: The Catch - Part 1.....10:25 minutes
 - <https://www.youtube.com/watch?v=691Mpc5ZSqQ>
- John Puakea Canoe Paddling Technique: The Catch - Part 2....17:49 minutes
 - <https://www.youtube.com/watch?v=ofyomfiumv4>

ADVANCED-EXPERT RACING TECHNIQUES & INFO

- Paddle Hard Canoe Race.....9:38 Minutes
 - <https://www.youtube.com/watch?v=1DINb0sq3Kk>
- 2017 AuSable River Canoe Marathon Start 3:42 minutes
 - <https://www.youtube.com/watch?v=2j9u4USoXug>



AuSable River Canoe Marathon 2021 Part 2 | A Record Breaking Year

.....Jordan Wakeley & Matt Meersman.....

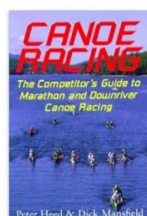
2021 AuSable River Marathon C-2 Racers (120 miles in record time of 13 hours & 54 minutes)

2021 AuSABLE RIVER CANOE MARATHON											
FINAL RESULTS											
CUTOFF - HOURS: 13:00, TIME: 4:00 PM				Split Record				Youth			
OFFICIAL RESULTS				Women				Rookie			
Teams				Mixed				AVERAGES			
DNF's				Masters				Split: 13:56:02			
* Denotes First Year				Seniors				Point-to-Point: --:--:--			
Pos.	Canoe No.	Participant Names	Split Time	Behind Leader	Behind Previous	Time Adjustment	Time Penalty	Pos. A.I.	Pos. B.I.	Pos. C.I.	Note
1	63	Jordan Wakeley Matt Meersman	13:54:59	New Record	0:03:59	0:00:00	0:00:00	-	1	2	New Race Record
2	99	Wesley Dean	14:07:37	0:13:28	0:13:28	0:00:00	0:00:00	-	1	2	
3	97	Chris Isenhardt Logan Myr	14:11:51	0:16:52	0:03:24	0:00:00	0:00:00	-	3	4	
4	35	Mike Davis	14:24:11	0:20:02	0:02:10	0:00:00	0:00:00	-	4	5	
5	08	Pete Mard Carson Burmeister	14:25:31	0:21:42	0:01:40	0:00:00	0:00:00	-	4	7	
6	52	Ryan Zverval Matt Gabriel, Jr.	14:37:32	0:23:24	0:01:42	0:00:00	0:00:00	-	3	6	
7	07	Kyle Myr Kyle Stonehouse	14:38:43	0:30:34	0:07:10	0:00:00	0:00:00	-	7	10	
8	02	Brett Stockton Ryan Halsead	14:38:26	0:32:17	0:01:43	0:00:00	0:00:00	-	6	8	
9	66	Patrick Madden Steve Watson	14:37:41	0:33:32	0:01:15	0:00:00	0:00:00	-	6	9	
10	13	Nick Walton Serge Page	14:37:46	0:33:39	0:00:07	0:00:00	0:00:00	-	10	13	
11	91	Daniel Medina Ian Rolis	14:53:46	0:39:31	0:05:52	0:00:00	0:00:00	-	7	13	
12	22	Jason Hatfield Colin Hunter	14:59:07	0:44:58	0:05:27	0:00:00	0:00:00	-	12	16	
13	78	Michael Schimmer Ben Schimmer	14:42:19	0:49:10	0:04:12	0:00:00	0:00:00	-	10	13	
14	01	Richard Luth Mary Schimmer	14:46:36	0:50:15	0:01:05	0:00:00	0:00:00	-	12	15	
15	90	Austin Weller Adam Gelles	14:46:36	0:50:21	0:05:06	0:00:00	0:00:00	-	14	15	
16	20	Russ Raker Tad Hill	14:50:40	1:00:39	0:10:18	0:00:00	0:00:00	-	14	17	
17	30	Eric Batey Mike Bradford	15:00:42	1:06:33	0:00:54	0:00:00	0:00:00	-	16	18	New Seniors Record
18	18	Douglas Daiman Brad Wilson	15:16:30	1:22:11	0:15:38	0:00:00	0:00:00	-	17	21	
19	16	Jeff Kolka Naomi Kolka	15:16:29	1:25:20	0:03:09	0:00:00	0:00:00	-	19	24	
20	03	Mo Harwood, Jr. Erich Podjaskie	15:24:56	1:30:47	0:05:27	0:00:00	0:00:00	-	18	22	
21	80	Kevin Boss* Andy Hall	15:27:05	1:32:56	0:02:09	0:00:00	0:00:00	-	19	28	
22	14	David Terty Bill Toronto	15:29:00	1:34:53	0:01:57	0:00:00	0:00:00	-	18	23	
23	46	Paul Olney Michael Fries	15:29:36	1:35:46	0:00:53	0:00:00	0:00:00	-	23	31	
24	39	Brenden Stifford Andrew Conde	15:29:40	1:35:53	0:00:07	0:00:00	0:00:00	-	23	34	
25	74	Seah Miller Stephen Miller	15:30:34	1:36:25	0:02:32	0:00:00	0:00:00	-	24	31	
26	57	Dan Mecklenburg Jan Webb	15:34:17	1:40:08	0:01:43	0:00:00	0:00:00	-	19	32	



Canoe Make	Canoe Model	NACPR %
Savage River	JO Pro 2	100.000%
Savage River	JO Pro 2	98.411%
Savage River	Corten 1995	98.018%
Savage River	JO Pro 3	97.655%
Corten	Corten 1995	97.465%
Corten	Corten 1995	97.271%
Savage River	Diller 2020	96.465%
Corten	Corten 1995	96.274%
Savage River	JO Pro 2	96.135%
Corten	Corten 1995	96.122%
Savage River	JO Pro 2	95.477%
River	Gillies	94.885%
Savage River	Corten 1995	94.434%
Savage River	Corten 1995	94.318%
Savage River	Corten 1995	93.777%
Savage River	Corten 1995	92.704%
Savage River	JO Pro 2	92.611%
Corten	Corten 2010	91.031%
Gillies	Gillies	90.719%
Savage River	Corten 1995	90.185%
Savage River	JO Pro 3	89.976%
Savage River	JO Pro 2	89.787%
Corten	Corten 2010	89.702%
Cruiser	V-1	89.690%
Savage River	JO Pro 2X	89.447%
Cruiser	Hacked Hassel	89.282%

- 2021 AuSable River Canoe Marathon Race 120 miles 4:37 minutes
 - <https://www.youtube.com/watch?v=8FhJqE34DhM>
- AuSable River Canoe Marathon—Record Breaking Year 22:52 minutes
 - Jordan Wakeley & Matt Meersman C-2 winners at minute 19 video mark
 - https://www.youtube.com/watch?v=of_Q_10YTto
- Canoe Racing: The Competitor's Guide to Marathon & Downriver Canoe Racing...256-page book
 - Available on Amazon.com and Ebay.com



Canoe Racing: The Competitor's Guide to Marathon and Downriver Canoe Racing Paperback – August 1, 2004
by Peter Heed (Author), Dick Mansfield (Author)

★★★★★ 13 ratings

See all formats and editions

Paperback
\$59.99

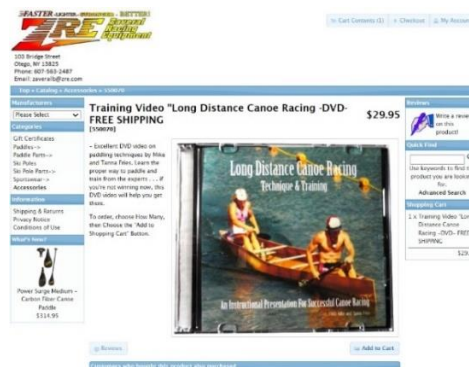
11 Used from \$36.15
2 New from \$119.75

This revised edition of Canoe Racing is packed with the latest information on technique, equipment and tactics, and is illustrated with action shots from across North America. Peter Heed, the Attorney General of New Hampshire, is a competitive marathon canoe racer and is a seven-time National Marathon and Whitewater Canoe Champion. Dick Mansfield is a writer/publisher based in Vermont.

- Marathon Canoe Racing by Tom Thomas....10-page overview
<https://drive.google.com/file/d/1XlkiedXhzabjfy7385oJ4kLFWsPyuuU/view>
- Learning How to Paddle a C-1 Marathon Canoe.....3:05 minutes
 - <https://www.youtube.com/watch?v=syjcPcQulj8>
- Paddling Technique Drills.....7:30 minutes
 - <https://www.youtube.com/watch?v=Mwjn-3tAJvQ>
- Paddling Technique.....18.17 minutes
 - <https://www.youtube.com/watch?v=fiT2Bf1y-tE>
- Chris Proulx Stroke Analysis.....6:00 minutes
 - <https://www.youtube.com/watch?v=e0kC7NhN6fM>
- Canoeing Stroke Comparison.....6:04 minutes
 - <https://www.youtube.com/watch?v=Fi2QUT7ZsI0>
- Canoe Race World ---- Kevin Olson.....lots of info videos
 - <https://www.youtube.com/user/kevintolson/videos>
- Canoe Race World website.....lot of info here.....
 - <https://www.canoeraceworld.com/>
- Interview with top ranked Female paddler Mary Schlimmer.....9:21 minutes
 - <https://www.youtube.com/watch?v=l1TzrcvOOcM>
- Long Distance Canoe Racing (Technique & Training) DVD \$29.95
 - <https://zre.com/shop/training-video-long-distance-canoe-racing-free-shipping-p-69.html>



Case Kittle shows paddling stroke in a Savage River C-1 sprint/marathon racing canoe

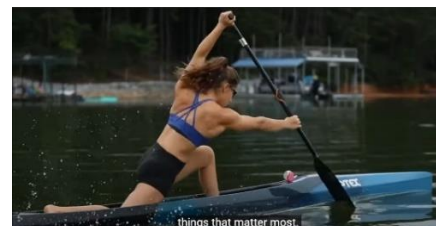


- C-2 Canoe ProBoat Race Start--Canton Canoe Weekend 2016.....32 seconds
 - <https://www.youtube.com/watch?v=ILb0i1khBis>

Olympic Flatwater "Canoe Sprint" Racing (canoe & kayak)



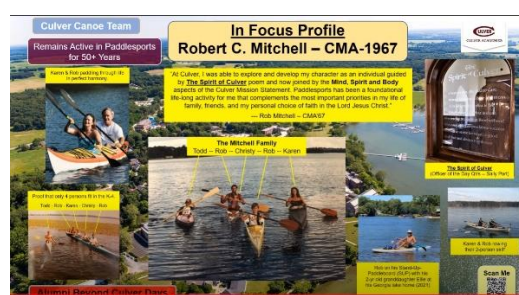
- Nevin Harrison, 2019 World Champion 200-Meter C-1 Women....5 minutes
 - <https://www.youtube.com/watch?v=T4XAjLuFR4s>



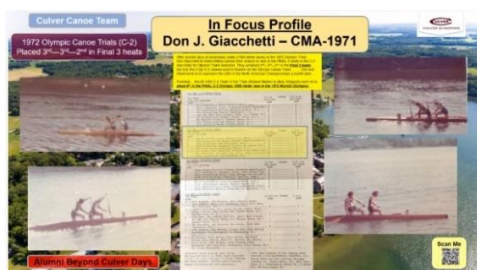
- Nevin Harrison, 2021 Tokyo Olympics, Gold Medalist 200-Meter C-1 Women
 - <https://www.teamusa.org/News/2021/August/05/Nevin-Harrison-Wins-First-Ever-Olympic-Gold-Medal-In-Womens-Canoeing> (click on sound) Olympic Gold Tokyo....1 minute
 - https://www.youtube.com/watch?v=De87_AfnNQ Road to Tokyo...2 minutes
 - <https://www.youtube.com/watch?v=SCycLYMoe2o> Me and my boat...2 minutes



- Sebastian Brendel, C-1 Olympic Men Champion Stroke Techniques....5 minutes
 - <https://www.youtube.com/watch?v=MbuONpP8iAc>



- Rob Mitchell – CMA-1967, K-1 Olympic Kayaker--- In Focus Profile...15 minutes
 - <https://www.youtube.com/watch?v=pG1RNwR3jTE>



- Don Giacchetti – CMA-1971, C-2 Olympic Trials & N.A. Championships...12 minutes
 - <https://www.youtube.com/watch?v=g0vR6-Vbzh0>