

Email Update March 2008

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New Updates

Hi all - we know there hasn't been much in the way of regular communication from the club in recent times. We lost our newsletter editor at the beginning of last year, and finding a 'volunteer' for the job has been a hard road... However, we're going to try to pull together a bit of an update every couple of months to let you know what has been happening around the club. If anyone has any good stories/ useful tidbits etc send them through to rachel.ockelford@cantab.net and we'll include them in here.

Kupe caters to a wide range of types of paddlers - whitewater, sea and multisport, but at the moment there hasn't been a lot of interaction between these groups. We'd like to improve on this, starting with offering learn to roll courses (designed for multisporters, coached by some of our whitewater experts, see below for more information) - if you've got any ideas or requests, let us know, or any great stories so we know what the various groups are up to send them through.

Beginners trips

On the first weekend of each month a whitewater beginners trip heads to a local river. In March Dave Hyland led a trip up to the Rangitiki river near Mangaweka. We'll try and get some reports into future versions of the newsletter so everyone gets a better idea of what happens on these trips - and hopefully encourages some of you along... If you're interested contact Dave Hyland (details on the website).

Wednesday night is pool night at Fryberg pool

We have resumed pool nights at Freyburg. Wednesday evenings 8.30-9.45pm \$2 for members (+ pool entry). Bring your boat (multisport OK too!) or borrow one of the club ones stored here, and have a bit of a play... Great for learning/ improving your roll, and braces etc. Everyone's welcome.. and there are experienced paddlers down here that'll give you a hand..but if you're a bit nervous about just rocking up.. register interest for a learn to roll course and we'll show you the ropes

Learn to roll course

GREAT OPPORTUNITY FOR MULTISPORTERS!!

The 'whitewater' guys have offered to teach us to roll - make sure you are set up for Coast next year!! We're going to run 4 week sessions to get you rolling - 2 weeks in a club (or your own) whitewater boat, a week in your multisport boat.. and then off on the beginners trip (1st weekend of the month) to test those skills.

No charge - other than the normal pool entry and pool night charges, and instruction from those that have been doing it for a while...

All you need to do is commit to the 4 sessions - email me rachel.ockelford@cantab.net if you are interested. We're only going to take very small groups - 4 at a time, to give personalised instruction, with the first starting on March 26 (+April 2 & 9 and beginners trip on the 5th) - so be sure to tell us if you can make this course.

Successes at the Coast to Coast

The Club (and the Wellington region in general) had great success at the recent Coast to Coast - the highlight of the multisport calendar. We'd like to congratulate everyone on their successes; in particular:

Fleur Pawsey 2nd World Multisport Champs
Michelle Allison 2nd Classic Woman World Multisport Champs
Rachel Ockelford 2nd Individual 2-Day event
Katherine Allen 3rd Individual 2-Day event
Carolyn Hawe 2nd Masters Women Individual 2-Day event

Sorry if I missed anyone!

At the end of this newsletter we've attached race reports from Fleur Pawsey and Rachel Ockelford for those interested in how it was 'out on the course'.

Update on the new clubrooms

Probably the biggest change for Kupe in the last couple of years has been the decommissioning of the old club rooms at Cog Park to be replaced with the new, improved, shiny buildings. This was a long hard road for the club with an inordinate amount of time put in by a number of people to get to where we are today. It's always important to stress that Kupe is a non-profit club and everyone puts their time in for free.

As it stands we now have an amazing storage facility within the TS Amokura base at Cog park. As those of you who have boats stored will already know we had a constraint on space with access to only 2 bays at the moment. At the time of resource consent for the facility there were number of size limitations which impacted on the overall space for the storage sheds. However, due to some tremendous work between the committee and the Trust that runs the facility we now have impending access to the 3rd shed for Kupe. This is great news and allows us to effectively double our storage space and make it more usable.

There are some impacts in terms of cost which we have been looking at carefully. Effective year 2008/2009 each boat will cost \$110 per annum to store (and of course you have to be a member as well). What does this pittance (less than a flat white a week) get you ? :

- An assigned berth in the storage shed complete with styley carpet to protect your babys bottom
- Access to a dedicated hosepipe for rinsing your craft after a paddle
- A dry, secure and 24x7 alarmed space
- Access to clean, hot showers and toilets
- The ability to recover and rejuvenate after a hard training session !
- We're also looking into racks to store (possibly lock) paddles, and dry gear, but first we need to finalise space and how we are going to use it

Work will commence shortly to deck out the new shed and mirror the rack layout to allow maximum storage. The plan is to only use the central roller door (except for doubles which will have to come out of one of the other doors as they will be stored straight in/out). So keep an eye out and advance apologies as we sort this out.

New clubrooms - polite requests

Not wishing to sound like your Mum....but....we have been lucky to secure such a great facility and it is important to stress that it is a shared facility. Therefore the following polite rules apply:

- 1) Please leave the toilets and showers as you found them. They will be cleaned regularly as part of our maintenance contract however a bit of tidying never goes amiss. Report any issues or problems to a committee member ASAP.
- 2) Please don't let non-members use these facilities if possible. We pay a lot for the shared access and as a non-profit organisation we operate close to the line in terms of costs. If non-members want access then they will be required to join the club and have paid boat storage.
- 3) Please keep the storage sheds litter and clutter free. A bin will be put in there soon and a shared bin will be onsite which will be regularly cleared.
- 4) Please remember to re-arm the building when leaving. More often than not the alarm hasn't been activated (2 swipes of the card). Instructions are posted on the door if you forget! Its quite simple to operate when the alarm is

- set properly – 1 swipe opens the door, once you are finished just close the door then 2 swipes re-sets the alarm.
- 5) If you set the alarm off regularly you may end up paying the call out fees. Kupe is the first point of contact for the monitoring company so if we are regularly called out we're not going to appreciate it!
 - 6) Any boats that are in the storage facility and have not had storage fees paid for a period of 12 months will become the property of Kupe Canoe Club.

So really there's nothing there that's too surprising!. Keep an eye out for changes and more space.

Coastguard reminder

David Fisher one of our committee members is also a Coast guard skipper, he makes the following recommendation:

I recommend that all kayakers ensure that their craft has your name and phone number written on or in it, including local area code written where it can be seen particularly if the kayak is empty. eg inside your cockpit somewhere.

By having you kayak identifiable, in the unlikely event that you become separated from your boat and someone else finds your kayak, it will help the police track you down and hopefully confirm that you are safely ashore or conversely that you are considered overdue and they should keep looking for you. Also if your kayak is simply lost or stolen you have a better chance of getting it back.

An indelible felt marker pen is the easiest way to write on either fibreglass or plastic.

David Fisher, Coastguard skipper, kayaker etc.

Other notices and reminders

In addition as the nights become darker its timely to remind paddlers that if you are out on the water after dark you should have a 360 degree white light 1metre above your boat to make you visible. A cheap bike light duct taped to a wicker poled rammed in your PFD does the trick ! (Not flashing either unless you wish to indicate you are in distress !!!)

If you are interested in sea kayaking we have a couple of committee members you can contact to find out more about what is happening – Peter Williamson and David Fisher are both keen sea kayakers. There is also a Wellington Sea Kayaking Network that organises regular trips. For enquiries contact Mike Wilkin on 04 5650880 or at Mwilkin5@xtra.co.nz

Kupe Committee

Peter Williamson – President

Rachel Ockelford – Secretary

Lou Bird – Treasurer

Colin Slater – Club Captain

Marty Walsh – Vice Captain

Mark Wallace - Memberships

Committee Members – Bernie Hermens, Jo Holden, Dave Fisher & Jon King

Coast to Coast reports

Fleur Pawsey - Coast to Coast 2008 - so close...

How hard can it be to go 44 seconds faster in a 243 km multisport race? That is a question I've been asking myself over the last few days. What's 44 seconds? Over that distance it's a braid on a river, it's a wrong turn on the run, it's stopping to eat that muesli bar instead of chewing on the go. That's one way of looking at it. I'm trying to take a different view.

To cut to the end of the story, last Saturday I came second in the Coast to Coast Longest Day, just 44 seconds off the top spot. Instead of dwelling on what could have been, I'm looking back on a day where I felt like I raced to my limit. I stuck to my race plan, I pushed myself on every part of the course, and as I pulled into Sumner Beach I really had nothing left to give. That's a pretty satisfying way to race. I had high goals going into the race this year, but I was also determined to enjoy myself out on the course. That was easier said than done though; the pressure was on right from the blast of the starter horn. The 55km cycle to Aikens rolled over pretty quickly, but the bunch never really seemed to settle down and relax and I was relieved when we pulled into the chaos of the first transition. A quick stop to lose the cycling gloves and grab a backpack, and it was time for the real racing to begin. The Deception river valley is a beautiful place and a fantastic area to run in, but I was obviously having a hard time appreciating it. As I clambered past an official at the half way point, the Orange Hut river crossing, he said in his sternest voice 'this is FUN, and YOU'RE having it.' Cheers for the reminder...

I arrived at Goat Pass Hut in third place, with the other girls four minutes ahead. By Klondyke Corner they had increased the gap to around nine minutes, so there was no time to be wasted in transition. The short bike ride to the Waimak River was all about eating, drinking and spinning out my legs, and then it was into the trickle of water that the Waimak had become. I'd prepared myself mentally for a very long and grovelling paddle, and perhaps I'd overdone it a little. Landmarks seemed to sneak up on me, and the trip down the river was nowhere near as torturous as I expected. True, I think I hit the bottom of the river with my paddle blade on every second stroke for the first half hour or so, but there's nothing like inch deep water to make you feel like you're flying when you hit a decent flow.

It's easy to get a bit complacent in a long paddle, so I was stoked when I reached the Woodstock checkpoint and the marshals told me I was only 3 minutes down on the lead. That time check gave me all the motivation I needed to dig in for the last 45 minutes. I'd hit the front by the exit at gorge bridge, but the race definitely wasn't over and I knew there were some strong paddlers making up time behind me. The final cycle into Sumner is definitely up there as one of the hardest things I've done. I wasn't mucking around, but nor was anyone else and with media vehicles giving me time splits every few kilometres, I knew how quickly I was being reeled in.

I desperately wanted to stay in front, but when I started getting blurry vision and wobbling on the bike I knew there really wasn't much gas left in the tank. With less than 2km till the finish line it was all over. Emily Miazga flew past me on the approach to Sumner, and it was obvious that at that point she was the stronger of two of us and had timed her race perfectly. While I was massively disappointed that I hadn't been able to hold on that little bit longer, it was exciting to be part of such a close race. I also felt I'd proven a point. When I won the race in 2007 I wondered how I'd managed to do it. I had no idea I could race at that level and didn't know if I'd be able to back it up with a repeat performance. It was a huge confidence boost to hold my own at the front of the field, and it's definitely fuelled the ambition to be back – and stronger – next year!

As always massive thanks need to go to my support crew and all those who helped me out before, during and after the race. So to my crew of Harry, Ginna, Kirstie and Dinah, thanks!!!! Thanks also to Ian and Sue from Deloitte for your help on the day and in the lead up races, to Ross from Farm to Farm Tours, to my coach Cam, to Daryl and Wilhelmina from iRULE, to Kath Fouhy for sorting all my nutrition, and to Shane and the team at Penny Farthings for sorting my bike. I was really spoiled with the amount of support I received and I appreciate all the time and energy you put in. Hopefully next year I'll give you a less nail biting finish... if you're game to be part of another Coast to Coast campaign!

Race Report – Rachel Ockelford - Coast to Coast 2008

I had promised myself I wasn't going to do Coast this year, but somehow I got roped back into it... (Liam was planning on doing it, and I figured if I was going to be there over Xmas training etc I might as well do it again..)

Had the usual struggles fitting in training with working and Wellington weather but preparation was going reasonably and with a couple of good training weeks over Xmas I was looking forward to a couple more weeks training and starting to rest as I returned to work. Unfortunately my body didn't quite agree.. I was diagnosed as anemic (through iron deficiency) in early Jan and all plans were a bit up in the air. Interesting sensation, a week after doing 5h runs through Goat Pass I could barely walk up the stairs at work without collapsing! My iron levels came up slowly and by Coast were just within normal limits so about 10 days before the start I decided I would compete.

It was an odd but in some ways very relaxing way to head to the race – no expectations on performance and having had a lot of time off in Jan wasn't anywhere near as mentally tired of training as usual.

The race:

Day 1 (Friday) is a quick 3k sprint off the beach, a 55k cycle and the run – 33k through river beds and over a mountain pass.. I felt good on the initial run for the first time ever had a nice quick transition onto the bike, and I jumped in behind a couple of team riders and let them pull me up to the bunch ahead. About an hour in I overheard some guys talking who said there was only a few team riders ahead of us – but I only semi believed them.. no way I could be in the front bunch! Came flying into transition about 10 min earlier than I had expected and saw another girl heading out on the run, but focused on getting my stuff and heading out. I hate that first 20 min or so.. the transition to running is never pleasant. As I started up the river bed I had someone running in front of me videoing me.. all a bit odd! It wasn't until that afternoon I found out I'd been the lead girl (the other one in transition was a team). About 35min into the run the first 2 individual girls caught me, as expected, I'm not a runner! I stayed with them for about 10 min but they were moving quicker than me.. kept my head down and tried to keep moving steadily through the stream and boulders. Got to the top of Goat Pass to my amazement about 20 min ahead of schedule! One other girl past me in the last few kms and I finished about 40 sec behind her, in 4th place, in 4h 38min for the run and just under 6h 30min for the day. I'd taken 30 min off my previous best time over the run, great start to the race!

Day 2 consists of a 15k cycle, 69k paddle and 70k bike. We line up at the start in groups of 10, based on your race number. This makes it all a bit confusing as you don't know where you are relative to the people you are racing against. I didn't feel great in the boat from the start. The river was very low, and it felt like a lot of work. It should have been easier for me, given I was in a narrower boat than most, but I really didn't feel on top of things. I had a few issues with my drinking systems and eating which had been fine without a bib on, didn't work with it on, my arms went all shaky and I was struggling to hold the boat upright – fortunately the river was low and easy otherwise there would have been some swimming! As it was I got a number of lines wrong and lost a good 5-10 min getting turned in 3 eddies... Despite all this, I got through it in 5h, enough to give me the 2nd fastest girls paddle time. I got lots of encouragement in transition (though my support crew did later say I looked like death warmed up and they were a bit worried about me!), and headed out, the 3rd individual girl on the road at that stage.

I felt a heap better once on the bike and put in a bit of effort to catch the guy ahead of me, this turned out to be worthwhile as we caught another 3 riders up the road including one of the girls. The bike went well, it was very comfy for the first 40 min or so, then a couple of faster guys caught us and I had to put a bit more effort in.

Finishing was great. I came across the line shattered again, and really happy to have achieved my goal of pushing myself hard in the race. I couldn't have gone any faster than I did! As it turned out it was a good enough effort for 2nd overall in the 2 day event, about 14 min behind the lead girl.

A banner image for the Kupe Canoe Club featuring a dark background with white, stylized waves or clouds.

Kupe Canoe Club

It was a great year to be part of as well – there were a record number of female participants (203) and 59 entries in my grade.