



# MaCKRO News

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## Message from the President

Counting all the races listed on the MaCKRO race calendar schedule (as of July 23) approximately 30 have already happened and 10 or so remain for the 2012 racing season. It is hard to believe that 75% of the races have already passed this year. The more condensed white water series seemed to go well with Chris Dalton doing a good job of organizing the series. We are already well into the flat water series which Colleen Moore has also done a good job of organizing and this year includes some new locations such as Bowdoinham and Houlton for the Thursday evening events. We have managed to not really lose any races this year with efforts such as Dwight Blease helping the new race directors to keep the Clam Festival race going and John Carter taking over the Tour de Verona and Ebb Tide Marathon. Jeff Owen has also put together a Canoe and Kayak Racing Camp for our younger paddlers to be held in August (see more details in this newsletter). Thanks to all the race directors and anyone helping out with races and other MaCKRO events.

MaCKRO members have had a great showing outside of Maine so far this year such as the General Clinton and the ACA White Water Nationals in North Carolina. The most impressive accomplishment may be Terry Wescott and Ander Thebaud for their first place finish in the Yukon race. Separate articles are included in this newsletter for some of these events. Congratulations to all for great racing efforts so far this year.

There always seems to be some task that needs to be done; posting the latest race results, revising the race schedule, ordering new shirts and hats, promoting membership, inventorying equipment, providing guidance to race directors, getting a newsletter out, etc. But that's a good thing as a lot going on means that MaCKRO is active and alive. All of the work that various members do to help out with these tasks makes my job much easier. Thanks for all your help and never be afraid to let me know of any ideas or concerns. We try to keep the web site updated for upcoming events or send out special messages to members. If we miss something let us know.

Finally there is lots of racing and other MaCKRO activities left this year so get out and participate and enjoy the competition and companionship whether it is the Canoe and Kayak Racing Camp, a Thursday night flatwater race in Houlton or the USCA Flatwater Nationals in Warren, PA. After all there are 10 or so races still to come on the race schedule. Hopefully we can have a good turnout for the remaining races and events this season. See you on the water and.....

## PADDLE HARD!!!

Dan Baumert



## Oh Buoy! It's Flatwater Season!

The MaCKRO Flatwater Series is off to a very good start. With 14 people attending the Flatwater Series Race #1 in Waterville, 10 folks attending White Water Nationals in lieu of Race #1, and 11 persons attending the Flatwater Series Race #2 in Bowdoinham, the turnout is very good and encouraging, especially with so many youth and new faces making their debuts. Point-wise, there is an 8-way tie for the most points so far. Leading the pack are Bob Miller, Dan Baumert, Logan Feeney, Kailey Schmidt, Bruce Weik, Hillary Alger, Jon Hill, and Jeff Owen.

The Round Robin Race was fun for those who attended. At least that's what they say. We learned a few things...that Hillary is very strong.... that Kailey is surprisingly good, especially in the stern...that Jeff can win no matter who he partners with...that our kayaking friends are versatile...that many of us need to do more sprint workouts at practices...that we can partner with someone without notice and still do well...that cider is delicious on a hot day when it's still icy...that watermelon should be cut and ready to serve before the end of the race. Most importantly, we can all have fun no matter who wins. Well, o.k. we knew that one already.

The participants agreed to have another Round Robin next year. I may change the name and I'd like to get a little stuffed animal and use it as a traveling trophy to the winner of the race each year. One other change is that it has been requested that I be a paddler in the future, not a timer. Game on! I already have a volunteer to direct the race next year so I can paddle. ☺

As we look forward to future races, try to have a goal in mind and work toward it. Is there a certain person or team you'd like to beat or close the gap on? Are you trying to win the overall race? Are you trying to stay upright for an entire race? Would you like to do better at buoy turns? Get a faster, better start? Have more endurance and kick at the end? Improve your technical skills? Paddle like Jeff Owen or Jon Hill and Hillary Alger? Or perhaps just challenge yourself to show up and be determined to have fun even if it kills you? Having a goal, strategizing to meet that goal, and tracking your progress as the races fly by will result in you being a better paddler and a happier athlete. You don't have to shoot for the moon. Shoot for your own self-improvement. Shoot a hole in Jeff's boat. Whatever works for you.

See you soon! Hut! - Colleen Moore ☺



## Canoe and Kayak Racing Camp

**Who:** Youth ages 7-12 (give or take, there's some flexibility here), with a limit of 12 total participants.

**When:** Monday, Aug. 13<sup>th</sup> through Friday, Aug. 17<sup>th</sup> from 1:00-4:00pm each day.

**Where:** Brown's Beach Park on Bennoch Road in Orono.

**What:** Each afternoon participants will experience a variety of activities associated with canoe and kayak racing. Activities will include flexibility, strength, fitness, and balance for paddlesports; Olympic-style racing in canoes and kayaks; marathon-style paddling in canoes and kayaks; and maybe even stand-up paddling.

**Fee:** There is no fee for participants to attend this camp. Donations to support Orono High School's GoActive! Canoe Racing Team will be greatly appreciated!

**Registration:** Registration is through the Orono Parks and Rec Department and is available online at:  
[http://www.oronorec.com/info/activities/program\\_details.aspx?ProgramID=28211](http://www.oronorec.com/info/activities/program_details.aspx?ProgramID=28211)

**Notes:**

1. Youth participants must supply their own properly fitting Type III personal floatation device (pfd), and it must be worn at all times when in a boat.
2. Paddling involves tipping over, both on purpose and by mistake. Participants should be dressed in swimming-appropriate attire, with a duffle of dry clothes and a towel available on shore. Sunscreen and insect repellent are also recommended.
3. Participants should bring their own water bottles and snacks.
4. Swimming will be allowed in the river during breaks. Parental/guardian permission will be necessary for participants to swim without their pfds since we will not conduct swimming tests.
5. The camp sessions are "weather permitting." The Orono Parks and Recreation department will send an email to all participants by noontime if that day's camp is to be canceled due to inclement weather. Be sure to leave your email address when you register!
6. Thursday evening there is a community race on the Stillwater right at Brown's Beach. Registration opens at 5:00pm with Sprint racing beginning at 5:30 and full races at 6:30. Paddling camp participants, and the families, are strongly encouraged to participate in these evening racing opportunities.
7. There may be childcare available for a fee each day before the camp (from 8:00am to 1:00pm). The details for this are still being worked out, but if interested in childcare please contact Jeff for an update.

**For additional information, please contact:**

Jeff Owen ([jcowen\\_01@yahoo.com](mailto:jcowen_01@yahoo.com) or 866-8518)  
Orono Parks and Rec ([normp@oronono.org](mailto:normp@oronono.org) or 866-5065)



## OLYMPIC FEVER

FOLLOW THE MAINE KAYAKER IN 2012! As in opening ceremonies the 27<sup>th</sup> of this month!

Google how to compete in the Olympics and you find “you have to be the best in the country and be able to do really cool stuff”

The whitewater event you’ll see in the Olympics in London is the canoe and kayak slalom. Only closed boats compete at the Olympics and on the international circuit. A small number of Mainers participate in some open boat and closed boat slalom competitions, especially at the Kenduskeag slalom in early May run by Clayton Cole. But there are a number of slalom races around New England in the fall and spring, and you can learn more about those at the New England Slalom Series website: [ness.white-waterslalom.us](http://ness.white-waterslalom.us) We have had Mainers go to the open canoe slalom national championships, which will be held this year in October in North Carolina.

This year, the Tariffville (CT) slalom took place the same weekend and location that the USA Canoe and Kayak Junior Olympics East training festival finished. This was a week of training for youth slalom paddlers, ages 10-18. They said they would love to have more kids from New England next year, as most of their participants were from NY/PA/DC. It’s hard to find good information online, but see <http://jo.mach1team.org> or contact the director: David Kurtz at [d1k@psu.edu](mailto:d1k@psu.edu)

Sorry Nantahala Downriver medal holders – no downriver whitewater events at the Olympics. You’ve got the taste of whitewater and love of the river though - try out one of MaCKRO’s decked boats or a kayak at Clayton’s Kenduskeag Slalom next year! Or slalom open boats will give you a pretty good feel for the sport too. The Penobscot Paddle and Chowder Society has some hard core play boaters too, and many instructional-minded trips and boaters: <http://paddleandchowder.org>

This is a world cup clip, but check it out to see what decked boat slalom looks like: <http://www.youtube.com/watch?v=BTtWvrA7SKA&feature=related>  
or a bit of Olympic training: <http://www.youtube.com/watch?v=GBoIqx-P5Og>  
or, worth a mention, free style world cup competition, this year’s final event being on the Nantahala River in September: [http://www.youtube.com/watch?feature=player\\_embedded&v=h\\_MmGEXFYGM#](http://www.youtube.com/watch?feature=player_embedded&v=h_MmGEXFYGM#)

The flatwater sprint events are kayaks and open canoes. All the open canoes are raced in a high kneel position. One team raced with this style at the Clinton relay this year. They won!

Wondering what steps one would take if they thought they were good enough for the Olympics once they won the Clinton or Kenduskeag, I asked Colleen. She said well first you would get a boat, and started describing the boat. Thinking more on the networking level, I said ok, say I have the boat – what do I do then? She continued, “Well then you need a special paddle. And you couldn’t do it in Maine – the water’s too cold. You need a long shallow pond. I think there’s going to be a lot of tipping”



Katlyn McElroy from Bethel is competing for the U.S. in the Olympics this year. Colleen used to see her in an open boat at flatwater races. While still a junior competitor at Nationals in 2005 Katlyn passed over the likely chance of winning the prestigious junior's Barton Cup Award to be able to compete against adults to get more experience. There is a women's US canoe sprint team, although the women don't actually compete at the Olympics. Katlyn was on that team and one day was offered a sprint kayak to try out. Her ability to not tip it over caught the right people's attention and she was encouraged to try sprint kayaking. It seemed to work out for her and she qualified to be on the US Olympic Team and will compete in London this month.

Rod McLean from Camden made it to the US team tryouts, trained with the team for a while, and competed on the US sprint team twice at the olympics, once narrowly escaping a medal with fourth place, and once placing 8<sup>th</sup>. His daughter Alex is training for the sprint kayak event though hasn't made the team yet.

Colleen's next advice was that you'd have to move – be ready to go where the US team coaches are and get in on training organized for people they consider team possibilities. Good news is one of the sprint training centers is in Hawaii! Chris Barlow in Sandiago runs a training center that strongly focuses on youth, and Lake Lanier in Fla is a very accessible training location. In the mean time, build your muscles, ask around, and PADDLE HARD!

Follow the following Olympic Canoe and Kayak events and root Katlyn and the rest on at:  
[www.london2012.com/canoe-sprint](http://www.london2012.com/canoe-sprint) and/or: [www.teamusa.org/USA-canoe-kayak.aspx](http://www.teamusa.org/USA-canoe-kayak.aspx)

#### **SLALOM**

C1 Men

C2 Men

K1 Men

K1 Women

#### **FLATWATER**

##### **SPRINTS**

Men's events:

C-1 1000m

C-1 200m

C-2 1000m

K-1 1000m

K-1 200m

K-2 1000m

K-2 200m

K-4 1000m

Women's events:

K-1 200m

K-1 500m

K-2 500m

K-4 500m



By Laurie and David Stearns



## Where in the World is MaCKRO?

### General Clinton Canoe Regatta 2012

3:00 A.M. May 28, 2012 Memorial Day. Have been awake since 2:30 A.M. Can't get back to sleep. Thinking about all kinds of things for the race ahead; will one camelback of liquid be enough until I can refill, how much food to take, what will the 6:00 A.M. start be like with 70+ boats, how far away will I have to park and carry my boat, how hot will it get, etc., etc., etc.??? Alarm set for 4:15 but I was already up before it went off getting prepared for the long day. Filling the camel back, applying the sunscreen (even though it is still dark out), trying to force down some breakfast (managed to get down some granola with milk and a banana)...finally I put everything I need for the boat in one bag and I am ready to head out. Going out of the motel door at the Mohican others are doing the same, lots of activity as other Mainer's prepare, it's now a little after 5:00 A.M., time to take off for the for the boat landing.

Found a parking spot close to landing, no need for a long walk with the boat and will be easy to find car at the end of the day. Getting the boat ready, finally I think I have everything and not stuff I don't need, keep the weight down for those portages. After multiple porta-john stops ready to hit the water. Chip helps me carry my boat to the water since he does not start until 8:00. Lined up for the start on Otsego Lake, then the singing of the National Anthem (got all the words right with no extra flowery notes, refreshing to hear). The horn goes off and the 2012 Clinton is finally underway!!!

I decide to be aggressive at the start and get ahead of the mass of boats and their wake. It seems to be working, not too far from the front. A K2 takes the lead, not far behind the lead boat is Bruce Weik (9:44:10). I saw Bruce until just before the first portage then not again until the end. The portage was a mad scramble. The C2 ahead of me had crutches stashed that they picked up. Up to this point thought I was doing good but a guy who needs crutches is already ahead of me, maybe I need to pick it up. The jungle was fun, initially passed 10 boats or so, now I am feeling good.

2 hours gone by and starting to feel the stiffness of being cramped up in the Epic. Starting to slow down some. By Goodyear Dam boats are now starting to pass me. Take a welcome stretch at the Goodyear portage. The Epic feels like a ton going down the slippery rocky portage. Lots of folks passing me on the portage. Finally get the boat to the water. Mary Hartt and Gary Brooks (10:21:42) just get ahead of me at the portage, after a mile or so I catch up to them. I comment the bow person (Mary) was way better good looking than the stern person (Gary), they both agree. The stretch between the Goodyear Dam and Oneonta Dam is the most fun with more turns and quick water. Oneonta comes pretty quick, hopefully my stash of reinforcing fluid and food is still there. Good, still there, refill the camelback, grab some more power bars. Mary and Gary pass me on the portage again. Jeff Owen and Steve Woodard (8:38:36) run by me on the portage, I don't see them for very long in the water.

About half way done, still 30+ miles to go, can't seem to catch Gary and Mary as they gradually pull away. Clouds come up and it showers for 30 minutes or so, a welcome break from the sun and heat. 90 minutes since Oneonta, now really getting stiff with lower back pain. 30 minutes later had to get out of the Epic and take stretch break. Now it's just a matter of finishing, so much for any kind of fast time, all kinds of boats passing me now.

continued on next page



Suddenly I hear a voice behind me asking questions about the conduct of certain people in Levant (we will leave at that to keep it PG-13). It was Clayton Cole (9:56:50). I asked him the same question about certain people in Corinth. Seems that folks act differently in Corinth than Levant. A few minutes later John Alsop (10:01:21) catches up to me, says I need to get a canoe, might be more comfortable. He has head phones on, tells me it's the Grateful Dead Live from the Fillmore East. That little exchanged perked me up.

Now about 12 miles to go and really feeling the pain, ok, done this race twice do I really need this pain again. At this time I think not. I need one more stretch break out of the Epic, then keep slugging along to finish this thing. 7 miles to go, Ander Thebaud and Justin Wardwell (9:36:33) catch me. They comment only the distance of the Passy left. I think that 7 miles usually takes under an hour, but wait, I am really going slow now and the Susquehanna is flowing much slower than the Passy in early April.

Another hour passes by and I meet an ICF kayak paddling upstream, he yells "another Clinton under your belt" so I know the end must be near. Less than 30 minutes later there it is the smoke of the barbeque chicken rising up. At last the finish line (10:43:37), Bruce Weik comes down to help me with the boat. Glad I do not have sit in the Epic any more this day.

More Mainers trickle in; Billy Deighan (10:31:36), Terry Wescott/Sandra Mitchell (even with a bad back) (11:01:51), Bob Miller (Bob's 14<sup>th</sup> Clinton finish!)/Bob Mitchell (11:42:50), Bill Anderson (9:31:56) passed me some where during the race but I did not see him. One more Maine boat yet to finish Chip Loring/Jeff Hunt, but they had 8:00 A.M. start in the Stock Aluminum Pro class. They finally arrive (10:38:44), good since Chip is my ride back to Cooperstown. By the time I got back to pick up my boat it was well after 9:00 P.M. and boats were still finishing in the dark, so I did not feel quite so slow. By now the back pain was subsiding and I was already thinking about next year and how to get under 10 hours, how soon one forgets!!!!

On Sunday at the Mixed Stock Aluminum Relay, Maine MaCKRO "Team Big AL" (4:22:47) (Gary Brooks and his better half, Chip Loring, Laurie Streans, Billy Deighan Mary Hartt, Justin Wardwell, Ander Thebaud, Clayton Cole, Lori Perley) finished 3<sup>rd</sup> of 35 teams!!! Worth a big old Clinton trophy!!

Great job by all Mainers at the 2012 Clinton!!! To see how all the Mainer folks finished in their respective class go to <http://www.canoeregatta.org/raceresults.htm>.

I guess I should take the Clinton number off of the Epic before it is 2013.

Dan Baumert

Clayton Cole and Lori Perley  
at the last leg of the relay.  
(photo by Dan Baumert)





## ACA Whitewater Open Canoe Downriver Nationals

Nantahala River, North Carolina, June 19-22, 2012

My name is Kailey Schmidt, I'm 16 years old, and this past June I entered in the ACA WWOCD Nationals. On June 16, bright and early in the morning, the Owen family, Samantha Nadeau and I, loaded into a van to make the 20 hour trek to North Carolina. The Hamilton family and Billy DeSisto also made their way down to compete this year. In addition, Terry Wescott made the long drive down after competing in two races earlier that weekend to attend Nationals. Upon arriving at our cabins in the Smokey Mountains, we checked out the river to see what we were getting ourselves into for the next five days. On June 18, which was the practice day, we were all eager to put our whitewater skills to the test. We ran the 8-mile racecourse twice to help build our confidence and knowledge of the river. The river exceeded all my expectations in that it was truly constant whitewater the entire way, with difficult wave trains to navigate. There were three notable drops that were Patton's Run right at the start, Quarry Drop about midway through, and Nantahala Falls right at the end. I was starting to doubt my abilities to make it through the race without tipping because of the constant bailing of water needed. The first day of racing was the mixed class and Jr/Sr. I raced Jr/Sr with George Stockman from Michigan, who was an outstanding paddler with many years of whitewater experience. He told me that his goal was not get first, but to teach me everything he could about the river for my upcoming races, which definitely paid off. June 20 was the sprint races which were held on a 1-mile stretch that included Patton's Run. There was a maximum of four sprints per person and I participated in two and only completed one. I finished the first sprint with my regular racing partner Sammi, and the second sprint I did with Calum Hamilton which unfortunately ended in a swim at Patton's Run. Thursday the 21<sup>st</sup> was the women's C-2 and men's C-1 races. Sammi and I raced together and took first for our division. The last day of racing was the men's C-2 and women's C-1. Jeff Owen convinced me to do a solo race though I have never raced solo in whitewater before. I was quite apprehensive about doing the race and completely terrified, but I knew I would regret if I didn't. The race went very well until I got hung up on a rock twice, right before the falls. Though the race didn't go as nicely as I had hoped, I was thankful that I made it through dry and safely, and had a blast doing it. Collectively as a group, we took home several medals, and great memories. In the end, attending Nationals was such a rewarding experience that I surely will never forget, and look forward to competing in many more.





## 2012 Downriver Point Series Championship

We made some changes to the Point Series this year, both in the schedule and the scoring, with the goal of increasing overall participation. The schedule was adjusted so that the series finished in May, which we believed would work better for youth paddlers and families tied to the academic calendar, and we also hoped to give the series the progressive feel of a sports season. The scoring system was adjusted with the view that every finish should count.

We had 41 total qualifiers, including 13 youth qualifiers. That was up a bit from last year, with 31 total, but of course we'd like more. Qualitatively, I thought there was a good level of (friendly!) competition throughout the series, and at the awards on the Union River there was a vibe of accomplishment among the qualifiers.

If you have suggestions for next year's DR point series, tell me (Chris Dalton, [cdalton@syncopation.com](mailto:cdalton@syncopation.com)) and/or come to a MaCKRO meeting and pipe up.

But enough talk you say, who won!?

<b>Class</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>
Canoe Men	Bill Deighan / Jeff Owen (tie)	Clayton Cole	Jason Cross
Canoe Women	Tammy Kelly	Ander Thebaud	Mary Hartt
Canoe Senior	Terry Wescott	Bob Martin	-
Kayak Men	Ben Randall	Bruce Weik	Dan Baumert
Kayak Women	Leslie Gregory	-	-
Kayak Senior	John Carter	-	-
Rookie	Justin Kinney	Chris Mares	-
Youth	Kailey Schmidt	Sammi Nadeau	Chris Introne / Dan Perry (tie)
Youth Qualifiers	Jackson Winslow, Ethan Vienneau, Ben Koehler, Isaac McKillen-Godfried, Mitchell Bartlett, Philip Farley, Kenneth Winairski, Chelsea Winairski, Laurie Hamilton		

Thanks to **Epic Sports** for sponsorship!

Thanks to everyone who participated, and congratulations to all qualifiers!



## Membership Update

Below are some current general statistics on the MaCKRO membership. The total number of members has increased some this year with the addition of a new lifetime member Steve Woodard. Thank you Steve! Our annual goal is to try and get at least two new lifetime members so we are half way there. Also the membership is well represented by 50+ and the under 30 folks. The 30 to 50 range is not as well represented. There could be several reasons for this including being busy with raising a family, job and many other commitments. This is an age group that is important to MaCKRO to take over for those 50+ folks when they start getting to be 60 and 70+. So encourage those younger middle aged folks to consider MaCKRO. A paddle race could be a great family event. A lot of races are now including shorter recreational options that could be suited to families and younger paddlers. Getting more of these folks at the races makes for an even more enjoyable event. Finally if you have not renewed your membership please do so soon. A membership form is included at the end of this newsletter.

### MaCKRO 2012 Current Membership Status

162 Current members  
43 Females  
119 Males  
58 New members

### 6 Lifetime members:

Jeff and Susannah Owen  
Gary Brooks  
Terry Wescott  
Bob Martin  
Steve Woodard



## 2012 Membership Form

For MaCKRO membership, please complete this form and mail it with your donation/fee to the address below. Your membership will help with our work to support racing in Maine. Also, you will receive the MaCKRO newsletters, be eligible for awards in the Downriver and Flatwater racing series, and be able to borrow MaCKRO equipment.

## 1. Personal Information:

a. Name: \_\_\_\_\_ Date: \_\_\_\_\_

b. Address: \_\_\_\_\_

c. E-mail address: \_\_\_\_\_

d. Phone: \_\_\_\_\_

e. Circle one: Female Male

f. Age (as of Dec. 31, 2012): \_\_\_\_\_ g. Birth Date: \_\_\_\_\_

## 2. Check your MaCKRO membership history:

a. \_\_\_ First-time MaCKRO member.

b. \_\_\_ Renewal of past membership.

3.  Newsletters will be sent via e-mail to most members. Please check here if you prefer to have us send a copy via the US Mail.

## 4. This is a request for a:

a. \_\_\_ 2012 **Personal** or **Family** MaCKRO Membership. There is no set fee. A donation is requested. Please be as generous as you see fit. Please use the back of this form to add family members info.b. \_\_\_ 2012 **Group** Membership (One Fee of \$100, submitted by the Group's Advisor)

Every member of the Group must submit their own membership form.

Group Name \_\_\_\_\_ Group Advisor's Signature \_\_\_\_\_

c. \_\_\_ **Personal Lifetime** Membership (\$350 fee)d. \_\_\_ **Family Lifetime** Membership (\$500 fee) Please use the back of the form to list other family members to be included with this membership. Current holders of **Personal Lifetime** memberships may upgrade to **Family Lifetime** memberships by submitting an additional \$150 fee.

Please use the back to list other family members to be included with this membership.

Please send completed form and donation/fee to:

Bob Miller, PO Box 259, Harmony, ME 04942



**\*2012 Family Memberships** cover one or two adults and all of the family’s minor children residing at the address listed on the front. **Lifetime Family Memberships** cover one or two adults for life and the family’s minor children residing at the address listed on the front.

Family Name \_\_\_\_\_

Name of Family Members*	DOB	Age	Sex	Member
Name _____ email _____			F M	New Repeat
Name _____ email _____			F M	New Repeat
Name _____ email _____			F M	New Repeat
Name _____ email _____			F M	New Repeat
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