

Paddles up!



*Opening salute to the
Turkey Relay 11/28/15.
Photo: Diana Majumdar*

NEWS

River Town Racers recently acquired several brand-new paddles through a club arrangement negotiated by Epic dealer Kenny Howell. We don't have to paddle with "rags" any more! Thanks to Matt Holiday of North Bay Rowing, we are the proud owners of a rusty but solid trailer chassis. Once we get a rack on it we'll be rolling with a fleet. Philip Majumdar, Rori "Rocket" McDaniel, and Cath Caddell all placed at the 101 Surf Sports race in early November. Zachary, Petri, Jasper,



*Rocket, Cath, & Philip lead
the pack with a killer start.*

Cath, Craig, Tanya, Mish, and Susan raced at Berkeley in mid-November. Jasper made “silver” status in autumn’s Barton Bantam distance challenge, paddling 304.18k in six weeks. We established a baseline fitness for team members using pushups, pullups, planks, running, and kayak sprints, and will measure progress by testing again in spring. All paddlers are moving forward in skill and speed, and their dedication to training in the cold and dark shows real athletic dedication.

UPCOMING RACING TEAM EVENTS

Please let Cath know what races you will attend.

January 9, 2016: Bob Hanna Classic at Lake Natoma (Rancho Cordova). Test your chops among Central California’s flatwater racing community on 5- or 8-mile courses. It’s a fun crowd and great racing experience. <https://paddleguru.com/races/BobHannaClassic2016>. *Highly recommended.*

January 23, 2016: 101 Surf Sports in San Rafael hosts its third race of the season, offering a 2-mile flatwater course or a 6-mile Marin-Islands circumnavigation. <http://101surfsports.com>. *Recommended.*

February 13, 2016: TBA at Lake Natoma (Rancho Cordova).

RESULTS

Turkey Relay		Craft	Team	Start Time	Finish Time	Elapsed Time	Team Time
Jasper	Caddell	K1	1	00:00	12:53	12:53	01:30
Philip	Majumdar	K1	1	12:53	33:10	20:17	
Rori	McDaniel	K1	1	33:10	48:29	15:19	
Craig	Caddell	S1	1	48:29	01:30	13:01	04:44
Sonja	Golemon	OC1	2	00:00	17:23	17:23	
Zachary	Alva	K1	2	17:23	35:12	17:49	
Misha	Risk	S1	2	35:12	49:27	14:15	08:09
Mike	McCoy	S1	2	49:27	04:44	15:17	
Chris	Ferris	S1	3	00:00	16:36	16:36	
Susan	Watson	K	3	16:36	36:19	19:43	21:47
Chloe	Madden	K1	3	36:19	53:43	17:24	
Cath	Caddell	S1	3	53:43	08:09	14:26	
Mike	McCoy	S1	4	00:00	15:04	15:04	21:47
Charlie	Makiva	K	4	15:04	36:14	21:10	
Diana	Majumdar	K	4	36:14	07:02	30:48	
Tim	Styles	K	4	07:02	21:47	14:45	



WINTER PRACTICE TIMES: M, W, F -- 4:15 - 6:15pm.

Winter practice officially begins at 4:15pm, with Monday dryland practice starting at 3:50. This means being on the dock and ready to launch at 4:30. In order to see improvement in your paddling, coaches recommend a minimum of two practices per week for development paddlers, and 3-5 practices per week for our racing group.