

## May

Try do as many time trails as possible, make sure you can get your flat water and your river proficiency done before it gets to cold. You need to look at paddling at least 3 times a week - 10 km (3 laps) a session, if you cant paddle try go for a jog - 30min.

## June

If you have your river proficiency you need to look at doing the local races - the kilp is good starter not to difficult but good enough to teach you the feel of running water and the races are usually in the morning so you can be back home by lunch to take the boss shopping in the afternoon. To qualify for fish a novice needs to do -

1. Have attained the required River Proficiency Rating required for the event.
2. Have accumulated, in the six months prior to the event in question, a number of points equivalent to the number of days of the event in question.

Points may be accumulated by completing races as follows.

2.1 One point for a river race or river racing day of whatever class longer than 20km

2.2 Half a point for a river race or river racing day of whatever class shorter than 20 km or a flat race of longer than 20 km.

2.3 Quarter of a point for flat races of less than 20km. For the fish you will need to have an ar rating - requires 6 river races to get to AR and all the major races are now at least A Grade.

Training - June. You will need to start slowly but train and do as much distance as possible, during the week- if you can get to the dam daily and do at least 10 km in your K1, if you cant go for a 30 min run. On the weekend you want to try do at least one 2 hour paddle, remember the first day is long - almost 50 km... you want to do as much training in the beginning in you single as possible to get better balance and it helps you get fitter a little quicker - all your races and Time trails race in the K2, if you are racing Fish in a K2. Below is a schedule of races for June. You should try get all your qualifying races done early so you can relax and make sure your preperation closer to the race is going well. The Bond choice series is fun and well organised so i would start there, the Trichard Spruit race is also nice and forgiving - 2 races down - need 6 river races in total to get an AR rating.

On the weekends make sure you are drinking for the longer paddles - coke, powerade or something simlar, it is a good time to try juices out and see what works well for you, it is also a good time to test all the equipment - lifejacket and drinking systems so that when you race you are comfortable and nothing should go wrong. Remember to check your boat the night before you race - bouyancy and pumps and make sure you have life jackets and splashes packed, dont forget to get your juice ready and speak nicely to your second she has to give up her morning for you if you are going out to a race. Check your boat again before you get on the water - make sure all the wing nuts are tight and you have at least one roll of duct tape with you.

1	SUN	09H00	GCU	BOND CHOICE SPORTS GROUND - RIVERFRONT	30	SPORTS GROUND	B		FLO	BERTIE BAARD	072-359-6767
7	SAT	10H00	GCU	SASOL DAM-2-DAM	18	TRICHARDSPRUIT	B	K2	SAS	ANDRIES DOMAN	082-854-5207



26	SAT	11H00	GCU	9 MILER +	21	CENTURION	FW		CEN	FLIP DE WET	
27	SUN										

### August

You are now 2 months away - the entries are usually out for Fish - get your entry in early the simplest way to do the entry is online through [www.kncu.co.za](http://www.kncu.co.za). If you have done a few races earlier in the year and already have a rating a good training race to do is the Highlands Tracker, lots of bends and good distance to get you used to sitting in the boat for a few hours (if you have not done a lot of river paddling be careful, this is a hard long race through lots of trees and can be unforgiving resulting in a long day...), if you are still trying to get a rating make sure you are doing all the Klip races. The Sasol Dam-2-Dam is another fun race good practice and not so big water - good experience race and a nice change as it is raced between two dams out near Secunda. For directions to most of the races have a look at [www.gcu.co.za](http://www.gcu.co.za) - print them out because you always need them, your second will appreciate it.

The VLC Winter challenge is a great club race - well organised, so support the club, if you can't race paddle early and try help out. On the training side paddle as much as possible 10 km or more during the week, every night, and on the weekend Saturday and Sunday min 2 hours on the dam - 6 to 8 laps... If you can't get down to paddle go for a 30 min run.

2	SAT										
3	SUN	09H00	GCU	CROC'S KLIP	15	SCOUT HALL	B	K2	CRO	WAYNE TAYLOR	083-457-6786
9	SAT	09H00	GCU	TRACKER HIGHLANDS CHALLENGE - SA K1			A	K1	DAB	STEVE JORDAN	082-800-7412
10	SUN	09H00	GCU	TRACKER HIGHLANDS CHALLENGE - SA K1			A	K1	DAB	STEVE JORDAN	082-800-7412
16	SAT	10H00	GCU	SASOL DAM-2-DAM	18	TRICHARDSPRUIT	B	K2	SAS	ANDRIES DOMAN	082-854-5207
16	SAT										
17	SUN		GCU	VLC WINTER CHALLENGE & SCHOOLS RACE		VICTORIA LAKE	FW	K1	VLC	OLIVIA NEVES	076-789-9624
23	SAT										
24	SUN	09H00	GCU	BOND CHOICE KLIP SCOUT HALL	15	SCOUT HALL	C		FLO	BERTIE BAARD	072-359-6767
30	SAT	09H00	KNCU	CHEMSPEC SA K4				K4			
31	SUN	09H00	KNCU	CHEMSPEC SA K4				K4			

31	SUN	09H00	GCU	HEIDELBERG BRIDGE - ANDRE'S FARM		HEIDELBERG	C	K1	JCC	GAVIN STEYL	082-412-0446
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### September

Almost there, make sure your entry is in and you have had a chat to the guys at the club about where they are staying - usually the club organises to camp at either the Craddock spa or the school, check with the guys as it is nice to get together after each day and hear all the war stories. Remember to put in leave - if possible you want to leave on Wednesday lunch drive down to Griep dam stay over night and get up early on Thursday so you can go have a look at the river on the way in to Craddock - check with the OT's what thier plans are as you will need directions down to the river. Otherwise leave early Thursday as it is about 9 hours drive and you need to register in the evening. Training for September is the same but make sure you are doing the time trails and all the races on the week ends, remember to paddle as much as possible during the week else go for a run.

Alot of the OT's will have a look at doing Breede - down in the Western Cape, if you are not yet ar rated dont bother it is a long way to go. If you are rated and can get time off it is a great prep race for the fish - just a really long trip. The ERK Vaal is a good race on the Vaal , usually nice water and good parctice for the long grinds - you will see what i mean (dont look at the power station it is still far away). The finish is usually at the power station but it looks round the bend, about 12 km.... Do all the Klip races.... The last race before fish is the Canoe Concepts Mixed doubles race if you still need a race to qualify this is it, a good long paddle. If all your training has gone well rather use the weekend to check your boat and do a good paddle on the dam - 6 laps, rest on Sunday. See you on Tuesday night for a quick paddle and to check up with the guys who is doing what.

6	SAT		WPCU	BREEDE MARATHON - SA K2				K2			
7	SUN		WPCU	BREEDE MARATHON - SA K2				K2			
13	SAT										
14	SUN	09H00	GCU	ERK VAAL		DAM WALL				ERK	
20	SAT	14h00	GCU	BOND CHOICE FLAT & SCHOOLS RACE	21	FLORIDA LAKE	FW			FLO	BERTIE BAARD 072-359-6767
21	SUN	09H00	GCU	CROC'S PARYS	17	PARYS	C	K2	CRO	WAYNE TAYLOR	083-457-6786
24	WED	09H00	GCU	REMAX KLIP		SCOUT HALL	B	K2	JCC	ROLAND SMITH	082-646-0351
28	SAT	09H00	GCU	CANOE CONCEPTS MIXED DOUBLES	30	DAM WALL	B			DAB	TARRYN JOURDAN

29 SUN

**October**

You should be ready now and at the Fish, if you can have a look at the river the day before otherwise go for a paddle from below Craddock wier to the finish just to get a feel of the water, Check your boat the night before and don't forget to register - friday is usually an early start as it is about an hours drive from Craddock to the start, have fun and make sure your second has a map. You dont want a grumpy second after the first day... Try and arrange that you come back on Sunday morning as there is always a great party at the finish in the evening. Paddle Well, have fun.

3	FRI	09H00	EPCU	HANSA POWERADE FISH RIVER MARATHON		CRADOCK	A			NIKI COPEMAN	
4	SAT	09H00	EPCU	HANSA POWERADE FISH RIVER MARATHON		CRADOCK	A			NIKI COPEMAN	