

Racing 2007

The first Tuesday race of 2007 in Tuesday 16th of January at 6.15pm. See you on the beach

The next weekend race is Sunday 29 January 2007 - Round Herald Island Race

18 km Open to Surf Skis, Sea kayaks and Multisport Kayaks.
Start from the Waitemata Canoe and Multisport Club rooms at the end of Taipari Stand, Taikata Road, Te Atatu.
Start time 4.00pm
Contact Richard Couchman.
Ph 818 2580

Course Changes

There will be some new courses for 2007. This mainly due to B Buoy being moved with the recent channel re-marking. The shipping channel is now a lot narrower (It was about 1km wide and is now about 300m wide). This is good for us as it gives us more racing room off Takapuna beach.

More FM

Here is a picture of our sponsors enjoying race day.



Serious Paddler

Here is Tracy warming up for the last race in December (Warming up consists of gossip and bad jokes)



Deadly Secret Training Tips

The Art of “Max Relax”

The art of “Max Relax” is about developing a maximum relaxed paddling technique that will maintain boat speed but with a reduced effort. The goal here is to paddle fast over pro-longed periods while using less energy than your competitors.

Is this possible? In a word, “yes”. The key is your technique and the trick is learning how to work on your technique while you are paddling at maximum effort.

Race Technique

A lot of paddlers when they are racing (especially over short distance) will paddle at 100% and stay that way for the duration of the race. As we all know when we paddle at a 100% our techniques can fall apart and become loose and inefficient and this is more so as we tire. Subsequently, boat run will be compromised and speed will drop. You can also “tie up” developing specific muscle aches and pains (mine is between the shoulder blades).

Training Tip

Now here is the deadly secret training tip – when you are paddling at max effort you can teach yourself to relax without any reduction in your boat speed. You

can also maintain boat speed over longer distances and give yourself the ability to increase speed when required i.e. for a sprint finish to catch a runner.

This is achieved by during the race by reducing your effort very slightly for short periods of time and focusing on your technique, boat run and body position.

“Max Relax”

Here is what you do during the race;

- Take 15 to 30 seconds to relax slightly from 100% to 98% (so the ‘pressure’ stays on but you give yourself the mental resources to focus on what you are doing)
- Lift your head up and sit up slightly
- Breath deeply
- Listen to your stroke and watch your boat run. There should be no ‘plopping’ of the paddle up front or large amounts of water thrown out the back. Your boat should not be bouncing around.
- Work on your technique. Full extension out front, accelerating you paddle through the stroke turning at the hips.

Note; All the changes above are very subtle changes and the skill in achieving this is in focusing on what you are doing.

By achieving a maximum relaxed technique, you will find you boat speed will be maintained and in some cases even improved (depending on the flaws in your technique). This is achieved by;

- Improved rhythm
- Better boat run
- Increased aerobic ability from relaxed/controlled breathing
- Better technique
- Making use of conditions (the ability to sprint when required).

Training and Practice

As always to achieve the maximum relaxed technique you will need to practice.

Here are some training and practice tips;

- 1) Do timed efforts of 500m to 1km around a set course. Try paddling at 85%, 90%, 95%, and 100% (quite often you will find you are quicker over the distance at 95% effort than 100%).
- 2) Do ‘build-ups’ where you paddle over a set distance of 500m to 1km and start out at 75% effort with best technique and increase the effort every 30 seconds while maintaining the relaxedness.
- 3) From a standing start sprint 40 strokes and then consciously back off 5% and work on relaxing into your best technique for speed.
- 4) Practice while riding the wash of another paddler.
- 5) Initially, Practice in very calm conditions.
- 6) Practice during your next race, try relaxing every 3-5km during longer races.

Again the key here is practice and more practice. The very best paddlers can paddle at maximum effort in a relaxed style for most of the time they are racing (I would class all Olympic K1000 paddlers as experts in this). You will find the more you practice this technique the better feel you will have for trade off between effort and technique and the longer you be able to hold onto your technique.