

2010 at the Madawaska Kanu Centre...

Pretty exiting year coming up !

First Dirk and I are off to Whistler to work at the Whistler Olympic Park. Dirk has the BIG job...he's Chief of course preparation for Nordic skiing. How did this come about ??? Well, Dirk's an amazing cross country skier – National team in the late '70's. But the catalyst came with our purchase of the local ski club – Nakkertok. Dirk's dream of creating a 'world-class xc ski facility' in the Ottawa area became a reality in 2003 when we purchase the land from the founding Weber family. A couple of good Birthday presents (tractor & backhoe) and a lot of ideas, hard-work and support from the ski club members made the dream a reality. Today Nakkertok is a destination in the skiing community. And the word spread about Dirk's ability...so much so that the Olympic group asked him to work his magic this February in the Callaghan Valley – the site for Nordic events. I too will be joining him as a Course Marshal – front row seats – yes ! And will be writing a daily blog called "Trackside" that you can view off our home page.

The summer begins the long-weekend of May – when rivers flow at capacity, and paddlers are eager to get back on the water.

Instructors will be pleased to hear that both the Open Canoe program under the Paddle Canada banner, and the Whitewater Kayak program under the CanoeKayak Canada banner will be launched in full force this summer ! It has taken awhile to get here, but MKC will be one of the spots you will be able to attain national certification !

Into it's third season – the Ladies Retreat Week and Weekend will boast incredible instructors, and experts in building healthy outdoor adventure enthusiasts for Life ! A fantastic combination of activity, relaxation and shared camaraderie.

The other new program – Seniors Week, where paddling isn't the only theme of the week – enjoying the comfort of MKC based right on the middle Madawaska River is host to with like-minded 55+ water enthusiasts. They share experience and dreams of broader expeditions, perhaps a scotch tasting and some valuable stretching sessions.

Family Week remains to be our most popular. Here parents get to learn with other parents, while the kids are entertained with their own peers both on and off the water discovering the exciting world of whitewater kayak and open canoeing.

For the Advanced paddlers – MKC is offering some very exciting specialty courses:

- I am most excited for the Combo-Course: Slalom and Freestyle Week ! Here the continents top female paddlers team up – our daughter Katrina Van

Wijk, National slalom champ will help you finesse your way to using the currents to do the work for you, while slalom gates become a form of reassurance. Then moving over to the Ottawa River for one of the worlds best Freestyle training grounds to learn from World Freestyle champion; Emily Jackson ! What a unique opportunity – what are you waiting for !

But, first you may want to join us early in the season for the Creeking Course. Jump into a rounder boat, and learn how to safely paddle some verticality.

The ever popular Advanced Open Canoe Course with Paul Mason and Andrew Westwood will return in to MKC in August.

And Beth Kennedy will be offering a slalom camp for Open Boaters in June leading up to one of the Wed afternoon OC Slalom Races.

And Blackfeather returns to share it's wealth of knowledge on Northern Tripping with canoes laden with gear, big water rescues and remote trip planning.

In general the action, learning and fun times continues at MKC. Entering our 39th year of instructing whitewater paddling....this one is going to be fantastic. We hope you join us !

Claudia and Dirk Van Wijk
owners/operators/paddlers

Madawaska Kanu Centre can be reached at 613-594-KANU (5268) or by email at paddle@owl-mkc.ca. For details on programs, please look at the website: www.mkc.ca.