



# Fort Langley



Club News 14 – February 2011

## Aiming for Gold



Kathleen Auton and Colton Muench, members of the Langley Rod and Gun Club, have their sights set on the Canada Winter Games. Photo: *Natasha Jones/Langley Times* From the Langley Times February 08, 2011

### Muench a two-sport star

In a perfect world, they would create an event which combined Colton Muench's two passions: kayaking and air pistol shooting. After all, the Winter Games has biathlon, which combines cross-country skiing with precision target shooting. "That would be cool," he responded when asked if he would love a hybrid of his two passions. When it actually comes down to the competition, they are totally different (sports)," he said. "With shooting, you have a relaxed mind set; paddling is muscle and drive."

The 17-year-old Muench excels at both sports and eventually down the road, he will have to choose which one he wants to pursue. But until that happens, he will continue to excel at both. Last July, during the B.C. Summer Games held in the Township of Langley, Muench won five gold medals in sprint kayaking. He also won silver at the national championships. But over the next two weeks, his focus will be on helping Team B.C. win gold at the Canada Winter Games in Halifax. Muench will do so in target shooting.

Unsure of which one he will pursue exclusively, Muench trains feverishly for both, spending about six to eight hours a week at the Langley Rod and Gun Club, where he is a member, and then training twice a day, six days a week for kayaking. This involves sessions on the water as well as cross-training. Muench is attending this summer's western Canadian championships and is working towards earning a spot on Canada's junior national team for kayaking, as well as qualifying for the Pan-American championships and world championships in target shooting.

GO, Colton

### COACH WANTED

Fort Langley, recreational, mixed dragonboat team, is looking for a coach that will blend well with our team. Although in our 7<sup>th</sup> year of competing, our makeup is a blend of experienced and inexperienced paddlers. We are looking for a coach who has good technical knowledge, the ability to make adjustments as needed, is positive and will inspire the team to give their best, while still having fun! We practice April through September on Monday and Thursday nights 6:30 – 8:00 pm. We plan to enter a race each month beginning in May. If you are interested, we would like to meet with you. Please [Email Carol](mailto:Email Carol) or call 604-628 7926



The 6th Annual Reel **Paddling Film Festival** is coming to Abbotsford Friday, March 11th.

The Reel Paddling Film Festival is an international film tour presenting the world's best whitewater, sea kayaking and canoeing action and lifestyle films of the year. The festival will be shown at the University of the Fraser Valley and features 3 hrs of paddling films short-listed for the World Tour, including festival category winners. Audiences can expect to see a variety of hairy whitewater action, sea kayakers exploring

remote coastlines, international river travel films, motivating environmental documentaries, and hilarious short films capturing the lighter side of paddling life. More details at <http://www.reelpaddlingfilmfestival.com/> For tickets and information call Western Canoeing & Kayaking, 604-853-9320, [westerncanoe@telus.net](mailto:westerncanoe@telus.net) Tickets are \$12 at the door, and \$10 in advance. University of the Fraser Valley – 33844 King Rd – Room B101. Show at 7:00 pm (doors 6:50 pm).

The **Voyagers** have (at the time of writing) a few spare seats in their Belcarra to Deep Cove and back trip on February 19<sup>th</sup>. I think the sun will shine on that trip. March 13<sup>th</sup> is their next date.

[Email Sharon](mailto:Email Sharon) for details

The table of **Regattas entered** by DB Teams is up on the web at [DB Regattas](http://DB Regattas) This lets you see who might need a spare, who you can car-pool or bunk-up with.

6 teams start with the Deep Cove Dash – in only 8 week's time.

**Elliot Hoyt** will be the Athlete Representative on the CKBC Board of Directors. Thanks Elliot.

### Outrigger V12 – Lotus Ice Breaker

The results are now available at [Ice-Breaker](http://Ice-Breaker) for the season's opener, where two OC hulls are strapped together. 6 FLCC teams were there – 72 paddlers ready for the freezing weather that didn't come!!

Women's teams	Mixed teams
FLCC Elle Divas 34:17	Team Catalina 29:56
Kindred Spirit 34:55	Night Riders 31:26
Channel Chicks 35:48	A boat named Sue 34:51

### 2011

#### Membership Forms

New forms are available on the download section of the website.

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#### Members' Page

should be THE starting page for most Members. Why not bookmark it, or create a link from your desktop? [Go there](#)

#### OC Safety

Andrea recently reminded all who have hull'd about the club rules and the need for safe practices. Read the full letter [here](#)

#### Hypothermia

[Watch a short film](#) to save a life – maybe yours! Cold Water Boot Camp is for YOU.

#### DB New Teams

Update your team webpage with new photos. Send your requests to [the Webmaster](#)

#### STILL RECRUITING?

Stay in touch with Carolyn as she is still receiving enquiries from potential new DB racers [Email Carolyn](#)



One of my favourite stores – anything from here is OK on my Christmas List – will be holding a club night in early June. Discounts for FLCC members, so start your wish list.

#### Email issues

If you have "Computer Issues" with the club emails, newsletters or website, please let us know. [Email Webmaster](#)

#### For Sale

New links to the For Sale or Wanted Board have been added to the Web Menu, under Members. [For Sale](#)

#### Western Canada Summer Games 2011

The website is launched – with lots of cool gear to buy, including advance tickets, @ [www.2011wcsq.ca](http://www.2011wcsq.ca)

#### Exec

Your enthusiastic and tireless exec hope you read the minutes of their January meeting, recently sent to you.

