



Fort Langley C.C.



Club News 19 – July 2011

2011 National Championships - Welland, Ont. Silver Medalist - Senior B Women FLCC Fast & Furious



FRESHET continues

And so do the extra
safety rules.

At the time of year when
we should be planning the
Huli training and thinking
of a swim, the river
continues to rage. Take
that extra moment to
think of Safety.

Members' Page

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

Hypothermia

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

For Sale

New links to the For
Sale or Wanted Board
have been added to the
Web Menu, under



Fast & Furious earns a Silver Medal at 2011 Canadian Nationals in Welland.

This success in Ontario earns the team a berth at the 2012 World Club

Crew Dragonboat Championships in Hong Kong next August.

This camera was right on the finish line. Close.

DZ 10 woman DB sprints

Four FLCC women's teams competed in the Dragonzone sprints. Each team had two races in the ten-person dragon boats. It was a rainy wet morning but all teams enjoyed the challenge. The team's average time is shown.

FLCC Abreast with FORT-itude A	1:17.5
FLCC Abreast with FORT-itude B	1:20.1
FLCC Fast & Furious	1:13.5
FLCC Kindred Spirit A	1:13.2
FLCC Kindred Spirit B	1:13.7
FLCC Sun Dragons A	1:13.4
FLCC Sun Dragons B	1:11.8

FW - Western Canada Games Team BC

Trials The trials were held in Kamloops on Shumway Lake.

Del Muench, Brodie Muench, Ashley Ezart and Chelsea Routley competed and Del finished the weekend fairly high in the standings.

Del Muench has a final competition to determine if he will take the 4th position on the men's team. Several of our other athletes have been named as alternates to the team.

Harrison Regatta

I don't have a story for this one, as the reporter went on holiday



Tears flowed again at the airport as club friends welcomed F&F home.

Lotus Bill Alley Memorial Regatta was a wet and muddy affair, with one boat capsizing. 6 FLCC teams entered, with the 3 women's teams fighting out the A Division.

Final round results:

Womens A Div - Women on Water	2:18.7 (1)
Womens A Div - Dragon Spirit	2:25.0 (2)
Womens A Div - Fraser Dragons	2:26.6 (3)
Mixed Adult A Div - Fusion - did not race	
Mixed Adult B Div - SOAR	2:20.6 (2)
Masters Mixed - Fortified	2:15.0 (2)



FW - Ted Houk Memorial Regatta.

This Seattle regatta is always a lot of fun with great weather. Del Muench won his K1-1000m race and Chelsea Routley and Meghan Cheung made the women's finals in their K2.

DB Drop-ins

Drop-in DB paddles for experienced paddlers are currently being held on Friday mornings at 9:15 and Sunday morning at 9:00.

These are not team or coaching sessions.

Email dbfriday@fortlangleycanooclub.ca

or dbsunday@fortlangleycanooclub.ca

Members. [For Sale](#) Paddles, PFDs, gloves, canoes – all have been sold this way.

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](#)

Email issues

If you have "Computer Issues" with the club emails, newsletters or website, please let us know.

[Email Webmaster](#)

– paddling, of course.

But we have a Fabulous video. [Click Sherrie's video](#)

And the result tables can be found at [Harrison Results](#)

to reserve your seat.

And remember to arrive at least 15 minutes early to help get the boats ready!!!

Thompson Brigade re-enactment

How do you combine an interest in fur trade history, and geography, and paddling, all at one time?

You join a Brigade! Several members of FLCC paddled with the 2011 Thompson Columbia Brigade from Fort Spokane to Fort Astoria on the Columbia River. Ten voyageur canoe teams from all across western Canada—one from Thunder Bay, ON—to celebrate the accomplishments of the cartographer and explorer David Thompson by arriving in Astoria, OR 200 years to the day after he did.

Like Thompson, we fought the heat of the Upper Columbia Basin and the headwinds of the Columbia Gorge and the tide at the mouth. Unlike the river that Thompson paddled, the contemporary river is mostly a series of reservoirs.

No rapids at all. Just dam after dam to portage around. The FLCC team joined the trip midway, west of Spokane, and two days' paddle "upstream" of the Grand Coulee dam, on Lake Roosevelt. We paddled some 1000 km to the mouth of the Columbia, at Astoria. We newbies to the brigade had to learn to get up early, ie 4:30 am, for a 6:30 start on the water, and keep up to the folks already accustomed to paddling 40-60 strokes a minute for hours at a time.

The next one? Maybe 2017 to celebrate Canada's 150th anniversary. This kind of trip is unique.

Photo at <http://www.yakima-herald.com/galleries/6047/photos/9>

Video at <http://landing.newsinc.com/shared/video.html?vcid=23436363&freewheel=90430&sitesection=yakima>

Outriggers As we plan for the end of the Dragon boat season (Did I really hear someone say Finish It Now?), we need to get ready for the all that lovely OC cross-training. However, the Red OC is still in the shop. A work bee is needed to finish the last of the preparation and painting. To help – please [Email Andrea](#).

Coming up soon:

August 5th Western Canada Summer Games

August 15th BC Senior Games



Parking

Please note that the 'upper' parking lot is now closed for the building of the new condos. Parking will be available on the 'triangle' lot, south of Billy Brown Rd., the street & in the 68 stalls of public parking along the rail berm.



No Parking

And even more important is that we all respect that the Bedford House is private property and its parking lot is not for use by club members for parking or as a warm-up area, at any time.

More lost and found -

A ladies, two-tone blue, long-sleeved, zip-fronted top has been handed in.

Check [Lost & Found](#)

More Goods for Sale –

Check [Goods for Sale](#)

