



REGATTA

JACK'S LAKE ANNUAL EVENT FOR OVER 60 YEARS

A BEAUTIFUL SUMMER WEEKEND welcomed this year's regatta. On Saturday, the moderate winds on Sharpes Bay were too much for a few sail-boats that limped off the start line with technical problems. The end of the sailing race saw the Boat Parade forming up on Centre Bay – the small but vocal group showed renewed enthusiasm for the event that has been missing for a few years. The clear bright weather on Sunday morning brought out a large field of runners and swimmers, but unfortunately we were able to coax only a couple from the group to participate in the first-ever Iron Man (run to Millers and back; swim past the Island to the far shore; and bike back over the hill), maybe next year some of the marathon swimmers will add on a bike ride back.

Paddleboards were added to the Canoe and Kayak Races and the direction was changed slightly to head west instead of east, which seemed to work well for everyone except there was still great confusion on the Bang and Out.

The total number of participants was over 500 this year, with the majority being present for the very popular Three-Legged Races, the Egg Toss, and the Tug-of-War.

Again we are all grateful to the many groups who provide services at the event, namely the Apsley Lions Club-who run the Barbeque Stand, The Dunkerleys-who provided the Corn Roast and Face-painting, and of course to both the Anchorage, and Forest Glenn Marinas, who provide all of the facilities to put the event on.

The regatta's success is all due to the efforts of the volunteers and those working in the background that make it such a great community event.

-Dave Hoyle

**Editors note - All the proceeds from the Dunkerley's Corn Roast go to the Apsley Schools Breakfast Club.*

CHAIRMAN

Dave Hoyle

ASSISTANT CHAIRS

Marcine Dubois, Eileen Moulton

MEDAL PRESENTERS

Nicole and Kristen Pfeiffer

ANNOUNCERS AND RACE OFFICIALS

SAILING RACE

Bill Dubois, John Hoyle, Rod MacIvor, Gaye MacDonald, Neil Lanz, Evan Cardiff, Ian Grinnell, plus two officials from the Canadian Olympic Training Regatta Kingston (CORK)

BOAT DECORATING

Anna Sweeney, Bea Stark, Luke Stark, Judi Ivimy and Sue Zirlen

RUNNING AND IRON MAN

Dave Hoyle, Ruth Davenport, Dennis Davenport, John Hoyle, and Warren

DISTANCE SWIM

The Becker family, Reis and Scott Moulton

LIFEGUARDS

Amanda Zuliani, Luca Zuliani, Laura Ellis

SWIM RACES

The Zuliani Family, Dominic and Micheal Mariani, Micheal Moore, PJ Collins, Meagan Veaudry, and Victoria Ercalao

CANOEING, KAYAKING AND PADDLEBOARD

Kathy and Dave Lebo, John Hoyle, Kim and Taylor Buenting, Krista and Stephanie Thompson.

THREE LEGGED RACES –

the Davenport and extended family

EGG TOSS

the Davenport Family and the mystery announcer?

TUG OF WAR

Jane and Rob Baxter, Eugene Bryck, Zoe Nicole and Kristine Pfeiffer

SCIENCE AND ART TABLE

Victoria (Long) Schei and Bea (Long) Stark.

BOOK AND BAKE SALE

Marcine DuBois, Dawn Tower DuBois, Chris Spence, Ruth Pezzack, Karen Kerr and the many unnamed bakers.

PHOTOGRAPHERS

*Dawn Dubois - Sailing Races, Boat Decorating
Bill Dubois - Swimming, Canoeing, and Kayaking
Kristi Maguire - Three Legged Race, Egg Toss Tug of War*

MEMBERSHIP AND EVENT REGISTRATION

Eileen Moulton, Doug Moulton, Bob DuBois, Karen Burleigh-Kerr, Elaine Bremer, Caroline Ford, Stuart Beaton, Norm Clavelle, Ruth and Bill Pezzack

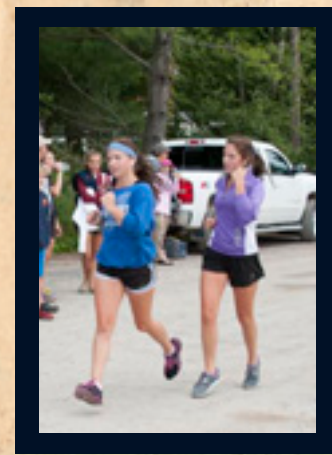
Again special thanks to student volunteers Zoe Pfeiffer Grace and Kristen Pfeiffer who helped out the whole day on many background chores. We look forward to more and more youth participation in the set-up and running of the events next year.



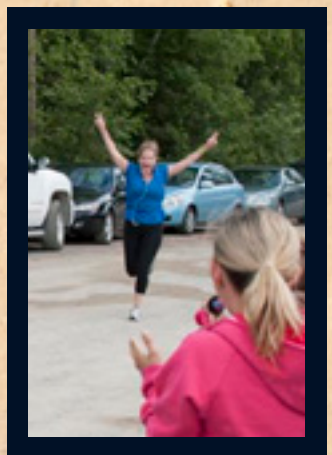
SAILING

	GOLD	SILVER	BRONZE
CLASS 1 - CL11, SUNFISH	Ben & Max Gray	Geoff & Samantha Richards	
CLASS 2 - CL14	Scott Moulton & Ali Becker	Tim Dineson & Chris Fusco	
CLASS 3 - CL16 & LAZER	Rich Beadon (Lazer)	Ian & Sandy Hale (CL16)	Paul Thornton & Fei Fei Lui (Lazer)
CLASS 4 - CATAMARAN	Bill DuBois & Doug Moulton		
CLASS 5 - WINDSURFER	Kevin Rendl	Denis Davenport	

BOAT DECORATING



	GOLD
NATURE & ECOLOGY	Four Seasons - the Zuliani's
ANYTHING GOES SR.	Love Boat - the Durks and Dastis
ANYTHING GOES JR.	Birthday Party Boat - the Painters
CLASSIC BOATS	66 Correct Craft - Jerry White



KIDS RUN - 1.5KM

	GOLD	SILVER	BRONZE
KIDS: 8 & UNDER	Lawrence Rendl (6:18)	Henry Goode	Jack Yeo
GIRLS: 9-11	Catie Dobson (7:06)	MacKenzie McQuellan	Kate Richards
BOYS: 9-11	Mitchell Demelo	Connor Demelo	Jake Painter

FUN RUN - 5KM

	GOLD	SILVER	BRONZE
GIRLS: 12 - 15	MacKenzie Cameron *16:34	Rhianna Kissel	Jessica Slachta
BOYS: 12 - 15	Josh Becker	Adam Painter	Owen Olivia
GIRLS: 16 - 24	Rachel Jewett	Taylor Buenting	Stephanie Thompson
BOYS: 16 - 24	Ethan Davenport	Jeremy Moore	Jacob Banks
WOMEN: 25 - 39	Karen Howe	Allison Lloyd	Carly Davenport
MEN: 25 - 39	Eric Howe	Mike Semeniuk	Cam Allan
WOMEN: 40 - 54	Kathy Lindsay	Jocelyne Boissonneault	Ruth Davenport
MEN: 40 - 54	Matt Thornton	Crawford Dobson	Benjamin Gray
MEN: 55 +	Paul Flynn	Andy Hems	Ian Grinnell



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PADDLEBOARD

	GOLD	SILVER	BRONZE
OPEN:	Amanda Zuliani	Jocelyne Boissonneault	Jane Baxter

DISTANCE SWIM

	GOLD	SILVER	BRONZE
KIDS 12 & UNDER	Ali Becker (17:31)	Benoit Dinesen (27:01)	
GIRLS 13-15	Jessica Slachta (18:10)	Emma Woolsley (26:43)	Benoit Dinesen (27:01)
BOYS 13-15	Josh Becker (* 16:07)	Stefan Zuliani (24:43)	Adam Painter (25:09)
WOMEN: 16-18	Rachel Ellis ((27:14)		
MEN: 16-18			
WOMEN: 19-29	Vicki Lean (22:45)	Amanda Zuliani ((23:07)	Megan Veaudry (26:50)
MEN: 19-29	James Johnson (18:38)		
WOMEN: 30-39	Gillian Goode (18:38)	Kristen Schroeder (20:07)	Carolyn Yeo (22:23)
MEN: 30-39	Kevin Goode (16:27)	Eric Howe (20:02)	
WOMEN: 40+	Kirsten Starr (19:47)		
MEN: 40+	Peter Bombaci (22:53)		

SWIMMING RACES

	GOLD	SILVER	BRONZE
GIRLS: 6 & 7	Annie Gray	Charlette Young	
BOYS: 6 & 7	Holt Gray	Andrew Richards	Mitchell McQuillan
GIRLS: 8 & 9	Ella Starr	Alyssa Perun	Adelaide Sterling
BOYS: 8 & 9	Josh Grieve	Oliver Goode	Luke Pravila
GIRLS: 10 & 11	Abby Perun	Madison Reeve	Eileen Huck
BOYS: 10 & 11	Jack Goode	Connor Hicks	Nolan Milne
GIRLS: 12 - 15	Ali Becker	Emma Hicks	Emma Woolsey
BOYS: 12 - 15	Josh Becker	Mitchell Butler	Adam Painter
WOMEN: 16- 25	Amanda Zuliani	Megan Veaudry	Genevieve Penzone
MEN: 16- 25	David Krygier-Baum	James Johnson	Robert Johnson
WOMEN: 26-39	Gillian Goode	Kristen Schroeder	Jennifer Wilton
MEN: 26-39	Dave Struthers	Geoff Richards	Eric Howe
WOMEN: 40+	Peta Hicks	Kirsten Starr	Shari Best
MEN: 40+	Ben Gray	Paul Jandavs	Scott Moulton



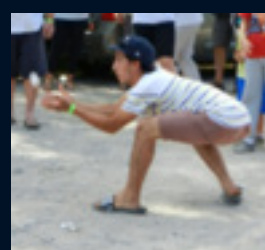
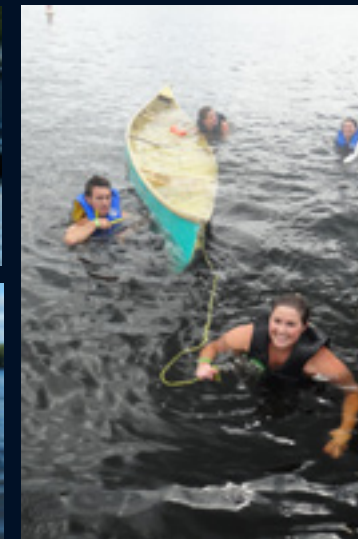
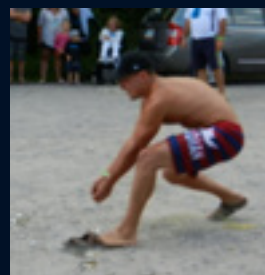
EGG TOSS

	GOLD
KIDS: 8 & UNDER	Noah Mroz Christian Palermo
KIDS: 9-12	Jordan Parks Jacob Butler
MIXED: 13-16	Matt Hendersen Cooper Best
MIXED: 17 & OLDER	Michael Butler Michael Gonsalves



KAYAK RACES

	GOLD	SILVER	BRONZE
BOYS: 14 & UNDER	Mathew Dasti	Spencer Grieve	Owen Olivia
GIRLS: 14 & UNDER	Sarah Mauceri	Madison Reeves	MacKenzie McQuillan
MEN: 15 - 20	Trevor Bryan	Giuseppe Penzone	Greg Toskan
WOMEN: 15-20	Mariah Campbell	Sarah Hysenaj	Adelaide Penzone
MEN: 21+	Micheal Moore	Luca Zuliani	PJ Collins
WOMEN: 21+	Elizabeth Campbell	Martha Lee	Sheelagh Hysenaj



TUG OF WAR

	GOLD		GOLD
MIXED: 6-9	Noah Mroz Christian Palermo Josh Grieve Nathan		
GIRLS: 10-13	Rachel Woolsley Emma Woolsley Casey Woolsley MacKenzie Laretti	BOYS: 10-13	Dylan Pfiefer Nicole Pfiefer Ryan Pfiefer Reis Moulton
GIRLS: 14-17	Rachel Ellis Genevieve Penzone Tori Lomax Jaclyn Lebo	BOYS: 14-17	Karson Branting Om Patel Sultan Bayat Jordan White
WOMEN: 18 & OVER	Peta Hicks Shari Best Shannon Nicholson Janis Henderson	MEN: 18 & OLDER	Brett Tibando Karl Laretti Mike McGowan Bryan Fox

CANOE RACES

	GOLD	SILVER	BRONZE	
BOYS: 15 & UNDER	Josh Becker Stefan Zuliani	Max Gray Nolan Milne	Andrew Richards Brandon Dempsey	
GIRLS: 15 & UNDER	Brooke Osborne Emma Hicks	Genevieve Penzone Brianna Sivi	Kate Richards Eileen Huck	
MENS OPEN: 16 & OVER	Ian Grinnell Preston Grinnell	John Hoyle Mike Moore	Luca Zuliani PJ Collins	
WOMENS OPEN: 16 & OVER	Victoria Lean Sheelagh Hysenaj	Kristi Maguire Megan White	Shannon Grinnell Caroline Foster Grinnell	
BANG & OUT	Jack Yeo Pete Yeo Jason Yeo Jessica Slachta	Geoff Richards Abigail Richards Andrew Richards John Allan Slachta	Max Steinman Matt Lowe Taylor Buenting Stephanie Thompson	Ethan Davenport Victoria Davenport Vincent Davenport Rachael Jewett
ADULT & CHILD	Kate Richards Geoff Richards	Evan Grinnell Ian Grinnell	Jordie Johnston Josh Johnston	

REDEMPTION

• A TALE OF DELIVERANCE & TRIUMPH •

I think we've all tasted the "agony of defeat" at one time or another in our lives. With every Gold, Silver and Bronze medal given out at the Regatta, there are more tales of defeat. We come home on Sunday and share stories about the "almosts", "would haves," and "if onlys" by the fire, and the drive for next year's redemption begins.

Grady Card and Ainslie Tucker-brother and sister team-are no stranger to defeat, having suffered a medal blowing fall in the three legged race last year. I caught up with them at their folks cottage in the narrows, just after their Silver medal performance this year. Here's what they had to say about the lessons they've learned, and the tips they have to pass along.



2012

"I feel as if my sister and I have regained some sort of redemption at the regatta. We didn't get a whole lot of medals last year and so at least we were able to bring home a couple this year, and to come second in the three legged race and get a silver was... I wouldn't say electrifying, but it was a lot of fun! Instead of gravelling on the ground with everyone pointing, laughing, and wondering if we're okay or have broken our pelvises. It was much nicer to get a silver then to be sprawled out in the dirt"

- Grady

"Going all the way is really what we do best... so natural... felt better, kids were proud. Running across the finish line was the most satisfying feeling ever, especially because of our defeat last year, it was agonizing. We trained all year. 12 months of training."

- Ainslie



2013

"We wore out four leg bands..."

- Grady

"...three pairs of sneakers... because we use very strong leg bands... that's part of our technique."

-Ainslie

"Velcro can be nice, adjustable , quite nice"

- Grady

"Duct tape is not recommended. You need a fairly tight tie, that's a winners tie!"

-Ainsley



3 LEGGED RACES

	GOLD	SILVER	BRONZE
MIXED: 5 & UNDER	Abigail Richards Samantha Richards	Abby Kennedy Branwin Davis	James Jandavs Pete Yeo
MIXED: 6 & 7	Chelsea Leeming Cullen Leeming	Holt Gray Drayden MacDonald	Pete Yeo Andrew Richards
MIXED: 8 & 9	Danielle Cairns Katie Cairns	Amber Cairns Eliz Cairns	Ella Young Charlotte Riller
GIRLS: 10-12	Jessica Beard Jackie Main	Ali Becker Karlie Klingerman	Sarah Mauceri Kristen Fusco
BOYS: 10-12	Duncan Qubti Curtis McIntosh	Josh Hussey Josh Johnston	Owen Huck Liam Grieve
GIRLS: 13-15	Genevieve Penzone Adelaide Penzone	Morgan Card Yasnoid Tucker	Emma Woolsley Casey Woolsley
BOYS: 13-15	Josh Becker Stefan Zuliani	Mathew Dasti Jacob Jorz	Dylan Pfeifer Ryan Pfeifer
GIRLS: 16-18	Lexi Hill Izzy Caddick	Morgan Mather Jenny Toon	Kate McLeary Rebecca Samborsky
BOYS: 16-18	PJ Collins Mike Moore	Joel Tucker Matt Iezzi	Genevieve Penzone Guiseppe Penzone
WOMEN: 19-29	Victoria Hill Amanda Zuliani	Kristy Maguire Megan White	Nat Buckham Saddie Davis
MEN: 19-29	Jake Steinman Ryan Steinman	Andrew Steinman Max Steinman	Robert Johnston William Johnston
MIXED: OPEN CLASS	Bill Best Peta Hicks	Graydon Card Ainsley Tucker	Ashleigh Johnston Kym Maguire