

THE ROCK

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ROCK MEMBER MEDALS AT ICF WORLD CHAMPIONSHIPS.

Hannah Menke, member of Team USA and ROCK, took home two silver medals in women's sprint canoe from the International Canoe Federation's World Championships, held on Lake Banook, Dartmouth, Nova Scotia, August 12-16, 2009.



Hannah (foreground) at start of C1/200 race

Hannah, who has been canoeing since age 12, is the US National Champion in the 200 and 500 meter events. She spent the last year preparing for the World Championships, under the supervision of ROCK's High Performance Coach, former-Olympian Rafael Islamov. Her strict daily routine included weight lifting, running and paddling, on the canals of Florida during the winter and at the American Canoe Association facility on Lake Sebago, New York, in summer. During her training, Hannah followed her coach's low-carb diet and added thirty pounds of muscle, shedding ten pounds of fat in the process.

In April, Hannah earned her place on Team USA by winning seven of eight events qualifying events at USA Canoe/Kayak's Team Trails in Chula Vista, California.



Hannah during C1/200 race

This year's World Championships were held on a newly-constructed course on Lake Banook in Dartmouth, Nova Scotia. Athletes from over seventy countries pitted their skills against one another in four days of racing of both kayaks and canoes. The Championship was well attended, with the



The venue at Lake Banook

lakeshore crowded with spectators and vendors. Conditions were ideal, with moderate temperatures, clear skies and a light headwind.



Hannah (left) on the Podium with Canadian and Brazilian Medalists

Hannah is sponsored by BracaSport USA and the Todd A. Stuart Foundation, to whom she extends sincere thanks. She raced in *Conch*, her blue Nelo Vanquish II racing canoe, using a Braca-20 paddle.



Hannah's Silver Medals

Hannah had an excellent start during the first race, the 500-meter event, and was soon a boat length and half in front of the

pack. Unfortunately, the Canadian competitor had an even better start, and was soon a boat length and a half ahead of Hannah, a distance Hannah was unable to close. She finished with a time of 2:29.630. Hannah's second race, the 200 meter, was only three hours after her first, leaving little time for recovery. She had a slower start and was momentarily at the back of the pack, but picked up in the last 50 meters, edging out the Brazilians competitor for second place, but not the Canadian, who took the gold. She finished with a time of 58.839. Hannah says that she followed her coach's instructions of all-out paddling, with darkness closing in at the edges of her vision, in order to achieve these results.

Hannah extends special thanks to her coach, Rafael Islamov, for working with her and having faith in her. She says, "I couldn't have done it with out you, Rafael!" Hannah also thanks Debbie Page of the Washington Canoe Club, both for her long-term support of Women's Canoe and for hosting her during her Florida training.



Rafael Islamov
ROCK's High Performance Coach

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