

Paddler Profile

Name: Steve Corlew
Residence: Brighton, MI
Years as MCRA member: 14
Age: 27
Canoe #: 29
Date: December 23, 2008
2008 Final Stats: N/A



How did you get started in the MCRA?

When I was very young I watched my Dad race. He would put me in the back of the C-1 on some of his training runs. Later on I started paddling with Ben Baker, Jason Hall, and Colin Hunter. I have been paddling ever since.



When you started, which MCRA member(s) provided you with the most instructional help?

Probably John Baker. He wouldn't let me put foot straps on my foot rest and he tried convincing me to put a hole in the bow of the boat to make portaging easier. He had Ben and I running around with weighted 2x4's on our shoulders to practice portaging.

Why do you continue to be an MCRA member?

I have been pretty hit and miss the past few years, but I keep coming back. I love the river and the long training runs. I like seeing familiar faces. Just yesterday I broke down on the road and I called a fellow paddler (Brad Gross) for some help. He went above and beyond the call of duty to help me and Adriane out. That is what it is all about.

Who is your biggest supporter and why?

I better be careful on this one. My family! My parents and sister have come to so many races and pitted for me. And now Adriane is doing the same. I am a pretty lucky guy.

Favorite paddling memory.....

My Dad and I won the Harry Curly as amateurs once. It was the State Championship at the time. We took off real fast and died later on. I thought it was all over, but we ended up riding Mr. (Butch) Stockton's wake up to the Curly's. My Dad was awesome that day.

Favorite Canoe (brand) to race in and why.....

I think without a doubt Crozier racing canoes are the best. Go look at a 10 year old Crozier and a 10 year old of any other boat.

Goals (if any) for the 2009 season.....

My goal is to train as if it is the last year I will be able to paddle. I want to do better than the last year I paddled.

If you could paddle one race next year with anyone who would it be, what race, and why?

I would like to race with Connie in the USCA mixed. That race is always competitive and I think we could do pretty well.

Any summer training tips?

Tim Triebold told me once that during intervals it does not matter if you win them all. You just want to make sure you don't have anything left in you when your cooling down (something like that). It makes sense. I used to have the habit of taking an interval off or not going all out so I could win the next one. He made me realize that is not the point. The point is to win the one when it counts....the one at the end of the race.

Do you tend to travel far for races and training? If so, do you think traveling makes it difficult to train?

I used to, but anymore I stay pretty close to home. For long training paddles I will go back home on the AuSable, or meet my partner someplace. I think the time away from family can make it a bit difficult.

Any tips for training when you are working full time?

I don't work full time. I work about 30 hours a week right now and I am going to school full time. I am busy, and the best training when I am busy is running, time trials (10 – 60 mins), or resister (no more than 45 minutes). I would use the weekends for longer paddles and try to do back to back paddles. 3 hours on Saturday and then another 3 hours on Sunday.

What is the key to trimming you boat properly?

Having your bow guy lose some weight. I wish I could put it into words but I think it is truly a feel thing.

