



Black Cat Racing News



Jan. - May 2003

This is the first publication of Black Cat Racing News. The focus of it is to provide updates to friends, family and sponsors of Black Cat Racing on Lori Jorgenson's competitions and training. It will be distributed in June, August, October and December of 2003.

2002 Recap

Last year was an exciting year of racing and travel. I had my first opportunity to race at the world-class level in one-person outrigger canoe competition in March at the World Outrigger Canoe Sprint Championships in Bora Bora. This was a wonderful opportunity to test myself. As a competitor, I placed in the top ten in both one-person events and in the six-person events we placed in the semi-finals. This race helped me learn to cope with the weather (hot and humid), rough open seas, new boat styles, and to control competition anxiety. I was very pleased with the end results. Of course, the island and waters surrounding Bora Bora were spectacular and getting acquainted with the French Polynesian culture and meeting other competitors from around the world was an incredible experience.

In April, I had the great opportunity to travel to China with the women's dragon boat crew, Wasabi. In both our events we placed second to China. The first race was 500 meters and took place in Yichang, China. The second was a 39 kilometer race down the Yangtze River, which was in the area that will be eventually flooded because of the the Three River Gorges Dam. The little I saw (due to the fact I was racing) was beautiful. This trip also provided me with a better understanding of China, which is where the ancient sport of dragon boat racing originated.

Thanks to the 2002 sponsors:

**Oil Can Henry's
Walton Physical Therapy
Mary McGill
Chris and Jill Hall
Martine and Rick Harris**

**Otak, Inc.
Harden Chiropractic
ClubSport Oregon
Kialoa Paddles
Andrew Clark**

My friends, family and participants of the **4Ever Young Program**.

2003 Update

The year has started off well. January – April the Pacific Northwest Outrigger Canoe Racing Association (PNWORCA) hosted a small boat winter series, consisting of one- and two-person outrigger canoes, kayaks and surf skis. Points were awarded for each race throughout the four months based on where each person finished in their category. I was fortunate to place first in the women's open division.

On April 26, I competed in the Rusty Iron Race on the Willamette near St. Johns Bridge in Portland, OR. This event began the 2003 six-person outrigger canoe racing season, as well as the one-person summer racing season. The day went well. Our (Mountain Home Canoe Club) women's six-person crew (OC6) finished in first place, and three hours later, I finished first as well as in the one-person race (OC1). The weather was a bit unpredictable but fortunately by race time, clouds and rain gave way to blue skies. The wind, however, decided to provide some resistance during the small boat race. It was a fun and productive day.

Listed below are results from races thus far for 2003:

Date	Race Location	My Placing
One-person Outrigger Canoe (OC1), Open Women's		
1/18/03	Lake Union Race in Seattle, WA	1 st
3/1/03	Ridgefield, WA	1 st
3/29/03	Vancouver, WA	1 st
4/26/03	Portland, OR	1 st
5/10/03	Portland, OR	1 st
Six-person Outrigger Canoe (OC6)		
4/26/03	Portland, OR	1 st

The year has started out well with wins in the Pacific Northwest. The competition will continue to get tougher as I begin traveling outside the Pacific Northwest. I have been training all winter in preparation for the summer and have had great experiences thus far in my racing to gear me up for what lies ahead. I look forward to the challenge. Each race is a stepping-stone towards my goal of medalling at the 2004 World's Sprint Championships in Hilo, Hawaii. The more I can travel and gain experiences in different water conditions, especially the ocean, the greater my chance of excelling in this sport.

Upcoming Events –

One of the biggest races of the season is in June in Australia on Hamilton Island. The event is called the Hamilton Cup and involves four days of racing. The first day is one-person canoe racing in 500 meters sprints and an 8 kilometers race in the ocean. The second day is six-person canoe racing of 500 meters and 16 kilometers. Day three involves a four-kilometer fun race and day four

is a 42-kilometer change-out race. The change-out race consists of 10 paddlers - six are in the canoe at all times and four are in a motorized boat (chase boat), who rotate paddling in the boat. This is performed by having one to three individuals jump off the chase boat and tread water waiting for the canoe to approach them. When the canoe approaches, the individuals in the ocean pull themselves into the canoe as the ones being replaced jump out of the canoe. This process occurs throughout the whole race. For more race information go to: www.hamiltoncup.com.

For other races and updated information please visit: www.blackcatracing.com.

Lori In The News:

To see any recent articles about me or my races, you may click on the newspaper icon on my home page, which will take you to this web page: <http://www.blackcatracing.com/news.htm>

In the most recent Paddlers Magazine there is an article about one of the PNWORCA races hosted in Washington, which makes a reference to my performance. To check it out visit: www.pacificpaddler.com (click on magazine and the April 2003 issue, then click on page 22). (the reference to me is in the second column, last full sentence: "*Lori Jorgenson, who is one of the NW's top OC paddlers, was the first woman OC1 finisher, and beat much of the field*")

How Your Word is Getting Out:

As a sponsor of Black Cat Racing, I will do my best to get your word out. I have the website address where your logo's are located decaled on my car and outrigger racing canoe. Of course, the canoe is with me on all the races in the Pacific Northwest and Canada. It is also seen wondering up and down the Columbia River along Marine Drive four to six days a week. My car is displaying the Black Cat Racing website on my many travels all around Portland, OR and the state of Washington (see photo below).

Your word will also be getting out with my racing warm ups. I am working on getting them printed and need some logos still from recent sponsors.

Lastly, I am always taking the opportunity to get your word out with word of mouth. I am proud to have you a sponsor and want to make sure that you are rewarded by sending my friends, family and fellow paddlers your way.



Photo: My car with the web site address displayed on the rear window

Many Thanks!

I would like to give a big thanks to all my sponsors for supporting me in reaching for my dream of being a medal winner in the 2004 World Outrigger Canoe Sprint Championships in Hilo, HI. With your help I will be able to optimize my training and racing experience in preparation for 2004. Thanks to the 2003 sponsors thus far:

Oil Can Henry's

Kialoa Paddles

Award Specialties

Next Adventure

Lakewood Counseling

ClubSport, Oregon

Eyecatcher Sunglasses

Walton Physical Therapy and Sports Medicine

Harden Chiropractic

Carb-Boom

Jennings Insurance Agency, Inc.

I would like to also thank my brother, Brian Stumme for his many ways of supporting me; my husband, Rick, for being my number one fan; and my parents for all their support through the years. Thank you also to my friends for being behind me all the way.