

Pacific Northwest Paddlers Prepare for 2013 US Team Trials

(by Jennie Goldberg)

On Saturday, September 8, 2012, a record number of paddlers completed the 2nd annual Doughnut Paddle on the Skykomish River in western Washington. It's a well known fact that the more donuts eaten, the faster the paddler. Therefore, to be fast, one needs to eat more donuts. Hence the doughnut paddle was scheduled just prior to team trials to give the Northwest Wildwater Racers a competitive advantage.

The course consisted of paddling the 9 mile grueling class II- lower section of the river and then, as a team, consuming two dozen, fresh doughnuts. Despite meager water flow, uncharacteristic weather, but characteristic headwind, the paddle was completed in approximately 1.5 hours by all racers. The paddling work-out consisted of intense intervals based on the null hypothesis that interval work-outs would burn more calories and therefore lead to a higher consumption of doughnuts. However, despite the 33% increase in participation from 2011, less doughnuts were consumed in 2012 (16) versus 2011 (17.5). These results are alarmingly different than what was published in the latest professional research journal (The National Journal of Doughnut Consumption (Vol. 6, No. 2, pp. 431-456).

After further analysis, it's believed that the poor doughnut consumption performance may actually have been due to an increase in doughnut size in 2012 versus 2011. This trend was first noted in chapter 4 – Doughnut Manufacturing Trends - in the latest edition of the Doughnut Eaters Guide to Nutrition for Athletes (Sweet Press, Seattle. Third Edition. p. 78).

Two-time Doughnut Paddle Champion Andrew McEwan attributes his stellar performance to strict adherence to the doughnut weight guidelines for nutrition :
doughnut weight = 1/10 body weight - 2 .

Next year's event will be a Doughnut Invitational, as we clearly need assistance in achieving our wildwater doughnut goals. We hope you can join us!



Doughnut Paddle Group Shot



A lot of Doughnuts



Someone ate too many doughnuts...