



Bill Menke, in his racing kayak



Bill Menke (center) receiving gold medal

Bill Menke Wins Gold in Sprint Kayak At Masters National Championships

August 1, 2006. Bill Menke won two gold medals and one silver at the 2006 Sprint Masters National Championships, held in July at the former 1996 Atlanta Olympics venue in Gainesville, Georgia. Bill took first place in the Category E single-person-kayak 500 meter event, and second in the 5000 meter event. Together with three other teammates, he also took first place in the Category C four-person-kayak 500 meter race. The different categories correspond to different age and experience levels.

Sprint kayak racing is similar to rowing crew, in that several boats race on straight courses for relatively short distances. Racing kayaks are ultra light, weighing only 12 kg, and are extremely tippy.

Bill is a member of the Rockaway Olympic Canoe and Kayak Team, a local club that practices regularly at Lake Sebago in Harriman State Park.