



Pacific Northwest Coast Paddling Club

2025 TIDERUNNERS END OF YEAR SURVEY RESULTS

NUMBER OF RESPONDANTS TO ALL QUESTIONS: 25



3. What inspired you to join the TideRunners?

- An outdoors women's team sport sounded like a fun thing to try. I wanted to be active outside and meet more women in the area.
- At that time, I was looking for something to get me out from behind my desk. I have enjoyed being on and in the water since I was a child.
- Beautiful outdoors-Quality character of members
- Community & exercise &
- Curiosity, enjoyment of being on the water
- Great way to exercise and meet people. They also started so close to where I lived.
- Guest paddle one day
- I joined when I moved to the coast just before Covid, to find community, comradery, exercise and outdoor enjoyment.
- I love being on the open water, athletic, and sharing a competitive sport with other women.
- I love being on the water. I love joining a team that competes and has fun. I love the camaraderie of this group. I love how I know I have friends/teammates that I can reach out to if I need something.
- I was new to town; directly invited by coach; easy access; sounded like big fun; and I qualified!
- Meeting new people and opportunities to help the community
- My neighbor was enthusiastic about the team and I loved the idea of being on the water with a wonderful group of women.
- Opportunity to be outdoors and exercise
- Outdoor exercise and always interested in trying new things. It was also a way to meet people when I was new to the area.
- Pushing myself to do something new
- Relationship with the coach
- Saw it as a new skill to learn and a chance to meet new people.
- Sounded interesting
- The chance to be on the water with a great group of paddlers and to improve my fitness to boot!
- The opportunity to be in the water with like-minded nature outdoorsy companions.
- The outdoor healthy team events.
- To enjoy coastal life more fully
- To join a Team of inspirational women who like to exercise and compete in a beautiful environment.
- To meet people; exercise; enjoy nature

4. How has being a paddler impacted your well-being (mind/body/spirit)?

Another way to move my body in a shared experience on the open water.

Being a paddler and part of this women's team contributes greatly to my well-being. My sense of self is enhanced by the fact that I think of myself as an athlete. I've learned how wonderful it is to be strong; to push myself in races; the camaraderie and caring of teammates has been amazing and often lifts my spirits.

Being a paddler has given me a great opportunity to be a part of a strong group of women that enjoy the outdoors and contribute to a healthy lifestyle and comrade environment.

Being on the water is amazing. Working as a team has been great.

Boosted confidence

Completely for the better! More fit, better stamina, but the biggest benefit is the experience of being on a team of women. I didn't have that opportunity earlier in my life and have been amazed at the bonding experience of being on this team!

Has kept me physically fit and grounded even through the death of my son and then my husband.

I ended up only having or making time to attend a few practice sessions, so - minimal impact. But very nice people.

I love being on the river and it's great for all three

I love it both physically and mentally

I practice three days a week and compete in races as often as I can when I'm not traveling. Paddling has certainly helped me get stronger, and more fit. But more than that, it has provided a sense of community. I've found inspiration and encouragement from the amazing and diverse group of women who are part of this team. We help one another -- on and off the boat. And paddling on the Nehalem River, surrounded by such a magnificent landscape, never fails to nourish my soul in these turbulent times.

I've felt challenged and rewarded by learning something new. I feel grateful for the experience as an adult. Time on the water is restorative and refreshing.

Increased energy; reduced stress

Inspired personal, physical & emotional growth. Increased sense of community & connectivity to place.

It fed my competitive spirit but in a fun way!

It has kept me fit and introduced me to a whole new world of sports, competition, travel and new friends.

It has made a great impact!

It makes me happy to be on the water while also being physically active. It has enhanced my overall fitness regimen.

Love the team atmosphere. It has helped heal and strengthen my shoulder from an old injury. My back is straighter and flatter than it's ever been, and I lost a whole inch of fat off my biceps!

Paddling adds so much to my life. I love being out on the river, it is so beautiful and peaceful. I feel blessed to be able to see so much of nature and get a good work out with friends.

Paddling lifts my mind, body, spirit.

Positively in all three aspects

The paddling season brings me the joy of community that lifts my spirit after a dark rainy winter alone; paddling revives my dormant body and enervates my mind by lifting it toward new horizons.

Very positively

With the winter break I realize how much I need to paddle for stress release.

Good coaching on new paddling technique

Having flexibility to work around my other paddling commitments

Having two boats. Being an independent club. Videotaping practice and sending instructional videos ahead of time. Attracting new members to the team.

I did not paddle much this season. Took a break due to a chronic injury and wanting to be on the open water paddling solo.

I enjoyed learning new paddling techniques and having multiple coaches.

I think it was a good experience to have the 2-10's. It let members know what they feel like before going to a race. Some people seemed a little intimidated by them at first, but people seem pretty comfortable in them now.

I was able to come to many of the practices even working part-time.

Inclusion as caller

Learning the long power stroke

Loved the instructional videos. appreciated the flexibility of the coaches to some extenuating circumstances i was dealing with.

N/a- had a busy schedule so only went a few times

One or two practices Patty had each of us paddle individually and focused on form. We hardly paddled that day, I didn't break a sweat, but it set me up for the rest of the season. So helpful!

Practice schedule days times. T, TH, Sat

The 3 Coach approach

The opportunity to paddle three times a week, the Seattle race, the sense of team, the fun.

The videos and the follow up practice to practice what was learned.

Three coaches' energy and communication

7. What would you change?

Ability to have paddled more frequently

An addition of a 20 man

Better communication

Communication issues

Consistent coaching clarity about competition and rec paddling

Getting together with team mates more outside of paddling with fun events.

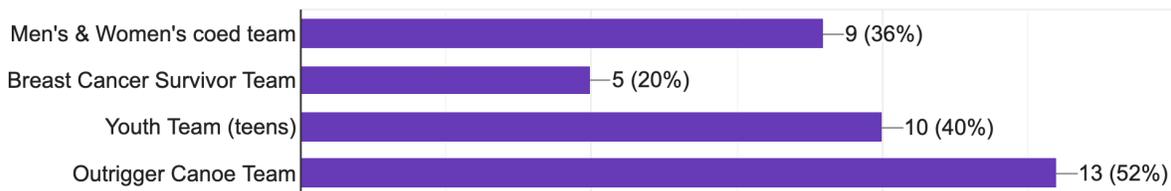
Have more focus in the boat and many more timed races during each practice session

Have the Coaches call out directly the Paddler's improvement areas.

A) Having only one caller for two boats does not work. We need a caller for each boat. I'm not sure that the callers must be the coaches for every practice. Paddlers with many years of experience also know the fundamental routines for practice, thus a roster of pinch-hit callers could ease the pressure on the three coaches. B) I would have liked to go to more races and was disappointed when many were cancelled; discussion with the team about which races to aim for might help ensure we'll have enough paddlers able and willing to go. C) A debt of \$10K has been a huge burden for starting up as a new club. It is a major oversight that the SC does not include a Development Officer whose chief charge is fundraising to clear the debt and to buy a 20-paddler boat. This officer could have been systematically contacting area businesses to solicit sponsorship support during our first year. It is not too late--this MUST be done for the future success of the club. This officer needs to have full authorization and support from the SC; it's too important to be left up to members of club committees who cannot speak with full authorization by the club. D) Please let's not lose the sense of fun, enjoyment, and comradery even as we learn training techniques. I fear that we lost some of the new members because sometimes coaches acted like punitive taskmasters focused on technique alone. It did not feel (also) fun. If we've always been a recreational team that also does races, coaches need to remember the recreational part too, not just the racing part.

Having the team select Portland as a race destination. For 5 years it's not been an option.
 I think just making the teams equal when competing. Not necessarily have all power people in one boat...mixed abilities will make for unity and team spirit, unless a separate competitive team is formed and practiced separately. As the team grows with new people, it would help them become stronger and enhance their experience and help them form friendships within the boat.
 I would have the team join the north coast paddlers club and avoid duplicating all the admin, fundraising and non-paddling emphasis that made this season so fraught.
 Improve scheduling and create culture of accountability to minimize last minute cancellations; create structured on boarding process to help new team members assimilate and increase retention
 Improve team culture - ie, less talking over the coaches
 Injury healed
 Looking toward the future - get more team members onto committees and spread the work load.
 Examples: Website management, fundraising, uniform distribution.
 More time spent on training. Focus on 1 item each practice. Have time for each person or bench to do individually for coaching purpose.
 More work on technical form
 N/a
 Not sure
 Optional warm-up
 Reliable communication channels
 Switch sides less frequently. Sometimes I feel like a lot of time is taken up switching sides.
 We should add a 20-person boat. Ensure a caller is on both boats. Increase feedback to paddlers on technique/areas for improvement. Compete in more races.
 I think it's been tricky to balance practices with two 10 paddler boats. It would be wonderful to have a 20-paddler boat, but that seems out of reach at the moment. I was satisfied with my ability to get on, but I'm afraid there may be some who were frustrated. Let's see if we can schedule a race toward the end of the season, and to commit earlier in the year to races so we can get it on our calendars.

8. Additional teams can eventually be created under the umbrella of our Pacific Northwest Coast Paddling Club. Which of the following new teams would you most like to see developed as part of the Club? (may check multiple boxes)

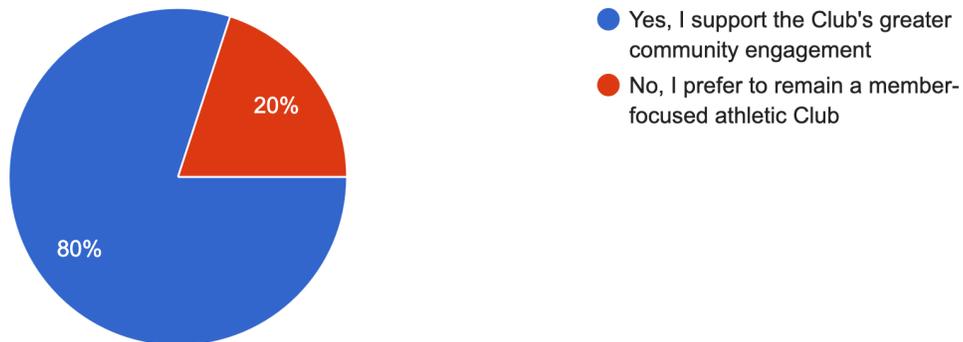


Other (one response each); 4% each, total 16%:

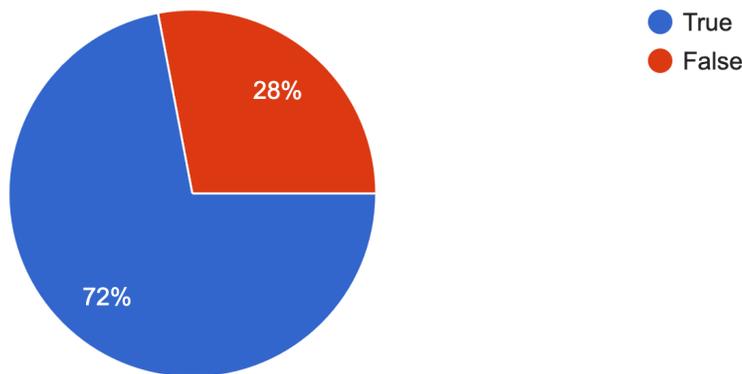
I am open to all of the above, but I think our focus ought to be on building and strengthening the team we have before creating new ones.
 Not seeing the need for additional teams
 Recreational Paddle Team
 Strengthen current team structure.

9. In 2025, the TideRunners became part of our own nonprofit, the Pacific Northwest Coast Paddling Club. While our member-based structure sustains our paddling community, it limits eligibility for public funding such as community grants.

Would you support expanding our mission to include broader community outreach—for example, by partnering with local organizations to offer free, grant-funded paddling opportunities?



10. I felt adequately informed and included in Club decision making this season.



11. Following up on the previous question, what steps, actions, strategies might help to make you feel better informed and included in Club decision making?

After each steering meeting there should be an immediate Zoom meeting or some way of contacting committee chairs. New members throughout the season should be asked which committee they want to join. Have evening meetings to accommodate more members. Develop a Strategic Plan (most 501s do this immediately)

Attendance, Zoom or in person, at future quarterly board meetings.

Before decisions are made I'd like to be informed of the pending issue and have an opportunity to weigh in on the decision

Brief meeting minutes

Continued meetings. Consistency by the coaches.

Definition of goals-Clarity of focus- Unity of progression

Good communication. I do seem to find out more when we all meet together and talk.

Have the newly appointed President put out a biweekly club update along with continuing to make the minutes of the Board of Directors available to all TRs.

I feel informed

I feel like it was notification/email heavy this year. I love to hear about things but maybe do a newsletter style for notifications? Once a week everything we need to know for the current or following week is included. Things that need to be addressed right away, email/notification is totally appropriate.

I feel that I was kept informed

I think we need to allow ourselves a little grace in our inaugural year, but in general, there is always room for improvement in this area, primarily in being more intentional about sharing news and creating the proper channels for doing so.

I would like us to use snap more. Possibly using the chat function freely.

I'm not sure what it means to support the Club's greater community engagement

I'm satisfied

Increased & more timely communication.

Information via email works well for me.

It felt to me that too many important decisions were made without consultation with paddlers. Instead, we received edicts from on high ("we will now be doing xyz") that dictated what we'd be doing, without offering opportunity for member input or even any rationale behind the decisions. This unnecessary gap between leadership and club members can be closed by more frequent open discussions informing members about upcoming decisions about club direction and activities. In this respect, SC minutes are not very helpful--they list topics considered, but not what was said. The minutes do not explain the reasoning behind the decisions made, leaving the minutes opaque and keeping members in the dark. It could help to have an overall strategic plan for the club (near-term and long-term goals), created with member input, so that we all have a clearer idea of where the club is aiming to go and how we're planning to get there.

More communication on a monthly basis on what's going on with the club

n/a

N/a

Quarterly team meetings. Review year events and fundraising campaigns. Forecast / planning 1 year out.

Decision making needs to be done more efficiently.

Regarding above question: informed is one thing, included is another. a communication committee might help identify the best way to reach team members; not all information is of equal weight or urgency.

There always seems to be an underlying tension. There are always ambitious plans for the next season, but the seasons default to what has always been.

12. We had difficulty filling the boats for some practices this season. Were there any impediments to your participation and if so, what were they?

A few times I was not able to make it because of my job and missed a few weeks due to vacation.

As long as I was in town, I was pretty much at every practice.

Commitment to attending a monthly commission meeting.

Family obligations

I didn't want to race this year based on the past years when there was always going to be a rec team. I wanted to paddle but not drill. Paddling occasionally is not helpful to a team training for a race. I paddled infrequently and didn't want to be in first bench for practices. It didn't seem fair to the team. I would have practiced more if I could only paddle on one side this season.

I had to make a few travels away for family events this season, but whenever I was here, I attended all practices except once, when there were not enough paddlers for a second boat.

I had two eye surgeries and a back injury.

I made all the practices I could when I was in town

I was able to practice 3 times most weeks

I was there most of the time

Injury

Just had a busy and sometimes conflicting schedule already on the practice days, and in hindsight probably shouldn't have joined. I also have a separate fitness regimen, so I wasn't relying on peddling to fulfill that square.

Just personal commitments that took precedence.

No

No impediments

No issues until practice moved from Saturday to Sunday.

No issues. If I have something that makes attending questionable, I just don't snap in. If I am available last min then I just reach out to see if I can get on. That way, I won't be a no show.

None

None for me

Overall none, but I don't want to practice in the rain regardless that it's water sport.

Personal obligations

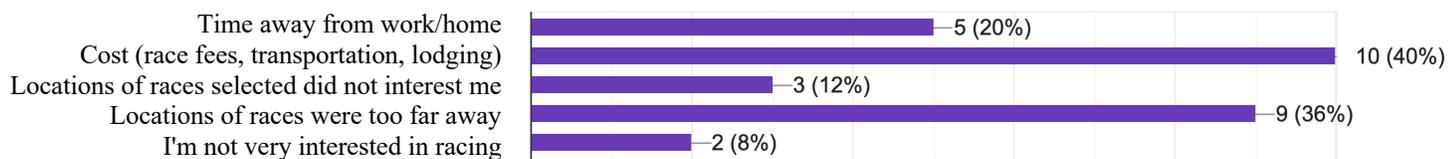
Sickness, childcare :/ it will get better...just a weird summer

Sometimes it's just life that gets in the way no matter how strong the intention of going is.

Summer is the busiest season for most of us with constant visitors and kids out of school, including grandchildren

This year I was gone quite a bit, therefore not attending to many of the practices

13. As a team, the TideRunners mustered enough members to compete in only two of the planned five or six races this year. To help us plan better next season, what were the greatest deterrents to your participation in races this year? (may check multiple boxes)



Other (one response each); 15@ 4% each, total 60%:

Being home to be with new grandson became an unexpected personal priority

For me, it was conflicting schedules this past season. our summer was unusually busy.

I also paddle outside of TideRunners and had to split my time and resources

I have personal issue of not racing when it's 80 degrees or more so I don't sign up for races where I think that can be a factor.

I participated in both races, had planned to go to Victoria.

I want to race two times each season in Portland, June and September

I was also away a lot this year so my travel budget for racing was a lot smaller.

I was signed up for them. Cost is the only deterrent.

I'm willing to travel but I'm selective on where because of other travel expenses w family during the summer.

If I have notice, I can plan and almost always able to make it work.

Injury

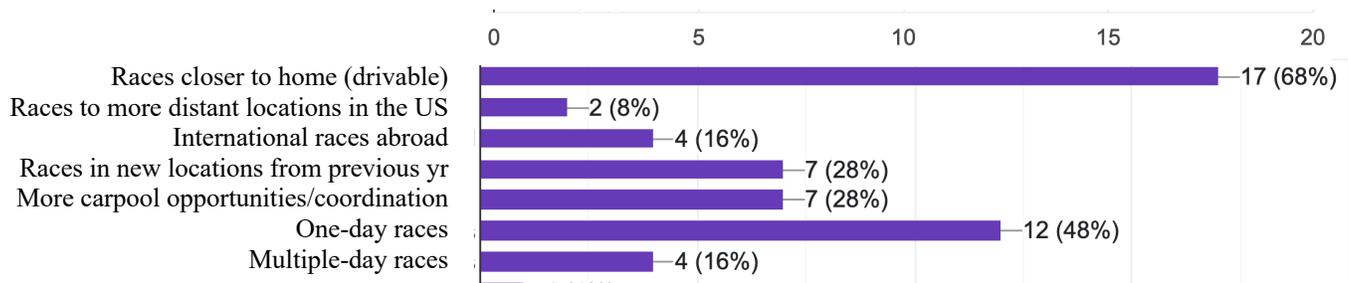
It's not a priority for me to race

Lack of paddling experience; need more skill-based training

The decisions about races were made too late and I'd already committed to other things.

Wasn't available those dates

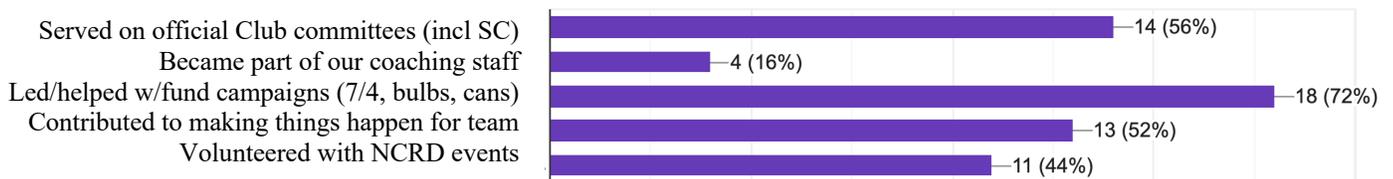
14. What might encourage you to participate in more races?



Other (one response each); 8@ 4% each, total 32%:

- Advance notice of races for planning ahead. Races added mid-season are harder to juggle.
- Being a more competitive team
- I can do more races in a season if they are one day races. But I do love experiencing new places.
- I'd like to see the team well prepared
- Include Portland in the race schedule
- It depends on the year and how busy I am with work. I would eventually like to do some international races, but the races closer are better for me right now.
- Not really interested in racing
- Portland in June and September

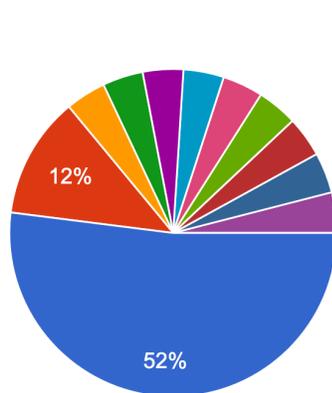
15. This first year as a nonprofit has required a lot of effort by Club members! With help from family and friends of the TR members, we refurbished the boats, staffed steering and other club committees, became steerers/callers/trainers, ran fundraisers, planned fun events, and more. Please give us an idea of your input this season.



Other (one response each); 5@ 4% each, total 20%:

- Attended 2-3? Practices and helped a few hours at 4th of July booth
- Became a steerer and offered to do it full time for the season
- I was only able to help with one event booth
- Printed flyers on my home printer. Collected \$20 to \$100 donations from friends and neighbors
- Unable to participate this year. I was gone most of the time.

16. Would you like to see more social opportunities for team member engagement, such as the beach bonfire or more team meetings? Yes/No/Other



● Yes
● No



Other (one response each); 9@ 4% each, total 36%:

Keep meeting to 90-minute max., add a summer bonfire or activity
 Planned hikes or kayaking have been done in the past, but I wasn't able to participate then. Would be interested in seeing those start up again.
 I think it's about right with meetings and the end of season bonfire
 The bonfire was fun, and I hope it is repeated, but I prefer more active opportunities such as hikes and paddles
 No opinion
 I thought the kickoff and bonfire were perfect.
 Yes...but not too often.
 More beach bonfires less team meetings
 The events we had were great fun

17. What other social opportunities would you suggest?

An evening of games, training or trivia on dragon boat's competition techniques
 Frequent potluck meetings inviting background stories & brainstorming.
 Game night? trivia night?
 Hike Headlands with a lunch
 Hiking club.
 Hiking, going to events together on the coast, doing a volunteer activity where we are mostly all helping at the same time.
 Hiking, off season events to help stay in shape
 Hiking. A bbq in the summer.
 I'm good with the amount of social engagements at this time. I have a full schedule.
 I'm satisfied with the events we had
 Maybe an early summer event to bookend the bonfire idea. Something to get the team motivated for the season
 Maybe some evening hangouts, some not just in Manzanita or Nehalem (I understand we are based out of Nehalem), family events?
 More beach fires
 More fun community service such as the church rummage sale set up and helping food bank to move.
 N/a
 N/a
 No suggestions at this time.
 None at this time
 Periodic potlucks that could double as team meetings at which information is shared
 Potluck after practice! Coffee after Saturday practices
 Hiking, kayaking
 Team hikes, kayak/SUP/canoe paddles
 The bonfire was great--we could have another one mid-season. More gatherings that are not dependent upon the tide or the weather. We never did do the often-announced paddle to the state park, we never did have a mid-season team meeting. We should definitely hold an interactive mid-season team

meeting (with small-group interaction and feedback). What about a potluck dinner-on-the-boats, even if we just stay in the channel or tied up to the dock? Or we could just all drive to the state park and have a potluck.

We live in one of the most beautiful areas in the world, it would be wonderful to have more activities planned that emphasize that, such as kayaking, hiking, nature classes. The bonfire worked out so well, maybe we could do this more than once in a season!

18. What would be the impact on your well-being if TideRunners were discontinued?

Deep disappointment-Leading to immediate organizing the startup of new team. The TideBreakers
Disappointment

Hard to say. This year was stressful.

I really look forward to dragon boat paddling. I would be very sad. We have such a beautiful place to enjoy nature as we paddle. The Tiderunners are a fun group and I tell people it is the activity I find the most fun, they should come and try it.

I think that would be terrible. I enjoy this so much and look forward to being together and being on the water.

I would be devastated. I would join the Astoria team.

I would be extremely upset if we were no longer a club

I would be sad

I would be very lonely and fall into deeper more depressive grieving.

I would be very sad. I'd miss the comradery and the outdoor exercise.

I would miss having a local team

I would really miss the camaraderie and opportunity to frequently be on the water, outdoors, and getting exercise

I'd be bummed but I'd be ok because I have other interests also and participate in several physical activities.

I'd be devastated. TideRunners are key to my physical and spiritual wellbeing.

I'd be heartbroken. TideRunners is more than a team. It is a community, which is especially important when you are retired, living in a rural area.

I'd be very bummed because it is a beautiful way to be on the water 3x a week .. I think it would be a loss and who needs more of that right now.

I'd miss being with my Paddler Friends

It would be a significant loss for the community, women, and competitive water sports on the North Coast. It would also betray a legacy created decade or so ago.

Lack of belonging, less physical activity, it would be sad to loose connections

Minimal - and please understand I'm saying that only because of my own limited participation. NO negative reflection on the organization.

Negative impact due to loss of physical activity and camaraderie; increased stress level

No!!!!

Sad

Sad sad sad

Wellbeing, mentally and physically

19. Please add any other thoughts/input/suggestions for improvement of our Club.

Addition of a 20-person boat

Become part of the north coast club; if not, create clear goals for the organization (not the team)--just a few--and find qualified people (not necessarily team members) who would volunteer their time to set out strategies to meet those goals.

Build stronger organization & stable roots for our current basic team before expanding

Define whether we are a competitive club or recreational club; Do we need to have separate practices? i.e. one that is skill based; one that is race based? Create buddy system for new team members to improve retention. Expand recruitment to Tillamook area. Increase footprint of our club in the community by volunteering as a team at food bank, roadside clean-up etc.

Focus on deliverables. Great 1st year. A lot of 1st and learnings, apply all the learnings to the upcoming year.

For long-term sustainability, there needs to be an openness to leadership changes over time and coaching. I am so thankful for all the people who have put so much time and energy into making it a great group.

I feel like the team works really hard on showing up 3 x a week and that it's a caring community of women (the guys too). I wish sometimes that I felt I had more to offer and maybe some others feel this way as well? But I'm tapped out a lot of the time just doing life and work and other such things. Maybe this will change and I'll have more time or capacity to offer more down the road but by steering I felt like I found a way to be solid and predictable unless I was away from town. I don't have a suggestion, but I wonder if the reach of the team sometimes exceeds its actual capacity? Seems like it's not equal weight carrying it. Clearly some members do way more ... At the same time, I'd like to not feel pressure or guilt not being able to offer more In this sense I suppose I qualify as "recreationally" invested. Maybe more clarity about what this team is about .. but it seems we are not all on the same page about what we want from Paddling. I am deeply appreciative of all who work a lot on our behalf though. It's just a wondering ... I love being part of the Team how I can. I love steering and I'd be super bummed if being on the Water with the team wasn't an option!

I'd like to see the team continue to improve their skills as paddlers, which would in turn improve their overall experience at races and practices.

I'm happy to see that more steerers and callers are being trained so that a lack of an available steerer or caller does not preclude a boat from going out.

It would be great to participate in more team events and meetings but mid-day during the work week sadly, doesn't work for me. When it comes to races, I feel like if I am paying/traveling to participate, I am in it for the competition. We were asked a few times if we want to be "competitive" and I am not sure why it's not already assumed that's what participating in races are for. There are a lot of committees, I think when a decision is made for each, there should be ONE spokesperson to announce changes/updates/decisions.

Keep on plugging away

Keep the excitement, communication and improvement on training elements

Let's not lose the sense of enjoyment in paddling! Having more coaching is great--but if we are going to continue to be a recreational team that races, we cannot focus solely on learning and practicing racing technique. We enjoy paddling well---but also having fun together. We lost a little of that enjoyment this season. Our two new coaches are terrific--but they're also very race-focused, as they are with their OC activities, and that race-focus is not all that TideRunners are about. This needs to be clarified to all so that we have a better-rounded overall experience and can retain the new members we recruit.

Look forward to the new Board of Directors voted in by TRs

N/a

N/a

Post videos and instructional materials on member part of website. Periodically remind the team the location and content.

Repeat but - spread the workload. Have a uniform committee to handle ordering and distribution of team gear. Train additional people who can manage the website. Ask members what skills they have to assist the club, as well as what committees they might be involved with. Need to allow adequate lead time for organizing fundraising events and community involvement activities.

Some coaches are prepared with a plan for practice. I find this to be very efficient. The coaches don't want us talking on the boat, but not all coaches lead by example with this, and it is frustrating.

Start advertising the visitor paddling. The flyer is great, but no one is getting it out on social media, or to the STRs or visitor association. This should be our #1 fundraiser doing what we love - PADDLING. How about two practices a week for our training and one practice a week showing off our beautiful coast to tourists. Also, we need a STRATEGIC PLAN

We are now our own club, I'd like to see us do things our way. Getting a framework from other teams is fine, but I'd like to see more transparency with decisions and communication. Let's clarify, and prioritize as a group, in order of what is most important when fundraising or what our annual dues will go towards. For 2026, we need to move beyond our history and put aside past negative relationships, partnerships and events. Our 2026 focus should be a group decision not based on past history. Attitude reflects leadership both positively and negatively.

We need to keep building on the strengths we have, and work to attract and retain new members. We also need a 20-person boat.



TideRunners Intramural Race, September 2025



Pacific Northwest Coast Paddling Club