

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe/Kayak Association Vol. XXXI No. 9 September 2008

September Club Meeting

Lisa Mongeau & Adam Clark: Off-season Paddling Fitness

Unless you paddle year-round, you're quickly coming to the end of another great season. Sadly, those honed-to-perfection paddling muscles know exactly when it's over, and they head into hibernation along with your boat.

If you don't have a plan, you'll hit the water in the spring wondering what happened to your grace, your strength, your perfect enjoyment of the water—and it will become abundantly clear that *you're starting all over.*

Get great tips on off-season training from Lisa Mongeau (a 20+ year fitness professional and former whitewater kayaker) and Adam Clark (fitness professional for over 3 years) at a meeting that will include hand-out programs, free week guest pass to Fitness in Providence, and plenty of opportunities to ask questions about your own fitness concerns.

If you think you don't have time for training (or just don't need it), you'll learn how you can add elements like an easy weightlifting program to increase or maintain strength.

Whether your goal is stronger rolls, better control of your canoe, or just all-around fitness maintenance, this session will have something for all RICKA members.

This meeting will be held at the Jewish Community Center on Monday, September 15th at 7pm.

Directions to the Jewish Community Ctr., 401 Elmgrove Ave., Providence:

From Rt. 95 Southbound take Exit 24 & turn left onto Branch Avenue. (From Rt. 95 Northbound take Exit 24 & turn *right* onto Branch Ave.) Go past Benny's, cross North Main Street at the lights and continue up the hill (past Kentucky Fried Chicken). Cross Hope St. and continue one block to the end at Morris Ave. Go left, then immediately right onto Sessions St. and go down the hill to Elmgrove Ave. The JCC will be across the street. Park in the lot or on the street.

Basic Flatwater Paddling Course Rescheduled to Sunday, Sept. 21

See details on page 5

New kayak trail showcases Rhode Island's watery heart

By Ray Henry, Associated Press Writer

PORTSMOUTH, R.I. — With a few strokes of a kayak paddle, Rhode Island's developing Blue Trail offers a new perspective on Narragansett Bay, the watery heart of the Ocean State.

The first markers on the 10-mile trail, which hugs the shoreline of Aquidneck Island, were to be installed Aug. 22. Even a short trip offers a glimpse into life on the bay, a place many visitors see only when heading to the beach or zipping over the Claiborne Pell Bridge to Newport.

On a quiet summer afternoon, a lobsterman anchored his boat off Coggeshall Point and patiently mended his trap. Seagulls squawked and swooped off the shoreline of nearby Dyer Island. Massive pleasure yachts were docked on shore. Military sites ranging from Revolutionary War battlegrounds to mothballed aircraft carriers dotted the shore.

Supporters hope the Blue Trail will be the start of a larger mapped trail system allowing people to paddle down Rhode Island's rivers and across its coastline.

"Our goal from the very start is to get people using these resources so they appreciate them and are interested in conserving them," said Meg Kerr, treasurer of the Rhode Island Blue-ways Alliance, which promotes the trail.

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BLUE TRAIL

Continued from page 1

While the Blue Trail is OK for novices, beginners should take precautions since Narragansett Bay can get rough, said Tina Dolen, executive director of the Aquidneck Island Planning Commission, which helped create the trail.

Dolen, a kayaker, recommends that daytrippers wear a lifejacket and bring or rent a closed-top kayak or a canoe with a spray cover to avoid getting swamped by waves. She suggests that paddlers listen to weather reports before planning a trip. The bay is normally calmest in the early morning or late afternoon, when the winds are typically light.

“In some conditions, it would be for experienced paddlers only,” she said.

When the route is launched in August, a Blue Trail sign will greet paddlers at its start, a boat ramp near the lush grounds of a Benedictine abbey and school in Portsmouth. Portsmouth Abbey has installed the only major wind turbine in Rhode Island, and its slowly spinning blade is a major landmark from the water.

The northernmost launching site is near where American forces fought the British Army and its Hessian mercenaries during the so-called Battle of Rhode Island in August 1778.

From there, paddlers head south along the shoreline and past a yacht club and marina. Small islands dot the East Passage of Narragansett Bay, once a major shipping channel, and several are open to the public. Island-hopping helps break up the kayaking and allows paddlers to experience their own private Robinson Crusoe moment.

“I like going out to the islands,” Dolen said. “It’s just more fun to go to a destination.”

An early option is the park on the southern tip of Prudence Island, the large landmass opposite the start of the trail. Dyer

Island sits farther south between Prudence Island and mainland Portsmouth. Paddlers can stop there, but they should beware of least terns that will swoop at interlopers during mating season.

The Blue Trail continues south along the Middletown shoreline and passes Coddington Cove, part of Naval Station Newport. The cove is a secure zone, off-limits to paddlers, but passersby can see the former aircraft carriers USS Saratoga and the USS Forrestal parked there.

An obvious landmark is just ahead: the Claiborne Pell Bridge, which connects Conanicut Island to Newport.

Beneath the bridge sits 19-acre Rose Island, a dot of land that has housed a lighthouse, a Navy ammunition dump and now functions as a museum and wildlife sanctuary. Adults willing to pay \$5 each can land on the beaches near the lighthouse. Tours are available of the lighthouse grounds and a former military barracks there.

From April 1 to Aug. 15, island visitors must stay off most of the island beaches to protect the migratory birds that nest on Rose Island, including great and snowy egrets, little blue herons, black crowned night herons and a variety of ducks.

The trail ends in Newport, the summer playground of industrial age millionaires such as the Vanderbilts and Astors and their palatial “summer cottages.” Paddlers pulling into the harbor can buy a meal or snack from the many restaurants and vendors lining the piers.

Starting in 2011 or 2012, paddlers will be able to ride a shuttle train back north to their launch points in Portsmouth. Bob Andrews, owner of a Newport-based train service, said his company recently bought two diesel cars, including one with storage room for bikes and a limited number of kayaks.

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EXECUTIVE BOARD

Next Executive Board meeting: Wednesday, Oct. 8th @ 7pm

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Togo claims first Olympic medal

Togo won its first ever Olympic medal when Benjamin Boukpeti took bronze in the men's single kayak slalom at the 2008 Beijing Games.

Boukpeti's snapped his paddle in half during wild celebrations.

"I can hardly believe it but I'm not surprised," said Boukpeti, who became the first non-European male kayaker to win an Olympic slalom medal.

Unexpected leader after the first run, he held on to finish 5.21 seconds ahead of Ireland's Eoin Rheinisch in fourth.

Germany's Alexander Grimm claimed gold and produced an error-free final run, taking the difficult upstream gates smoothly, to move from fourth to first.

But despite Grimm's impressive efforts, the biggest cheer from the packed crowd was reserved for world number 56, Boukpeti.

Afterwards he hugged and kissed his French mother and Togolese father, AP news agency reports.

"They showed me it was possible," Boukpeti said

Togo's minister for communication, culture and civic education said Boukpeti had made the nation proud.

"This is unexpected; it is a good surprise for Togo," Cornelius Aidam said.

"It is more than a beautiful surprise because many Togolese are not aware of this sports discipline."

France's Fabien Lefevre, who was favourite to win, took silver, but he struggled in the upper part of the course.



Olympic kayaking not for the faint hearted

Look Mom! I'm on T...V....

BEIJING (Reuters) - The Spanish silver medalist could not help throwing up on the podium.

The Ukrainian bronze medalist had to be picked up by the rescue boat after fainting on the finish line. And the German silver medalist from another race spent several hours in hospital.

With such short distances of 1,000 and 500 meters, canoeists and kayakers out on Lake Shunyi push themselves to exhaustion.

After the second race of the day on Saturday, two of the medal winners had to be driven the short distance to the press conference because they could not walk.

Spain's David Cal, who had entered as the C1 500 meter favorite, looked white and repeatedly threw up while collecting his silver medal, while Iurii Cheban of Ukraine fainted several times on the side of the lake after finishing third.

On Friday, Germany's Thomasz Wylenzek was taken to hospital after collapsing following his silver medal-winning performance in the double.

However it seems that a gold medal can override all pain. Russia's Maxim Opalev who won the gold over Cal and Cheban danced all the way to the press conference, waving his flag on the way.

Canoeing roundup: Germany, Hungary, Belarus dominante Olympic regatta

BEIJING, Aug. 23 (Xinhua New Agency) — Germany, Hungary and Belarus dominated the Olympic canoeing flatwater racings that were concluded on Saturday, with them being the top three winners of the six-day competition.

Germany won seven medals: two gold, two silver, and three bronze. Hungary took four medals: two gold, one silver, and one bronze. In Athens, Germany also claimed seven medals: four gold and three silver. Hungary got six medals: three gold, one silver and two bronze. Belarus, who took only one bronze in 2004 Games, turned out to be a surprise winner with two gold and one bronze in Beijing.

Host China won only one gold in the men's canoe double (C2) 500m on Saturday. Germany won titles in the men's kayak double (K2) 1,000m and the women's kayak four (K4) 500m. Hungary took gold in the men's C1 1,000m and the women's K2 500m. Belarus snatched gold medals in men's K4 and C2 1,000m. The remaining five gold medals in the men's K1 1,000m, K1, K2 and C1 500m, and women's K1 500m went to Britain, Australia, Spain, Russia and Ukraine respectively.

China's Meng Guanliang and Yang Wenjun have become the first crew to win

the second straight gold medal in the C2 500m event. The pair led most the way to win in 1 minute and 41.025 seconds on Saturday, holding off fast-finishing Russian crew who took silver in 1:41.282.

The thrilling win was almost a repeat of the story in Athens when they won in a photo finish to give China its first Olympic gold medal in the sport.

The two fell into the water across the finish line after paddling to their exhaustion. The 25-year-old Yang hopped up and down and waved hands to the jubilant home fans after a life boat brought him on to the dock.

"It's not easy, especially after I got married. I had to lose weight, do a large amount of exercise and we put a lot of effort into our training," Meng, 31, said.

Hungary's Katalin Kovacs and Natasa Janic retained the Olympic title in the women's K2 500m on Saturday. The win helped Janic become the first Hungarian woman to win three Olympic gold medals in kayaking. She was the gold medalist in the K1 and K2 500m races in Athens.

"It ended very well," said the 26-year-old Hungarian. "Kovacs finished fourth in the

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RICKA Whitewater School

By Erik Eckilson

My doorbell rang at 5:15 in the morning. It was Bill Luther. When I opened the door it was still dark outside, but it was clear that Bill had been there for a while. His gear was neatly stacked in my yard even though he wasn't totally sure he was at the right house. When I didn't come out to meet him, he took a chance and rang the bell. Fortunately for him, it was the right house.

I'm usually pretty good about packing in advance, but this time it just didn't happen. I was supposed to be ready when Bill arrived, but instead my stuff was spread out in a jumble across my kitchen and living room. We needed to be on the road by 5:30 to make it to the RICKA Whitewater School by 8:00, so we got to work. Camping gear went in the trunk, boats went on the rack, and paddling gear went in the back seat. Before long, we were on our way.

We arrived at the Zoar Gap Picnic Area on the Deerfield River a little before 8:00. Mike Rock was already there, along with most of the students. This is the second year that Mike and Bill had agreed to teach a class II whitewater school for RICKA members. Last year we had 5 participants; this year we had 10.

It was a mixed group, but everyone had some moving water experience. Several had taken the RICKA class last year, and a couple had taken classes with other groups. We also had a couple of guys from the sea kayak group who wanted to see what whitewater was all about.

Mike started off by explaining the agenda. The first morning would be

spent on flatwater reviewing strokes. The rest of the time would be spent on the river. Mike promised two full days on the water, and he delivered.

We got on our gear and headed to the put-in below the Fife Brook Dam. There is a section of flatwater directly below the dam where we could practice strokes.

Before we got on the water, though, anyone who hadn't taken the class before had to perform a wet exit. Paul went first. An experienced sea kayaker, he rolled his boat a couple of times before performing the required wet exit – nice! Everyone else followed. Nothing like a chilly dip in the river to get you enthused about paddling.

Practicing strokes on flatwater is definitely not very exciting, but proper execution is even more important in moving water. Forward stroke, backstroke, sweep, reverse sweep, draw stroke - by noon we were ready for a break.

After lunch we headed out to the river to practice ferries, eddy turns and peel outs. You probably know the old saying "no pain, no gain". In paddling that translates to "if you're not swimming, you're not learning". Well, there must have been a lot of learning going on that afternoon because just about everyone in the class swam at least once.

By the time we got off the river we were tired and hungry. Jay offered to host supper at his campsite, so we gathered there for a great potluck meal. In my opinion, paddlers always bring the best food. Then again, maybe I am just real hungry after a day on the water.

The next day started early – by 8:30 we were back on the river. Everyone looked a lot more comfortable as we worked our way down the rapids. By late morning we needed a break, so it was time for some safety training.

Foot entrapment is one of the more significant hazards facing whitewater

paddlers. Safe swimming in moving water involves rolling onto your back with your feet near the surface and pointed downstream. Paddlers are taught not to stand until the water is below their knees. Throw ropes are often used to help swimmers out of moving water. We found an easy rapid, and everyone had a chance to practice swimming. We also practiced throwing and being rescued with throw ropes.

In the afternoon, we continued paddling more difficult rapids until we reached Zoar Gap. Zoar Gap is rated class III, and is considerably more difficult than the class I/II rapids that we had been paddling all weekend. Other than Mike and Bill, only two of us decided to run the gap. For me, it would be my second attempt. For Brendan, it would be his first. Mike and Bill made it through with no problem. Brendan and I both took a swim, but that's OK – you know the old saying.

With the class over, we packed up our gear and headed home looking forward to the next opportunity to practice our skills. Fortunately, fall is a great time for paddling.

CANOE ROUNDUP

Continued from page 3

K1 event and without this win we would be very sad.”

The two, who took world titles in the K2 event in 2005 and 2006, were also the silver medalists in the K4 500m race on Friday.

Belarus brothers Andrei and Aliaksandr Bahdanovich moved past defending Olympic champions Germany in the last meters to win the men's C2 1,000m race in the most dramatic fashion on Friday. One of the Germany crew member fell into the water due to exhaustion and when the boat bumped into the lane mark across the finish line.

“We felt good and were prepared for the race. We were not afraid of Germany going ahead at the beginning. We were planning to get ahead at the end,” Andrei Bahdanovich said excitedly.

FLATWATER TRIPS

September 12th Friday evening Providence River

Meet at 5:30

Leaders: Gregg O'Brien, goh243@aol.com (401) 580-5147 and Jean Josephson kayakjmj@yahoo.com (401)245-552

Head lamps or boat lights required for night paddles.

Put-in at Bold Point, East Providence

Directions: Take 195 East from Providence and then take the Riverside Rt. 44 exit .. just over the Washington Bridge. Bear right off the exit and make your VERY FIRST RIGHT TURN. (This comes up quickly so watch for it). Take this road to the end and turn left. The launch is a boat ramp on the right a short ways down- just after a large dirt parking lot.

Late cancellations & changes to trips will be posted on the Flatwater Message Board. Please check Message Board, before leaving for a trip.

September 20th Saturday

Buffumville Lake Charlton ,MA

Meet at 10:00am

Leaders: Barbara Day gmcbsd1@yahoo.com home- 508-987-0549, cell-508-847-4249 and Karen Ogden kao@charter.net 508-248-9942

Bring a lunch, suitable for all.

Almost 500 acres of land and 200 acres of water comprise the natural environment at Buffumville Lake. The U.S. Army Corps of Engineers built Buffumville Dam in 1958 in response to the floods of 1936, which caused tremendous property damage and

took many lives in the region. It is now an outdoor recreation spot providing hiking, fishing, swimming and an excellent paddling destination.

GPS coordinates: N42.07.388 W071.54.583 -boat ramp is on the left.

DIRECTIONS: From interstate 395, take exit 4B- Oxford Center. Continue straight for approx. 2.5 miles to Buffumville Park. Boat ramp is on the left.

From Mass Pike, take the Sturbridge exit and follow route 20 to Charlton. Take a right onto route 31 and follow the signs to Buffumville Lake.

Sunday September 21st

Flatwater Training

Note this new date!

Would you like to improve your flatwater paddling skills? The RICKA Flatwater Group will be holding a Basic Flatwater Paddling Course on Sunday, September 21st at 1:00 pm.

In this 3-hour class, paddlers will learn the basic strokes and maneuvers to control their boats on flatwater. We will also cover basic rescue techniques. The class will take place at Stump Pond in Smithfield and will be free for RICKA members. Registration required. sign up here at www.woonsocket.org/flatwatertaining.html

September 27th Saturday Charles Riv, Medfield to Natick Meet at 10:00 for a shuttle

Leader: Louise Price weezrad@yahoo.com 508-529-3402.

Considered one of the prettiest stretches of the Charles River. Any length boat OK but paddlers in shorter boats may find the distance too great. **12.6 mile trip.** Bring a lunch.

Directions: Rt 495 to exit 19. Follow Rt 109 E for approx. 9.7 miles thru Medway to Medfield. At the intersection of Rt 109/27 take a left onto N. Meadows Rd. Follow for 1/2 mile then left onto West St. Follow for 0.4 miles to a sign for Wastewater Treatment Plant on the right. Drive down to put-in. **Please get there before the designated time for the shuttle GPS: N42.11.353 W071.20.007.**

Race to fight blood cancers: Sept. 28

This year's Great Pachaug Canoe & Kayak Race will be held Sept. 28 at Hopeville Pond State Park in Griswold, CT.

Proceeds from this race benefit The Leukemia & Lymphoma Society's fight against blood cancers.

Offering fun and excitement for the elite racer and novice paddler alike, the race features three different courses, including racing canoe, racing kayak, and recreational classes.

Registration for this event is \$15 per paddler for adults, and children (ages 16 or younger) race for free. Race participants are encouraged to bring donations for LLS or purchase raffle tickets at the event for great prizes.

Registration runs from 9:30 to 10:30 a.m. The race starts at 11 a.m. The race will begin and end at the Hopeville Pond State Park day use area.

For more information about the event, visit www.pachaugpaddle.com, or call Ted Kenyon at (860) 439-0332.

From the Flatwater chair:

Many thanks to the dedicated, wonderful leaders of the Blackstone Valley Paddle Club who volunteered to lead paddles and training nights for 16 weeks! Thank you to the Rangers of the John H. Chafee Blackstone River Valley National Heritage Corridor, RI Canoe and Kayak and Great Canadian Canoe & Kayak Company for all their help and support in making our 8th season a successful one.

Thank you to our BVPC members who make volunteering fun! Join us in May of 2009 for our 9th season!

The Rhode Island Canoe/Kayak Association (Rhode Island Canoe Association, Inc.), although safety conscious, cannot guarantee your personal safety in club activities. You are responsible for the adequacy of your own skills, training and equipment when engaging in or attending RICKA activities. A PFD—worn as intended by the manufacturer—is a requirement for all RICKA trips.

Swimmer Plans to Kayak to North Pole

BBC News, 30 August 2008

Lewis Pugh has spent his life swimming long distances. But after 20 minutes in the freezing water of the Arctic he decided that his future lay above the waves.

"It's been like trying to change from Roger Federer to Tiger Woods overnight," the 38-year-old British environmental campaigner told me at a training camp in South Africa.

Now, after months of tuition from Hungarian kayaking champion Robert Hegedus, Mr Pugh wants to become the first man to paddle to the North Pole.

"Nobody has ever attempted to kayak to the pole before. In fact, it would have been impossible last year because it was frozen over," he said.

Lewis Pugh did part of his training in the icy waters off northern Norway

This year, for the first time, scientists predict that the North Pole could briefly be ice free and that has inspired Mr Pugh to try to find a way through.

On Saturday he is due to set off on the 1200km (745 mile) expedition from Norway to the North Pole - a journey expected to take between two and three weeks. A support ship will follow the kayak to provide Mr Pugh with food and respite from the brutal conditions.

"This will be my hardest challenge to date," the self-proclaimed "Ice Bear" told me.

"It's a very long way across an ocean that is so cold, and with high winds. Recently when I was up there training I was wearing a wet suit and a dry suit and I was still freezing cold."

Until now, Lewis Pugh has been famous for completing long distance swims in all of the world's oceans. In 2006 the former lawyer swam the

length of the River Thames and then in 2007 he swam 1km (0.6 miles) at the North Pole.

On both occasions Mr Pugh said he wanted to raise awareness of global warming and its affect on the polar regions.

A swimming purist, he has adhered strictly to the Channel Swimming Association rules, which has meant leaping into sub-zero water wearing just swimming trunks, cap and goggles.

Professor Tim Noakes runs the Institute of Sports Science in Cape Town, and has provided advice for all of Mr Pugh's Arctic adventures.

"The stress of the 20-minute swimming at the North Pole was extreme," Prof Noakes told me as Mr Pugh was put through a gruelling fitness test.

"But he knew it was 20 minutes and then it was over. The stress here is less for every session but he is going to have two or three weeks of paddling and that's going to be very, very demanding."

On the lush green slopes of Table Mountain, Lewis Pugh has been trying to prepare himself mentally.

Far away from the tourists queuing for the cable car he sits meditating and listening to music. For the first time in a lifetime of extreme challenges he is not sure that he wants to succeed.

"There's one side of me that desperately wants to get to the North Pole to be able to shake the lapels of world leaders to get them to understand what has happened there," he said.

"But then there's the other side of me that says I really hope I don't get there. I hope I fail because if I am able to get there we really are in deep trouble."

SPECIAL SAVINGS FOR RICKA MEMBERS

The Kayak Centre:

Glass boats 7% off normal retail; plastic boats 12% off normal retail; accessories with boat purchase 15% off, 10% off all other times for RICKA members.

- Brown and Phillips Streets, Wickford
- 1-888-SEA-KAYAK
- www.kayakcentre.com

Canoe Passage Outfitters:

Glass and Kevlar boats, 10% off retail; polyethylene boats 15% off retail; accessories, trips and instructions, 10% off regular prices.

- 120 Ingell Street, Taunton, MA 02780 (800) 689-7884
- 277 Water Street, Warren, RI (401)245-9025
- www.canoepassage.com

Ocean State Adventures:

10% discount for RICKA members.

- 99 Poppasquash Road, Bristol
- 401-254-4000
- www.kayakri.com

Osprey Sea Kayak Adventures:

10% off accessories.

- 489 Old County Rd, Westport, MA
- (508) 636-0300
- www.ospreyseakayak.com

Northwind Sports:

· 10% RICKA discount.

- 267 Thames St., Bristol
- 401-254-4295
- www.northwindsports.com

Quaker Lane Outfitters:

All canoes & kayaks 10% off; accessories 20% off.

- 4019 Quaker Lane, North Kingstown
- 1-800-249-5400

WaveLength Magazine

Offers a \$10 introductory "Club Sub" for new subscribers (the regular price is \$15). Send a check with your name and mailing address along with a note saying you're a RICKA member to: WaveLength Magazine, 2735 North Rd., Gabriola, BC, Canada, V0R 1X7. www.WaveLengthMagazine.com

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Humpback calf adopts yacht as mom

SYDNEY, Aug. 18 (UPI) —

Wildlife authorities say a humpback whale calf spotted off the coast of Sydney, Australia, has lost its mother and has adopted a 36-foot yacht as its parent.

Australia's National Parks and Wildlife said the "mother substitute" yacht has been towed to deeper waters for fear the calf, which experts said likely injured itself by rubbing up against boats, would beach itself, Channel 9 Australia reported Monday.

"We've successfully enticed the calf to deeper waters between Broken Bay and West Head, Barrenjoey," said [Chris McIntosh](#), regional manager of National Parks and Wildlife.

"Over the next little while, we'll experiment to try to separate it from the yacht," McIntosh said.

However, he said if the young whale does not find its real mother or hook up with another group of humpbacks, its future looks grim.

"It is only one to two months old and would not have been weaned yet from its mother," he said. "It can't be fed and, in fact, we wouldn't know what to feed it."

PLEASE NOTE:

RICKA trip coordinators and contacts are volunteers who are not responsible for evaluating your skill level or ensuring your safety, comfort and happiness. Educate yourself about the area in which you will be paddling, and carry appropriate gear, clothing, water, food, etc. Check the weather forecast before launching. **YOU ALONE ARE RESPONSIBLE FOR DECIDING TO LAUNCH YOUR BOAT.**

KAYAKING/CANOEING REPRESENT MORE THAN 15% OF ALL RECREATIONAL BOATING FATALITIES IN THE UNITED STATES.

U.S. Coast Guard Auxiliary
Public Affairs

PRESS RELEASE

Date: 16 July 2008

LOS ANGELES, Calif – In a year where overall recreational boating fatalities decreased from 710 in 2006 to 685 in 2007 the number of fatalities associated with the use of canoes/kayaks increased to 107 in 2007 as compared with 99 in 2006. This is according to statistics from the U.S. Coast Guard's Office of Auxiliary and Boating Safety. This figure represents about 15.6 percent of the total of all recreational fatalities in the U.S. in 2007. Of the 107 fatalities associated with kayaking/canoeing 97 were from drowning (66 canoe/ 31 kayak.) The complete 2007 Recreational Boating Statistics are available at http://www.uscgboating.org/statistics/accident_stats.htm

A recent study by the Outdoor Industry Foundation has shown a dramatic increase in the number of Americans participating in kayaking, a 23% increase in 2005 alone. As the number of people turning to kayaking/canoeing (especially with rising fuel cost), so does the risk for kayak and canoe operators getting themselves into trouble.

The U.S. Coast Guard Auxiliary and the American Canoe Association (<http://www.americancanoe.org>)

offer some basic safety tips:

- File a float plan, with friends,,family, or the authorities.
- Bring appropriate safety, rescue, and navigational aids, and more than adequate food, water, and extra protective clothing. Do not wear cotton!
- Pick an activity level that matches your ability, and progress to more demanding challenges.
- Monitor your physical and emotional condition, and watch the other members or your group for fatigue, illness, and changes in behavior.
- Know and follow all local, state and federal laws.
- Be visible - wear bright colors so others can see you between waves or in the fog. Carry a bright light, flares, and whistle to signal your position.
- Take a boating safety class offered by the U.S. Coast Guard Auxiliary.

The U.S. Coast Guard Auxiliary is the uniformed civilian component of the United States Coast Guard. Created by an Act of Congress in 1939, the Auxiliary directly supports the Coast Guard in all missions, except military and direct law enforcement actions. The Coast Guard Auxiliary is an integral part of the United States Coast Guard. For more information visit www.cgaux.org if you are ready to be join visit <http://join.cgaux.org/> .

Classifieds

You must be a RICKA member to have an ad posted. For more classifieds, go to www.ricka.org. If an item sells or if you change your mind about selling it, please notify the Webmaster as soon as possible. Thank you.

Wilderness Systems Tempest Pro 170, (www.wildernesssystems.com) Fiberglass Yellow over white hull, little usage, stored indoors, 3 phase seat, 56 lbs, skeg, current MSRP \$3000. asking \$1850. David in Warwick 401-737-5825 (8/26)

Valley Aquanaut, yellow over white, 17.7 x 21.5, 50 lbs, cockpit cover, valley spray skirt (large), bought kayak last month new paid \$ 3,249, operation plus business set-backs force sale. \$2,400. Pat 401-480-3508 (8/24)

Necy Arluk IV Sea Kayak, yellow deck /white hull, large front and rear hatches, 24" wide 16' long, with Rudder, Fiberglass, in good condition, stored inside. \$1200 obo. Must sell. Willing to include spray skirt, paddle, paddle leash. Contact: jimcole@hotmail.com (8/23)

Necy Looksha Sport Kayak; includes ExtraSport life jacket, spray skirt and Werner Comano paddle. Excellent Condition. Asking \$750. Call Bob at 401 295 1019, email: gizzycat@cox.net (8/21)

Dagger Honcho in excellent condition. Blue/gray/white. Surf/whitewater. Asking \$375. Call Al at 401-624-4251 or email me at alccri@hotmail.com (8/16)

Pygmy Coho wood (Mahogany) kayak. Kit boat. Excellent condition, about 9 years old. Fast, good handling sea kayak. Many extras. \$1,200 or BO. Located in Cumberland. Call Neal 401 333-4091 or nealpiggott@cox.net (8/11)

Hull-A-Port kayak rack, used once, new July 08, \$95. Pat 480-3508 (8/6)

2 almost new carbon paddles: #1. An Epic mid-wing adjustable 220cm to 230 cm. ultra light...price \$300 firm. #2, A Werner "Kaliste" 230 cm, ultra light...price \$300 firm. If interested, contact by phone 914 698 8354 or back channel sd.a@att.net (8/3)

Walden Spirit, 2 person kayak, 2 years old, very nice alice1397@msn.com (7/25)

Impex "Force 5" kayak, 2008. New in April & still in Flawless condition, yellow over white, with red seat and trim stripe. Three compartments with Valley hatches and a BRUNTON 70P, built-in marine compass, added new in June . Flush mounted deck hardware & reflective lines. See Impexkayak.com, then select "Pro-Touring", for design details. Injuries have put an end to long distance kayaking. Paid \$3,145 in April, asking \$2,400 now. Call Ed at (508) 695-3470, (S.E. Mass.) (7/21)

Seda Glider, 20', kevlar, w/ skirt, very fast + extremely stable sea kayak. in very good shape, \$1600. Call 401-423-2208 or Robert_Wright@nksd.net (7/21)

Van Dusen, 21' kevlar surf ski, excellent first ski, 23 lbs, very fast yet stable, \$800. Call 401-423-2208 or email Robert_Wright@nksd.net (7/21)

Swift Kipawa canoe, Expedition Kevlar, 16'6", 52lbs., Forest Green gelcoat, cherry (and some ash?) gunwales & seat frames, Clark cherry yoke, comfortable angled/wide/curved nylon web seats, floatation tanks, asymmetrical hull - plenty of glide, sliding bow seat. E/C except plenty of external gel coat scratches - mostly below waterline. \$975. OBO. Bruce Ballantyne 401-333-5818. Cumberland, RI. (7/16)

Night Heron stitch and glue, 18x20. High performance kayak, hard chine Greenland style. Immaculate. Hardly used. Built in foot pump. Two water tight hatches/ bulkheads -rear is VCP rubber hatch for larger items storage. \$1,700. Jerry Borenstein 914 793 0431. aikijerry@optonline.net (7/1)

Boreal Design Pakesso 14' 6" Fiberglass - with rudder. Compact and lightweight. The rudder will appeal to the novice paddler; a more experienced paddler will appreciate the reverse hard chine and semi-arched hull. Standard equipment includes a comfort seat, recessed hatches with quick release, thigh braces, recessed

fittings & deck line. <http://www.borealdesign.com/en/kayak.php?id=1> LIGHTLY USED, STORED INDOORS \$1,500 n3303j@erols.com (508)868-3471 (Cell) Ron Cichowski (6/19)

Old Town Nantucket 16' Yellow touring kayak w/rudder. Big cockpit (I go 245lbs) very stable boat. 2 waterproof storage compartments, Includes Werner Graphite Paddle, Spray skirt, Pump, Paddle float for reboarding, adjustable seat, deck mount day bag. Photo's available. \$925.00 Southern RI Call Dave 772-678-9113. or email riwavedanc@aol.com (6/1)

Perception Pirouette ww kayak incl. Harmony 204 cm/90/RH paddle and LC-1 spray skirt. Very good condition; always stored in the garage; \$350. Call Jim at 401 294-3257 or e-mail at tinkhamaj@netzero.net. (6/1)

Walrus Microswift Tent One-person, ultralight(2.85 lbs) fits easily into kayak hatch, also good for bike touring or backpacking. Packed size 5" by 16". Never used.\$70 bikekayakskate@yahoo.com (6/1)

Pygmy Coho wood (Mahogany) kayak. Kit boat. Excellent condition, about 9 years old. Fast, good handling sea kayak. Many extras. \$1,500 firm. In Cumberland. Contact Neal 401 333-4091 or nealpiggott@cox.net (5/27)

Necy Arluk IV, yellow deck /white hull, 24" wide, 16' long, w/Rudder, Fiberglass in good condition, stored inside. \$1350 obo. Contact: jimcole@hotmail.com (5/24)

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