

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXIV No. 8 August, 2011

August Club Meeting/Paddle

Bold Point Access to the Providence River

Monday, August 15, 2011 at 6:00 p.m.

Our monthly "meeting on the water" isn't a meeting at all. It's a paddle that replaces RICKA's monthly meetings during June, July and August. It's also a great chance to get together with fellow paddlers at a location that is suitable for everyone.



This month's paddle is on the Providence River in downtown Providence. We will meet at the Bold Point access at 5:30 p.m. for a 6:00 p.m. launch. Leaving the put-in we will head across Providence Harbor towards the Fox Point Hurricane Barrier. On the left we will pass century old pier pilings (caution, some may be just below the surface). Entering the open water below the hurricane barrier there may be some chop - especially with a south wind. Tidal currents are generally not a problem, but there can be swells coming up the bay in the open area. Kayak skirts are recommended for the crossing.

Rounding the corner, passing tugboats on our right, we will pass through the hurricane barrier and enter the quiet Providence River. The electric company will be on our left, and great views of the city will be ahead. After passing under the first bridge we will be in Riverwalk Park. Waterfire braziers line the center of the river. The Providence Courthouse and Rhode Island School of Design (RISD) will be on our right. Passing under more bridges we will come to the confluence of the Woonasquatucket and Moshassuck Rivers.

Bearing to the left we will come to Waterplace Park with the Providence Place Mall in front of us. If the tide is high, we will paddle under the mall and continue up river. Bring a waterproof light for your boat in the event that we return after dark.

This trip will be coordinated by Kent Cameron stonefoxfarm@juno.com 401-647-5887 and Susan Engleman sje54@hotmail.com. Changes will be posted on the flatwater message board.

Directions to the Bold Point Access: Take Rt. 195 East from Providence to Exit 4. Take Exit 4 and bear right towards Riverside 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. GPS N 41.813962 W 71.390233

RICKA Picnic and Barbecue

August 28, 2011

Join us at the 3rd Annual RICKA Family Picnic and Barbecue. There will be flatwater and sea kayak trips, a great barbecue lunch, and the 2011 RICKA Awards Ceremony. See page 3 for details. **We need your reservation by August 13th.**

Did you know...

You can become a certified canoe or kayak instructor through the ACA's National Paddlesports Instruction Program. Contact Cat Radcliffe at catherineradcliffe@earthlink.net or call her at 508-369-3028 for additional information.



“Green up” your Paddler

You can help make the Paddler a greener publication by changing from paper to electronic delivery. If you currently receive your monthly issue through the mail, please consider having the Paddler sent to your email address.

The benefits of doing this are numerous. You will receive your electronic Paddler several days earlier than through the mail. The electronic version contains hyperlinks that make it easy to connect to webpages and send emails. While the Paddler is produced utilizing recycled materials, if you opt for email delivery, no trees will be sacrificed for the paper required for the printed version.

In addition, the printed version of the

Paddler is produced in house using our own printer and collator/stapler. Changing over to the email version will save ink, reduce maintenance and avoid earlier-than-necessary replacement of these costly machines. You will also save your Executive Committee the time spent preparing the Paddler for mailing each month.

If you don't like to read material on the computer screen, or you pass your paper copy on to others, you can always print a copy of the electronic version with your home printer.

To change your Paddler to electronic delivery, please contact Membership Chair Jim Cole at jimcole@hotmail.com.

RICKA to establish Wilderness Tripping Committee

Something new may be added to RICKA - Wilderness Paddling. How about the North Forest Canoe Trail, the North Maine Woods, The Adirondacks, or the Boundary Waters. Are you interested in wilderness paddling opportunities? If so, send an email to jimcole@hotmail.com. If we get a good response, we will have a meeting to decide how to move forward.



The Paddler is published monthly except December by the Rhode Island Canoe & Kayak Association, Inc. It is not available by subscription, but is included in the cost of membership in the Association.

A new monthly feature...

Ask The Paddler

Do you have a question on paddling technique, locations or equipment? Send your questions to RICKA Safety & Education Chair Cat Radcliffe at catherineradcliffe@earthlink.net or call her at 508-369-3028 and your question may be answered in next month's issue.

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RICKA Family Picnic and Barbecue

The Pavilion at Fort Getty in Jamestown

Sunday, August 28, 2011 - we have the Pavilion from 8 a.m. to 4 p.m.

Come join the fun at the 3rd Annual RICKA Family Picnic and Barbecue on Sunday, August 28, 2011 at the Pavilion at Fort Getty in Jamestown. We have reserved the Pavilion from 8:00 a.m. to 4:00 p.m. When you arrive at Fort Getty, tell the attendant that you are attending the RICKA picnic and you will be admitted for free.

In the morning, flatwater and sea kayak trips will leave from Fort Getty. Check the flatwater and sea kayak message boards and calendars for details. Fort Getty also offers swimming, fishing and volleyball (just bring a ball). There is ample room for ball games, badminton, or most anything else. Organize an activity and bring the necessary equipment.

Lunch will be a southern barbecue from Becky's Barbecue in Middletown, RI. The meal includes barbecued chicken and pulled pork, a variety of sides, drinks,

watermelon and desert. Vegetarian and kid's meals are also available. Lunch will be served starting at 1:00 p.m. for about an hour. The 2011 RICKA Awards Ceremony will follow lunch. The cost is \$12.50 for adults and \$5 for children 12 and under. All are welcome including RICKA members, their families, significant others and friends.

Because this is a catered event we must have your reservation form (see below) and check by **August 13, 2011**. Please make checks payable to RICKA and mail them to:

R.I. CANOE and KAYAK Assn., Inc.
P.O. BOX 163
WOOD RIVER JCT, RI 02894

Directions to Fort Getty are on page 4. Please see the [website](#) for additional information. We look forward to seeing you there!



Eric Johnson - 2010 Volunteer of the Year - with the coveted RICKA trophy.

Who will be this year's winner?

Member Name: _____

Total Number Attending: _____

Number of Adult Meals: _____ X \$12.50 \$ _____

Number of Adult Vegetarian Meals: _____ X \$12.50 \$ _____

Number of Kid's Meals: _____ X \$5 \$ _____

Please make checks payable to RICKA and mail them to:

R.I. CANOE and KAYAK Assn., Inc. Total Enclosed: \$ _____
P.O. Box 163
WOOD RIVER JCT, RI 02894

Directions to the RICKA Family Picnic and Barbecue The Pavilion at Fort Getty in Jamestown

GPS coordinates to the pavilion N 41°29.323' W 070°23.932'

From 95 North Bound:

Take exit 3 to Route 138 East. Turn left at light where Route 138 East merges with Route 1. Take the Jamestown/Newport Bridge exit (Route 138 East). Follow Route 138 East to Jamestown via the Jamestown Bridge. Take Helm Street exit onto access road and go straight at the stop sign. Follow road out and take a right at the stop sign onto North Road. Go straight at 4 way intersection and follow road out past Mackerel Cove Beach. After the beach take first right onto Fort Getty Road and continue onto the gatehouse and check in.

From 95 South Bound:

Take Route 4 to Route 1. Take the Jamestown/Newport Bridge exit (Route 138 East). Follow Route 138 East to Jamestown via the Jamestown Bridge. Take Helm Street exit onto access road and go straight at the stop sign. Follow road out and take a right at the stop sign onto North Road. Go straight at 4-way intersection and follow road out past Mackerel Cove Beach. After the beach take first right onto Fort Getty Road and continue onto the gatehouse and check in.

From Newport:

Follow Route 138 West over the Newport Bridge. Take the Jamestown exit. Bear right at the yield sign and continue until stop sign. Turn left onto Conanicus Avenue and go straight at the intersection. Follow road approximately .5 miles and take a right onto Hamilton Avenue. Go straight at stop sign.

Observation

By Barbara August

What do you see when you go paddling? Do you look for the lunch spot / turn around, or do you see what happens along the way? This question came to me as I was paddling on the Narrow River and saw what appeared to be moving rocks! Yes, rocks that move. After looking harder, what I saw were actually many horseshoe crabs mating. They were hard to see if you did not look at the spot where the shore and the water meet.

The point is, don't paddle just to paddle. Paddle and observe your surroundings. This time of the year you might see young shore birds out with their parents. You might even see deer wandering around. To see animals such as these you have to look hard, and take your time. Pictures are also special.

If you want to keep records of what you see, and have something to remind you of your trips in the nonpaddle time, take a camera in a dry bag. You will also be able to identify things when you get home.



Osprey chick in the nest



Yellow Legs chick in the grass

YakJam

August 12- 14, 2011

YakJam, also known as the Norwalk Island Kayaker Jamboree, is an annual event held on Shea Island in Long Island Sound by the Stamford Kayak Group (SKG). Kayakers from all over Connecticut, lower New York and Southern New England are invited to come for a weekend long celebration of sea kayaking.

Sea kayakers are welcome to paddle over for the day, or camp over night. The SKG will reserve campsites on Shea Island. The SKG will collect voluntary contributions of \$2 for day paddlers, and \$5 for overnight campers.

You can find additional information on YakJam at the SKG Message Board at:

<http://www.meetup.com/StamfordKayakGroup/messages/boards/thread/6660863>

Wilderness First Aid Training

By Eric Johnson

I was one of several sea kayak trip leaders who took the Solo Wilderness First Aid class through [Osprey Sea Kayak Adventures](#). It's a good idea for everyone to stay current on first aid techniques in the event of an emergency on a trip.

The biggest difference between wilderness first aid and standard first aid is the distance between the victim and real medical care. The standard first aid protocols are established around the premise that an ambulance, with highly trained paramedics, is a phone call away. In wilderness first aid, the assumption is that an ambulance is at least an hour away and likely cannot get within a mile of the victim's location.

This difference changes the basic dynamics of how to best assist an injured person. In a standard first aid situation, you would do just enough of an assessment to call for help and then wait for help to arrive. If the injury was bad enough, say choking, heart failure, respiratory distress, you may intervene.

In wilderness first aid, you need to do a much more thorough assessment, figure out if outside help is required, and how to treat the injuries while waiting for help to arrive. You also need to determine how to get outside help if it is needed. Can you radio or phone for assistance? Who do you send



Paddling in the surf zone

out? Does the patient need to be moved to a more accessible location?

We covered a lot of ground in two days. The first day focused on the basics of patient and situational assessment and patient movement. In wilderness situations, particularly the types encountered in kayaking, accidents do not happen in places where you can safely manage a patient. Because of this, a patient will probably need to be moved to a safe location before anything else can happen.

Moving a victim goes against everything in standard first aid, but if a person is injured in the surf zone, they need to be moved.

We were taught a technique called BEAMing. Essentially it means moving the injured person while keeping them immobilized. This technique requires no less than three people, no more than six. One person manages the head and spine. The person at the head runs the show. Then as a unit, the group moves the patient to a safe location.

Once the patient is in a safe location, you need to assess the patient's condition. First you need to check for critical issues: attention, breath, circulation, spine, and environment. As you go through the checklist, you move to the next step only after the previous one is cleared.

Once the critical checklist is cleared, you can move on to a more detailed patient assessment. The detailed assessment should provide enough information for you to start treating the patient and provide the information needed to mount a proper rescue. It should include vital signs, patient history, details of the accident, the condition of the group, and what you are doing to treat the patient. This should all be written down and sent out with the people getting help. You should also keep a copy

with the patient. The patient copy should be updated while waiting for rescue. We also covered how to deal with injuries and common conditions like dehydration and hypothermia.

It was a lot of information to absorb, but after taking the course, I feel better about my ability to handle myself in an emergency.

Please note: This article is not intended to replace first aid training from a qualified instructor.

Discounts for Members

The following retailers offer special discounts for RICKA members:

Blackstone Valley Outfitters

401-312-0369

<http://www.bvori.com/>

Claude's Cycles

508-543-0490

<http://www.claudescycles.com/>

CrossFitRhody

<http://www.crossfitrhody.com/>

Osprey Sea Kayak Adventures

508-636-0300

<http://www.ospreyseakayak.com>

Outdoorplay.com

<http://www.outdoorplay.com/kayaks>

Quaker Lane Outfitters

800-249-5400

The KayakCentre

508-636-0300

<http://www.kayakcentre.com/>

WaveLength Magazine

<http://www.wavelengthmagazine.com/>

See the [website](#) for details and remember to ASK for the discount.

Before you Paddle...

Educate yourself about the area in which you will be paddling, and carry appropriate gear, clothing, water, food, etc. Always check the weather forecast before launching. **YOU ALONE ARE RESPONSIBLE FOR MAKING THE DECISION TO LAUNCH YOUR BOAT.**

Blackstone Valley Paddle Club Trips

Unless otherwise noted, Blackstone Valley Paddle Club trips are suitable for all boats and skill levels. More detailed trip descriptions can be found on the [web site](#).

August 2nd - launching promptly at 6:15
Wallum Lake – Douglas, MA
Rentals available

Wallum Lake has crystal clear water, and an easy paddle.

August 9th - launching promptly at 6:15
Providence River at Bold Point

Trip is suitable for all. Kayak skirts are recommended for the crossing

August 16th - launching promptly at 6:15.
Slatersville Reservoir and the Branch River
Rentals available

Ranger Night when we are guided by National Park Service Rangers on an interpretive paddle.

August 18th launching promptly at 6:15
Indian Lake in Worcester, MA
Rentals available

"Intro to Paddling" night

August 23rd - launching promptly at 6:15
Stump Pond – Smithfield, RI

This trip is suitable for all.

August 30th – meet at 6:15
End of Season Party at West Hill Dam

We are not offering a paddle on this evening. Sign up is required.

Flatwater Trips

Late cancellations & changes to trips will be posted on the [Flatwater Message Board](#). Please check Message Board before leaving for a trip. Check [web site](#) for directions and/or GPS coordinates.

August 7th - meet at 10:00 for a 10:30 launch
Blackstone Canal in Lincoln, RI
Trip coordinator: Bill Brown
kayakbill222@aol.com

A fun, scenic paddle along the bike path in Lincoln. This trip is suitable for everyone.

August 14th - please RSVP
Easy Whitewater Trip on the Lower Deerfield
Trip Coordinator: Erik Eckilson
eckilson@cox.net(401) 765-1741.

Moving water experience (including wet exits) and appropriate equipment (boats under 14 feet, helmet and sprayskirt) are required.

August 15th - launching at 6:00
Providence River at Bold Point
Trip coordinators: Kent Cameron
stonefoxfarm@juno.com401-647-5887 and Susan Engleman sje54@hotmail.com

August Meeting/Paddle – see page 1.

August 21st - meet at 1:00 for a 1:30 launch
Norton Reservoir - 140 year Paddle/Party
Trip coordinator: Lee Parham.
leeparham@myway.com508-286-5999.

Lee and fellow BVPC leader Burt were born on the exact same day 70 years ago this week. To honor and celebrate (and perhaps roast) this event, Lee is offering a paddle.

August 27th - Meet at Pulaski Park at 10:00 and we will all drive to the put-in
Quaddick Reservoir -Thompson CT
Trip coordinator: Henry Dziadosz,
henry@twincitysupply.com401-567-0313

Quaddick Reservoir is located in the town of Thompson in far northeastern Connecticut. We will stop for lunch and a swim.

August 28th – launching promptly at 9:30
RICKA BBQ Flatwater Paddle
Boat ramp at Fort Getty

We will be paddling in protected waters, and will be back in time for for good food and company.

Sea Kayak Trips

Kayaking on the ocean is an inherently risky endeavor. Before choosing to participate in a group trip, check the marine forecast and consider the trip level. Check the [RICKA Sea Kayak Paddling Basics](#) section of the website for more information about group trips. Changes & cancellations due to weather or other conditions will be posted on the [RICKA Sea Kayak Message Board](#) by 8:00 a.m. the day of the trip.

August 14th - launch at 10:00
[Potter Cove](#)
Level: 2
Coordinator: Tony Moore

August 28
[RICKA Picnic and Barbecue](#)

See the [Sea Kayak Calendar](#) for additional trips in August.

North Forest Canoe Trail

The Clyde River

By Chuck Horbert

I left my alarm clock at home, along with my watch, so when I was woken up by a series of splashes set off by a beaver that was clearly irritated that we were occupying his breakfast buffet line, I had no idea what time it was. Turned out it was quarter to six. And the sun was out! Good omens.

Mike and I were getting ready to paddle the Clyde River on the North Forest Canoe Trail. We had a quick breakfast of coffee and...coffee. I took some time to install the float bags into my canoe before we put in at the southern end of Island Pond at Brighton State Park in Vermont.

A steady but not-too-strong southeasterly wind accompanied us across the pond into town. The pond empties into the Clyde River under the Clyde River Hotel. On the other side, the river starts off quite narrow, meandering more than a spider with five legs.



Heading under the hotel

Just downstream, we encountered a tree across the channel, and had to do a muddy portage through some thick alders. As I tried to re-enter my boat I slipped down the bank, and provided Mike some entertainment as I tried extricating myself. Mud city!

We eventually emerged into Bucks Flat, a diverse marsh-fen complex, and were

greeted by nesting osprey. It was a pleasant paddle across this expanse to the river access off Ten Mile Square Road, where we took a lunch break.

From here, the river meandered back and forth like a drunk on roller skates. I'd be paddling north, and just behind me Mike would be paddling south. A patient compass would have given up. I bet even the fish get frustrated here. By the time we reached Pensioner Pond, we were both ready to retire!



Rolling down the Clyde Road

The following morning, we put our canoes up on wheels and portaged down to Charleston Pond. It was a quick paddle across, and we easily found the take-out for the next portage.

We rolled the canoes through "downtown" West Charleston to the Fontaine Road Bridge. From there, we paddled down to Little Salem Pond which we found glassy smooth. It was a pleasant paddle down the short section of river that connects Little Salem Pond to Salem Lake.

Salem Lake was also quite calm, and we had a pleasant paddle northward past many nice homes. As the Clyde River emerged from Salem Lake, Mike and I rearranged gear, knelt down in our boats, and put our game faces on. There were rapids ahead, and it was time to rock and roll.

The first few rapids were easy, but the power of the water was evident. Mike took the probe-boat position in order to find

clean routes for my more-fragile Kevlar boat.

Around the first sharp bend, the river threw some larger waves at us, but we kept the open sides up. Our maneuvering was getting pretty busy when the Route 105 Bridge came into view. There was a steep, gnarly-looking, boulder-strewn drop between the bridge and us. We both made it through cleanly.

We had agreed ahead of time to take out around the bend at a riverside park for lunch. The park was nice and sunny. It was getting downright hot, probably close to 80 degrees, and quite humid.

Around the next bend was one of the tougher rapids on the trip. Mike and I both hit a wave that filled our boats with water. Then we passed "Babe Rock" before running another mile of "boogie water" - read-and-run Class I and II rapids. Soon afterwards, we entered Clyde Pond.



Easy rapids below West Charleston

The portage around the Clyde Pond Dam was quickly reached, and we set up the canoes on the carts again for our last portage. Back on the river, we cracked open a beverage to celebrate, and floated the river through town. Thus, another segment of the NFCT was completed.

Chuck is one of a group of RICKA paddlers working to complete the North Forest Canoe Trail. You can read Chuck's North Forest Canoe Tales blog at: <http://canoetales.wordpress.com/>

RICKA Classifieds

Classified ads free for RICKA members and are printed here on space-available basis. Please see the [website](#) for the complete list.

- **Tandem 16 foot wood canvas canoe**, no seats (probably made in 1950's before seats became popular) - \$450 or best offer. **Tandem 16 feet blown fiberglass canoe** with wood/web seats and aluminum gunwales. In very good condition and ready for the water - \$340 or best offer. Willing to include 2 paddles and 2 pfd's with canoes. Pictures are available of both. **Woman's Dry suit, small/med**, needs gaskets, very good condition - \$250 or best offer. Contact Jim at jimcole@hotmail.com
- **Wanted to buy, rent or borrow: Solo Canoe**, 14.25' to 15' long, with 32" to 35" beam. Royalex with slight rocker and shallow V design. Canoes that fit this category include, Mad River Guide, Eclipse, Independence or similar design. Depending on boat and condition may be willing to trade for my Kevlar Mad River Guide. Contact Jim at jimcole@hotmail.com
- **Glass Romany** in good shape. \$1,200 - a steal. [Jerry Borenstein](#)
- **Greenland Rolling Kayak** built by Jay Babina, stitch and glue, very low volume kayak designed for rolling practice. 17' 2" x 20". Beckson hatches fore and aft. Paddle entry deck lines added fore and aft with recessed fittings. First \$600 takes it. Can be seen in Narragansett area. Now in Yonkers NY [Jerry Borenstein](#)
- **Dagger Super Ego** - little bit larger playboat for those in the 140lb - 220lb range. Boat is in good condition. No cracks or oil canning. Colors are blue and green. Asking \$250. Located in Bellingham, MA. Contact Andy andyv51@hotmail.com
- **WANTED: Load bars for S60 Volvo** and Glide & Set and Hull-a-Port Pro or equivalent for two 11' kayaks. Call Jim @ 774-273-0011 or e-jimlimperis@comcast.net
- **Waterproof camera case**, good down to 110ft. Cost new \$264.00, Selling for \$60 obo. [Ewa-Marine D-A Marine case](#) for digital photo camera - Glass, PVC, like new. Perfect for super zoom digital cameras. Contact Jim at Jimcole@hotmail.com
- **Looksha Sport Kayak by Necky**. 14'6" x 23". Stable, hard-chined. poly, yellow. Good condition. Front and rear hatches. Excellent for ocean or lake, day trips or week-end trips. Fun boat. \$600. Call Ed Rose 508-987-6165. Try it out.
- **Dagger Encore OC1** Excellent Whitewater boat. ABS, Red, vinyl gunnels, outfitted with Perception saddle, side flotation, kneepads, \$200 obo. Contact Gary, garywhitney3@cox.net, 401.539-0922.
- **Boreal Designs Nanook**, composite, dark red/ white, as is \$900. Of course you can try it out! Cat Radcliffe 508-369-3028 catherineradcliffe@earthlink.net
- **Kayak Air Bags** from Northwest River Supply. Fits 9.5 foot Perception or similar recreational kayak. Price reduced, now only \$25.00 Call 401.941.8061 and leave a message and phone number.
- **NDK Greenlander Pro**, 17'10"x21" white/white. Built in 2000, in very good condition. No skeg, no leaks. \$900 firm. Two spray skirts for \$100 and one Cricket greenland paddle for \$100. Contact clawlor@cpsed.net
- **WANTED: Khatsalano by Feathercraft**. Rusty Norton (203) 281-0066 / lovepotent@hotmail.com
- **Tahe Reval sea kayak**, 18' x 21", 50 lbs, Beautiful orange deck over white fiberglass in brand new condition. \$1,700. (retail \$2,900) Hull is similar to the Valley Nordkapp so this is a very fast kayak, designed for a paddler 180lbs and up. Contact: aikijerry@optonline.net
- **Kokatat Expedition Drysuit** Bought new in 2008. Mango, men's large - very good shape. Has goretex hood and socks, relief zipper, 3 pockets, cordura reinforced seat and knees, overskirt to keep water from entering top of skirt. Asking \$650. Sells new for \$1,085. Gerry P 860 235-0430 gerry@SeaSherpakayak.com
- **2 P&H Orca 15 kayaks**, PRICE REDUCED. \$625/each or \$1,200 for both. One blue one yellow. Includes Werner Skagit 220cm paddle (with each boat) in very good shape. \$130 new. Also available a [Seals Coastal Tour Skirt 2.2](#) (fits the Orcas) in unused shape. \$85 new. Asking \$60. Call Gerry at 860 235-0430 with questions.
- **Valley Nordkapp Jubilee** sea kayak, 17'10"x21" cockpit 29.5 x 15.5 retractable skeg, 56 lbs., color is white on white, very good condition. 4-5 years of age, saw little action, always garaged. \$1800.00 - lovely boat for the right size person. Ralph 401-954-3203 or rwernett@aol.com

Send your classified ads to RICKA Webmaster Alan August: 70 Scott Street, Pawtucket, RI 02860; 401-725-3344; webmaster@ricka.org. Include your name for membership verification. Please notify the webmaster when your gear is sold so that the ad can be removed. Acceptance, duration and formatting of your ad is at the webmaster's discretion.