

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVI No. 1 January, 2013

January Club Meeting

Kayak Tripping and Packing with Mike Krabach
Monday, January 21, 2013 at 7:00 p.m.

Despite their small size, many sea kayaks can carry enough camping gear and food for a weeklong trip, which is one of the many advantages of paddling a sea kayak. Packing for your trip can be the tricky part. You need to balance trim, accessibility and kayak performance. At this month's meeting, Mike Krabach will talk about kayak tripping and packing. Mike is a long-time RICKA member and the Sea Kayaking Sub-chair for the [Narragansett Chapter](#) of the [Appalachian Mountain Club](#). The meeting will be held at the Jewish Community Center, 401 Elmgrove Avenue, Providence, RI.



Directions to the Jewish Community Center: From Rt. 95 South take Exit 24 and turn left onto Branch Avenue. From Rt. 95 North take Exit 24 and turn right onto Branch Avenue. Go past Benny's. Cross North Main Street and continue up the hill (past Kentucky Fried Chicken). At the top of the hill cross Hope Street and continue one block to the end at Morris Avenue. Go left, then immediately right onto Sessions Street. Go down the hill to Elmgrove Avenue. The Jewish Community Center will be across the street. **Please follow the signs and enter on Elmgrove Avenue and exit on Sessions Street.**

We are making plans for the 2013 Rolling/Rescue Clinics



Check the RICKA website for updates at <http://www.ricka.org>

Did you know...

As an ACA Paddle America Club, RICKA joins the ranks of other great paddling clubs from across the country. You can learn more at the ACA website at <http://www.americancanoe.org>



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Wilderness Selections from the RICKA Library

The Complete Wilderness Paddler (Book) –
Reviewed by [Log of Ibi](#)



The authors use a canoe trip on the Moisie River as the vehicle for teaching us everything we need to know to make a similar trip. The book includes sections on navigation, maps, portaging, camping, reading rivers and learning how to plan descents by ferrying, lining and maneuvering. It covers everything from how to find a wilderness worthy of paddling, to managing capsizes and wilderness disasters. It's unfortunate that the book hasn't been revised, but the dated material is minor and easily ignored, as the most valuable information on things like safety, wind and the behavior of whitewater are timeless.

If you are looking for paddling information, the [RICKA Library](#) is the place to go. These are just two of the great books and DVD's covering the range of paddling disciplines that are available in our collection. To checkout these or any other items from the RICKA Library, please contact Elijah Swift at librarian@ricka.org or 401-294-6043.

Northern Forest Canoe Trail - Official Guidebook (Book) - Reviewed by Susan Engleman



The newest addition to the RICKA Library is a great source of information for anyone thinking of paddling a section of the Northern Forest Canoe Trail which runs 740 miles and links waterways from New York to Maine. The book is divided into sections by state and includes information on camping, portages, gear and equipment. It describes opportunities for flatwater, quickwater and whitewater paddling on a range of rivers, streams, lakes and ponds. Details of flora and fauna are also included. Paddlers of all skill levels will appreciate the vast amounts of information this book has to offer.

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.

Your annual RICKA membership will expire on March 31, 2013.

Renew your membership now!

Visit the website at:

<http://www.ricka.org/Join/Jointhefun.html>

You can pay by mail, or online using PayPal.

Executive Committee:

The next Executive Committee meeting will be held on Wednesday, February 6, 2013 at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

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Cold Water Layering

Year-round boating is the ideal for many of us. In the northeast, that means that we will be paddling at least part of the year in cold-water conditions. Paddling is a water sport, and let's face it, getting wet happens. Water is 25-times more efficient than air at drawing heat away from your body. This means once you get wet, your body will be more prone to excessive heat loss and hypothermia.

In cold water, the key to protecting yourself is wearing layers that will retain your body heat when you get wet. Layering also lets you add or remove pieces as the day's conditions change, helping your body maintain a safe, comfortable temperature. There are three main components to an efficient layering system – the base layer, insulating layer and the outer layer.

The Base Layer

Start with a moisture-wicking base layer next to the skin. Synthetic fabrics such as polyester, nylon and polypropylene are best since they don't absorb water and they move moisture from your skin to outer layers. Do not wear cotton. Cotton loses its insulating value when wet.

Insulating Layers



Early fall paddling in a wetsuit and splash top

Over the base layer you want one or more garments to hold in your body heat. These can be synthetic, wool, neoprene, or any combination of these.

Synthetic fabrics are lightweight, breathable, and afford good freedom of movement. Synthetic fibers don't absorb moisture, but rather allow the water to radiate away from your body, keeping you comfortable as you generate heat while paddling.

Merino wool, on the other hand, absorbs up to 30% of its weight in water while still maintaining its insulating value. This characteristic helps it keep you warm when conditions are cold, and cool when conditions are warm.

Neoprene is a closed cell rubber material that is an excellent insulator. It also offers impact protection as well as extra body flotation. Thicker neoprene will be warmer but more restrictive to your body movements. Thinner neoprene will stretch much more easily, but won't be quite as warm.

Outer Layer

Wind and waterproof outer garments round out your body core protection system. An outer layer made with a fabric featuring a breathable coating or laminate is definitely preferable. This will allow perspiration moisture to pass out of the garment, keeping the inner layers drier and significantly increasing your comfort and warmth levels.

Outer layers come in many shapes and sizes, but there are three main types: splash wear, dry wear and semi-dry wear. Splash wear is simply any waterproof outer layer that is designed to keep your under layers dry if you get splashed or rained on. If you're using neoprene as your insulation layer, wearing a waterproof garment over it will cut down on evaporative cooling from the wet outer fabric of the wetsuit. If you



A drysuit will keep water out during immersion

go for a swim in splash wear, your inner layers will get wet.

To keep water out during immersion, you need dry wear garments that have latex gaskets at the openings. Drysuits are the ultimate option for immersion protection. With waterproof zippers, gaskets at the neck and wrists, and waterproof booties, a drysuit will keep water out of your inner layers.

Semi-dry wear splits the difference between the other two styles. Typically, they will feature latex gaskets at the wrists. The neck usually features a punch through neoprene "gasket" or an adjustable neoprene cuff of some sort. Semi-dry wear is an option for paddlers who want to prevent water entering their inner layers at the wrist, but don't need quite such a watertight seal at the neck.

Don't Forget the Extremities

Caps or helmet liners made of neoprene or synthetic fibers can really keep you warmer. If you find your fingers and toes getting really cold, a helmet liner will help cure this as much as gloves and booties will. Keeping your head warm creates a chain reaction that you'll notice all the way through your body. You can also add neoprene socks and gloves for even more protection from the cold.

Based on an article from NRS
<http://www.nrsweb.com/>

Long Lake to Saranac Village

The Children of the Revolution Tour, New York Appearance

By Bill Luther

This was a week that all six of us could agree on after a busy summer. September usually brings cooler drier weather with shorter days. We had all of this except for one rainy day which we had to grit our teeth and deal with a little misery. The six participants were Jeff Budzinski, Mike Bussell, Erik Ecklison, Chuck Horbert, Tommy Taylor and I, Bill Luther.



The Children of the Revolution

This was one of our final legs of the Northern Forest Canoe Trail, a 740 mile long waterway which extends from Old Forge, NY to Ft Kent, Maine. Chuck, Mike and I had started this journey in 2006 and were looking at the grand finale segment in 2013. The journey required much paddling experience and if you did not have it, you soon learned what your shortfalls were. Jeff, Erik and Tommy were able and fit additions to our group.

We moteled the first night and our canoes were shuttled to Long Lake in the morning by St Regis outfitters. Chuck had done his administrative duties on this. Mike and I paddled tandem, everyone else paddled in dedicated solo canoes. We set off around 10:00 a.m. and reached the bottom of Long Lake in a few hours. There was a gentle SW breeze pushing us down the lake for 9 miles. We found a lean to shelter just a

short walk off the river. Most of the lean to shelters in the NY state wilderness were free of charge on a first come service. I would venture to say that most of these shelters would be in great demand during high summer.

The first day had been easy. We did not look forward to the second day. An all day rain was forecasted. There was a 1.2 mile portage around the rapids and Raquette Falls. It was to be Terrible Tuesday, a day which we had to hump it. An overcast sky greeted us in the morning and soon a steady rain had developed. If you have not portaged a great distance, the best idea is to pack your gear into one or two heavy duty PVC plastic packs which you carry on your back. Wilderness paddlers usually utilize wheeled foldable carts which you wheel your boat over suitable trails. This trail had many rock outcroppings and tight corners which many would consider "uncartable". We pushed that concept of uncartable to its very limits.

We hope to forget those unpleasant memories on our trips. Most of us had to make 2-3 round trips on the portage trail. All of us took our lumps and regretted taking too much gear. Jeff made two trips and was the only one to have a smile on his face after it was over. Youth has its advantage. Nonetheless, it was not a contest and we stayed together. We later found a lean to shelter high on the river bank. After changing out of wet clothes we stayed as close to the shelter for most of the wet day. Mike to his credit got the fire started and we hugged the fire thru the night

Thru our trips and usually after some lively libations, some of our trip members had exhibited some unusual musical talents. Music would soothe the savage beast. Our

intent was to form a band whose focus was to cover some bluegrass, country and western, heavy metal and 60's revival songs. Proceeds would fund future trips. It was agreed that Steven Tyler, a fellow canoeist would front this band. For most of the group we could mention a 1-2 word phrase and this would launch people into renditions of their favorite songs. Some would take off on a whole rendition of the song and musical accompaniment. Chuck and Tommy proved to be the best at interjecting guitar and drum sound effects. We were hoping to appear on You Tube for our last Tour for the holiday season. We were hoping our version of "Godzilla" would take off.

After that night on Wednesday we found that the river had risen about three feet from the previous low level. This dry summer had seen river levels drop to historic low levels. We paddled a few more miles to Stony Creek and paddled upstream. We reached the Indian Carry and portaged a short distance into the Saranac River Watershed. The trip had been an interesting variation of lake and river paddling. We were now paddling on Upper Saranac Lake and after a short mile, we found a campsite which did not have lean to shelters. There was a well tramped down section of forest which had large boulders strewn thru out. Most of us used a large flat waist high boulder as a kitchen table. The skies were clear that night and the temperatures dropped into the low 40 degrees.



View down Long Lake

Continued on page 5

Continued from page 4

The Saranac Lakes are a destination for many people from outside the area. There continue to be homes on the lake which make you gasp in their beauty. There are just enough of them that they do not take away from the majestic beauty of the lake wilderness and rock strewn shorelines. There are also many bays and islands to explore. This was Thursday and we did one more short portage at Bartlett which was just a short .4 mile long. The Saranac Lakes have a few locks which drop or raise large boats to lake levels. Many fishing boats use the locks thru the year and it is said that the original purpose was to service the clientele who had summer homes on the lakes. Once we passed thru these locks into other lakes, the six of us found some endless entertainment in seeing how they worked. We must have taken dozen of photos in and around just these two locks.

We now spent our last night in lean to shelters in the Lower Saranac lake area. We sang and celebrated with a great hoot. Chuck climbed on to the lean to roof and did his best wild beast imitation. We were happy and agreed that it had been an exciting and scenic trip to the North Woods. On Friday we paddled out and completed our 45 mile trip on the Lake of Flowers in Saranac Lake village. Our cars were parked at the take out and we looked forward to showers and soft beds. We took lunch in Lake Placid village and agreed to do it again.

The Children of the Revolution is reference to a song on a disc which Chuck played on the way to the trip. It like much of what we talked about had no basis in reality.

Bill Luther is Conservation Chair and one of several RICKA members who are section paddling the [Northern Forest Canoe Trail](#).

Dry Bags for Canoe/Kayak Camping

Canoe/kayak camping is a lot of fun, but nothing can ruin a trip faster than wet gear. To keep your gear dry, you will need dry bags – often lots of dry bags.

What is a Dry Bag

A dry bag is a storage sack made from waterproof fabric. Most dry bags are cylindrical in shape and have a band running around an opening at the top. Attached to opposite ends of the band are quick release buckles. To use a dry bag, you fill it with your gear, collapse the top opening, fold it over on itself multiple times and then clip the buckles. The folding creates a waterproof seal at the top.

Dry Bag Materials

Dry bags are made from many different materials varying in durability, weight and flexibility. The most durable bags are made from vinyl. In general, vinyl is stiff and heavy and is good for packing heavy gear. Waterproof nylon is less durable than vinyl, but is lighter and more flexible. Nylon work best for flexible, soft items, such as sleeping bags and clothing. For additional protection, line the inside of the nylon sacks with a light garbage bag, or pack light nylon bags inside heavier vinyl bags.

Dry Bag Features

Most dry bags are simple, but a few offer additional features. Some feature a valve that allows you to compress air out of the bag after you close the top; it's a useful feature that lets you compact the bag before storing it. Clear windows on several styles let you see the bag's contents, which makes identifying which



bag to grab much easier. Larger bags often include shoulder straps which allow you to carry the dry bag like a pack. Some companies offer dry bags in different colors which make organizing easier.

Dry Bag Sizes

Dry bags come in many sizes ranging from small to huge. For kayaks, smaller bags are needed. This will allow the bags to fit through the hatch and into the gaps left around other dry bags in the storage compartment. For canoes, size is less of an issue. Small bags still help coordinate gear, but they are often placed in larger bags or packs.

Selecting Dry Bags

When selecting dry bags, consider what you're going to pack into them. Often, the length of the trip will determine the size and number of dry bags you will need. Before you head out, pack all your gear to make sure that everything fits in your dry bags, and that your dry bags fit into your boat. It's much easier to make adjustments at home than at the put-in.

This article is based on *How to Pack a Sea Kayak Part 1: Selecting and Packing Dry Bags* from *Paddling Light – Lightweight Canoe and Kayak Travel* <http://www.paddlinglight.com/articles/how-to-pack-a-sea-kayak-packing-dry-bags/>

Conservation Corner

An Interview with Matt Patrick, Executive Director Westport River Watershed Association

What does your group represent?

We represent all those who love and care for the Westport River and its watershed.

How active is your group?

The Westport River Watershed Association (WRWA) is very active. We have 1,200 members from all over the U.S. Our educational programs reach every student in the Westport School system with approved environmental curricula. We initiate projects to restore the river, do water testing, and advocate for the river on a regular basis.

What is the most interesting or picturesque place on your watershed?

There are so many of them that it is hard to name just one. My favorite view is looking down on the water from the heights of the Point.

What has been your greatest achievement with this group or any other conservation group that you have belonged to?

In 1975 the WRWA successfully defeated a proposed septage lagoon located on the East Branch of the Westport River. We then fought off a proposed coal gasification plant located at the headwaters of the east branch of the river. Our most recent activities involve working with the towns to monitor the health of the river to identify sources of pollution. We have won numerous awards for our work.

What would be your greatest goal if funding was available?



Our greatest goal is to eliminate human sources of nitrogen and coli form bacteria in the river. Doing so would restore it to its healthy, natural state that supported many varieties of commercially important finfish and shellfish. WRWA also established a Watershed Improvement Fund (WIF) some time ago to be able to initiate projects that will benefit the river.

What could an interested individual do to help or volunteer for your group?

We need volunteers to do water testing, to help in the schools and to participate on our Advocacy, Education or Development Committees. We also sponsor beach clean-ups every spring along with many other activities.

What overall environmental issue concerns you the most?

Nitrogen loading stimulates the growth of harmful algae that suffocates other marine plants and animals.

Does your group offer any educational or recreational opportunities that people should not miss?

We offer several classes of summer programs for children ages 3 to 16 that are very popular. Our annual River Day is a great day of fun for the entire family. It includes education exhibits, music, food, children's activities, awards and many other items of interest.

For additional information on the WRWA you can contact:

Matt Patrick, Executive Director
Westport River Watershed Alliance
1151 Main Road, Westport, MA 02790
Phone: 508-636-3016
Email: director@wrwa.com
Website: <http://westportwatershed.org>

Chick Noreau (1948-2012)

Joseph Charles (Chick) Noreau passed away on November 19, 2012. Chick joined RICKA in 1985 and was an avid canoeist, whitewater paddler, and past Flatwater Chair. He also contributed artwork for many of RICKA's tee shirts and logos including this year's 35th anniversary tee shirt design. Rest in peace Chick- you will be missed.



Photo shared by Alan August from the facebook page of Chick Noreau

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.**

Flatwater Trips

Flatwater trips are now posted on the Flatwater Message Board at:
<http://members.boardhost.com/FLATWATER/>

August 3 – 11, 2013
RICKA's Week in the Adirondacks

RICKA's 2013 **Adirondacks Trip** will be held August 3 -11, or parts thereof. We will be camping at Lake Eaton campground outside of Long Lake, NY. You can reserve your site now at Reserve America:
<http://www.reserveamerica.com>

Sea Kayak Trips

Sea kayak trips are now posted on the Show & Go Message Board at:
<http://rickaseakayaking.org/forums/index.php?board=2.0>

Whitewater Trips

Whitewater trips are now posted on the Whitewater Message Board at:
http://members.boardhost.com/RI_Whitewater/

A Cold Water Caution

Exposure to the cold can drain your strength and rob you of the ability to make sound judgments regarding safety. For cold weather paddling, please remember:

- Never paddle alone - at least three boats are recommended, four boats are better.
- Keep the trip short, and well within the paddling ability of the group.
- Dress for immersion in a drysuit or wetsuit. Protect the extremities with a hat, neoprene gloves and warm footwear. Always carry a change of cloths in a waterproof bag.
- Know how to recognize and treat the symptoms of hypothermia.
- Always, always, always wear your PFD.

Cold weather paddling significantly increases the risk of serious injury or death. Paddle safe. Paddle smart.

RICKA Trivia Question of the Month

The first 4 members to get the correct answer to the following question will be awarded a RICKA paddling-related prize:

What type of gardening can you do when paddling the rocky coast?

Send responses to membership@ricka.org with the subject "RICKA Trivia". There is a limit of one prize per member in a six-month period.

November Trivia Question - we had 3 correct answers to the question:

What do you call the river hazard when a tree has fallen into fast moving water?

Fallen trees in the river are known as **strainers, blowdowns or walk-arounds.**

Encountering a tree blocking the river can be one of the most dangerous hazards on the river. The simplest way to avoid strainers is to paddle in a group with a trusted leader and avoid small streams at high water levels. If you capsize, your best option is to swim aggressively and try to climb up and over the trunk or branches of the submerged tree.

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.crossfithody.com/>

Narrow River Kayaks
(401) 789-0334
<http://www.narrowriverkayaks.com/>

Osprey Sea Kayak Adventures
508-636-0300
<http://www.ospreyseakayak.com>

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

Quaker Lane Outfitters
401-294-9642

The Kayak Centre
888-SEA-KAYAK
<http://www.kayakcentre.com/>

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

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

RICKA Classifieds

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

- **Kokatat Expedition Drysuit** - men's, large, bought new in the fall of 2011. Very good shape. Fully intact gaskets (never cut back) are in great shape. Backed by Kokatat/Gore-tex lifetime guarantee. Stow away hood, pockets on each arm and upper chest, material flap over zippers, adjustable overskirt, relief zipper, goretex socks - \$1,125 new, yours for \$725. Contact gerry@seasheerpakayak.com
- **Tandem 16 foot wood canvas canoe** - no seats (probably made about 1920 before seats became popular) - \$225.00 or best offer, detailed pictures are available. Jimcole@hotmail.com
- **Dagger IMPULSE** - Whitewater playboat 12'8" long 30" beam, 28.5 4" Beam @ w/l, perception saddle, side floatation, air bags Ready for the water- \$295 or best offer, Email me for details. Jimcole@hotmail.com
- **Woman's Dry suit** - small, NO relief zipper, needs gaskets, \$80.00 or best offer. Email me for details. Jimcole@hotmail.com
- **Canoe/Kayak equipment** - 2 four foot end air bags for OC1, 2 pieces of foam closed cell side flotation, Pair of adjustable foot pegs for kayak, other items (if your looking for miscellaneous WW items, please email me, I may have them. Email me for details. Jimcole@hotmail.com
- **1 set of Thule Hullaport kayak carriers (J-style)** - \$50 or best offer. Used twice. Please email Lynde256@yahoo.com
- **P&H Scorpio** - 16'11" x 22". Poly, with retractable skeg, yellow (mango), 3 years old, stored in garage, in very good condition with usual scratches. Great, dependable, and stable boat. \$1,250. Fred.cygnusfff@gmail.com or 401-467-2183
- **PRICE REDUCTION 16 foot Old Town ABS canoe** - new parts and hardware for rebuild, lost interest in this. \$150.00 dukewavewalker@gmail.com or 401.413.1194
- **Lendal Nordkapp SF fiberglass 4-piece bent shaft paddle** with key, 220 cm, like new - \$85.00. Fred: 401-467-2183
- **Quiver kayak sail.** Never out of the box! Quality sail made in USA. No need to drill any holes in your kayak!! \$100 businessfile12@gmail.com
- **Chestnut Canoe** – 1977 Ogilvy series, model - "Henry", color - Chestnut Green. Length-16', beam- 36", weight- 85 lbs. Cained seats. Interior as new, scratches on bottom from running local rivers. Have original Chestnut brochure. Asking \$4,000. **Canoe** - standard wood/canvas construction. Length- 16', beam 34", weight approx, 65 lbs. Color – yellow w/ dark-stained interior with babiche (woven rawhide) seats. Always stored indoors. Asking \$3,000. Call 860-774-0014.
- **Dagger Sitka**, 17' 11" x 22", fiberglass, mango/black/white. Perfect expedition kayak for the larger paddler. Comfortable and stable, plenty of cargo space, excels at adventure trips. \$1500. cam_mac@verizon.net
- **WANTED: Used Yakima Hullraiser or Thule Hullaport kayak carrier.** Respond to zakyak@verizon.net.
- **Crossfire, 11 ft.** in very good condition with two float bags. This boat was purchased new and has played in the Deerfield, So. Shore Beach, and Narragansett Beach - \$275. Email is best. carleenmco@gmail.com
- **14 ft. Fiberglass Sea Going Kayak Cape Horn made by Wilderness Systems** \$1,350.00. About 5 years old, has a few minor scratches. **16ft. Fiberglass Sea Going Kayak, Tsumani made by Wilderness Systems** \$2,500.00 Manufacturer- about 2 years old, has NO scratches. All the extras are the BEST. The paddle is \$500.00 (1) Warner. The wheels are S.S. Please send all serious inquiries to: zita59@verizon.net or call (401) 885-2326
- **Boreal Design, Alvic, Kevlar.** 17' 47-50 lbs. A great boat for kayak camping. I did the part of Maine Island Trail. \$1200. bevthomas2@cox.net, 401-568-8166
- **Whitewater canoes: Mohawk Rogue** - designed by whitewater canoeing legend Nolan Whitesell. Outfitted. \$350. **Dagger Genesis** - big water boat designed by whitewater legend Bob Foote. Rolls easily, plays well with waves. Outfitted. \$500 - Chick Noreau chickart@cox.net or 401-751-5477
- **Boreal Ellesmere** - ocean cockpit, cork deck/white hull, rope skeg, well-maintained, good condition. OC skirt included - **\$1,100** New Bedford, MA. Demo by appointment. catherineradcliffe@earthlink.net or Cat 508-369-3028
- **Merlin II Kevlight solo canoe** like new, 15'x29", 27", 25.5", 34#, natural kevlar/clear gloss finish, Ash trim. \$1200 firm. Jim S. 401-295-4668 Miskicamp1@cox.net

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, RI 02857-2611; 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.