

PADDLER

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVIII No. 1 January, 2015

January Club Meeting Keeping Fit in the Off-Season Monday, January 26, 2015 at 7:00 p.m.

With winter looming, you should now be contemplating your off-season fitness program. Staying fit in the off-season will help you get the most from next year's paddling adventures. At this month's meeting, Tom Marchand will give you the basics of off-season conditioning.

Tom Marchand, CSCS, NSCA is a Certified Strength & Conditioning Specialist, a ACSM Certified Inclusive Fitness Trainer, a USA Weightlifting National Coach, a USATF Level 1 Track & Field Coach and a Personal Fitness Trainer for the Dwares JCC. 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.**



Stay fit in the off-season, and enjoy your paddling more next year

Wood and Pawcatuck receive Wild and Scenic Rivers' designation

The long-awaited process to garner federal Wild and Scenic Rivers' designation for the Wood and Pawcatuck rivers recently cleared its final hurdle in Congress, when the Senate approved it on December 12, 2014.

The passage of this act provides protection for these rivers that generate significant tourism and recreation revenue for Rhode Island and Connecticut.

You can read Dave Smith's story from [ecoRI News](#) here:
<http://www.ecori.org/natural-resources/2014/12/12/wood-pawcatuck-rivers-officially-wild-and-scenic.html>

A New National Park for the Blackstone River Valley

On December 19, 2014, President Obama signed the legislation that established the Blackstone River Valley National Historical Park - the 402nd park in the National Park System. The same legislation also extends the authorization of the John H. Chafee Blackstone River Valley National Heritage Corridor for six years.

The [Blackstone River Valley National Historical Park](#) was established to help preserve, protect, and interpret the nationally significant resources that exemplify the industrial heritage of the Blackstone River Valley.

You can read the National Park Service press release here:
<http://www.nps.gov/blac/blackstone-river-valley-national-historical-park.htm>

From the RICKA Library...

The Basics of Sea Kayaking

The Essential Sea Kayaker

By David Seidman

With sections on seamanship, navigation, and health issues, this edition of David Seidman's bestselling guide reaffirms its reputation as the best sea kayaking guide available. A top-to-bottom introduction for novice and mid-level kayakers, this highly visual handbook provides kayakers with the whole scoop on everything from gear, transportation, and paddling technique to the finer points of Eskimo rolling, rescue protocol, group and solo paddling.

Basic Essentials: Sea Kayaking

By J. Michael Wyatt

This exciting and demanding sport is much different than its flat-water sibling, with different equipment and techniques, all of which are covered in Basic Essentials: Sea Kayaking. Illustrations cover the many sea kayak models and accessories, as well as important information on tides and currents, packing and loading tips for comfort and safety, and a glossary chock-full of helpful terminology. A must read for experienced sea kayakers, and those new to the sport.

If you would like to check out any of these DVD's from the [RICKA Library](#) contact Bill Hahn at librarian@ricka.org. Library selections can be mailed to you with a postage paid return mailer provided at no cost to the borrower.

RICKA is an ACA



Paddle America Club

Executive Board:

The next Executive Board meeting will be held on Wednesday, January 7, 2015 at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

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Your RICKA membership will expire on March 31, 2015...

Renew your RICKA membership now!

Please visit the website at:

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

You can renew by mail, or online using PayPal.

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Five miles of history – a trip up the Seekonk River

By Erik Eckilson

It was a beautiful day, so I decided to take the afternoon off to do some paddling. I headed down to Bold Point Park in East Providence to paddle up the Seekonk River to the Pawtucket Falls.

The Seekonk River is the tidal extension of the Blackstone River. It begins at sea level just below the Pawtucket Falls. I had always wondered why the name changed at this point, and now I know – the two rivers could not be more different. The Blackstone River is freshwater with lots of twists and turns. The Seekonk River is a saltwater estuary that is linked to several important events in Rhode Island's history.

I put in at Bold Point Park and paddled up though the narrows between Bold Point in East Providence and India Point in Providence. I paddled by the Brown University Boat House and under the George Washington Bridge that carries Route 195 across the Seekonk River. In 1781, George Washington marched his army across the Seekonk River at this point on his way to a siege of British forces in New York.

Above the George Washington Bridge on the Providence side of the river is Roger Williams Park. It was on this site that Roger Williams first landed in what would become Providence after rowing across the Seekonk River in 1636. Williams would eventually row around India Point and up



Brown University Boathouse

the Providence River to establish the Providence colony in what is now downtown Providence.

From here, the Seekonk River is wide open and very susceptible to wind, which gets channeled up the course of the river. I paddled up the more scenic Providence side passing Blackstone Park, the Narragansett Boat Club and the Swan Point Cemetery.

The Narragansett Boat Club was established in 1838, and built its boathouse on the Seekonk River just after the Civil War. For many years this boathouse was a gathering spot for the social elite of Providence.

Further upstream is Swan Point and the Swan Point Cemetery. Established in 1858 and redesigned in 1886, the Swan Point Cemetery is the final resting place for many of Providence's most important citizens. I paddled past Stony Point at the far end of the Swan Point Cemetery, and into Pawtucket at Bensley Point.

From here, the river narrowed as I paddled past the School Street and the Taft Street boat ramps. Seagulls filled the air, fishermen lined to the shore and a large school of small silver fish seemed to be jumping out of the water just about everywhere. I was told that these fish were bogies or menhadens that spend their juvenile years in the less saline waters of tidal estuaries like the Seekonk River. I paddled to the Pawtucket Falls under the Main Street Bridge.

The Pawtucket Falls is the largest waterfall on the Blackstone River. As I looked upstream over the falls I could see the old Slater Mill. Built in 1793 by Samuel Slater, the Slater Mill was the first successful water powered textile mill in the United States. It began the American Industrial

Revolution, and made Pawtucket an important industrial city.



Pawtucket Falls and Slater Mill

With nowhere left to go, it was time to turn around and began my trip back downstream. For most of the trip upstream, the wind had been at my back following the course of the river and kicking up small rolling waves. In addition to the wind, the tide was coming in, so I knew it would be a long slog paddling back downstream.

By the time I reached the Narragansett Boat Club the sculling crews were out on the river. There were big 8-man boats from Brown University, and a mixture of smaller boats from the Narragansett Boat Club. I matched paces with an eight-person shell for a while, and was feeling pretty smug until the coach picked up the pace and the boat disappeared into the distance.

It was a great afternoon on a very historic, and surprisingly scenic river.

Erik is a Flatwater, Whitewater and Blackstone Valley Paddle Cub Leader, and the Editor of the Paddler. You can read his blog Open Boat, Moving Water at: <http://eckilson.blogspot.com>

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.



Early fall paddling in a wetsuit and splash top

Insulating Layers

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

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



A drysuit will keep water out during immersion

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/>

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/>

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/R1_Whitewater/

Pool Sessions at Avery Point in Groton, CT

There will be a series of pool session at the UConn campus pool at Avery Point in Groton, CT. Dates are:

- Sunday, January 4th
- Sunday, January 18th
- Sunday, February 8th
- Sunday, February 22nd

All sessions are from 2:00 p.m. to 4:00 p.m. Additional information is available on the ConnYak Site:
<http://www.connyak.org/Mapping/Trip15/averypoint.htm>

August 1 – 9, 2015 2015 Adirondacks Trip

We will be returning to Rollins Pond State Park in the Adirondacks for our 2015 summer camping and paddling trip.

Rollins Pond is a beautiful campground with spacious sites and good bathroom facilities. It is also within an hour's drive of many prime-paddling destinations. You will need to make campground reservations at Reserve America:

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

Reservations can be made up to nine months in advance. Please try to select a site in the A001 – A031 area. These are all waterfront sites.

2015 RICKA Rolling/Rescue Clinics

Planning is underway for the 2015 RICKA Rolling/Rescue Clinics. These sessions will feature instruction on rolling and rescue, and will provide practice time for experienced paddlers with reliable rolls. Boats, paddles and helmets will be available for rolling clinic participants (you

must provide your own PFD). Practice and rescue participants should plan on using their own boats and gear. Registration will be on a first-come, first-serve basis, so watch the Paddler and RICKA's websites for more information.

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/>

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.

- **Necky Alsek Touring Kayak** - 14' with rudder and front and aft bulkheads - stored inside. Asking \$500 or best offer. Also: Sawyer wood paddle - 226 cm; Neoprene spray skirt; Harmony kayak bilge pump; Kayak seat cushion; Inflatable leg (thigh) cushion; Voyageur Paddle Float; Paddle leash; Kayak portage cart wheels. Contact JimCole@hotmail.com or 401-226-7714
- **Cane Canoe Seats Repaired** - cane replaced at \$25.00 per seat, or 2 seats for \$45.00. Contact JimCole@hotmail.com or 401-226-7714
- **Cetus MV** - one year old, a few minor scratches on the finish, includes a deck mounted compass - \$2800. Contact Richard at tamrich1@gmail.com
- **Strip Built Outer Island** - beautifully built and in great shape - \$1,800 or trade for Valley Avocet. See Craigslist ad for details and photos: <http://newyork.craigslist.org/wch/boa/4777175170.html>
- **Valley Anas acuta** - several years old but very clean. A little oxidation on the deck and only minor scratches on the hull with new fiberglass keel strip and new deck lines. Foam seat and back rest. \$1,600. Located in NJ, but can be brought to Narragansett, RI for serious interest. Photos on request from kfkehoe@verizon.net
- **PRICE REDUCED: Kevlar 17'6" Looksha 1V** - aqua deck, white hull, garage kept, new condition - \$900. Located in Westerly. Call Pat 401-480-3508
- **North Face Blue Kazoo sleeping bag** – barely used, perfect shape. 650 (high quality) down bag, comfort rated to 20 degrees, regular size that fits most folks to 6'. This model currently sells for \$270. I am offering it for \$150, firm. Contact gerry@seasherpakayak.com
- **Fiberglass Valley Skerray Sea Kayak** - red over white, 17' by 23", skeg, weighs in under 60 lbs. Ocean Cockpit for easier surf launching. Includes neoprene spray skirt - \$1100. **Skerray RM** - great rock gardening boat, needs hatches. Ocean cockpit, skeg, spray skirt included with sale - \$500. Buy both for \$1500. Contact Ric S. at 508-572-3095 (call or text), email rj_salty@yahoo.com
- **North Shore Polar HV** - 17.5 x 22 purchased new June 2013, unusual circumstances force sale, Lists for \$3,295, but will sell for \$2,100. Call for photos, Westerly, 401-480-2508
- **WANTED: Kayak Rack** and feet to fit 2000 Buick Regal contact 401-941-8061
- **Old Town Tripper Royalex Canoe** - length 17'2", kelvar skid plates installed. Three paddles included. Asking \$700.00. Contact Jeff cell 401-484-4896
- **Two sets of Yakima Bow Down J Racks with locks** - these are brand new and were never used - \$360. Contact cell is 401-486-2518 or email rolar27@cox.net
- **NRS Cross 4 Wetshoes** – women's size 8 (comparable to size 9 in regular shoes). In excellent condition; worn only a handful of times - \$16.99. Contact Zak at zmettger@verizon.net
- **Beautiful Old Time Canoe** - mint condition – contact Meggin Smith at 225-1971
- **PRICE REDUCED: Women's Kokatat Medium Meridian** dry suit with drop seat and socks, plum color. Excellent condition, bought 2 years ago, used 5-6 times. Gaskets and zippers in perfect condition, maintained gaskets with 303 Protectant and zippers with zipper lubricant - \$500. Email me at dkoriginals@yahoo.com or call Debbi at 617-930-5864
- **Ocean Kayak Malibu II Sit-on-Top Tandem Kayak** – length 12', width: 34", weight: 57 lbs. Red polyethylene construction. Seats two adults, plus a small child or pet. Can also be paddled solo from center seat. One seat and one paddle included. Kayak is located in Warwick. Asking \$475. Contact Susan at 401-996-3177
- **NRS neoprene paddle gloves** - size medium - used once, too large for me - \$20. I will mail for an additional \$3.50. tamrich@snet.net.
- **Advanced Technology (AT) Crank Paddle** - carbon fiber, right-handed with 45 degree offset, 235 cm long – \$100. May be seen in Cumberland by contacting nealpiggott@cox.net

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