

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVIV No. 9 September, 2015

September Club Meeting Keeping Fit in the Off Season Tuesday, September 22, 2015 at 7:00 p.m.

As we move into Fall it's a good time to start 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, Rob Castellucci will give you the basics of off-season conditioning. Rob is an ACSM Certified Exercise Physiologist and a trainer with [Body Soul Inspired Personal Training](#). **The meeting will be held in the Sterns Room at St. Martin's Church, 50 Orchard Avenue, Providence.**



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

PLEASE NOTE DATE AND NEW LOCATION!

Directions to St. Martin's from the north - take Route 95 South to Route 195 East. Take exit 2 for India Street toward Gano Street. Take a left on to Gano Street. Follow Gano Street to Waterman Street and take a right. Take the next left on to Wayland Avenue. Take your 4th right on to Orchard Avenue. St. Martins will be on your left.

Directions to St. Martin's from the south - take Route 95 North to Route 195 East. Take exit 2 for India Street toward Gano Street. Take a left on to Gano Street. Follow Gano Street to Waterman Street and take a right. Take the next left on to Wayland Avenue. Take your 4th right on to Orchard Avenue. St. Martins will be on your left.

Joint Flatwater/Wilderness Trip **Pawcatuck River Overnight** **October 3-4, 2015 at 2:00 p.m.**

We will launch at 2:00 p.m. from Bradford Landing and paddle up to the Burlingame Canoe Campsites for the evening.

We will do group meals for supper and breakfast so you won't have to worry about bringing food or cooking gear. You will need a tent, sleeping bag, mess kit (plate, cup and silverware), a folding chair (for sitting around the campfire), and your usual paddling gear. A dry bag for your cloths and sleeping bag is recommended. We will have a couple of canoes to bring some extra gear. These are primitive campsites, so outdoor facilities will not be available.

RSVP to Erik Eckilson 401-765-1741 eckilson@cox.net

Save the Date – RICKA Picnic **September 19, 2015**

This year's RICKA Family Picnic will be held on Saturday, September 19th at the Kimball Pavilion at Ninigret Park.

In the morning, flatwater and sea kayak trips will leave from the boat launch – see page 3 for details. Lunch will be served at 12:30 p.m. and will include hamburgers, hotdogs, pulled pork, veggie tacos, assorted salads, sweet corn and watermelon. The 2015 RICKA Awards Ceremony will follow lunch. The cost is \$10.00 per person. Children under 10 are free.

Save the date and be sure to attend this fun event. The registration deadline is September 12th. For additional information or to register see page 3 or visit the website at:

<http://www.ricka.org/Payments/bbq.html>

Sea Kayak Videos from Derek Hutchinson

Beyond the Cockpit - Volume 3

Many paddlers do all of their strokes and maneuvers while keeping their body directly over their kayak. Most sea kayaks turn a lot easier when they are put on edge. However, when you put your kayak on edge it increases the possibility of a capsizing. If you can support yourself with your paddle as you lean out "Beyond the Cockpit" you can begin doing amazing things in calm water or rough water conditions. Derek has developed a unique approach (techniques & progressions) for getting his students to edge and lean their kayaks without the fear of capsizing and looking good in the process.

These are just two of the great books and DVD's covering the range of paddling topics that are available in our [collection](#). If you would like to check out these or any other selections, 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.

ABC's of the Surf Zone - Volume 4

This video will help the sea kayaker successfully negotiate their way through the surf zone while launching and landing. Even though there are some surfing demonstrations in sea kayaks, the focus of this video is learning how NOT to surf and remain in control. A full list of flatwater drills and skills are demonstrated to prepare you for the surf zone. The main sections include: oceanography, ocean effects on your kayak, the ABC's (Attitude, Body-Boat-Blade, Control, Safety), flat water drills, surf zone drills, launching, landing, capsizing in the surf zone, group launching & landing, surfing and more.

RICKA is an ACA



Paddle America Club

Executive Board:

The next Executive Board meeting will be held on Wednesday, September 2, 2015 at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

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The **Paddler** is published monthly except December by the Rhode Island Canoe & Kayak Association, Inc.

Your 2014 RICKA membership expired on March 31, 2015. If you haven't done so already please...

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.

Rhode Island Canoe & Kayak Association

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RICKA Family Picnic and Barbecue

Kimball Pavilion at Ninigret Park in Charlestown, RI

Saturday, September 19, 2015 - we have the pavilion from 9 a.m. to 4 p.m.

This year's RICKA Family Picnic will be held on Saturday, September 19th at the Kimball Pavilion at Ninigret Park in Charlestown - please note the new location.

In the morning, flatwater and sea kayak trips will leave from the boat launch. The sea kayak trip will be led Tim Motte and will meet at 9:00 a.m. for a 9:30 a.m. launch. The flatwater trip will be led by Sharon Dragon and will meet at 9:30 a.m. for a 10:00 a.m. launch

Lunch will be served starting at 12:30 p.m. and will include hamburgers, hotdogs, pulled pork, veggie tacos, assorted salads, and sweet corn. We will have watermelon for desert. Beverages will be provided. Veggie wraps will be available upon request - see the registration form. The 2015 RICKA Awards Ceremony will follow lunch.



Enjoying the paddle at the 2014 RICKA Picnic

The cost will be \$10.00 per person for members (including family members and significant others) and \$18.00 for non-members. Children under 10 are free.

Because this is a catered event we must have your reservation no later than September 12, 2015. If possible, please don't wait till the last minute! You can register by mail or online using PayPal at: <http://www.ricka.org/Payments/bbq.html>.

If you register by mail, please print out the form below and return it with your check payable to RICKA to:

Andy Viera
8 Bradford Road
Milford, MA 01757

Mark your calendars for this fun event!! Rain or Shine. Who knows.... you may be receiving an award! Hope to see you all there!

**GPS Coordinates to boat launch:
N41 21.900 W 071 39.400**

Member Name: _____			
Number of Member Meals	_____	X \$10 =	\$ _____
Number of Member Vegetarian Meals	_____	X \$10 =	\$ _____
(Member meals include family and significant others)			
Number of Non-Member Meals	_____	X \$18 =	\$ _____
Number of Non-Member Vegetarian Meals	_____	X \$18 =	\$ _____
Number of Children Under 10 Meals	_____	Free	
	Total		\$ _____
Please make your check payable to RICKA and mail to:			
Andy Viera			
8 Bradford Road			
Milford, MA 01757			

Paddlers Personal Responsibility

How to be the most popular person on any trip...

Whether you are new to the club, or a long time member, its good to remember the paddling etiquette that we will make you welcome on any trip.

Eat and sleep well before paddling - you must be well rested and well nourished for an active day on the water.

Be in good physical condition – if you need tips on keeping fit, be sure to check out [this month's club meeting](#) – Keeping Fit in the Offseason. (See page 1).

Research the trip in advance - you are not expected to know EVERYTHING about a trip, but you shouldn't show up knowing NOTHING about the trip. Read the trip description and contact the leader if you have questions. We also have a number of great guidebooks in the [RICKA Library](#) if you want additional information.

Be honest about your abilities - select trips that challenge, but do not exceed your skills. Once again, ask the leader if you have questions.

Live up to your commitments - if you tell the trip leader that you are attending an RSVP trip, then ATTEND. Emergencies happen, but they should be the exception rather than the rule.

Be on time (TRIP time, not YOUR time) – don't arrive late and expect the group to wait.

Have the proper gear - RICKA's minimum equipment requirements are listed on the [sea kayak](#), [flatwater](#) and [whitewater](#) pages. If the leader requires additional equipment, make sure that you bring it.

Wear your PFD – ALL the time, NO exceptions. Your PFD should be properly adjusted, zipped and buckled.

Be a good swimmer - confidence in the water increases your confidence on the water. Never paddle anywhere that you would not feel comfortable swimming.

Protect your head - always wear a helmet when rock gardening or whitewater paddling.

Protect your skin - cover your exposed skin with sunscreen. Sunlight bounced off water increases your exposure compared to other outdoor activities.

Wear proper clothing - in warm weather you should avoid cotton and choose synthetic materials that wick moisture away from your skin. In cold weather you should dress for immersion in a wetsuit or drysuit.

Bring a change of clothes for safety and personal comfort - depending on the weather you may be able to leave them in your car, or you may be required to have them in a dry bag in your boat.

Stay with the group - we paddle together to enjoy each other's company, and to support each other in case of a mishap. Be sure to tell the leader if you need to leave the group of any reason.

Know self-rescue techniques - swims happen, so it's good to know how to rescue yourself, and to assist others in a rescue. You can sign up for safety classes offered by RICKA or others to learn these skills.

Carry a personal first aid kit - at the very least, you should carry a small first aid kit appropriate for your personal needs. A more advance first aid kit would be appropriate for those with proper training.

Be thankful - trip coordinators are paid in the currency of gratitude, so be sure to spend it freely.

Playing it Safe

By Erik Eckilson

Sometimes it doesn't pay to play it safe. At least that's what happened to me on the Dead River in Maine.

The Dead is a classic New England whitewater river with 14 miles of continuous rapids controlled by releases from Flagstaff Lake Dam above Grand Falls. These releases can range from 1,200 cfs (class II) to 7,000 cfs (Class IV+). I decided to head up for the August release.

Old-time whitewater paddlers will remember the shuttle run by Ed Webb. In those days, the 20-mile shuttle down dirt logging roads was done on the back flatbed trucks. Today, the trip is done in the relative comfort of an old school bus, but it is still a long, bumpy ride.

We finally got on the road around 10:00, and got to the river about 45 minutes later. The release was 2,400 cfs with another 100 cfs coming from Spencer Stream - a nice class II/III.

We ran through Spencer Rips, Minefield and a bunch of other unnamed rapids before stopping for lunch at Hayden's. After lunch we ran Hayden's, Gravel Pit, Elephant Rock, Mile Long and Upper Poplar in quick succession. Before we knew it, we were set to run Lower Poplar – the most difficult rapid of the run.

I entered Lower Poplar taking a middle right line along the seam of the rapid, and then cut right into a rock garden thinking it would be an easier route. I was wrong. I quickly got hung up on a shallow rock and flipped. Fortunately, I able to self rescue and finish the run. Like I said, sometimes it doesn't pay to play it safe.

You can read Erik's blog Open Boat Moving Water at:
<http://eckilson.blogspot.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

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

September 5th - meet at 10:00 for a 10:30 launch

Quinebaug River Canoe Trail - Brimfield, MA

Trip coordinators: Louise Price weezrad@yahoo.com and Frank Cortesa frankcortesa@charter.net 508-369-8205.

The Quinebaug River winds through marshland filled with wildlife. Suitable for all boats and all levels of experience. Bring a lunch.

September 6th - meet at 9:00 for a 9:30 shuttle

Lower Wood River - Switch Road access to Alton Dam

Trip coordinator: Chuck Houghton chuckhoughton13@gmail.com 401-934-9212

A portage is required for a portion of the Wood River. There is a portage that would be suitable for portage wheels. Bring a lunch

September 19th

Annual RICKA BBQ and paddle at Ninigret Park!

See page 3 for details.

September 20th - meet at 11:00

Blackstone River – Blackstone Gorge to Millville Locks

Trip coordinators: Cheryl Thompson stonefoxfarm@cox.net 401-647-5887 and Julie Riendeau juliebrv@charter.net 774-287-4011 .

The Blackstone Valley Club leaders are offering this trip for The Blackstone Heritage Corridor's GO events. There will be a short talk on beavers from naturalist Julie Riendeau before the paddle. Suitable for all boats and all levels of experience. Bring a lunch.

September 26th - meet at 9:30 for a 10:00 launch

Charles River - Cambridge to Boston

Trip Coordinator: Susan Engleman sje54@hotmail.com 508-655-1633 Home and 508-353-6411 cell

Paddle up the Charles River, through the locks and out into the harbor to the USS Constitution. Boats over 12 feet and strong paddling skills are required. Bring a lunch.

September 27th - meet at 10:00 for a 10:30 shuttle

100-Acre Cove and the Barrington River

Trip Coordinators: Sharon Dragon shdrag1@gmail.com 401-225-3942 and Susan Engleman sje54@hotmail.com 508-655-1633 Home and 508-353-6411 cell

Current, distance and wind, dictate that this trip is limited to boats 14 feet and longer and strong paddlers.

October 3rd and 4th - RSVP Required.

Pawcatuck River Overnight

Trip Coordinator: Erik Eckilson eckilson@cox.net 401-765-1741

See page 1 for details.

October 17th - meet at 10:00. for the launch
Charles River - Wellesley to Needham

Trip coordinator: Susan Engleman sje54@hotmail.com 508-655-1633 Home and 508-353-6411 cell

This is another pretty stretch of the Charles River starting at the 182-acre Elm Bank reservation in Wellesley. The river twists and turns to the take out at Cochrane Dam. Bring a lunch.

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.

- **Cane Canoe Seats Replaced** - contact Jim Cole 401-699-1172
- **Necky Arluck III** - 18', 35 lbs., kevlar with rudder, yellow & white with blue stripe. Cuts through the wind and surf like butter - \$2400 OBO. Contact Bill at 401-447-2397
- **Current Designs Soltice GT XL** - yellow over white fiberglass, 55 lbs. 17'7". Very stable and predictable boat. Cockpit cover and sprayskirt included - \$1800. E-mail hdziadosz@verizon.net or 401-497-5887
- **Wilderness Systems Aspire 105** - Phase 3 Air pro Seats with cockpit covers. One is red and the other is mango. They are two years old and in excellent condition. We are asking \$500.00 each. Contact 401-749-8354 or taylorldk@verizon.net
- **NEW LOWER PRICE! 2001 Wilderness Systems Artic Hawk Pro** - 18 ft. Greenland-style kevlar sea kayak. Excellent condition - \$750. **1987 Dirigo 17 ft. classic fiberglass sea kayak** - large ask/teak cockpit and wood rails. Very good condition - \$750. **2001 Folbot Aleut Expedition** - 12 ft. folding kayak with carrying cases. Very good condition - \$500. 401- 524-5126 cjbook2@gmail.com
- **Malone XV kayak Auto Loader** - complete system, new 2015, never used - \$300. Pat Cosma 401-480-3508
- **Tiderace Xplore-X** - length: 18', width: 24", cockpit: 34.5"x19", depth: 14". Black and red deck over white hull with black keel strip. Gently used for two seasons and in perfect condition - \$2,400. SeaNskidog@hotmail.com
- **Folbot collapsible kayak** - weighs 40 lbs., color is bright orange. 2007 model in like new condition with paddle, spray cover and extra seat included, as well as full directions. Asking \$1000.00. Call Tom at 401-783-2750 or cell 520-240-7353
- **Make me an offer on any item listed:** 226 cm Sawyer kayak paddle (wood, like new), Harmony kayak bilge pump, Kayak seat cushion, Voyageur Paddle Float, Paddle leash, Kayak portage cart wheels, 2 four foot end air bags for OC1, 2 pieces of foam closed cell side flotation, Pair of adjustable foot pegs for kayak. If you're looking for miscellaneous white water items, please email me, I may have them. Email me for details. Jimcole@hotmail.com or 401-699-1172.
- **Valley, Aquanaut Sea Kayak** - plastic, in good condition with built in skeg - \$1000. **Impex Mystic** - 14 foot fiberglass boat in good condition with built in skeg - \$1000. Contact Paul O'Reilly at 401- 640-5052
- **Valley Knordkapp HM** - a classic. Mid 90s model – yellow hull and deck, chimp pump, mounted compass. Used but not abused, stored indoors, clean, good shape. \$1200. OBO. Todd at tsmoore991@gmail.com
- **Dagger Sitka** - fiberglass, yellow/black/white, 17'11 x 22". Good condition. Fast and comfortable; front/rear ultra-wide hatch openings; day hatch behind the cockpit - \$800. cammac@ieee.org
- **Perception "Sonoma" kayak** - Airlite material - white hull red top- length 13' width 23", includes pray skirt and paddle. Like new - used only a few times - original retail \$1,150- ASKING \$645. Contact Allen at 401-739-5151 OR CALAFRANCISCO@AOL.COM
- **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. Photos on request from kfkehoe@verizon.net
- **Valley Sherry Sea Kayak** - a good general use sea kayak, very good condition. Red over white, 17' by 23", skeg, weighs in under 60 lbs. Older boat but always stored inside. Included in price is a neoprene spray skirt, in perfect condition. \$1100. **Skerray RM** - good condition, great rock gardening boat, needs hatches. Kayak has ocean cockpit, skeg, spray skirt (in fair condition) included with sale. \$ 500. Or buy both for \$1500. Contact Ric S. at 508-572-3095 (call or text) , email rj_salty@yahoo.com

Would you like to read more about sea kayaking?

Subscribe to Atlantic Coastal Kayaker

Atlantic Coastal Kayaker will bring you a 36-page issue all about sea kayaking, 8 months a year. (March through December)

**Special rate for RICKA members
\$18 a year – a \$6.00 discount**

Send for a free sample issue.

Atlantic Coastal Kayaker
224 Argilla Road
Ipswich, MA 01938

Phone: 978-356-6112 (phone and fax)

Email: ackayak@comcast.net

Website: <http://www.atlanticcoastalkayaker.com>

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, 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 are at the webmaster's discretion.