

# *Maine Canoe Symposium*

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## **2008 WORKSHOP DESCRIPTIONS- FINAL 2 June**

### **EVENING PRESENTATIONS BY OUR FEATURED SPEAKERS**

#### **Debra & Rolf Kraiker**

##### ***Canoeing In Norway-- The Friday Night Presentation***

The Canadian North provides endless opportunity for exploration in untamed wilderness by canoe. With all that potential, there's no need to step outside the boundaries of Canada in a lifetime of paddling, yet that's exactly what the Kraikers recently did. Join them as they compare a canoe trip above the Arctic Circle in Norway against their experiences traveling by canoe in Canada's north.

##### ***Northern Journeys--Michael Peake and the Hideaway Canoe Club***

Northern Journeys with the HACC is a look back at nearly three decades of northern paddling by the Hideaway Canoe Club. The all-new digital show will examine several historically-based trips by the group featuring the travels of George Douglas, the Hubbard expeditions, Robert Flaherty, Guy Blanchet on rivers including the Coppermine, George, Back, Thelon, Rat and of course, the Morse, which we named in 1985. The show combines both modern and historic photos and features many fun and exciting moments of the HACC northern adventures.

### **WORKSHOPS BY OUR FEATURED SPEAKERS**

#### ***Photography -Creative Ways to Improve Your Images-Rolf Kraiker***

This workshop is intended to give some insight into the process, both creative and technical, that's used to get better photos in wilderness situations. Rolf will provide tips picked up from 30 years experience as a professional photographer that will help improve pictures whether you're an advanced amateur or a budding snap shooter. Topics will cover landscape, wildlife and people in wilderness settings.

#### ***Tips on Simplifying Canoe Camping-Rolf Kraiker***

Over time everyone finds ways of doing this better and easier. Rolf and Debra Kraiker have been exploring the wilderness by canoe for more than 30 years and over that time have found many ways to make life on a canoe trip more enjoyable. During this session they will share a lot of tips and tricks gleaned from their years of experience.

#### ***Canadian Solo Paddling with Physics of Canoe Performance-Rolf Kraiker***

The canoe has been an integral part of the Canadian landscape since long before recorded history. Mastery of the craft requires a solid understanding of the physics involved in precise control. Over many years of teaching paddling, the Kraikers have found ways to quantify the aspects of both hull shape and paddle control surface that allow a paddler to remain in precise control of the craft in any circumstance.

### ***Menu Planning, Nutrition and Food Safety-Debra Kraiker***

Food can make or break a canoe trip. Debra Kraiker's background in nutrition gives her a unique perspective that combines the science and art of menu planning in a way that can make the last meal on a month long canoe trip a culinary delight. Join her as she shares tips and tricks for menu planning and food preparation that balances taste with nutritional consideration and safety.

### ***10 Commandments of Canoeing – Michael Peake***

With more than 12,000 miles of northern routes paddled over 23 years the HACC has seen and done a lot. They learned some things along the way . . . and forgotten more. In their unique and lighthearted way the HACC takes a look at some of the important 'Thou Shalts' in the world of northern paddling - as interpreted by the HACC. This show, created especially for the Maine Canoe Symposium.

### ***The Dummy's Guide to being a Voyageur - Sean Peake***

A complete job description as observed by David Thompson, the world's greatest land geographer.

### ***The Peake Brothers and the Hideaway Canoe Club***

#### ***Northern Crossing, On Thompson's Tail-- The Saturday Night Presentation***

Come and share the adventure of the latest Hideaway Canoe Club trip in Northern Canada which follows the route the famed astronomer/explorer took in the summer of 1796 when he was looking for alternative trade routes. From huge and historic Reindeer Lake, which straddles the Saskatchewan-Manitoba border the trip begins near the site of Bedford House where Thompson wintered over. We also follow, a half century later, the 1957 route of Eric Morse and the Voyageurs who ascended the Swan and Blondeau rivers and crossing the height of land into Wollaston Lake. This lake is drained by the Fond du Lac River into Lake Athabasca. We finished at the town of Stony Rapids. This near north trip is still in wild country and offers miles of runnable rapids in warm waters. Come with the HACC on our first northern trip in six years - following some Legends down a northern river.

## **ONGOING WORKSHOPS AND DISPLAYS**

### ***Traditional Maine Guide Camp and Skills – The Lewises***

Displays, demonstrations and discussions of the highly evolved, yet simple and flexible, traditional wilderness travel skills of the Maine Guide. Dave and Lynne will be working with this equipment for each of their workshops, throughout the weekend.

### ***Voyageur Display – Jeff & Lisa DeHart***

Stop by throughout the weekend and experience how the early voyageurs camp might have appeared. Voyageur Competition for all who want to participate. Come learn how to start a fire with flint and steel, set a trap and throw a tomahawk. Have fun learning voyageur skills and competing for blanket prizes. Sing songs, paddle canoes and identify animal pelts, at the end every one picks a prize off the blanket according to how they did. Come and learn by doing.

### ***Canoe Restoration and Canoe Repair – Dan Eaton***

The smallboat shop specializes in the repair and restoration of wood/canvas canoes and small boats. Our work is done with care toward maintaining the quality of materials, skills and techniques of original construction. Stop by and check out the current works in progress

## **SOME SPECIAL FEATURES FOR 2008**

### ***Down East all the Way-Reinhard Zollitsch***

Join Reinhard, a paddler with thousands of miles of solo ocean paddling under his belt, as he discusses paddling from Boston to St. John, NB - The Maine Island Trail and beyond. Ocean paddling the entire 350 mi Maine Island Trail from Portland to Machias and the two adjoining stretches from Boston to Portland and from Machias to St. John, NB—a comparison and assessment of difficulty.

### ***Trip Planning for Open Water Paddling--Reinhard Zollitsch***

Success is never an accident, but is carefully planned, especially on open water with tips to help you plan your next trip.

### ***3 Lakes, 3 Different Worlds--Reinhard Zollitsch***

Winnepesaukee, Sebago, and Chiputneticook

There comes a point in every canoeist's life when you feel you have done enough small stream, river and pond paddling and are yearning for a more open horizon to canoe into. If you are not quite ready to venture out into the bights and bays of our New England coast or take on some stretch of the Maine Island Trail, what about our big lakes? They are beautiful, majestic and beg to be circumnavigated. What an opportunity, what a trip! You can go for 100+ miles without a car shuttle. Put-in and take-out are the same. Great for a small group, ideal for a solo paddler.

### ***The First Maine Canoe Symposium Canoe-Athlon – Shawn Burke—Saturday at 4:15***

You've taken all the MCS Workshops, so what do you do now? Strut your stuff! Show off your canoeing and camping skills at the First Annual MCS Canoe-athlon. Tandem teams will compete in 4 different classes -- Youth (under 15), Women, Mixed (F+M), and Men -- in a mini canoeing adventure race. From Water Site A, you'll first race our canoe around the island, come to shore and portage your canoe around the beach (Mixed and Men's classes only), stop and tie a square knot and a bowline knot, hop back into your boat to pole around the docks, then come ashore and accurately toss a throw bag to a target. Fastest time wins, but style is important, too! All are welcome to participate in and attend what should be an exciting and fun-filled event. Awards will be presented in all classes -- we'll crown the first-ever MCS Canoe-athlete Champions!.

## **ON-LAND WORKSHOPS**

When one thinks of a Canoe Symposium, one might assume that it's all on-water workshops. At Maine Canoe Symposium, however, we have a rich program of land-based workshops that highlight and explore broader aspects of canoe sport, and we are very proud to be able to offer the following.

### ***The Perfect Forward Stroke – Shawn Burke***

Bow and stern paddlers: Perfect your forward stroke for efficiency, economy, and fun! We'll use a paddle ergometer - an on-land canoe paddling trainer - plus computerized video to analyze and improve your stroke mechanics. Working one-on-one with each attendee in turn, we'll break down the forward into the catch, power phase, and recovery portions, and discover how to optimize each element. Then we'll learn how to link them all together in one fluid stroke. Each participant will receive a CD with an MPEG video of their stroke taken from various angles during their one-on-one session. While we're limited by equipment to 8 paddling participants, all are free to attend, watch, and learn.

### ***Choose a River in Maine – Mike and Shauna Patterson***

What's good and where is it? How do I find a river that suits me and my group? How many days do I need? How do I get there and back? Are there any black flies? What's the best time of year to go? What will it cost? Finding the right river and planning the trip can and should be a lot of fun, sometimes even more fun than actually doing the trip, especially if the weather turns on you. Come share the fun and we'll explain how it's done!

### ***Resources and Tricks for Identifying Old Wooden Canoes – Benson Gray and Dan Eaton***

The "Identifying old wood canoes workshop" will be an interactive session to help people research the history of their canoes. I will have my laptop with a copy of the Old Town, Carleton, and Kennebec serial number records that can be used to provide more information about these canoes. Other builder's catalogs will also be available electronically to help identify wooden and more modern canoes. Other topics may also be covered depending on the interests of the participant

### ***Menu Planning and Camp Cooking– Mike & Shauna Patterson***

Canoes can carry the load, can you? You don't have to eat freeze dried out here, this isn't a backpacking trip, live it up and enjoy the best there is to offer. With over 25 years of doing canoe trips, I have come to the conclusion that I should eat like this at home and not just on the river. With today's choices in the grocery store and all the convenient packaging, and a little preplanning, you should eat like kings and queens. When other groups on the river observe what we're having for supper, it usually blows their minds. Let's chew on this together for a while. Part II after lunch on Saturday is a camp cooking demonstration.

### ***Reflector Oven Baking – Dave & Lynne Lewis***

A fireside workshop, we will discuss campfire baking with a reflector oven. We will analyze the various designs of available ovens, fire-making strategies, and share some favorite recipes. We use an oven based on models refined by the early 1800's, and would like to share our experiences of baking with such an oven. Typically, we will have a baked dessert and bread each day on our canoe trips, and would like to share our ideas with you.

### ***Essential Knots – Harry Rock***

Ever wonder how to properly tie a canoe onto a roof rack so it doesn't fly off and hit the car behind you? Ever wonder how to tie two pieces of rope together? Ever wonder how to shorten and tighten a piece of rope without cutting it? Well, this basic knots class is for you. We will cover the square knot, bowline, half hitches and slipknot as starters with others to be added based on class time. We also cover how to properly position a canoe on a canoe rack and how to tie it down to prevent it from shifting sideways in the wind and even worse, becoming a poor example of an airplane as it leaves your rack in the highway due to being improperly secured. Everyone needs this basic class for tying canoes to cars and docks, and how to tie up tarps and tents. You will have fun and learn a lot as well!

### ***Sewing Workshop – Jane Barron***

Make your journal cover or Voyageur bag. All the materials provided for a \$10 fee. Drop by Jane's Alder Stream Canvas tent near Memorial Hall anytime during this extended workshop time.

### ***The Bottomless Daypack – Dave & Lynne Lewis***

Weather and traveling conditions can change quickly on a canoe trip, and travelers often need access to a dizzying array of accessories to stay comfortable. Everything from binoculars, compass, sunscreen, bug dope, matches, wind shell, rain gear, water bottle and numerous other essential items (and some for fun) need to be easily accessible. Come explore the contents of our day packs with us, and talk about effective designs and organizational strategies.

### ***Extended Canoe Trip Planning – Gil Gilpatrick***

Whether you are taking your family or a small group, if you are responsible for planning and leading a river trip there is a lot that you can do to increase the chances that it will be successful. Using his book [The Outdoor Leaders Handbook](#) as a starting point, Gil will cover all pre-trip preparations and planning, on water safety and logistics, and helpful tips and techniques while at camp. Gil has years of experience guiding groups on the Allagash and has a wealth of knowledge to share.

### ***Building Outdoor Gear – Gil Gilpatrick***

Outdoor people don't make their own gear to save money. Economy isn't the objective; it is the satisfaction of making something and then seeing it do what it was designed to do. And, they will argue, what they make is better than what they can buy. And, they are right! Gil will cover projects, materials and techniques featured in his book Building Outdoor Gear.

### ***Yoga with Chris – Chris Faria***

Through the use of conscious breathing, body and mind become calm and aware; from this stillness emerges a deep sense of peace, nourishing the spirit. Join Chris Faria for a period of gentle stretching and flexing, breathing exercises and relaxation techniques. Awareness rather than performance is emphasized in this session. All are welcome, especially beginners. Chris has over 25 years of experience in Yoga, dance and fitness conditioning.

### ***Paddle Making – Extended workshop - Caleb Davis***

Here's a great opportunity to make your own traditionally shaped canoe paddle. Something you can admire and use for years to come. The action of this paddle using traditional canoeing technique is smoother in the water and less stressful to the paddler than in using a wider bladed paddle. Each participant will select a cherry one piece traditionally shaped blank. All blanks are splined to promote paddle lightness and strength. Instruction, and hand carving and finishing tools are provided (non-electric). It usually takes 7-8 hours to complete. The completed paddle is ready for varnish or polyurethane. The fee is \$80 per paddle

### ***Map & Compass – Randy McEwen***

Basic map and compass will entail learning the basics of the topographic map and how to use their compass on the map and how to use it in the outdoor world.

### ***Basics of Using GPS Devices – Randy McEwen***

Come learn the basics of using a GPS for navigation. This will be a basic course describing the screens and what they mean, how to make way points and go to them, changing coordinate systems and map datums and some question and answer time. We will go for a walk around the camp so participants can get a feel for how the unit will act in the outdoor world.

### ***The Allagash by Waypoints – Randy McEwen***

We will take coordinates of topographic maps of the Allagash and make them into waypoints so we can have all of our start points, campsites, points of interest, end points, bridges, Michaud Farm for check out, Allagash falls, all the places to keep your trip on track and safe. Learn how to compare an older topo map to a newer updated map to get more accurate information. I have found that people would really like to paddle that or any river but are hesitant about getting lost, and this workshop is designed to instill confidence.

### ***Practical Realities of Leave no Trace Camping-Ray Reitze***

In the words of Leave No Trace Center for Outdoor Ethics, Leave No Trace is "an educational and ethical program" designed to help backcountry recreationists understand and minimize their impact on the land. In the face of ever-increasing use of public lands, the program was developed to help keep people from "loving the backcountry to death." Meant to be viewed as guidelines for those who care about the land — not as a set of rules — Leave No Trace principles were developed in cooperation with the U.S. Forest Service, National Park Service, Bureau of Land Management, and U.S. Fish and Wildlife Service. Ray wants to discuss with you how to interpret and apply these principals to individual situations.

### ***First Aid Kit Essentials-Lisa Lisius & Lisa DeHart***

First aid kits are as individual as paddlers. Most of us have found items that we can not travel without. The balance is size and content for the context of your trip. This workshop will discuss first aid kit components and contents from "boo-boo" to expedition kits. Participants are invited to bring their kits for some "show & tell."

### ***Basic Sharpening-Kevin Silliker***

Basic hand sharpening for all knives, axes, and straight edged tools. Hands on session. Bring your dull tools and restore them to shaving sharpness with the help of a custom knife maker!"

### ***Canoescapes-Mike Shannon & Kirk Wipper***

Come celebrate canoeing. Relax your mind and spirit. **Canoescapes** is a gathering of folks enjoying the stories and adventures that connect us to our canoeing heritage. Bring something to share and read aloud, if you like, a poem or short story. Enjoy this time for reflection at Camp Winona.

### ***Wilderness Walk-Kirk Wipper***

Enjoy time spent with this knowledgeable and playful icon of the canoeing world. Kirk Wipper is a visionary legend of canoe history. As a long-time collector of canoes from around the world, Kirk's passion led to the creation of the Canadian Canoe Museum in Peterborough, Ontario. The Museum is a not-for-profit organization whose mission is to preserve and share the culture and history of the canoe. It houses hundreds of astonishingly beautiful and diverse paddle propelled vessels and is the world's largest collection of canoes, kayaks and related watercraft. In his 80's, Kirk still continues to ply the waters in his favorite craft, and dreams of his next northern adventure. Join Kirk and learn a little about our natural environment and have a lot of fun spending time with MCS's grandfather of canoeing.

### ***A Walk on the Wild Side-Mike Shannon***

Come and whet your appetite for things wild and natural. Join us as we explore and discover the wild side of this place . . . Camp Winona. Learn to identify common species, sharpen your observational skills and arouse your kinship with all life. The possibilities will surprise and delight you.

## **ON-WATER WORKSHOPS**

**NOTE:** The weather in Maine is highly variable and the safety of participants is our priority. In the event of thunder, water workshops will be cleared immediately and remain cleared until 30 minutes after the last thunder, in accordance with National Weather Service recommendations. In the event of wind or rough water, workshop leaders may, at their discretion, cancel the on-water session or move it to land. In the event of delayed or cancelled on-water workshops, please visit one of our many on-land offerings.

### ***Star Gazing/Night Paddle – John Meader***

Star Gazing/Night Paddle. Join John (a professional planetarium director for more than 25 years) on a late night paddle after Friday night's presentation. We will paddle out into the lake far enough to get a good open view of the skies. From there, we will raft together, lie back and do some star gazing. Come learn a few early summer constellations, see the visible planets, a shooting star, and perhaps even contemplate the meaning of the universe! The late night paddle will be limited to six boats (twelve people) and contingent upon having clear skies. Everyone bring a flashlight, paddle, and a PFD.

### ***All Women's Poling Clinic – Lisa DeHart***

In a small class of 5 learn the basics of choosing a boat & pole, where to stand and very basic maneuvering. How to turn right & left, push off nice and straight, how to stop and sideslip. Women teaching women, learn from someone with your sized arms, your upper body strength and plus I know how your brain works! We're not building a rocket ship, just having a blast on the water, so come and play.

### ***Traditional Solo Paddling – Caleb Davis***

If you've ever seen Becky Mason paddle at previous Symposiums and said, "I want to learn how to do that!" this course is for you. Traditional solo is a paddling style seen more commonly in Canada, practiced by such notables as Omar Stringer and Bill Mason. In traditional solo, the paddler kneels amid ship in a tandem canoe, tucks their knees into one side of the hull, and heels the boat to the paddlers side until the gunwale is close to the water. This lifts the bow and stern out of the water, effectively creating a shorter canoe that turns more easily.

### ***Introduction to Solo Free Style canoeing – Kim Gass***

Freestyle canoeing often thought of as canoe ballet on water with its dramatic mysterious turns and sideslips. An art form in itself it has many practical applications for the tripper in that it makes maneuvering effortless; its nothing more than the application of forces and levers...don't you wish your high school physics course was this fun? We will explore how to make your canoe obey your every command with static strokes, weight shifts and changing the hull shape of the boat. Small solo boats will be available but no matters what the size, if you have a favorite boat, bring it! This session is for the curious paddler who has never sampled freestyle.

### ***Freestyle for the Wilderness Tripper – Kim Gass***

We will explore the use of static strokes to get you close to your portage endings. Learn how to maneuver at slow speeds to get up tight to that shoreline with the pretty plants or get around rocks easily. Static strokes can also make maneuvering on twisty rivers a joy! No heeling (boat tilt) required. Solo boats available; if you would like to bring a tandem, please do!

### ***Northwoods Paddling – Jane Barron***

A variation on the "slicing J" (or "Canadian" stroke in Bill Mason's lexicon), true Northwoods paddling uses a narrow-bladed beavertail paddle at a fast stroke rate, a slight bob to the torso to engage the abdominal muscles, and a slicing underwater recovery to cover a lot of miles with less effort. And if all that sounds like mumbo jumbo, take the class to learn a traditional paddling stroke used by Maine Guides to Paddle all day, and not get tired. A working knowledge of the J-stroke is helpful.

### ***Modern Poling – Harry Rock***

Canoe poling teaches the canoeist what a fun and practical sport poling is for exploring remote streams and rivers. Standing up in a canoe pushing a 12 foot pole is a unique and effective means of moving upstream into inaccessible areas where road access is very limited or non-existent. It is also a wonderful way to enjoy rivers in low water conditions where there is still enough water for the canoe but not deep enough to paddle without pushing off the bottom. This canoe discipline allows the boater to eliminate the need for shuttles as the put-in and the take-out are one in the same on a river or lake. While breaking the rules of never standing up in a canoe, the canoeist quickly learns how easily balance is acquired and that standing is more stable than sitting. The symposium workshop not only covers many shallow water techniques; it also focuses on maneuvering and power strokes in deep water. Proper body positioning in the canoe as well as hand positions on the pole are covered. This a beginner level class so prior poling experience is not required. You are guaranteed to have fun so sign up and become part of a truly "upstanding group" of canoeists who stand tall and carry a big stick!

### ***Fun with Playboats – Ben Meader***

Whitewater Lovers Anonymous: Whitewater, whitewater, whitewater. Some of us take heed of it, while others of us need it. If you are one of the latter and are hopelessly addicted to this sinfully wonderful sport, don't worry, you're not alone. Whitewater Lovers Anonymous (WLA) is a positive support group for those struggling to reconcile their differences with the river, and for those who wish to know how to tame and enjoy their addiction safely. Okay, who are we kidding? Whitewater rocks, but why use a playboat? If you'd like to discuss your feelings on whitewater, learn about it, reminisce about it, or if you're interested at all about it, then the WLA could help you with your problem- we will be looking at why playboats are the way they are, paddling them (and probably rolling them), and of course talking about whitewater. Come and learn some, share some, and maybe try an open canoe roll. WLA is completely confidential.

### ***Introduction to Paddling – Ben Meader***

Intro Paddling will give you the basic skills needed to propel a boat where you want it to go. You will learn how to get into and back out of a canoe – and stay dry in the process! You'll cover the strokes that form the foundation of canoeing. You will learn how to move your boat forward and also how to turn and spin it.

Optional topics, selected by the instructors, may include selecting and fitting a PFD, or an introduction to the J-stroke. Even if you've paddled a canoe before, the Intro class will help you brush up on what you know before taking a more advanced class, correct a bad habit, or even teach you something new.

### ***Whitewater Strokes – Rory Matchett***

If you are bored with flatwater, or plan on doing some backcountry trips that include moving water, you'll need to learn a few stroke combinations that keep you on the right side of the water in rapids. You'll learn tandem combination strokes such as on-side and off-side eddy turns, side slips, ferries, and setting. Emphasis will be placed on becoming comfortable with boat lean, and learning high and low braces. While this course will be taught on flat-water, the lessons will carry over to moving water.

### ***Intermediate Paddling – Kevin Slater***

Intermediate Paddling assumes that you have completed and mastered strokes covered in the Intro Paddling course (forward stroke, draw, pry, sweep), and have a working knowledge of the J-stroke. We'll focus on coordinated bow and stern maneuvers such as side-slips, shifts, U turns, and take turns running an obstacle course. Expect lots of interaction with the instructor!

### ***Refining your J-stroke – Kevin Slater***

Kevin will teach the J stroke and some of its many variations for stern paddlers. Learn about its history and what an effective stroke it is. This on water workshop will give you plenty of practice with the J-stroke and the chance to have your J-stroke critiqued by a pro.

### ***Traditional Flat-water Tandem Paddling – Caleb Davis***

Tandem paddling is teamwork. Two people working together to accomplish the same goal, move across the water to the same destination at a mutually agreed upon rate of speed. Sounds simple enough? But, why is it that this simple task has the potential to generate so much discourse? Even to the point of breaking up a happily married couple. Communicating and working together will facilitate good tandem paddling, add good technique and the tandem paddlers will glide across the water like a well oiled machine.

### ***Introduction to Paddling for Women – Polly Mahoney***

Polly will go over parts of the paddle, canoe and basic paddling strokes in the bow and stern. We will practice sideslips, turning and paddling in a straight line. Come learn in a supportive environment!

### ***Sunday Morning Voyageur Canoe Paddle with-Jim& Lisa Lisius***

All ages welcome to join us as we take out one or two newly restored voyageur canoes for a paddle down Moose Pond. We will take a short coffee/tea/hot chocolate break before heading back to Camp Winona. So take this opportunity to experience the easy flow and comradeship of voyageur canoe travel.

### ***Sit & Switch – Jim & Lisa Lisius***

Also known as North American Touring Technique, this is the most efficient style of paddling and the basics are easy to learn. So if you want to go fast, or just further without as much effort, come learn about bent shaft paddles, improved forward stroke dynamics, seated paddling with foot braces, eliminating dragging strokes that slow your momentum, and steering primarily by switching the paddle from one side of the canoe to the other. Teamwork is key, and when you and your partner get this technique down, you will be gliding effortlessly across the water the way life is supposed to be.

### ***Recreational Poling-Kevin Silliker***

The program will introduce beginners to the art standing in a canoe and controlling its movement and direction with a 12 foot, black spruce pole; in the style of the river guides of Maine and New Brunswick. Topics to be demonstrated and practiced include: stances, grips, balance, turning the boat, propulsion (forward and backward) and stopping. Come surprise yourself with how quickly your comfort and confidence builds when standing in a canoe!

### ***Skill Building for Women –Polly Mahoney***

What do you want to learn or improve? Come work on the paddling skills that YOU want to develop. Is there a particular stroke you struggle to perfect? Would you like your paddling style reviewed? A great opportunity to get some individual attention to improve your skills.

### ***Canoe Safety – Rory Matchett & Kevin Silliker***

Come to this clinic to learn or refresh your skills in canoe over canoe rescue, use of throw bags and other canoe safety related items! This is one clinic where you are guaranteed to see some of the pro-staff getting wet in those cool waters of Camp Winona.

### ***Double Bladed Paddling-Geoff Burke***

This workshop is about the sizing, selection and use of a double paddle in a canoe. Double paddles and canoes will be available to try.

### ***Canoe Sailing – Benson Gray***

Before there were any "one-designed" sailboats such as the Sunfish, Sailfish, Butterfly, Laser, etc., the canoe was a boat hull that was easily converted into a sailboat. Back in 1880 the American Canoe Association was founded and its first competitive event was a sailing canoe regatta held at Lake George, NY. This activity has been going on ever since. At the Maine Canoe Symposium I will demonstrate three canoes that have been converted for sailing using a 55 sq. ft. and 75sq. ft. sail, steered either with or without a rudder and in some cases without drilling any holes through the canoe. Weather permitting you will have a chance to sail them, even if you have never sailed before.

### ***Drafting and Wake Riding – Shawn Burke and Ben Meader***

Limited to Intermediate and Advanced paddlers.) How would you like to save 20% of your paddling energy each time you're on the water with other boats? Learn how to save energy and even travel faster on your canoe trips by wake riding. We'll demonstrate stern and side wake riding positions. Next, we'll lead all participants in a "conga line" so you can try riding stern wakes. Then we'll form a pack so you can experience the efficiency and camaraderie of side waking. As time permits, we'll introduce other wake-riding techniques and demonstrate how to switch positions in a pack

### ***Canoe Racing for Mortals-Starts, Turns and Tactics – Shawn Burke***

(For Intermediate paddlers who have a good working knowledge of Sit and Switch paddling technique.) Come get a taste of the fun and excitement of canoe racing! Attendees will try their hand at mass starts, buoy turns, and learn a bit about race tactics. We'll conclude with with a short 1-loop race. Attendees will receive information on how and where to get started in racing, including a list of resources, pointers to sanctioning bodies, synopses of local races, and descriptions of race classes. Great prep for the War Canoe Race.