



THE YUKON PADDLER WINTER ISSUE 2002



Coast Guard regs affecting paddlers
Native War Canoe Trip in Ross River
Off Season Training for Paddlers
Kayaking Vacation in Chile
RCMP Youth Program
Stikine River Canoe Trip

The Put In

The Yukon Canoe and Kayak Club has had great energy this year with lots of volunteers making a variety of events possible. A BIG THANKS to the Prez Violet Vanhees for keeping everyone organized and making it all happen!

Our Monday and Thursday night drop in sessions at the intake this summer were very busy. Sea kayaking courses put on by Gary Morgan were so popular that extra courses were run to accommodate everyone. Weekly down river races and Yukon Cup races were well attended and superbly organized thanks to Yannick Bebard. The Yukon Whitewater Rodeo was a real success with lots of participants and spectators. Thanks to Nikki Krockner for a great job in organizing this event.

The Yukon Canoe and Kayak Club is in full swing this fall at the new pool. Kayak water polo is on Friday nights, thanks to Muguette Laflamme and Ingrid Wilcox for putting this together and to John Quinsey for building the nets.

A BIG THANKS to all our volunteers!

"Try It" dates at the pool (where anyone interested, club member or not, can come try out a kayak): January 19 and March 16 Kid's Kayaking: First Sunday of every month, at the pool, 4-6 p.m. Open to any interested kids aged 8 - 15. Kayak polo: Friday evenings (but not all the time - check for dates), 8:00 - 9:30 p.m., for YCKC members. Check e-mails or call Violet at 633-3154 for scheduled dates. Major fun, and great for your paddling skills! Coming in January to May 2003, at the pool: more kayak polo;

kid's kayaking on the first Sunday of every month; rolling lessons; intro to paddling lessons. Stay tuned!

Coast Guard Regulations Affecting Paddlers

The objective of this letter is to get some of the Coast Guards Regulations changed. Since these laws were legislated our only approach is to get the lawmakers to legalize some exemptions or change the law. This is your MP's and Senators job. When they ask a question in parliament the government has to answer. If enough of us ask our respective MP's to ask questions, the law will be reviewed and changes will be made. Remember we are all voters, the laws are made to protect us and your MP is representing you in parliament.

You can find the Coast Guards Regulations under:

http://www.ccg-gcc.gc.ca/obs-bsn/sbg-gsn/canoe_e.htm

According to these regulations:

1. US-made lifejackets and PFD's aren't acceptable unless they are Canadian CERTIFIED through, DFO, DOT or Coast Guard... and the Canadian certification process is lengthy and slow. US vest may not be approved because they are not bilingual. Coast guard approval system is 20 years behind time. **Most of us would have to switch to lower quality equipment at added expense.** Some approved suits such as the Mustang are dangerous to wear in whitewater.
2. Rope, whistle, bailers, and signaling devices are not needed in play kayaks or on some river. It is a questionable added expense and inconvenience to the club and club members.

Coast Guards Regulations may not stop here, courses may be required to kayak, canoe or raft. Boats themselves might have to be Coast Guard approved.

It is time to voice our opinions. **Contact your MP and your Senator.**

In the Yukon: Larry Bagnell at 668 6565.

Ione Christenson at: 667 4771 or Ottawa: 1 800 267 7362

By Bob Daffe

Traditional Native War Canoe Trip to Faro

On the 24th August this summer, Ross River Recreation Society was able to offer a unique experience for the youth and the residents of Ross River thanks to the loan of a traditional war canoe and equipment by the RCMP headquarters in Whitehorse. Many people showed an interest in this event due to the enjoyable experiences they have had in previous summers due to the involvement of the Yukon Canoe and Kayak Club. We were also lucky enough to have two German Canoe enthusiasts who were visiting town at the time and were keen to join us on the voyage. With a formidable crew of ten, the 32 ft canoe was launched into the Pelly River on a sunny Saturday Morning. For many, this was their first time in such a large canoe, so there were a few uneasy glances as everybody took their positions. However everyone soon settled down and began to enjoy themselves once we were out into the current and had mastered the technique of paddling in unison. It was not known how long we would take to paddle the 75km(approx) to Faro in a Canoe of this size and with such a range in experience amongst the paddlers, so this prompted a few of us to lay down bets ranging from 4-8 hours.

We canoed through some beautiful sections of this river and there were a number of times that we had to be reminded to paddle instead of gazing at the cliffs and looking for the faces that the younger crew members had spotted in the shape of the rocks! The stern master, Cst. Marc Gabriel did an excellent job at keeping the boat (and it's crew members!) in line, even during the moments when we would all suddenly stop to look at one of the 3 Bald Eagles that we spotted that day. He made it look much easier than it is to steer a boat of such a weight and size. We had an excellent lunch (thanks Kym for the preparation!) when we found a good landing site on an island just past the confluence of the Lapie River.

After about 5 hours of paddling, our arms started to get tired (and other parts started to get numb!), we

were starting to wonder if we would ever make it to Faro. It seemed so near by the look of the mountains, yet as we rounded each new corner, our hopes were dashed. Still in good spirits however, we continued on, encouraging those who were tiring of the paddling. Finally, exactly 7 hours after we began our epic, we broke out of the last rapid in spectacular style and landed the canoe just the other side of the bridge in Faro. Despite having had an immensely enjoyable experience, I think we were all glad to be on solid ground again.



Thanks goes out to: the RCMP Whitehorse for the Canoe and equipment; Cst. Marc Gabriel for organizing the event and acting as stern master; the RCMP Ross River and Faro for shuttling the crew members back to Ross River; Kym Barrett (Recreation Director) for organizing the event and supplying lunch; Dennis and Ingo for adding a bit of German Canoe expertise and paddling power to the crew; Kelsey Wheeler for help organizing a shuttle vehicle in Faro; and last but by no means least THANK YOU to everyone who came on the trip to make it an enjoyable and memorable experience.

Written by Kelsey Wheeler



Off-season Conditioning for Paddlers

Violet van Hees (BCRPA registered Trainer of Fitness Leaders, Weight Trainer, and Group Exercise Leader)

I know, it's way more fun to sweat out a workout inside some rubber suit sitting in some plastic tube (enclosed or not) with some kind of long implement of paddling power in one's hands.

However, the soon-arriving prevalence of ice on our water playgrounds will limit such fun to the tropics of the new pool. And so, some are looking for alternative ways to keep the paddling muscles buff until it's time to flex in neoprene again.

I'm not going to give you a full "paddlers work-out" here, with specific exercises and all that. If you would like that, let me know and if enough people are interested the club can set up a workshop at one of the local gyms to show you some good exercises and proper technique to make sure the right muscles are doing the right job.

For now, I'll give you some pointers to help you organize your off-season "cross training most effectively.

The general idea in off-season training is to prog-

ress through this kind of pattern:

1. **general overall strength conditioning:** building your base muscle strength (in the limbs and in your core), getting the muscles used to the exercises, and making sure you have good technique. (6-12 weeks)
2. **moving from strength into power work, for those muscles used for power:** power is a combination of strength and speed. A muscle trained for strength needs to now be trained to offer strength and speed together. At the same time, keep on with the general conditioning for the core muscles used for stability and just strength- adding new variety to those moves to increase the versatility of those muscles. (4-8 weeks).
3. **sport-specific training:** as you get close to paddling season, aim to do exercises that mimic the movements used for paddling as much as possible. So, for example, your core abs and back training would involve core-stabilized moves on diagonal lines, with a bit of well-supported torso rotation added in. (Note: this is NOT the same as those rotations some folks do holding a broomstick on their shoulders and twisting with momentum from side to side – that exercise will just help you blow out a back disc or two...). And your arm work-outs would use the arms on lines of pull and push you use for paddling. (the 4 weeks before paddling season).

When starting a new exercise routine, or re-starting after a month or more of doing it before, EASE INTO it. Your initial goal is to build a good conditioning base, before you start to specialize your training (for power, for building muscle size, or whatever).

For your general conditioning routine, choose 8-10 exercises that hit all the major muscle groups in the body. (Multi-muscle exercises are great and tend to be the most "functional" ones for real life applications - ones like squats, push-ups, pull-downs, and lunges.) Do 1-3 sets of between 8-12 reps. Use enough weight during each set to reach a level of fatigue within those 8-12 reps where you know that on the next rep your technique would get sloppy. Stop BEFORE you get sloppy – your primary goal is to keep good technique and make the right muscles to the job. To get improvements in your muscles strength, you need to do this general conditioning weights workout only 2-3 times a week.

Balance out the weights work with some cardiovas-

cular training: any activity that gets you puffing somewhat but not out of breath, sustained for 20-60 minutes at a time, 3-5 times a week will build your cardiovascular base.

And, keep your joints and body open and able to move in a full functional range of motion. You can achieve this by making sure you work out through full ranges of motion, and by making sure you develop balanced muscle strength on the front and the back of the body. Then augment where you need to with some *effective* stretches that *successfully target* the muscle you want to get at.

Paddling is a very 3-D sport – you bend and pull and push in lots of different directions. So you are going to want to make sure that, especially as you get closer to paddling season, you work more and more with free weights, those big balls, and exercises that work your muscles through lots of different angles.

And, very key, you need to learn how to really use your core ab and back muscles to give you rock-solid core stability in all directions. Sit-ups done the way most people do them do NOT achieve this. Way more effective and functional is simply learning to hold your LOWER abs lightly firm and lightly pulled in, with your back and neck tall and in a neutral curve, during every exercise you do.

There you go – a few tips to help you get the most out of your winter work-outs. Have fun, and no, please *don't* wear your favourite polypro and neoprene in the gym, OK?



Violet Vanhees powering through the slalom course

Hello Everyone,

I just wanted to extend my deepest gratitude to everyone who devoted time to the YCKC Whitewater Festival this past July. Festivals like this one only happen when volunteers contribute many hours commitment. Approximately 50 man/woman hours were spent setting up the slalom gates alone! (I left the Yukon before they could come down - oops) If I am around to organize this event next summer, I'll set someone to the task of finding shirts or hats for the volunteers. I was pleased with the turnout of participants, so thank you to all you paddling extroverts. To any of the spectators, your applause and cheers were wonderful; you now have 7 more months to exercise your vocals for next years event. If anyone has comments about the festival I would appreciate any feedback.

Happy paddling!
Nikki Krockner



Kevin Daffe linking some ends at the Whitewater Rodeo



Dean Bennett, Youth Program participant, surfs it up at rodeo

A KAYAKING VACATION IN CHILE

Paddlers: Bob Daffe, Peter Finoff, BJ Finnoff, Theresa Landman, Xavier Pocard, Laurent Ragot

The capital of Chile is Santiago. In the core of the city we noticed the street vendors had their goods on a piece of rug with the four corners turned up. The carabineros (police) came by and the vendors grabbed their goods in a heap and ran. Some came and hid by us at our restaurant table. One girl who was hiding asked if she could have our packages of sauces from our table. When the carabineros left all the vendors went back to the streets to sell. Street vending is illegal in Chile; we passed the girl who now was selling our packages of sauces and Bob asked her jokingly how much she wanted for them. She blushed as we walked away smiling.

Our 1981 Subaru took us through Chile. The engine was overheating and we had to stop every five minutes to top it up with water. Lots of people don't bother with antifreeze because it's expensive and use plain water, which causes the radiator to rot. While we waited for a new rebuilt radiator we headed to Pichilemu, a great place for surfing, horseback riding on the beach or just chilling out.

Punta Lobo is a point break where huge tubes are formed. Bob and I got our kayaks out and quickly got separated in the massive waves. At the crest of some waves it was 15-20 ft high and the ride itself was sometimes 300- 400 meters long and very fast. I got swept over to another beach without realizing where I was, getting caught on the breakers on shore. Bob had one long freaky ride on a massive roller that sent him at an incredible speed towards some rocks, which he quickly dodged. We had incredible surfs; it was definitely the best ocean surfing.

Up the North coast of Chile, people would stand on the side of the road and sell anything to make a dollar. Someone holding a fish still dangling from a hook or holding a side of goat to entice you to stop. The scenery changed into a vast desert; it was mountains of sand, where eventually it was too dry for cactus to grow. When you arrived at the towns it was usually a nice oasis of palm trees and greenery, which looked a little out of place. The desert had mirages that

tricked us to believing there were huge lakes.

The most northern town in Chile is Arica, which borders Peru. We went for a walk on the beach, headed North towards Peru. After a while, we decided to jog back, but instead of running on the sand we jogged a bit inland a couple of hundred yards, it was harder ground and there was a trail. We ran towards some old buildings, which turned out to be army buildings. There was a gate and a couple of soldiers came out, machine guns pointed at our bellies. They asked us what we were doing. Bob said "Just jogging back to the car." An officer told us that it was a restricted area. And Bob replied "We did not see any fence or signs or anything." The officer had an incredulous look and was very puzzled. He told the soldier to open the gate, looked at us and told us "You just ran through a mine field!" This was no doubt our lucky day and a real close call.

Driving from Arica at ocean level to Lago Chungaró at 4500 meters in one day left us weak. Hiking up a hill to get a better view we were out of breath quickly. We lied awake all night making sure not to wake the other person up, realizing later that neither of us was sleeping. Headaches and lack of sleep—Welcome to High Altitude.

We drove back to the Lake District in Central Chile and climbed the volcano Villarica. It was interesting to see that the Israelis, who were with us, had never seen snow before. They were fascinated by the snow and had a hoot bum skiing down the mountain in the dug out snow channels.

We paddled extensively in the Lake District of Chile and then headed south to the Futalefu river. This is a very popular BIG volume river with challenging Class V rapids and great surfing. Traveling with us was a Chilean family that are good friends of ours. They would do our shuttles and prepare the food, which made it very easy for us. We met some French kayakers that were looking for a group that knew the river and they zoned in and decided to paddle with us. It made the evenings interesting as talk went back and forth from Spanish - French - English with lots of translating.

We were ready to paddle the Upper Futalefu. The toughest rapids on the Upper section are Zeta and Throne Room.

Zeta has a place called the "Room of Doom" on

river left that looks doubtful you'd get out of. It also has an undercut wall at the bottom of the rapid so you do not want to be swimming. Its fairly smooth when you enter the rapid and then there is a huge curling wave that tends to flip or turn you, after this there is a hole and sometimes boaters get shoved in a funny eddy right against the wall on river right near the hole. Six of us ran the rapid; there were nine flips but no swims.

The Throne Room is a huge volume rapid with a steep gradient. There is a massive rock at right of middle near the end of the rapid called the Throne. On river left of the Throne there is a river wide hole to shore. If you run the right of the Throne you will go in the Toaster. This is where the water hitting the Throne slides off to the right. The flow of current on river right folds into it under the rock. This creates a nasty fold in the river that sucks you into a little room under the massive rock and kayakers disappear underwater. Everyone says its flushing but it sure looked ugly. Peter ran the rapid and ended up in an eddy on river right just above the Toaster. Sometimes you can make it clean through on the right without going in the Toaster which he tried, but he didn't make it and he completely disappeared for several seconds underwater and then reappeared about 20 meters downstream. I was the next victim and flipped half way through the rapid rolled up to find myself surfing on top of the Throne! It was wild and fast, I flipped again, got toasted like Peter and resurfaced a ways downstream. BJ made it left of the Throne and got hammered in the hole a little, as did one of the French kayakers. The other French kayaker was in a C1, he was part of the French Slalom team. It was awesome to watch him paddle and catch difficult eddies. He planned to catch the river right eddy above the Throne and then ferry above the Throne and try hitting the hole where there is the least trashing. He ran the rapid just like that, except he hit the meat of the hole and really got tossed around and worked. He was ripped right out of his kayak and had to swim. Bob was the last to run the rapid because he was filming everyone. He knew for sure he didn't want to get toasted so he ran a good strong line just to the left of the Throne, hit the hole for a few seconds and popped on out.

A kayaker from Wales told me she ran Throne Room rapid blind. She figured that if she would look at it,

kayaker down the rapid but ended up in the river right eddy above the Throne. When she saw it she got out, hiked her boat back up the whole rapid, paddled across to the trail and portaged. I guess she had seen enough!

We met some Ottawa kayakers on the Futalefu who were there to teach kayaking. They were all in play boats shredding up a good surf wave near their camp; they were amazing to watch. They didn't seem interested in running the whole river from top to bottom but were more into playing. They had come to Chile just to do the Futalefu river and had not paddled other rivers in Chile or seen any other part of the country. It was a very different way of traveling and boating to us.

By Theresa Landman



Bob Daffe looking small in the maw of Zeta



Scouting Throne Rapid, the Throne is the huge rock near the bottom of the rapid.



Jody Schick cart-wheeling in the spin wave

Say no to drugs, yes to whitewater

This past paddling season, three Whitehorse RCMP officers and a probation officer set out to provide twelve disadvantaged youth with an alternative to drugs and alcohol, and some whitewater experiences that they won't soon forget.

RCMP Constable Eyvi Smith and Whitehorse probation officer Andrew Hyde, both local raft guides, recognized an opportunity to help youth develop self-esteem and the skills. With assistance from constables Stefan Cadiuex and Jeff Monkman and a raft from the RCMP, whitewater training began.

The program began in April with weekly sessions in the Whitehorse city pool, the only non-frozen water around. Throughout May and June, the youth met every Wednesday to practice rafting, kayaking and river rescue on the Yukon River where the Yukon Canoe and Kayak Club has developed a whitewater playground.

At the beginning of July, Bob Daffe of local rafting company Tatshenshini Expediting provided the youth with a four-day raft guide training program. They spent the final day on the upper canyon of the Tatshenshini River, a class IV section of whitewater.

"Once you've guided a whitewater raft through class IV water where clients are depending on your judgement and your skills, your sense of self confidence grows ten-fold," said Constable Smith. The

program also provided the youth with an opportunity to see the off-duty side of the officers, laughing and enjoying the river.

One of the participants, Rob Smith was hired by Tatshenshini Expediting to guide day trips on the Tatshenshini. Daffe also employed Smith to accompany him on the McNeil River, a remote tributary in north-eastern Yukon.

With the continued support of the RCMP, the Yukon Youth Investment Fund, the Yukon Canoe and Kayak Club, and Bob and Lynn Daffe of Tatshenshini Expediting, the program will introduce twelve more youth to the thrill of Yukon whitewater next summer.

– Andrew Hyde and Eyvi Smith



Many paddlers having fun at the New Whitewater Park



Running Chapea Rapids on the Upper Stikine River

A group of six from Whitehorse canoed for nine days on the Upper Stikine River in Northern B.C. A real fun (Class 1-3) canoe river.



After nine days on the Upper Stikine river, these paddlers believed they were seals! It was thought that an overdose of snacks was the underlying cause. Ohr Ohr Ohr Ohr Ohr!!!!

What Can Yukon Canoe and Kayak Club Offer to Members

- ◆ Development of a Whitewater Park “Rock the River”
- ◆ Youth Program: an introduction to whitewater kayaking
- ◆ Youth at Risk Program– raft guide training and kayaking
- ◆ Annual Whitewater Rodeo
- ◆ Use of paddle gear and kayaks
- ◆ Sea kayaking introductory and self-rescue clinics
- ◆ Kayak and Canoe practice rolling sessions in the pool
- ◆ Kayak Water Polo League
- ◆ Drop in sessions at the City Intake, Monday and Thursdays
- ◆ Organized down river races
- ◆ Access of information on trips, clinics, drop ins and all club events through e-mail
- ◆ Promotion of water sports as a family event

Yukon Canoe and Kayak Club
2002/03 Membership Application

Name: _____

Mailing Address: _____

Phone: _____ (home) _____ (work)

e-mail (please print clearly): _____

Fees:	Single membership	\$20.00	_____
	Youth membership (17 and under)	\$10.00	_____
	Family membership	\$40.00	_____
	Corporate membership	\$50.00	_____
	One day membership (for Downriver Race, or Rodeo <u>only</u>):	\$5.00	_____
	TOTAL:		_____

Memberships are renewable annually, on April 1st.

WAIVER: I am aware that activities associated with paddling in all its forms take place in a water based environment and involved various risks, dangers and hazards. I waive any and all claims that I have, or may have in the future against the Yukon Canoe and Kayak Club (YCKC) arising out of any aspect of participation in a YCKC workshop or club sponsored activity.

I have read, understood and agreed to the above waiver:

Member # 1 Signature: _____ Date: _____
Name (please print): _____

Member # 2 Signature: _____ Date: _____
Name (please print): _____

Parent or legal guardian signature **for any members under age of 18:** _____
Name of person signing (please print): _____
date: _____

For more info contact: Violet van Hees, President of YCKC, at 633-3154.