



# **Paddle NL**

## **17<sup>th</sup>. Annual Retreat**

May 18 - 21, 2018 - Terra Nova - Splash-n-putt



Information available on our website  
[www.paddlenl.ca](http://www.paddlenl.ca) or e-mail us at  
[paddle.nl@gmail.com](mailto:paddle.nl@gmail.com)

# **YOUR ADVENTURE AWAITS !**

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# **SUBARU**

### **Greetings from Paddle Newfoundland and Labrador!**

Preparations for the Paddle NL's 17th Annual Retreat are well underway and serves as the start of the paddling season for many of us. The weather failed to cooperate at last year's retreat but a good time was had by all nonetheless. Our mild winter this year makes us optimistic that we will have an early spring and great weather for the Retreat Weekend. Last year, Kate Hives, a kayak instructor and guide from British Columbia was our guest speaker and was well received by all in attendance. She gave an excellent presentation on her solo kayak travels in Scotland and also provided attendees with some lessons in leadership exercises through group exercises. This year's retreat will cater to the canoeists in our club; Dave Wooldridge, a world class canoe instructor has agreed to be our guest speaker.

## The Guest Instructor – Dave Woolridge



Paddle NL is pleased to announce that this year's guest speaker is Dave Wooldrige, the founder and CEO of Ridge Wilderness Adventures based in British Columbia. Dave is recognized within the canoeing community as a master instructor and lead developer of canoeing programs for Canada. He has training in a wide variety of canoeing disciplines and has taught in several provinces in Canada including the Northwest Territories as well as England, Wales and China. This year's retreat will be an opportunity for PNL members to learn meet and learn from a world class instructor and canoeist. For more information on Dave's company, visit his website at [www.ridgewilderness.com](http://www.ridgewilderness.com).

## **Annual Retreat -Something for Everyone!**

- Skills improvement or river running challenges for white-water boaters
- Clinics and day paddles for sea kayakers
- Clinics and river running trips for canoeists.
- Exciting dry land events for everybody -- the icebreaker, presentations and a banquet with of prizes.
- Wonderful food -- the banquet dinner and the famous PNL pancake feast.

## **Be an Early Bird and Register by April 23<sup>rd</sup>!**

### **The Weekend Program**

The full weekend itinerary is included below and has also been posted on the PNL website [www.paddlenl.ca](http://www.paddlenl.ca) .

### **When to Register and the Cost**

Once again, we are promoting Early Bird registration to enable the club to better plan for the large number of people that typically attend. The deadline for the Early Bird registration fee is **April 23<sup>rd</sup>**. Register on or before then and get a reduced fee. To register go to our website ([www.paddlenl.ca](http://www.paddlenl.ca)) and fill in the online form and pay by eTransfer or send a cheque. **Early registration will help ensure you will be registered in your preferred events.**

### **Early Bird (on or before April 23<sup>rd</sup> deadline)**

PNL MEMBERS: ACTIVITIES \$25\*  
NON-MEMBERS: ACTIVITIES \$45

After April 23<sup>rd</sup> - Higher price

PNL MEMBERS: ACTIVITIES \$30\*  
NON-MEMBERS: ACTIVITIES \$50

\* Family with 3 or more members pays for 2 members

### **What the Registration Cost includes**

All events outlined in the attached itinerary are included with your registration fee. The only additional fees are for the Sunday night dinner guest speaker event should you choose to participate (see below).

### **The Sunday Subaru Dinner Deal**

The Sunday dinner will be catered at the Splash-N-Putt Conference Centre this year. The price is \$25 will include a choice of Roast Beef, chicken or a vegetarian entrée. All of the meals include a homemade dessert. **Since there is limited seating, it is important that you register early.** PNL does not promote drinking and driving. Please make transportation arrangements if you are not staying at the Splash-N-Putt Cabins.

With regards to the dinner, please indicate on the registration form whether or not you:

- a) Plan to partake and include the appropriate amount with your registration, and
- b) If so, whether you prefer roast beef, chicken or a vegetarian choice.

### **There will be White-water, Sea Kayaking and Canoeing Trips**

Due to the large number of people we are expecting, it will be necessary to pre-register for all clinics, so that we can have an efficient teacher-student ratio, and enough safety boaters on the water. **Do not plan on just showing up hoping for some instruction.**

#### **Kayaking White-water Clinics: Saturday at the Ruins**

##### **Sea Kayaking Clinic:**

Whether you're a seasoned veteran or brand new to the sport, this clinic is not to be missed! There will be a series of stations for you to work on various paddling skills, ranging from turning to Greenland paddling to towing and other rescue techniques – all designed to make you a better, more efficient and safer paddler.

##### **Sea Kayaking Day Trips:**

There is a relaxed recreational paddle for families, beginners and experts alike, and a somewhat more strenuous paddle for those advanced paddlers in the crowd. The alternatives will be discussed with the participants on the day of the paddle.

- Day Trip 1      Relaxed/Less strenuous ~ 8 nm or 15 km
- Day Trip 2      Longer/More strenuous ~ 14 nm or 26 km

##### **Canoe Clinic:**

Whether you're a seasoned veteran or brand new to the sport, this clinic is not to be missed! There will be a series of stations for you to work on various tandem paddling skills, solo paddling and rescue techniques.

##### **Canoe Moving Water Clinic:**

Moving water paddling techniques and manoeuvres, throw line rescues, basics of river reading and terminology. Immersion protection required due to low water temperatures.

##### **Canoe Day Trip:**

An enjoyable flat water group day trip to Dunphy's Island (20+ km) within Terra Nova Park.

<b>PLEASE NOTE:</b> Sea kayaking, and canoeing, <b>Day Trips</b> will be held on the <b>"best weather"</b> day and the <b>Clinics</b> on the <b>"other"</b> day.
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## Friday Night Check-In & Icebreaker Event

Please remember to check-in! Check-in will be offered at the Splash-N-Putt Conference Centre from 7:30 to 10:30 pm on Friday night. This is where you can confirm your registration and waiver signing, pick-up your weekend schedule, dinner tickets and other materials. **Limited registration and PNL membership renewal will also be available, however we encourage you to do this beforehand on our website ([www.paddlenl.ca](http://www.paddlenl.ca)).**

PaddleNL and our guest instructors look forward to meeting everyone at Friday Evening's ***Icebreaker*** event. The Icebreaker will start at 8:00, in the same room as the Check-in. The food is always great and will be served till about 11:30. It's a wonderful opportunity to socialize with fellow paddlers and to get excited about the weekend. Please drop by, unwind with what we believe is the official start of the paddling season. This year there will not be a cash bar, so bring your own refreshments.

## Event Central

The Conference Centre at Splash-N-Putt Cabins is the place to go! It's where you will find the **Calendar** and Notice Board for information on what's going on and for updates, registration for paddles, and so forth. Check it frequently.

# PaddleNL RETREAT WEEKEND AGENDA 2018

## Friday, May 18

7:30 to 10:30 PM

**CHECK-IN**, registration, Sunday dinner ticket pick-up, clinic confirmation, membership renewal and updates at the Conference Centre at Splash-N-Putt Cabins. Come check us out!

8:00 to 11:30 PM

**ICEBREAKER / MEET AND GREET SOCIAL EVENT** is your opportunity to socialize and unwind with old and new paddling friends alike. Help start your weekend off on a high note – more details provided at check-in.

## Saturday, May 19

8:30 AM

### **SEA KAYAKING AND CANOING CLINICS (SANDY POND):**

Whether you're a seasoned veteran or brand new to the sport, this clinic is not to be missed! There will be a series of stations for you to work on various paddling skills, ranging from turning to Greenland paddling to towing and other rescue techniques, flatwater canoeing skills tandem and solo, canoe rescue techniques, solo paddling in a canoe - all designed to make you a better, more efficient and safer paddler.

**Pre-registration and waivers mandatory.**

Snacks and hot beverages will be provided at the cook house at Sandy Pond around lunch time. (Sponsored by **McGruer Agencies**)

10:00 AM

**BASIC WHITE-WATER SKILLS AT THE "RUINS"** Join some of PNL's more seasoned white-water paddlers to focus on developing your basic white-water skills. Not to be missed! Meeting in the parking lot at the Ruins at 10:00. Check info board for the clinic you are slotted into for more information. The clinic runs all day long with a break around the fire for lunch (Sponsored by **McGruer Agencies** and members of the PNL Executive.) **Pre-registration and waivers necessary.** Contact: Darren McDonald see page 7.

**CANOING MOVING WATER** paddling techniques and maneuvers; throw line rescues; basics of river reading and terminology. Beginners welcome; immersion protection required due to low water temperatures

8:00 PM

(Supper: you are on your own!)

## Sunday May 20

10:00AM to 4:00 PM (Leaving from Splash-N-Putt Cabins)

**SEA KAYAK DAY TRIP 1: Relaxed/Less strenuous ~ 8 nm or 15 km.** Please rendezvous in front of Splash-N-Putt for the final decision on exact time, location, and confirm launch site, with your gear on and boat ready to put in. **Pre-registration and waivers mandatory** - ensure at check-in that you are registered. Beginners are welcome on this trip.

**SEA KAYAK DAY TRIP 2: Longer/More strenuous ~ 14 nm or 26 km.** Please rendezvous in front of Splash-N-Putt for the final decision on exact time, location, and confirm launch site, with your gear on and boat ready to put in. **Pre-registration and waivers mandatory** - ensure at check-in that you are registered. Bring your own lunch. Contact Ron Schwartz (contact info listed on page 7).

**CANOE DAY TRIP: Sandy Pond to Dunphy's Island and Return (20 km plus ~ 1 km portage on good trail); or a day on the Bay, canoeing on the ocean. Decision on the trip will be decided based on weather conditions.**

All paddlers will meet at the conference center for drop in information and destination. The trip will be an all-day event; so don't forget to pack a lunch..... Beginners welcome – will be paired with a more experienced paddler. **Pre-registration and waivers mandatory.**

**10:00 AM**

**RIVER RUN [Kayak only] (INTERMEDIATE/ADVANCED):** To be announced: rock hopping or a river run (contact Darren McDonald see page 7 below).

**7:30 PM**

**SUBARU DINNER** held at the Conference Centre at Splash-N-Putt Cabins. Dinner will be served promptly at 7:30, so come early enough for a bit of socializing beforehand. Dave Wooldridge Presentation!

## **Monday, May 21**

**9:00 to 10:00 AM**

**FREE PANCAKE BREAKFAST** cooked up by your intrepid PaddleNL Board at the Conference Centre at Splash-N-Putt Cabins sponsored by **PaddleNL as part of your registration.** Be kind to the environment, bring your own mug.

**11:00 AM**

For those staying Monday there will be opportunities to further avail of the waters in the area. These activities will be determined by those staying.

***A dry suit or neoprene wet suit is mandatory with the exception of the canoe paddle to Dunphy's Pond.***

### **A. Sea Kayaking**

**Note: For those who do not own their own kayaks and would like to make arrangements to rent a boat for the weekend, please contact the Outfitters.**

- Participants are expected to provide all of their own gear (i.e., boat, paddle, life jacket, spray skirt and other equipment as required by the Canadian Coast Guard).
- Participants must accurately identify their level of kayaking skills and experience, so that we can assign them to the right paddling group during the Retreat. This information needs to be provided to the trip leaders before the Retreat (for everyone who has registered to that point).
- Trip leaders will have the final say on whether or not daily trips are 'a go', and the group to which paddlers are assigned.
- Everyone **MUST** sign a waiver and send it in with their registration material. Trip leaders will need a list of participants.
- Sea kayaking **Day Trips** will be held on the "best weather" day. Sea kayaking **Clinics** will be held on the "other" day. If we are unable to paddle at all on a particular day, everyone is on their own, i.e., there is no substitute sea-kayaking event planned.
- Check out: <http://www.paddlenl.ca/Forms/PNL%20Waiver.pdf>;

## B. White-water River Running

All river running is geared towards intermediate to advanced white-water skill levels and participants must provide their own equipment. We reserve the right to limit an individual's participation based on river conditions and skill level. Contact Darren McDonald.

## C. White-water Clinics

Many people who participate in clinics do not have all of their own gear or are relatively new to the sport. Typically, there are some extra boats and gear available to accommodate your needs. If you have any questions regarding gear, equipment, etc. please contact Darren McDonald prior to the Retreat (contact info listed on this page).

## D. Contact Names and Numbers

General Registration & Retreat Questions	David Hickey	david.hickey@gmail.com	325-2265
Chair Retreat 2018	David Hickey	david.hickey@gmail.com	325-2265
White-water Clinics & River Runs	Darren McDonald	darrenmcdonald@live.com	727-2352
Sea Kayaking Clinics & Trips	Ron Schwartz	rdsch@gmail.com	685-6505
Canoe	Rod Drover	rodneydrover@esdnl.ca	725-5685



## E. Accommodations

This year the Retreat Headquarters is again at Splash-N-Putt Cabins, which is likely to fill up early. Please mention that you will be there for the PNL Retreat. Alternative places to stay are also listed below. Participants are responsible for their own accommodations: **Rooms held to April 15, 2018**

### Retreat Headquarters

#### TRANS CANADA HIGHWAY/TRAYTOWN/GLOVERTOWN

Splash 'n' Putt Cabins (709) 533-2541 [info@splashnputtcabins.com](mailto:info@splashnputtcabins.com)  
(709) 533-2753

### NB

- 1) Credit card required to confirm reservations
- 2) Rate is \$130 per cabin per night
- 3) Cabins are reserved until April 15, 2018
- 4) A deposit of \$165 required at time of reservation, non-refundable if reservation cancelled after May 11, 2018.
- 5) Full amount due on check in
- 6) There will be no splitting of bills at the event, so bring cash or a cheque to pay your roommate(s)

### Alternative Accommodations

#### TRAYTOWN

Pinetree Lodge (709) 533-6638

#### GLOVERTOWN

Lilac Inn Bed & Breakfast 1-709-733-6038

Noah's on the Point 1-709-424-6020 [www.noahsonthe point.com](http://www.noahsonthe point.com)

#### EASTPORT

Almost Home Bed & Breakfast, Eastport (709) 677-2010

Eastport Efficiency Units (709) 677-2458

Eastport Peninsula Sunshine Park (709) 677-2438

Sandy Cove Beach Housekeeping Cabins (709) 677-3158 [www.sandycovebeach.ca](http://www.sandycovebeach.ca)

Seaview Cottages (709) 677-2271 [www.seaviewcottages.net](http://www.seaviewcottages.net)

Stay-N-Play Cottages (709) 677-2729

The Doctor's Inn Bed & Breakfast 1-877-677-3539

White Sails Inn & Cabins (709) 677-3400

#### CHARLOTTETOWN

Clode Sound Motel & Restaurant (709) 664-3146 [www.clodesound.com](http://www.clodesound.com)

#### PARKS (Camping)

Terra Nova National Park (709) 533-2801

Eastport Peninsula Sunshine Park (709) 677-2438



**PaddleNL RETREAT REGISTRATION  
INFORMATION**

**REGISTRATION DEADLINE: Early Bird Registration ends April 23<sup>rd</sup>.**

**NO REFUNDS WITHOUT MEDICAL NOTE**

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Note:

**If you are paying your Annual Membership (Single \$20 & Family \$25) add the appropriate fee to your total.**

**By April 23<sup>rd</sup>**

<b>MEMBERS</b>	
ACTIVITIES	\$25*
DINNER	\$25
Membership Fee	
TOTAL	

<b>NON-MEMBERS</b>	
ACTIVITIES	\$45
DINNER	\$30
Membership Fee	
TOTAL	

\* Family with 3 or more members pays for 2 members. NB Breakfasts, with the exception of Monday, you are on your own.

**After April 23<sup>rd</sup>**

<b>MEMBERS</b>	
ACTIVITIES	\$30*
DINNER	\$30
Membership Fee	
TOTAL	

<b>NON-MEMBERS</b>	
ACTIVITIES	\$45
DINNER	\$35
Membership Fee	
TOTAL	

\* Family with 3 or more members pays for 2 members

**How and Where to Register**

Registration must be done online at the PNL website [www.paddlenl.ca](http://www.paddlenl.ca) and you can pay by eTransfer or send a cheque to:

Mail it to **Paddle Newfoundland and Labrador Club**  
**P.O. Box 13865**  
**St. John's, NL, A1B 4G7**

**ARE YOU A MEMBER OF PNL?** Members are entitled to lower activity fees. The annual fee for PaddleNL members is due April 1, 2018, so unless you have very recently joined the Club, you will probably want to sign up now. There is a provision for PaddleNL membership on the Retreat Registration Form.

**Waivers & Children Under 18:** Waivers are required to participate in any club event due to the potential for club liability. We appreciate your co-operation in this manner. The waiver form is included in this package and must be included with your registration form. You will not be allowed to participate if you have not signed a waiver.

Children under the age of 18 require not only a waiver signed by the parents, but must also be accompanied by either a parent or a designated guardian over the age of 18 to participate in activities on the water.

If you need a copy of the under 18 waiver or extra copies of the adult waiver, please visit the PNL website. [www.paddlenl.ca](http://www.paddlenl.ca).

**Please Note:**

- Early bird registration rates **end April 23<sup>rd</sup> for a chance to win a prize....**
- Registration for Sunday dinner may not be accepted after **May 8, 2018**
- There will be no refunds without a medical note.

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