

The Newsletter of Kayak Newfoundland & Labrador Fall 2001

# EBB and FLOW



**IN THIS ISSUE ...**

**Some progress on the Main River**

**Ex-Soldier paddles across the Atlantic**

**Small can be beautiful**

**.....and more**

## Meet your Executive

**Richard Alexander - President**  
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## Members at large

Linda Bartlett  
Mark Dykeman  
Bob Fearon  
Darren McDonald

## Letters to the editor

Address your letters to  
ralexander@hnl.nf.net. Published letters  
may be edited for length and clarity.

Cover photo - Paddle to Cape Broyle  
(photo Richard Alexander).

## Newsletter Submissions

Kayak Newfoundland & Labrador is a provincial kayaking club representing the interests of both sea and white water kayakers. Ebb & Flow is the club's official newsletter and is published four times a year.

We welcome your submissions to future issues of the newsletter. However, we can't guarantee we'll publish them all. We reserve the right to edit submissions for style, spelling and length. If you have an article you'd like to contribute, please contact Richard Alexander.

## Thanks

Special thanks to Lewis Greenland and Newfoundland Power for their generous assistance in printing this newsletter. Production of this newsletter - Richard Alexander (editor in chief) and Peter Armitage (copy editor).

## Interested in joining Kayak Newfoundland & Labrador?

Membership renewal  
April 1st (one year)

Drop us a note by snail mail at:  
Box 2, Stn. "C", St. John's, NF, A1C  
5H4, or pick up an application from our  
website - [www.kayakers.nf.ca](http://www.kayakers.nf.ca)

## President's Message



to err is human,  
to learn is divine

## Three Cheers for Peter Bray

As I watched Peter Bray paddle through the narrows of St. John's harbour in the pitch black and into the storms and swells of the North Atlantic, I thought to myself, "man that guy has guts." Actually, I used a word other than guts, but you get the picture.

I had both feelings of envy and pity for Peter as I watched him head-out. Envy that he was embarking on an adventure that I could never fathom and pity that there must be something seriously wrong with this guy! Whatever you think of Peter, one thing is certain he had all of us glued to the edge of our seats waiting to see if he would make it.

Somewhere deep inside, we are all adventurers and explorers. It is part of our nature and psychology rooted strongly in evolution. If it wasn't North America it would never have been discovered, we would never have walked on the moon and Peter Bray would never have made his solo, unsupported crossing of the Atlantic. We love to hear and read about first descents and major expeditions. It excites us and encourages us to paddle more.

Some of us like Peter Bray may satisfy our urge for adventure by paddling across the Atlantic while others satisfy it by paddling across the harbour. It doesn't really matter that we were not the first to do so. There are very few, if any, of those firsts left in the world. Tripping and running rivers is a life broadening experience whether we are the first or the five hundredth to do so.

So three cheers for Peter Bray for holding us in suspense and showing us that adventurous spirit is not dead. May his accomplishment motivate us to have our own little adventures one bay or one river at a time.

Richard Alexander  
President

# LETTER TO THE EDITOR


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Dear KNL Members:


With the Fourth Annual Kayak Symposium successfully behind us, I would like to thank the members of Kayak Newfoundland and Labrador. Their sponsorship and organizing of the evening social on Saturday night not only provided a great time for all, but helped to lighten the load on our local volunteers.

It was also exciting to see some new participants from the East Coast joining us for the weekend. We realize the effort required to come across the island for a short trip, but having Newfoundlanders and Labradorians from across the province added nicely to the mix of other visitors from outside the province.

Thanks again to all participants for coming and to the Department of Tourism, Culture and Recreation for

their assistance in bringing in Nigel Dennis and Dave Evans from Britain as instructors. 

Ed English  
West Coast Kayak Club

Editor's Note: A special thanks from KNL to Linda Bartlett for doing such a great job on behalf of the club at this year's symposium. 

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## ANNOUNCEMENTS


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### New Board members for Kayak Newfoundland and Labrador

Bob Fearon and Mark Dykman have been appointed by the executive of KNL as interim board members for your provincial paddling club. Both Bob and Mark are active kayakers and bring a wealth of experience and enthusiasm to the board. They will hold these positions until KNL's annual general meeting in October. Bob and Mark replace retiring board members Bill Ritchie and Patrick O'Neil. Many thanks are extended to both Bill and Patrick for their invaluable service to the club.



### Notice of KNL Annual General Meeting and Election of Officers

Kayak Newfoundland and Labrador, the provincial kayaking club, notifies its members and other interested parties that its annual general meeting and election of officers will take place on Tuesday, October 16<sup>th</sup>, 2001, at 7:00 PM in the Drawing Room at the Guv'Nor Pub in St. John's. There will be a slide-show entitled "The Best of 2001" member photos and slides from the 2001 paddling season! All members are encouraged to attend. 



# EX-SOLIDER PADDLES ACROSS ATLANTIC IN KAYAK



*Peter Bray upon successful arrival in Ireland*

An ex-soldier became the first man to paddle across the Atlantic unsupported in a kayak. Peter Bray, a 44-year-old lecturer and outdoor pursuits instructor, spent 75 days battling against storms and rough seas in his 24ft craft. He made landfall at Porturlin, County Mayo, Ireland on September 5, 2001. It was his second attempt at crossing the Atlantic in his kayak. The former member of the British Army's Special Air Service Boat Trooper is aiming to raise £100,000 for two children's hospices.

Peter had been due to paddle into Killybegs but ended up on the other side of Donegal bay after losing radio contact with his support team on the evening of September 4th. A helicopter search was launched but a fishing boat off County Mayo finally spotted Mr. Bray.

He was flown to Killybegs where he was reunited with his friends and family. His mother Florence Bray said, "I'm so proud of him. It's been the worst 75 days of my life, I've been so worried about him, it's just wonderful to have him back safe and sound."

This was Peter's second attempt at crossing the Atlantic in his kayak. The first attempt ended last year after his craft capsized and he spent more than 30 hours stranded in the North Atlantic. But determined to complete the challenge, Peter began his second attempt on the 23<sup>rd</sup> of June, setting out from St. John's.

## Difficulties

During the crossing, he encountered numerous troubles,

including eight storms, damage to the watertight seal of his cabin and a lost sea anchor. Peter said after reaching the Irish coast he was "elated" to have succeeded in his transatlantic crossing. Rob Feloy, the designer of the kayak, which made the historic crossing, said, "I'm ecstatic. I'm thrilled he's made it, but I was always confident that he would. When we knew two days ago just how close to shore he was, we knew he was going to get here. It was just a question of how long it would take for him to get the final few miles."

## Newfoundland and Labrador send off

Paddlers in Newfoundland and Labrador watched Peter's web site intently for news of the arrival. Kayak Newfoundland and Labrador (KNL) provided continuous updates on Peter's progress by posting updates to the club's newsgroup. Peter had made quite a few friends and received lots of assistance in Newfoundland and Labrador as he prepared to set out across the Atlantic.

A few days before his departure, the club arranged for an "official" KNL send off at the Guv'nor pub in St. John's. Karen Coates told Peter that he was guaranteed success since every other long-distance paddling adventure had been successful after a club send-off. She was referring to KNL's send off of Ken Campbell and his successful circumnavigation of the island portion of the province. Peter was overwhelmed by the goodwill and support received from the people of St. John's. He would like to thank everyone who helped him with the final preparations for his lonely journey.

We hope Peter will return to Newfoundland and Labrador sometime in the future. More information on Peter's crossing of the Atlantic can be found on his web site: [www.outdoorchallenge.co.uk/nakc2000](http://www.outdoorchallenge.co.uk/nakc2000).



# SOME PROGRESS ON THE MAIN RIVER

PETER ARMITAGE



Anyone who thought that citizen action to defend the few remaining wild parts of Newfoundland and Labrador is a waste of time should think again. Action to defend the Main River and its watershed from industrial logging activities has already won some victories.

After ten years of procrastination, the Newfoundland and Labrador government rushed ahead with the river's nomination for Canadian Heritage River Status. The federal government officially awarded this status to the river in June. As part of the management plan for the river, Corner Brook Pulp & Paper Ltd. (CBPP) agreed not to make visible clearcuts in the river valley.

In addition, the company agreed to stop clearcutting in the watershed as a whole. However, to date, the company has not announced alternatives to its traditional logging practices. It remains to be seen if the company is talking about cosmetic cutting or limited cutting that will protect ecological values and low-impact wilderness recreation.

Despite progress, major elements of the Main River Coalition's platform have yet to be addressed by the company and government. Credible, scientifically valid ways to protect the ecological integrity of neighbouring Gros Morne National Park and the endangered Newfoundland marten have not been determined. Serious questions about the protection of caribou and salmon habitat as well as outfitting interests in the watershed remain. Furthermore, the company refuses to decommission many of its logging roads in the area.

Under the Heritage River management plan, CBPP is

still permitted to cut within the far viewshed of the river, but the cutting is supposed to be invisible from the river. The decision to permit cutting was made in the face of adamant opposition from many White Bay residents and the Coalition.

The issue here has to do, in part, with protecting the natural qualities of the Main River. A buffer of trees behind which mechanical harvesters are allowed to work is hardly a natural setting. In the past, members of the province's paddling community have been on the forefront of efforts to protect wild places. We lost the Paradise River to hydro development, but saved the Northwest River at Terra Nova National Park. The Main River is yet another battle to protect our natural heritage. The kayakers and rafters who paddled the Main River in June will certainly attest to the beauty of the river and appreciate why citizen action to defend it must continue.

*Peter Armitage is a member of the Main River Coalition, a conservation group comprised of environmental activists, members of the scientific community, outfitters and interested parties committed to the protection of the Main River. For more information on the Main River issue visit the club's web site: [www.kayakers.nf.ca](http://www.kayakers.nf.ca).*



Rafting on the  
Main River

# TRIP REPORT - QUIRPON ISLAND

J. WOLFENBERG, GRIMBSY, ONTARIO

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The trip of a lifetime was about to get under way. For years I had envisioned paddling amongst the huge icebergs that travel the coast of Labrador and Newfoundland. To sit in a kayak, with the ice reflected in the deep ocean blue would be an experience to remember. A humpback whale crossing my path would simply be the icing on the cake.

Two days after our arrival in Newfoundland, my two paddling companions and I were on our way up the West Coast of the Great Northern Peninsula to the small fishing village of Quirpon. We met the rest of the crew there - three men from Sydney, Nova Scotia and our two guides, Joe Dicks and Dirk Muir. Though the skies were blue, a steady SE wind was blowing out to sea. It felt quite warm in the shelter of the harbour. However, a short hike to the top of an overlook brought us to the reality - the wind was biting and very cold. Fog appeared, disappeared and reappeared, especially out over the tip of the seven-kilometer long island. Heavy surf could be heard to the east. Our biggest concern was the minus two-degree Celsius water temperature. Hopefully, the thermal layers and dry suits would be sufficient should we dump. All of this was quite unsettling, especially for the more urban paddlers.

Into our boats went the emergency gear, camera gear and clothes. Departing from Quirpon, we enjoyed the relaxed paddle along the coast. The group was awestruck by the sheer, jagged, fifty-meter cliffs of the island. In addition, the power of the ocean could be felt and seen as the ocean surged, first toward the cliff face, then silently out to sea. No huge surf, just the rolling of the ocean - a sleeping giant. This gave us a great opportunity to grow sea legs and get used to our kayaks and paddling partners. Having visited the area once before, I knew that the headland that made up Cape Bauld could create some "interesting" seas. I was not disappointed. The pounding of the waves against the black, fog-shrouded cliffs could be heard long before being seen. The receding tide along each side of the island met the headland, and together with the raw southeast wind, created a jumble of waves and spray that came from all directions.

Joe was waving and shouting at us to paddle harder. I thought we were! The relatively gentle trip up the coast

as we paddled and stared awestruck at the power of the swells smashing up onto the rocks had lulled us into a false sense of security. We were, in fact, not moving forward at all, but rather being inexorably drawn toward the same dark cliffs as the ocean waves. Once that thought struck home, we braced our knees, leaned forward and paddled with a renewed energy that only an adrenaline rush, injected by an appropriate amount of fear can generate. Slowly we gained on the fog-shrouded cliff-face ahead of us that formed the eastern side of the narrow Cape Bauld harbour. As the waters calmed somewhat, we congratulated ourselves with the nervous chatter of a successful paddle in difficult waters and slowly made our way to the rocky beach. Hubert, one of the Innkeepers at the Inn we were to stay at, awaited us with his ATV and a trailer for carrying the gear up to the lighthouse.

For the last hour, Hubert and his partner Doris had been keeping warm, a traditional Newfoundland jigs dinner (in anticipation of our arrival). All the furnishings of the Inn, from the pine furniture to the quilts that covered the soft beds, were made locally. But perhaps the best thing about the lighthouse-Inn is its location. Icebergs coming south on the Labrador Current flow directly past the rugged promontory of Cape Bauld either west into the Gulf of St. Lawrence or east along the east and northeastern coasts of Newfoundland. This makes for a spectacular sea kayaking destination.

We awoke the next morning to the sounds of a fog horn and the Inn's flag whipping horizontally. It seemed to confirm our worst fears - the wind was too strong for paddling. Joe and Dirk, familiar with the local area, knew that the winds, although strong at the lighthouse, would be much less on the western side of the island. So once again the island's west coast would be our paddling destination for the day.

We paddled down the west coast of the island, and then after lunch, around the south end of the island. A few minutes of relaxed paddling around the southern tip brought into view a large berg. On its left side a large mass of layered snow was slowly melting and being

.....cont'd

# TRIP REPORT - QUIRPON ISLAND

Undercut by the waves. We were told how to approach it so that we would remain in the safe zone.

The group decided to venture further east to explore around the southern headlands. To our left sat the dark gray mass of another steep headland with ghostly patches of snow clinging to it. "Snow on a south facing slope? Could it be," I said to myself? As we neared the shadowy shape in the increasingly jumpy waters, our snow turned out to be a massive iceberg. The left side was a pinnacle ice peak close to ten stories tall connected underwater to a rectangular, flat-topped ice mass. The North Atlantic surged between them riding ten to fifteen meters up the side of the pinnacle creating a smooth undercut zone. We sat mesmerized, trying to get pictures in the two to two and a half meter swells. The majesty of this natural phenomenon holds us fascinated for quite some time. Slowly the cold wind and sore muscles toll us it was time to return to the safety of the Inn. Reluctantly, we paddled slowly back to the lighthouse and the end of a fantastic day.

The last day dawned with the same conditions as the previous day save for the fact that wind chills were below minus four Celsius. We packed our remaining gear in dry bags, and began our return journey to the village of Quirpon. On the way past Pigeon Cove, a place on the east coast of Quirpon Island, a gigantic mountain of an iceberg appeared above the coastal fog. It would have made for a great visit but time was not on our side. We still had a long drive back to Marble Mountain.

I never did get to view that great humpback of my imagination. The one that slid beneath the clam reflective seas, tail flukes to the skies, set against the majesty of a towering blue-white iceberg. I did come to understand to a small degree the raw beauty and power of an unforgiving land and to appreciate the forces of nature that have worked for millennia to create this most beautiful land and seascape.



*Editor's note:* The Quirpon Lighthouse tour is one of Explore Newfoundland's most popular trips. Joe Dicks can be reached at 1-877-497-5673 or at [marblemc@nf.sympatico.ca](mailto:marblemc@nf.sympatico.ca). For a detailed look at the Quirpon Lighthouse visit [www.explorekayaking.com](http://www.explorekayaking.com).

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**DEALER'S INQUIRIES WELCOME**

# SMALL CAN BE BEAUTIFUL: A LESSON ON PADDLE LENGTH FROM A PRO

ALISON DYER

It may not have been as exhilarating as running the rapids on the Humber River, nor as challenging (for me at least) as plowing through waves in a stiff breeze in the Bay of Islands. But for those of us participating in Nigel Dennis' "Paddling Clinic for the Smaller Paddler" at this year's Newfoundland and Labrador International Sea Kayaking Symposium in Steady Brook, it was as though a powerful lightbulb had been switched on.

BCU Star 5 instructor Nigel Dennis, together with Allistair Wilson of Lendal paddles in Scotland, has been conducting research on the paddle needs of kayakers, particularly smaller kayakers. Stressing that the paddle is the kayaker's engine, Dennis says that the dimensions of this piece of equipment should be carefully considered so as to optimize its potential.


Their research has produced a rough correlation between paddler height and paddle length. It also considers blade size and shaft circumference.

After a quick round with the tape measure, participants realized that we were all currently using paddles which were far too long for us. Using these paddles meant we would be straining hard to produce a good forward stroke, tiring quickly, and developing unnecessary aches and pains.

To underscore his point, Dennis herded us down to the Humber River to practise our usual forward stroke using our own paddles while he videotaped our performance. Then, substituting our paddles with one of his several prototypes (i.e. short length with a regular shaft circumference, short length with a smaller shaft circumference, a short length crank, and various blade sizes), he had each of us in turn repeat our performance while he again videotaped us. Dennis also critiqued each participant's forward stroke style which, together with the customized paddle, improved our paddling technique enormously. With these tips and a paddle designed for my height, I could feel the difference automatically. The blade sliced through the water faster and cleaner, with a lot less effort.

Back at the conference room, we watched the before-

and-after videotape. Consensus was that a much shorter paddle made a significant difference to our technique and energy levels.

Just shy of 5'5", my "perfect" paddle is about 205cm long with a narrow shaft, but I can't buy one off the shelf. As more of us smaller paddlers (read women) get into the sport, we'll want to think about what paddle is best suited to our needs, and how we can get manufacturers to realize those needs. 





# KAYAKER'S RETREAT A BIG SUCCESS

BOB FEARON

Newfoundland and Labrador's kayaking community enjoyed the annual spring rite of passage this year by taking to the waters in and around Terra Nova National Park during the May long weekend. The promise of a warm and cozy place to hole up after a day on the water discouraged all but the hardest from booking into one of the local resorts in the Traytown area near Terra Nova. Most opted to stay at Pinetree Lodge, Ledrew's, or Splash And Putt facilities with many people arriving late Friday evening.

Sea Kayakers in the group met at Salton's Marine Interpretation Centre Saturday morning for a leisurely day paddle through Newman Sound. More than 30 sea kayaks paddled with excellent conditions out to the head of the sound and back. White Water aficionados paddled the Ruins at the lower half of the Terra Nova River; others ran the Terra Nova and Mackle's Brook from the upper reaches. Veteran paddlers were on hand at the Ruins to provide support and the opportunity for novices to try out whitewater boats. About fifteen people played on the river during the day as others dropped by for a look. Conditions were very good as water ran high from the heavy spring snowmelt.

That evening, club President Richard Alexander briefly addressed the crowd then turned things over to Zach Chaulk who entertained us with a variety of great music. A special guest rendered his version of "The Mermaid Song" to the hoots and foot stomping of the audience. When the pub closed around one o'clock, a few hardy souls carried on into the wee hours.

Sunday's forecast for strong northwest winds made it necessary to change the original plan to paddle from Traytown out into Alexander Bay. Instead, about twenty sea kayakers launched from the beach in front of Ledrew's Cabins to explore Southwest Arm. The group had great fun negotiating the tidal rapid under the bridge near Grassy Rock. Most of the day was sunny and pleasant but near the beach coming back the sky darkened and a shower of hail pelted the group for several minutes. This was definitely paddling May 24<sup>th</sup> style.

On Sunday, many whitewater kayakers took to the Terra Nova River at The Ruins, once again offering to introduce novices to the river environment. Another group ran Mackle's brook taking some impressive video footage, which they showed several times that evening. The high water levels on Mackle's Brook made for some impressive waterfall drops much to the amazement of those watching the video.

As a first multi-day club outing of this sort, the weekend was a big success. Terra Nova Park proved to be a great venue for this type of event, so mark it off on next year's calendar. The organization of the weekend was excellent and many thanks to all those who volunteered their time on the committee. A special thanks to chair, Conan Coates. Next year's event will be bigger and better. Mark Dykman has agreed to chair the 2002 Kayaker's Retreat Committee and anyone interested in providing input on the format or schedule is encouraged to contact him at 368-9720 or [mdykeman@gjahill.com](mailto:mdykeman@gjahill.com).



# KAYAKING INCIDENTS ON THE INCREASE

RICHARD ALEXANDER

The number of kayakers on the waters around Newfoundland and Labrador is steadily increasing. Unfortunately, so is the number of kayaking incidents. According to the Canadian Coast Guard, the number of Search and Rescue incidents involving kayaks has increased six-fold since 1997. What is even more alarming is that the seriousness of these incidents has also escalated.

This most recent year was the worst on record. During the summer of 2001, there were four sea kayaking search and rescue incidents that the Coast Guard classified as "the most serious" and one incident resulting in a fatality. Members of the kayaking community grew concerned at this sudden and drastic increase. There was a strong feeling among club members that something should be done to stem the increase.

In response, Kayak Newfoundland and Labrador (KNL), the Adventure Tourism Association of Newfoundland and Labrador (a provincial association representing the interests of commercial sea kayak operators), and Canadian Coast Guard are banding together to heighten the public's awareness of kayaking safety.

The first step in educating the public began in August with a two-week airing of kayaking safety public service announcements. The announcements were aired frequently on provincial radio. This was seen only as a first response to the sudden increase in kayaking incidents during the 2001 summer season. To really educate the public, a much larger project is required.

In late August, a proposal was submitted to Coast Guard's national office to fund a major public awareness campaign surrounding kayaking safety. The project would see the development of a sea kayaking safety guide, rental guidelines, printed materials, consultation fees, video production, television and radio public service announcements, and the hiring of a project manager. KNL hopes to hear back on the proposal sometime in late fall.

The sudden increase in incidents is something that has the potential to do irreparable damage to the sport of kayaking. Kayak Newfoundland and Labrador is

committed to seeing the sport grow, but growth must not come at the expense of lives. Club members interested in volunteering to help out with this campaign are urged to contact club President, Richard Alexander at 726-0516 or [ralexander@hnl.nf.net](mailto:ralexander@hnl.nf.net).



## Mandatory Paddling Gear

*In waters under Canadian Coast Guard jurisdiction, canoes and kayaks up to six-meters long are now required to carry:*



A Canadian-approved PFD or lifejacket of appropriate size for each person aboard.



A buoyant heaving line at least 15 meters long.



A paddle float



A sound-signalling device (such as a whistle or horn).



A manual propelling device (a spare oar or paddle)



Navigation light(s) if operating at night or in restricted visibility.



A bailer or pump.

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## Kayak Newfoundland & Labrador

# Calendar of Events

Fall 2001 - Winter 2002



McDonald

### October 13, 2001 ~ Day Paddle Calvert -- Level I

Join your fellow club members in the community of Calvert on the Southern Shore for a fall day paddle. Contact Darren McDonald for more information or possible cancellation due to inclement weather at 738-3135 or [dmcdonal@sternnet.nf.ca](mailto:dmcdonal@sternnet.nf.ca).



Bob Fearon

### October 16, 2001 ~ "AGM" ~ "The Best of the 2001 Pics" *Member photos & slides from the 2001 paddling season!*

An evening of slides and photos from the 2001 paddling season. Come and relive the summer's club paddles, retreats and socials. The event starts at 7:00 p.m. on Tuesday, October 16, 2001 in the Drawing Room at the Guv'Nor Pub on Elizabeth Avenue in St. John's. If you have slides you would like to contribute to the show, contact Peter Armitage at 726-0221 or [armitage@roadrunner.nf.net](mailto:armitage@roadrunner.nf.net).

### October 30, 2001 ~ KNL Kayaking Film Night

A collection of some of the best kayaking videos available. Join club members at Bitters Pub at the Field House on the MUN Campus across from the Arts and Culture Centre. Films start at 7:00 p.m. Contact Richard Alexander, 726-0516 or [ralexander@hnl.nf.net](mailto:ralexander@hnl.nf.net). Films will include



Eric West

**Amphibious Man, *The Kayak in Greenland's History***, was filmed during the 1999 Greenland National Kayaking Championships and contains some spectacular rolling manoeuvres.

**In Search of a Long Lost Bird.** A Nova documentary that follows Richard Wheeler's sea kayaking expedition from Funk Island, along Newfoundland's east and south coasts all the way to Cape Cod.

### November 24, 2001 ~ KNL's Christmas Party

Celebrate Christmas, as only Kayakers know how. The drinks, food and music start at 8:00 p.m. at Bitters Pub at the Field House on the MUN Campus across from the Arts and Culture Centre. Contact Louise Green at 744-1983 or [louiseg@mun.ca](mailto:louiseg@mun.ca).



Dave Miller

### January 1, 2002 ~ New Year's Day Paddle at Quidi Vidi

The traditional New Year's Day rite of passage for the East Coast kayaking community. Contact Jim Price at 782-5925 or [kayakeeo@nfld.com](mailto:kayakeeo@nfld.com).

### Date and location TBA ~ The Great Kayak Cook-off

A competition to see who can prepare the best kayaking meal utilizing a one burner stove. Potluck and social to follow the competition. Contact Peter Armitage at 726-0221 or [armitage@roadrunner.nf.net](mailto:armitage@roadrunner.nf.net).



This schedule is subject to change without notice. For up-to-date information, visit our website: [www.kayakers.nf.ca](http://www.kayakers.nf.ca). Kayak Newfoundland and Labrador assumes no responsibility for the safety of participants. We reserve the right to deny participation in any paddle or event.