

PRESENTATIONS

Canoecopia Presentations for 2017

Places to go, things to do, new ways to do it. We've got it all and then some.

Erin **Achatz** **Y** Families Who Paddle Together, Smile Together **abc**

15-year-old Erin is a rising star in canoe slalom racing, but she quickly admits she didn't get there alone. The support of her family has not only helped to make her a success as she competes against the best juniors in the country, but has made it fun. Paddling is the family sport for the Achatz's and it keeps them healthy and happy together. Join Erin and follow her adventures through photos and stories as she looks to inspire more young people and their families to hit the water with each another.



throughout the park are over 450 smaller islands, which protect the magic of this place. 165 miles of trails and over 336 miles of Lake Superior shoreline lead visitors to discovery, adventure, and exploration.

Greg **Anderson** Waves for Paddlers

Do you want a deeper understanding of waves? Learning a few basic wave concepts will make you a more effective paddler. Navigate the surf zone with confidence, so you can avoid a pounding or catch the ride of your life. This talk will discuss: the best places to launch and land, why shoals create larger waves, and just what is clapotis? All this and more — come learn about waves!



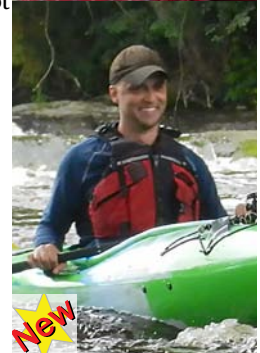
artistry, music, quotes, philosophies— should we take along to enrich our paddles? What do we want to know about, think about, dream about? What do we want to have happen in our head and hearts while we're going from Point A to B? Bring your thoughts to share.

Ecological and Historical Gems: Paddling Northern Wisconsin

Wild undeveloped lakes and rivers usually offer the richest ecological treasures, plus they're often steeped in stories. We'll explore some of the finest paddling waters in northern Wisconsin, all known for their quiet beauty and history.

Timothy **Bauer** & Barry **Kalpinski** **Y** Surrounded by Reality: 60 Paddling Trips within 60 Miles of Madison

From craggy sandstone cliffs to glaciated marshes, urban backyards to windswept prairies, Madison is not only the capital of Wisconsin, it's at the center of a wide variety of paddling platforms. You can paddle trout streams, wide rivers, and quiet lakes. Join local guys Timothy Bauer and Barry Kalpinski



from milespaddled.com for a look at paddling Madison's own backyard as featured in Timothy's brand new guidebook, *Canoeing and Kayaking South Central Wisconsin: 60 Paddling Adventures within 60 Miles of Madison*.

Kerry **Ahrens** Build YOUR Best Wilderness First Aid Kit **abc**

Part of a successful trip is understanding before departure that emergencies can happen. Building the ideal first aid kit is key to preparation for any trip. Join Kerry to learn how to build a first aid kit tailored to your and your fellow campers' known medical problems and the location/terrain you are visiting. Gain helpful tips for "must haves" needed in any first aid kit.



Jeff **Bach** Making Your Own Wood Paddle **abc**

There's a wide range of wood available for crafting a paddle. Walnut, basswood, even pine can be used in making paddles when combined with epoxy and fiberglass. The light footprint of wood as well as its texture and appearance simply cannot be matched by engineered materials. Blade shape and surface area can vary widely to match the paddler's size and technique. A handle can be shaped to fit hands, large or small. So give wood and the pleasures of working with your hands a try – you'll never go back!

John **Bates** Brain Food: Gear for the Brain and Heart While Paddling

We paddlers obsess about paddling gear, and certainly for good reason. But what about all the time we have for thinking and conversing while paddling? What "gear" — books, apps,



Chris **Amidon** **New** Exploring an Island Wilderness: Isle Royale National Park

Isle Royale offers over 570,000 acres of isolated wilderness spread across an island archipelago. Water makes up 75% of this wilderness park, offering unparalleled opportunities for canoe and kayak enthusiasts. The land portion of Isle Royale is found in its islands, the largest being 45 miles long and 9 miles wide. Interspersed



Lonnie Bedwell

Kayaking Blind: Vision is in the Mind, Not the Eyes

Blind adventure athlete, award-winning author, and 2015 National Geographic Adventurer of the Year, Lonnie Bedwell has kayaked some of the most challenging whitewater in the world despite completely losing his eyesight in 1997. With homespun charm and humor, Lonnie shares pivotal moments during his recovery that led him to kayaking. He recounts how he navigated some of his biggest river adventures including stories from the Grand Canyon and Zambezi. The life lessons he's learned inspire

audiences to find the courage and motivation to overcome any challenge they face.

Jimmy Blakeney

Brought to you by BIC SUP

Moving Around Your SUP with Style *abc*

In this on-water seminar ACA SUP Instructor Trainer Jimmy Blakeney will explain and demonstrate basic through advanced techniques for moving around your stand up paddleboard, and the paddling skills needed to do so successfully.

**Uma Blanchard Y
Two Women Take on Big Water**

Uma Blanchard and Sophie Goeks became the youngest female team to complete the 1200-mile kayak circumnavigation of Lake Superior in



Tips for Enjoying Canoecopia Speakers

- The Exhibition Hall is large; plan enough walking time to arrive on time, especially on Saturday when the aisles can be crowded.
- Many presentations are standing room only on Saturday; try seeing those speakers on Friday or Sunday for better seats. Some presentations are only offered on Friday and/or Sunday.
- The pool sessions have a limit of 99 attendees for each time slot. Please arrive early to ensure your spot.
- Strategically use speaker presentations as an opportunity to sit down and rest.
- Any changes to the speaker schedule will be posted online and at the Information Booth and in the speaker room area. See www.canoecopia.com

DON MILLER SUBARU



SUBARU

Confidence in Motion



See us at
Canoecopia
March 10-12



Two Locations to Serve you! · www.donmillersubaru.com

**5339 Wayne Terrace · Madison
608-258-3636**

Sales: Mon-Thurs: 9am-8pm; Fri: 9am-6pm; Sat: 9am-5pm
Service: Mon-Fri: 7am-5:30pm; Sat: 8am-1pm

**5822 Odana Road (at Tokay Blvd) · Madison
608-442-3232**

Sales: Mon-Thurs: 9am-8pm; Fri: 9am-6pm; Sat: 9am-5pm
Service: Mon-Fri: 7am-5:30pm; Sat: 8am-1pm

PRESENTATIONS

summer 2016. The coastline ranges from large industrial harbors to ragged and wild cliffs and beaches absent of human presence. Uma will share snippets of the 86-day trip, start to finish. Hear about planning details and stories of comic, terrifying, and odd encounters with weather, animals, and people on the big lake.



Sharon & Alec Boyd-Peshkin Risky Business

Dressed for immersion: check! Safety gear: check! Hatches sealed: check! What could possibly go wrong? If you haven't done a proper risk assessment before getting on the water, you and your boat might not return unscathed. Risk assessment isn't about eliminating all risk; it means understanding what the risks are and making informed choices. Sharon and Alec offer a process that works for individuals and groups who paddle together. Get experience assessing the risks in various scenarios and leave with a tool you can use.

Ken Braband & Craig Esposito Adaptive Paddling with Team River Runner **abc**

When it comes to overcoming physical and mental obstacles, water is the great equalizer. With more than 50 chapters across the country including Milwaukee and Green Bay, Team River Runner gives military veterans of various ability levels opportunities to find health, healing and new challenges through kayaking. We will demonstrate some of the latest adaptive gear and hear from adaptive paddlers who talk about their paddling challenges and successes.

John Browning Navigation 210: Beyond "Look, See, Go" **abc**

Most of us are pretty good at the "look, see, go" method of navigation, but do you know what to do when the fog rolls in and you no longer see your destination? Do you know how to plot your trip so you can find your way when you can't just go by sight of destination? Join John as he provides you with some basic concepts of navigation. Some of the things covered will be the various types of compasses and their use, as well as some basic map and chart reading skills.

What's in Your Kit? **abc**

Do you have the right stuff in your kit? Join John as he discusses what's in his kit. He will discuss in a "show and tell" fashion what's in his kit to address equipment repair, people repair, and signaling for help if all else fails.

Why So Many Great Lakes Rescues? (with Lenore Sobota. See page 53.)



Emma Burgeson & Paige Norman **Y**

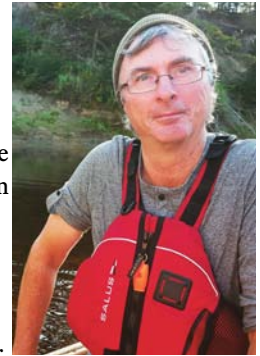
Brought to you by MTI Adventurewear
Yukon 1000: Racing from Canada to Alaska in 8 Days

In July 2016, Emma Burgeson and Paige Norman became the first women's team to ever

finish the Yukon 1000, the longest canoe and kayak race in the world. From Whitehorse to the Dalton Highway Bridge, this wild 1000 mile journey has been shared by few but appreciated by many. Join them as they share their tales from the trail and address the importance of women in the wilderness and adventure racing.

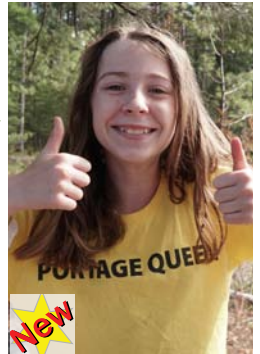
Kevin Callan Whisky Tour on Scotland's Spey River

The Happy Camper takes the ultimate canoe journey. He heads down northern Scotland's Spey River — from the mountains to the sea — running whitewater, camping along the river bank, and stopping now and then to taste test a few drams of whisky at local distilleries. It's a dream come true!



My Pre-Teen Daughter Still Thinks Canoe Tripping is Cool (with Kyla Callan) **Y**

Join Kevin and Kyla as they share tips and tales of how he's successfully raised a pre-teen who still thinks it's cool to go on a canoe trip with her dad.



Rob Center & Mack Truax A Lifetime of Paddling Destinations on the Northeast's Northern Forest Canoe Trail

Whether a weekend adventure, a weeklong journey, or a 740-mile through paddle, the Northern Forest Canoe Trail has something for everyone. Outdoor adventures from mild to wild beckon kayakers and canoeists to the longest inland water trail in the Northeastern United States. Discover serpentine streams through bogs full of wildlife, broad lakes with breathtaking vistas, and rivers ranging from leisurely curves to quickwater and whitewater. You'll be inspired to explore the forests, villages, and farmlands that make the Northern Forest such a treasured place.

★ Featured speakers. Folks who have done really extraordinary trips.

Y Young presenters (under age 35) leading the way.

abc Newbie-friendly talks appeal to those just starting out.

🔥 Camp skills: how to live the easy life when you're in the wilderness.

💧 Lots of water drops form a Pool. Pool found in the Clarion Hotel.

👨👩 Youth & family topics help adults get kids outdoors.

🎬 It's a film. But you knew that.



Mary Lou Cerami SUP Safety 101 abc

Whether you have been paddleboarding a few days or a few years, it's good to be familiar with paddle safety before your next trip on the water. Join ACA SUP Instructor Mary Lou as she offers a solid trip checklist detailing everything from what to wear on the water, to how to handle unplanned circumstances, and learn about the one piece of gear you should never leave home without.

SUP with Your Pup abc

This how-to, on-land workshop will give you the basics on paddleboarding with your water-loving best friend. Mary Lou will emphasize fun and safety and will give you a toolkit list of skills & equipment needed to get started.

SUP Yoga for Beginners abc

Whether you are a total yoga newbie or not, join Mary Lou as she demonstrates a few poses guaranteed to impress your friends. Discover how to build a yoga pose from the ground up, emphasizing core strength, relaxed breath, and a good mental approach to your SUP Yoga practice.

John Chase A Historical Tour of Isle Royale

In addition to dramatic scenery, this Lake Superior gem is rich with history. Join John as he explores the island as it was in centuries past as well as the present. Learn about former settlements, mine sites, private camps, and resorts of yesteryear along with firsthand info on some of today's finest camp locations accessible only to paddlers.



Power to the Paddle: Exercises to Improve Your Canoe and Kayak Paddling abc

Join this fun, hands-on session where you'll learn and practice functional exercises to help you paddle longer, faster, and stronger. Learn simple exercises requiring little or no equipment and targeting crucial muscles to be a better paddler, build endurance, and prevent injury. You'll improve your outdoor experience and become the best paddler you can be!

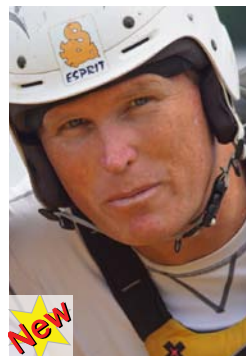
Preston Ciere Paddling Pup Adventures: Tips for Canoeing with Your Canine abc

Learn how and why to safely bring your four legged friend along on your paddling and camping adventures. Preston will be sharing amusing and inspiring stories about Nancy, the canoe dog. A Hurricane Katrina survivor, Nancy went from a Louisiana pound to the northern backcountry where she's become a famously furry inspiration to get more people and their pups spending time in nature.



Jim Coffey Paddling With Purpose: Whitewater Healing

Jim Coffey is well known in the whitewater world. From teen years as a slalom racer, to his video series, to setting records running waterfalls in his canoe, Jim is no stranger to the whitewater limelight. In 2014 his son was diagnosed with autism. Suddenly, the Coffeys became part of a new community, where families are connected through the challenges of ASD. From their experiences, they launched Whitewater Healing, a grassroots program providing whitewater rafting, canoeing and kayaking experiences for kids and families challenged with autism around the globe.



John Connelly

Brought to you by NRS

PaddleQuest 1500: An Expedition to Inspire Outdoor Desire

On June 25th, 2016, John became the first to both canoe the Northern Forest Canoe Trail and kayak the Maine Island Trail, but went a step further connecting them with the Saint John River and Bay of Fundy in New

AMERICAN CANOE ASSOCIATION

Midwest Division Meeting

Saturday, 6-7 pm, Voyageur Room, Clarion Hotel

Join us for this interactive, educational, and fun meeting. Bring a friend, club member, or anyone you paddle with so we can explore how the American Canoe Association (ACA) can better serve the region!

Midwest Division Paddle Club Rendezvous

Saturday, 7:30-8:30 pm, Great Area, Clarion Hotel

Join fellow paddlers to enjoy appetizers, a cash bar, and the chance to network with paddlers from across the region. Starting after the ACA Midwest Division Meeting, come learn more about what groups are represented in our region, catch up with old friends and make some new ones. (Free ticket required from the ACA booth in the Canoeopia Lobby.)

PRESENTATIONS

Brunswick, Canada; 1500 miles in 75 days. This solo expedition, launched in the Adirondack Mountains on April 16th, proved challenging, rewarding, eye-opening, and was tracked in realtime by satellite and followed by thousands online. Be inspired to seek out these water trails and experience portions of them for yourself.
Photo: Brian Threlkeld

Dale Cox The St. Croix and Namekagon Rivers

Even before they were protected as part of a unique National Park in 1968, the St. Croix and Namekagon Rivers were well-known paddling and fishing rivers. Almost 50 years later, these waters continue to create memories. Whether you are a beginning kayaker looking for an easy day paddle or an experienced canoeist searching for a week long adventure, the 233 miles of protected waters at the St. Croix National Scenic Riverway await your discovery!



Paul Danicic The Economic Contribution of the Boundary Waters Canoe Area Wilderness

This past year, the Friends of the BWCA worked with Conservation Economics Institute and 13 locally-based Boundary Waters outfitters to measure the economic impact of wilderness visitors to the local communities. This new economic study of the BWCAW was a top finalist for the national SHIFT award recognizing contributions to conservation through outdoor recreation and is seen as a model for economic understanding of wilderness areas across the country. In this session, we will discuss the BWCA's economic contribution and what it means.

CHECK THE WEBSITE!

We got lots of feedback (thank you! give us more!), and you've told us "the thing I wanted to see was cancelled." We get it, we want what you're reading now to be The Truth. But the Real Truth is that stuff (sometimes) happens. That's why we keep our most up-to-date schedule available at www.canoecopia.com.



Winchell Delano Rediscover North America: Journey from the Gulf of Mexico to the Arctic Ocean

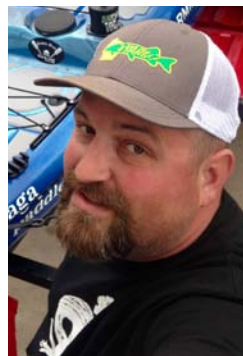
In March of 2014, six friends decided to attempt a canoe expedition from the Gulf of Mexico to the Arctic Ocean. Nine months later, they set out to do just that. They battled against the current on the Mighty Mississippi, weathered a Midwest winter of snow and ice, traversed massive lakes, dodged constantly shifting forest fires, and shot challenging whitewater. The journey took eight months, and after escaping an early tundra fall, they finally made their goal of Kugluktuk, Nunavut, on September 2nd, 2015.

Kris Dressler & Doug Neal The Science Behind the Swirls: What are these swirly motions and how do they affect paddlers?

You've heard the terms — eddy, vortex, whirlpool, cyclone — but what are these spinning motions? These flow patterns have captivated people for centuries - from the artwork of Da Vinci to the paintings of Van Gogh. But what is a vortex? And how does it differ from an eddy? Join Doug and Kris for a lively discussion of fluid dynamics and paddling. We'll focus on the physics of these little swirls while emphasizing that paddlers of any skill level can use them to their advantage.

Israel Dunn Brought to you by Legacy Paddlesports Beyond The Basics: How To Rig A Fishing Kayak

You've bought your first fishing kayak, now you have to outfit it. Rod holders, anchor trolleys, fish finders, even gear storage are all things to be considered. Join Israel as he covers the stuff you need (and don't need) to get the most out of your time on



the water. Learn about rod holder placement, track system usage, how to use an anchor trolley, paddle and tool storage, even transducer installation. Confidently set up your new kayak to tackle any species of fish on any body of water.

Abe Elias Bush Craft Knife Design and Function

Come learn exactly what bush craft is and the value this skill set provides the wilderness traveler. Get a closer look at why bush craft knives are different than pocket knives and learn about the specific chores they are expected to perform. Learn about knife design and how various elements of a knife (such as grind and handle shape) work together. Find out what to look for in a knife. This is an excellent prelude to Abe's Drop-In Clinic on Saturday afternoon.

Bush Craft Knife Skills

In this Drop-In Clinic, learn all you need to know about using the primary tool for bush craft, the knife. We will look at basic knife design and blade geometries. Basic handling techniques such as holds, cuts, and braces will be shown with an emphasis on safety. Care and maintenance of your knife will also be discussed.

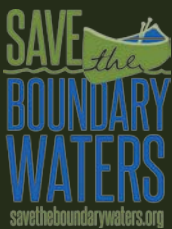


Robert Field Brought to you by NRS Return to the Pecos: A Kayak Fishing Adventure

Robert shares the story of his 8-day kayak fishing expedition down the Lower Pecos River in the southwest Texas desert. Two years prior, friends were on this same stretch of river when flash floods swept their kayaks and gear downstream, forcing them to evacuate via helicopter. Now they've returned to finish what they started, and they've invited Robert along to document the trip. The foursome will encounter scorpions, mountain lions, wild mustangs,

mti
life jackets
2 0 1 7

make your
life jacket
part of the
adventure



VISIT THE MTI BOOTH AND MEET
OUR SPONSORED SPEAKERS
DAVE AND AMY FREEMAN
OF THE SAVE THE BWCA CAMPAIGN

Photo:
Aaron Black-Schmidt
Location:
Boundary Waters Canoe Area



mtiadventurewear.com

PRESENTATIONS

and Class III whitewater as they fish their way through this inhospitable landscape.

John Frank & Neil Howk Preparing for Your Apostle Islands Adventure

Paddlers, campers, and hikers are attracted to Apostle Islands National Lakeshore by the power of Lake Superior and the challenge of visiting the wild and beautiful islands. This presentation offers a pictorial introduction to the national lakeshore's spectacular sea caves, historic lighthouses, and pristine sand beaches. Learn about basic principles for paddling safely among the islands and for responsibly using the lakeshore's camping and hiking facilities.



David & Amy Freeman Brought to you by MTI Adventurewear A Year in the Wilderness

On September 23, 2015, Dave and Amy embarked on a year-long adventure in the Boundary Waters Canoe Area Wilderness. That's 366 days of exploring and documenting the Wilderness with the purpose of keeping America's most visited wilderness area in people's consciousness throughout the entire year. The Freemans traveled over 2,000 miles by canoe and ski with sled dogs, visiting over 500 lakes, rivers and streams during their Year in the Wilderness.

Photo: Nate Ptacek

FEEDBACK, PLEASE

How can we improve the show? What did you think of the presentations you attended? We need your comments and suggestions! Thanks for helping us make Canoeopia even better.

www.canoecopia.com/feedback



Chelsea Froemke & Tessa Larson Journey 4 Renewal

In the summer of 2016, four women and one dog embarked on a 66-day canoe trip from Seagull Lake in the BWCA to York Factory on the Hudson Bay. The four did art together throughout the summer as a way to process and document their experiences. Their trip was in support of Wilderness Canoe Base, a camp where the four women had met and spent many summers guiding canoe trips. This 1,265-mile journey started as a dream, took over a year to plan, and resulted in one life-changing summer.

Amy Funk Aging Authentically

Do you worry about changes that have occurred—or will occur—as you grow older? Could you use some tips to quell your worries and empower you to face aging in a healthy way? The harmful media view of successful aging focuses only on our physical being. While this is important, a better view of aging focuses on our whole person, using nature to help us age authentically. Authentic aging involves focusing on our whole self, spending time in nature and leaving a legacy. Practical exercises included!

Celeste Gabai

Brought to you by Werner Paddles

Preparing to Paddle: Feel Better and Paddle Longer abc

As a full-time sports medicine provider for the US Olympic Committee Training Center in Lake Placid, NY, Celeste has helped to keep some of the country's most elite athletes healthy and performing at their best. As a paddler, she sees the wear and tear that is part of our sport. Learn about prevention and care for the most prevalent aches, pains, and injuries in paddling. Walk away with a great new look on prevention and develop an off-season and in-season plan to keep you paddling all your life.

Mona Gauthier Food Dehydration 101 abc

The excitement of planning and preparing for a wilderness adventure can be enhanced by including your own dehydrated meals. Thirty years of BWCA food prep secrets will be shared along with basics on dehydrating food, complete meals, and types of dehydrators.



The Unpacking of Mr. Food II abc

Mr. Food II is a Frost River Camp Cook's Kitchen Pack made of 18 oz. waxed canvas that dutifully carries all food and food prep items on a BWCA trip. Thirty-three years of tips and tricks will be unpacked as Mona shares the secrets and stories of a well-perfected wilderness camping menu that has satisfied the hungriest and pickiest of appetites. Discover how to pack food that is lightweight, nutritious, affordable, and easy to prepare.

Trevor Gibb Quetico: The Land of Lakes

Quetico is a land of water. Seemingly made for the canoe, this vast wilderness park contains nearly 700 lakes over 4 hectares in size connected by creeks, rivers, and portages. From the air, the landscape can appear as though it is mostly water. Join Park Superintendent Trevor Gibb to learn more about Quetico's water, history, culture, and take a journey through time to learn about the canoe routes of old. Then jump to the present to learn about how we are protecting our Quetico's waters today.



Gail Green & Grant Herman Apostle Islands Full Circle Tour

The Apostle Island National Lakeshore on Lake Superior is an absolute paradise for sea kayakers, drawing paddlers from around the globe. Gail and Grant, pioneers of Apostle Islands sea kayaking, infuse their backgrounds

as educators and passionate kayakers into this lively presentation where vivid imagery, music, and humor will leave you fully engaged. You'll launch with a past-to-present-day tour of cultural highlights, cruise by lighthouses and sea caves, and land with a thirst to re-visit or see for the first time this Superior location.

Peter Grubb Sea Kayaking's Hottest New Destination: Cuba!

For decades Cuba's government viewed kayaks as a potential escape vehicle. As relations improved between Cuba and the USA, so have possibilities for kayaking the best-preserved marine ecosystems in the Caribbean. Join Peter as he includes photos and yarns from kayaking tours on both the southern shores of Cuba and the spectacular northeast coast. Peter's spent 150+ days in Cuba and his stories will inspire you to experience what is sure to become one of the world's classic sea kayaking destinations.

Don Halloran 70 Years of Paddling

Reflecting over a lifetime of adventures, Don describes how his youth in a big city was transformed by an introduction to canoeing. These early years developed skills of self-reliance,



cooperation, survival, and a concern for nature. It was inevitable that he would leave the city for a conservation career with various government agencies and a university professorship. His professional life has allowed abundant time for decades of paddling throughout North America. With humor and perspective, Don will explain the central role wilderness canoeing has played in developing his conservation ethic.



Bryan Hansel Brought to you by Northstar Canoes Elements of Photographic Composition **abc**

Learn an organic approach to photographic composition that you can use on your next canoe or kayak trip. This method of composition accounts for how photos are viewed as art and how most people approach photography in the field. It focuses on three easy to remember concepts: simplicity, flow, and relationships. When applying this method of composition in the field, you'll find it easier to take photos that capture a viewer's interest and evoke an emotional response.

WHAT TO SEE?

It can be daunting to narrow down which presentations to attend. So many great options in a very short weekend. Want to focus on all the "beginner friendly" programs? Or focus more on canoes, kayaks, or SUPs? Maybe you want to hear about paddling adventures in faraway locations or places closer to home. Or pick up tips on getting camp skills, catching big fish, or cooking up a delicious meal?

To use this feature, go to the "Presentations" section of the website, then select "Presentations by Category." It's a great tool to use for planning your schedule!

For a bit of fun, we've put together a few special themes for Friday evening.

- Friday Night Fish: Check out three talks about fishing. (See Dunn, Herman, and Nelson)
- Doctors of Physics: Back by popular demand! Learn science behind waves, swirls, and vortices. (See Anderson & Dressler/Neal)

Check all this out online at:

www.canoecopia.com

sylvansport

Come see us at Canoecopia 2017

With the 'GO-Easy' Adventure-Utility Trailer added to our lineup, SylvanSport has created the most versatile, innovative and fun range of small, boat hauling, gear toting, camping trailers in the world. Come see us at Canoecopia and drive home with your very own GO or GO-Easy.



Coollest. Camper. Ever.
sylvansport.com 828.883.4292

PRESENTATIONS



Steve & Ben Harris **Y**
Seal River: A Subarctic Adventure

Flowing just south of the Manitoba and Nunavut border, the Seal River is the summer home of the western Hudson Bay polar bear population and countless seals. At the estuary where the river flows into Hudson Bay, thousands of beluga whales are often a paddler's companion. Along with a brief history of the aboriginal people, Steve and Ben will share their insights into trip planning, logistics, and wildlife of the river. Join them as they paddle from one exciting rapid set to the next, and explore this river's spectacular northern ecozone.

Debra Hawthorne
Tips for Canoe Trippers **abc** 🍁

Acquired over years of canoe tripping experience, Debra will share with you some tricks of the trade, from fire starting to camp set up and more. Whether you're new to canoe camping or a seasoned traveler, you'll gain tips that you can put into practice on your next adventures.

Canadian Style Canoeing **abc** 💧

Join Deb in the pool as she demonstrates how to maneuver your canoe with ease and gracefulness. Designed to help you understand how simple techniques with body posture and paddle placement work together, you'll come away with an understanding of concepts and tips to improve your paddling.

Jeff Herman
Brought to you by Werner Paddles

Essential Paddling Skills for the Kayak Angler **abc**

The moment you decide to chase a fish from a kayak, you need to start thinking like a



paddler. You'll never apply all of your fishing experience if you are frustrated or fatigued from paddling. Join Jeff, kayaker and angler, as he shares basic yet essential skills you'll need to enjoy your time on the water. Whether you're a novice or an experienced kayak angler, you're guaranteed to take away pointers that will help you enjoy fishing quiet backwaters and lakes.

Rescues and Safety for the Kayak Angler **abc** 💧

Join ACA-certified Instructor Jeff 'Birdsnest' Herman for a look at rescues and safety concerns for the kayak angler. From self-rescue to tows to leaking boats, he will cover the basics learned from 15 years of real-world experience. What can seem to be so easy can actually be difficult and maybe not common sense. Come learn poolside from the pro.

Jesse Hieb & Matt Krueger **New** **Y**

Jessie brought to you by Aqua-Bound
Gone Paddling: A Documentary Story 🎬
 Jesse was the first person to SUP the entire 430 miles of the Wisconsin River. He created

the documentary *Gone Paddling* about his trip and the history of the River's revitalization. Jesse will be joined by Matt Krueger, River Restoration Director for the River Alliance of Wisconsin, who will provide commentary about what work has been done to revitalize the Wisconsin River and the ongoing conservation work required to maintain the quality of a river this size.



Jeff Hoeben
The Healing Power of Water

Take 15 young adult cancer survivors and put them in whitewater kayaks on the Snake River in Wyoming or the Rogue in Oregon and you

NORTHSTAR CANOES

OUR CANOES ARE BUILT TO BE PADDLED. UNTIL YOU REACH A PORTAGE

A constant flare design makes our canoes more seaworthy in rough waters. And lightweight composites improve handling whether paddling or carrying.

get a ton of fun and a whole heap of healing. Join Jeff Hoeben, two-time cancer survivor, as he recounts his time on the river with First Descents, a group dedicated to empowering cancer fighters/survivors through legitimate outdoor challenges.

Hether Hoffmann
Paddling in Spite of the Ordinary: Andrea Knepper Documentary 🎬

Come see Hether Hoffmann's documentary about Andrea Knepper and her nonprofit, Chicago Adventure Therapy. This feature-length film, filmed on and off the water, features interviews with Andrea and youth leaders telling stories about the creation, challenges, and successes of Chicago Adventure Therapy. CAT provides outdoor adventure sports and leadership to underserved Chicago youth.

Thomas Hurst New
Families in the Wilderness and Boatbuilding 👨‍👩‍👧

From boatbuilding in a community shop to paddling and trekking through the wilderness

of Isle Royale, take a look at outdoor education programs that have students setting down the pencils and getting their hands and boots dirty. One starts with a stack of wood and ends with students paddling down the river in their canoe. The second program has families exploring Isle Royale by foot and paddle, getting an up-close look at the wolf/moose study and the humble beauty of this recovering wilderness.

Don Hynek
Beginning Expeditioning: Circumnavigating Isle Royale by Sea Kayak

Four friends with solid paddling skills decide to up their game and attempt an expedition. They load two tandem sea kayaks and head to Isle Royale. 150 miles and 13 days later, they end up with a successful trip —they are still talking to each other!! Isle Royale is known for its remote location, incredible beauty, and its wildlife. It's also a great expedition objective, requiring sound



trip preparation. Considerations include risk analysis and decision-making, food planning and gear selection, logistics, and making (in our case, extensive) in-progress trip adjustments.



Cliff Jacobson
Camping's Top Secrets abc 🍂

This whirlwind seminar focuses on camping tricks that only the experts know —practical things you won't find in ordinary camping books. Learn how to inexpensively waterproof your sleeping bag, cope with a bad site, make a one match fire, painlessly remove an embedded fish-hook, stay dry in rain while wearing ultra-light rain clothes, purify silty western river

www.bicsport.com

508-291-2770 - Fax: 508-291-2772 - E-Mail: info@bicsportna.com



please see canoecopia.com for changes



DON'T PACK UP AND LEAVE.

**STAY WHERE YOU ARE
IN TOTAL COMFORT.**



Rockwood Geo Pro; your Base Camp for the day, weekend or all week. A lite weight camping trailer with some of the same features you get in the larger, heavier camping trailers but with the capability to tow it with a car, SUV or small truck.

Bring it with you, almost

anywhere. No more need to overload vehicles or to leave equipment behind. The Rockwood ESP camper features ProRac Systems, Inc. permanent cross bars that provide a load-bearing surface for a wide variety of outdoor sports equipment. It is easy to reach and adjustable to provide unmatched cargo carrying flexibility. The 15" Mud Rover Radial Tires with Aluminum Wheels provides a huge 12" ground clearance allowing you to get your gear where it needs to go.

The Rockwood ESP models have a resilient yet refined appeal while providing spacious comfort and features important to you.

Providing more than you expect.

The Rockwood Hard Side models are the perfect blend of the towing and storage advantages of a tent camper with the amenities found in today's travel trailers. Constructed with a smooth, vacuum-bonded fiberglass exterior that is quick and easy to set-up, this camper has the interior comfort you're used to.



JERRY'S CAMPING CENTER 4506 E. Broadway, Madison, WI 53716 "Wisconsin's light weight camper specialist"
(608)222-1507 | JERRYSKAMPINGCENTER.COM

Stop by the Jerry's Camping Center Wing at the Canoecopia Show to see the kayak and canoe carrying capable Rockwood ESP tent trailers, the accommodating Rockwood Hard Side camping trailers and more.

water, waterproof and pack your gear so it will stay dry in rain or a capsized, and more!

Dress Right for Canoeing **abc**

Staying warm and dry on a canoe trip when the weather howls bloody murder requires good gear and superior skills. We'll examine what works best and why. Much of today's outdoor gear is designed for hunters, anglers, and backpackers, not wilderness paddlers. Cliff will outline some of his "equipment peeves," focusing on features that are flawed for paddling. Then, it's on to principles of outdoor clothing design, followed by a nose-to-toes review of the clothing and footwear you need for a wilderness canoe trip.

Bear-Proofing Your Camp **abc**

Learn how to protect yourself, your camp, and food from bothersome bears. You'll learn that the recommended method of hanging your food doesn't always work. What should you do if you meet a bear on the trail or see one in the woods? Black bears and grizzlies require different strategies. Learn practical information you can use whether you trek to the Arctic or the Boundary Waters Canoe Area. You are encouraged to download a copy of "Bear Rules" from Cliff's website, www.cliff-jacobson.com.

Jerry Karbon Building Wooden Canoe Seats and Thwarts **abc**

Learn how to lay out and build canoe seat frames and cane them using pre-woven cane or the traditional hand caning method. Jerry will discuss and display the tools needed and demonstrate how to lay out and shape wooden canoe thwarts. Whether restoring old seats and thwarts or starting from scratch, you should be able to pick up a few tips to make your task easier, more enjoyable, and successful.



FEEDBACK? YES!

How can we improve the show? What did you think of the presentations you attended? We need your comments and suggestions! Thanks for helping us make Canoecopia even better!

www.canoecopia.com/feedback

please see canoecopia.com for changes



Rob Kesselring Travel Like a Wilderness Guide: Tips from 1,000 Trips **abc**

Learn canoe camping tips and secrets gleaned from decades of wilderness river travels in Canada, Alaska, the Boundary Waters, the desert Southwest, Australia, and Africa. Rob will pack in as many tips and as much useful stuff and instructive stories and pictures as time allows. Join him for an entertaining, information-sandwiched session from one of the most experienced canoe guides in North America.

A How-to Guide to Planning a Canoe Expedition in Arctic Alaska and Northern Canada

Sooner or later all wilderness canoeists will hear the call of the North. Rob has answered that call 27 times. If you have ever felt the urge to leave the roads behind, way behind, come listen to his canoe camping stories from his journeys to the Far North. Learn some hints and feel a push to make your Arctic canoeing dreams become a reality.

Craig Kitchen & Kathryn Klis Contemporary Canoe Builders and Their Work: A Perfect Mating of Art, Craft and Nature

Awarded Best Documentary at the 2015 Waterwalker Film Festival, *Contemporary Canoe Builders and Their Work*, pays tribute to those currently building all-wood, wood-canvas, or birchbark canoes while documenting their passion and creativity. People interviewed include builder-members of the Wooden Canoe Heritage Association, historians, guides, and museum curators. Four of the featured builders have since died, underlining the film's importance to the history of paddlesports. Canoes may live forever, but those who build them pass away. A film by Deborah Gardner, Gregory Nolan, and Edmond David, presented by Craig and Kathryn.

Andrea Knepper & CAT Youth Communities of Practice: A Different Coaching Paradigm

"A community of practice is a group of people who share a concern or a passion for something they do, and learn how to do it better as they interact regularly." —Etienne Wenger. Come talk with Andrea and others about how a CoP model changes the learning and the coaching of paddlesports. They'll share information about this theory of learning, as well as their experiences and lessons learned from a Community of Practice in Chicago centered around paddlesports and the impact this community has had on its remarkably diverse membership.

Engaging Young Paddlers

Engaging youth in paddlesports doesn't have to be difficult. Youth and adults at Chicago Adventure Therapy will share ongoing strategies used to get and keep youth involved in paddlesports. Short term: It has to be FUN! and challenging, with opportunities for autonomous learning. Long term: Community is key. So is providing clear and concrete benchmarks of skill, opportunity to paddle with more experienced paddlers, and leadership development opportunities. Come with questions and thoughts —they love talking about this!

Marty Koch Basic River Safety for the Novice Paddler **abc**

While paddling is usually a safe and enjoyable pastime, problems and accidents do occur. Join Marty as he presents information, geared to the novice or beginner, on how to be a safe paddler by recognizing and avoiding the most common hazards. Learn how proper training and preparation can reduce your chances of encountering safety mishaps.



Sylvania Wilderness Area

Located just north of the Wisconsin border in the Upper Peninsula of Michigan is the enchanting Sylvania Wilderness Area. This area boasts over 20 lakes and is known for old-growth forest and trophy smallmouth bass fishing. Like a mini Boundary Waters, there are

PRESENTATIONS



Richard **Retzlaff**

Years at Rutabaga: 3

How did you get into paddling:

I got hooked when a friend and coworker Clai, kept asking me to go paddling after work. No matter how tired I was I went and once I got out on the water I was rejuvenated.

Best part of Rutabaga: I love finding just the right boat for someone. The people I work with are awesome. I love going on paddling adventures together.

Favorite boat: Dagger Katana (form-fitting and responsive) and the Current Designs Prana (very nimble for its size).

Sand strategies: Just embrace it.



30 wilderness campsites with portages linking most of the lakes. Learn about the special rules and regulations, fishing, camping and hiking in the area, and go on a float down the Ontonagon River for trout.



the Boundary Waters Canoe Area Wilderness and Quetico Park. They specialize in teaching novices to feel like pros regardless of size or experience. Learn tips and tricks for women and youth in wilderness travel and practice specific techniques to flip up and portage canoes.

Kevin **Kratzke** **Travels with Elle:** **Kayaking Lake Powell**

Join Kevin as he reminisces about kayaking Lake Powell with his dog, Elle. For two weeks they explored the lake and its side canyons. With

nearly 2000 miles of shoreline, Lake Powell is a paddler's paradise in the fall with warm days and breathtaking canyon scenery. See photos of side canyons including Cathedral in the Desert, Annie's Canyon, Iceberg Canyon, and more. Where the water ends, the hiking begins, taking you through slot canyons that would otherwise be difficult to access.

Continued on page 45



Doris **Kolodji** **Power to the Pipsqueaks: Anyone can Pack, Paddle, and Portage** **abc**

If you've always wanted to pick up a canoe and portage like the 'big boys,' then this energetic, hands-on workshop is for you! For decades Northern Lakes Girl Scout Canoe Base has been training women and girls to travel through



PRESENTATION HIGHLIGHTS

CANOECOPIA IS jam-packed with things to do and see! Use this 4-page pull-out section to keep track of speakers and events happening throughout the weekend. Find last-minute changes (and there are likely to be a few) at canoecopia.com

Aluminum Chef Competition

Our crowd-pleasing cook-off returns
Saturday, 4:30 pm. Quetico Room

THE Aluminum Chefs are back! Once again, our three chefs will test their camp culinary skills against each other in true outdoor style. Kevin Callan will emcee as woodswoman Mona Gauthier and former park ranger Marty Koch go up against local chef Joey Dunscombe of Madison's Weary Traveler Freehouse. Using MSR stoves and cook kits, and a pantry of simple you might have on your next camping trip (donated by the Driftless Cafe in Veroqua, WI), this fast-paced event is always a favorite!

Come join the fun —you could be one of the judges from the audience who will determine the winner of each course!



Featured Speakers

Sharing extraordinary trips that we think
you'll find inspiring and entertaining

Lonnie Bedwell is an extreme sports athlete who was named National Geographic 2015 Adventurer of the Year. He is best known for his first blind descent of the Colorado River through the Grand Canyon as a part of a team assembled by Team River Runner.

Winchell Delano and five friends paddled 5,200 miles from the Gulf of Mexico to the Arctic Ocean in eight months, beginning with 2,000 miles upstream on the Mississippi River in winter. Winner of the Canoe and Kayak 2016 Expedition of the Year Award.

Dave and Amy Freeman completed their Year in the Wilderness advocacy adventure in September of 2016 after 366 days in the BWCA. Their trip was designed to raise awareness and focus attention to the threat of a proposed mine on the edge of the wilderness.

Dale Sanders 'The Grey Beard Adventurer' paddled the entire length of the Mississippi River in 80 days to celebrate his 80th year of life. For this he was honored with the Canoe and Kayak Magazine's Spirit of Adventure Award, a prestigious honor given to someone who inspires others to pursue outdoor adventures.

Jon Turk is a scientist, adventurer, and author with numerous awards to his credit. His journey around Ellesmere Island was considered by polar experts to be the last great unattempted polar expedition — no one had ever even attempted this before due to its remoteness and dangerous ice conditions.

Drop-In Clinics

Saturday, 1-4 pm, Atrium and Loon

DROP-IN Clinics are back! For three hours on Saturday afternoon, we invite you to drop by the Atrium & Loon for some show and share. Join our speakers for informal conversations and demonstrations as you learn to build a paddle, cane a canoe seat, tie a few knots, handle a bush craft knife, improvise tools of survival, and care for your boat. Please see the schedule on page 42 for specifics.

Featuring: Jeff Bach: Making Your Own Wood Paddle; Abe Elias: Bush Craft Knife Skills; Jerry Karbon: Building Wooden Canoe Seats and Thwarts ; Sherri Mertz: Proper Care and Feeding of Your Boat/ Board; Chris Raab: Paddle Making; Dave Shaprio & Don Gasper: Knots for Paddlers; Paul Sveum: Wilderness Survival for Paddlers

SPEAKER SCHEDULE

Changes – if needed – (and there will be) will be posted at the Info Booth and at canoecopia.com

		Upstairs			
		Atrium	Loon	Bear	Caribou
FRIDAY	4:30	D. Mongno Choosing the Perfect Kayak Paddle	J. Ringdahl Plum Island: Door County's Newest Treasure	A. Levesque What Women (Paddlers) Really Want	K. Kratzke Travels with Elle: Kayaking Lake Powell
	5:30	D. Mongno The Forward Stroke: Sitting Down or Standing Up	G. Anderson Waves for Paddlers	J. Chase A Historical Tour of Isle Royale	S. Mertz Choosing Your First Kayak
	6:30	C. Raab Gearing Up to Lead a Trip	K. Dressler & D. Neal The Science Behind the Swirls	T. Bauer & B. Kalpinski 60 Paddling Trips in 60 Miles of Madison	S. Mertz Things I Wish I'd Known When I Started Kayaking
	7:30	J. Chase Exercises to Improve Your Canoe and Kayak Paddling	T. Hurst Families in the Wilderness and Boatbuilding	C. Gabai Preparing to Paddle: Feel Better & Paddle Longer	M. Koch Basic River Safety for the Novice Paddler
SATURDAY	9:30	A. Levesque Yoga for Paddling	K. Wikle Playing Rough on the Dynamic Shoreline of the Great Lakes	T. Thompson & R. McCallister Natural North Florida	S. Mertz Choosing Your First Kayak
	10:30	D. Mongno Choosing the Perfect Kayak Paddle	M.L. Cerami SUP Safety 101	J. Van Den Brandt Improving Your Image: 20 Tips for Better Wildlife Photography	L. Skitt Fire in the Boreal Landscape: Paddling a Recent Burn
	11:30	J. Chase Exercises to Improve Your Canoe and Kayak Paddling	M.L. Cerami SUP with Your Pup	S. & B. Harris Seal River: A Subarctic Adventure	P. Grubb Sea Kayaking's Hottest New Destination: Cuba!
	12:30	Drop-In Clinics 1:00 - 4:00 (ongoing)	Drop-In Clinics 1:00 - 4:00 (ongoing)	B. & M. Marko Boundary Waters with a Toddler	D. Sproule The Thirty Thousand Islands: A World Biosphere Reserve
	1:30	J. Bach: Making Your Own Wood Paddle J. Karbon: Building Canoe Seats & Thwarts	A. Elias: Bush Craft Knife Skills P. Sveum: Wilderness Survival for Paddlers	S. Osthoff What's In Your Canoe?	J. Connelly PaddleQuest 1500: An Expedition to Inspire Outdoor Desire
	2:30	S. Mertz: Caring for Your Boat/Board		K. Ahrens Build YOUR Best Wilderness First Aid Kit	S. MacGregor Trip Photography That (Doesn't) Suck
	3:30	C. Raab: Paddle Making D. Shapiro & D. Gasper: Knots for Paddlers		J. Bates Brain Food: Gear for the Brain and Heart While Paddling	T. Gibb Quetico: The Land of Lakes
	4:30	D. Kolodji Power to the Pipsqueaks: Anyone Can Pack, Paddle, and Portage	D. Mongno The Forward Stroke: Sitting Down or Standing Up	R. Williamson & M. Porter Planning a Fishing-based Wilderness Canoe Trip	R. Oppedahl I Heart Wisconsin River Trip
SUNDAY	10:30	A. Levesque Yoga for Paddling	N. Langlie Nurtured by the Canoe	J. Coffey Paddling With Purpose: Whitewater Healing	R. McLeod Paddling the Upper Mississippi River
	11:30	M. Langlie Fitness for Paddlers	A. Talley Tall Tales from the Fur Trade Trails	S. Mertz Things I Wish I'd Known When I Started Kayaking	W. Delano Journey from the Gulf of Mexico to the Arctic Ocean
	12:30	D. Mongno Choosing the Perfect Kayak Paddle	D. York The Peace of Whitewater	J. Lockwood Journey to the Greenland National Kayaking Championships	B. Schultz Kayak Fishing: Getting Started
	1:30	D. Mongno The Forward Stroke: Sitting Down or Standing Up	S. Shrader Kayak Fishing: Add a Little Friendly Competition	S. & G. Nelson BWCA Sites to Visit	D. Halloran 70 Years of Paddling
	2:30	P. Kuhn A Perfect Fit: Outfitting Your Kayak	M. Langlie Women in the Boundary Waters	T. Gibb Quetico: The Land of Lakes	S. MacGregor Trip Photography That (Doesn't) Suck

Clarion Hotel Speaker (and pool!) Schedule on Page 44

SPEAKER SCHEDULE

Main Floor					
Sylvania	Algonquin	BWCA	Superior	Quetico	
P. Ciere Tips for Canoeing with your Canine	N. Sachs National Wild and Scenic Rivers in the Midwest	A. Talley Tall Tales from the Fur Trade Trails	G. Green & G. Herman Apostle Islands Full Circle Tour	C. Jacobson Bear-Proofing Your Camp	4:30
G. Schrab Entrypoint to the Rivers of Time	T. Pflieger Door County: A Paddler's Paradise	S. Nelson Fishing the BWCA	K. & K. Callan My Pre-Teen Kid Thinks Canoe Tripping is Cool	L. Bedwell Kayaking Blind: Vision is in the Mind, Not the Eyes	5:30
A. Levesque SUP: Walk on Water	R. Smith Favorite Ontario Canoe Trips	M. Gauthier The Unpacking of Mr. Food II	D. & A. Freeman A Year in the Wilderness	J. Turk Crocodiles and Ice	6:30
B. Perry Spirituality of Navigation	J. Vandiver & One Match Band Songs for the Paddler	S. & G. Nelson Packing and Planning for a BWCA Canoe Trip	C. Amidon Exploring Isle Royale National Park	D. Sanders Old Man and the Mighty Mississippi	7:30
B. Perry Paddling in New Zealand: The Great Barrier Island	B. Hansel Elements of Photographic Composition	B. Schultz Kayak Fishing: Getting Started	M. Koch Sylvania Wilderness Area	C. Jacobson Camping's Top Secrets	9:30
R. Wellington River Angels	R. McLeod Paddling the Upper Mississippi River	C. Zarley Catching Canoe Country Walleyes	G. Green & G. Herman Apostle Islands Full Circle Tour	L. Bedwell Kayaking Blind: Vision is in the Mind, Not the Eyes	10:30
A. Funk Aging Authentically	D. Hawthorne Tips for Canoe Trippers	B. Smith & R. Malchow Day Tripping Door County's Shipwrecks	J. Bates Ecological and Historical Gems of Northern WI	K. Callan Whisky Tour on Scotland's Spey River	11:30
C. Gabai Preparing to Paddle: Feel Better & Paddle Longer	T. Bauer & B. Kalpinski 60 Paddling Trips in 60 Miles of Madison	D. Sanders Old Man and the Mighty Mississippi	M. Gauthier Food Dehydration 101	C. Jacobson Dress Right for Canoeing	12:30
S. Oeth E. Branch of the Penobscot: Wilderness Whitewater	N. Schroeter Emergency Room Procedures in the Wilderness	T. Pflieger Door County: A Paddler's Paradise	K. & K. Callan My Pre-Teen Kid Thinks Canoe Tripping is Cool	C. Amidon Exploring Isle Royale National Park	1:30
J. Herman Essential Paddling Skills for the Kayak Angler	N. Sachs National Wild and Scenic Rivers in the Midwest	W. Delano Journey from the Gulf of Mexico to the Arctic Ocean	R. Kesselring Travel Like a Wilderness Guide:	J. Turk Crocodiles and Ice	2:30
D. Hynek Circumnavigating Isle Royale by Sea Kayak	J. Vandiver & One Match Band Songs for the Paddler	M. & M. Morrall Canoe Tripping Bucket List	D. & A. Freeman A Year in the Wilderness	D. Cox The St. Croix and Namekagon Rivers	3:30
C. Kitchen & K. Klis Contemporary Canoe Builders and Their Work	R. Smith Favorite Ontario Canoe Trips	R. Kesselring Planning a Canoe Expedition in the Far North	J. Frank & N. Howk Preparing for Your Apostle Islands Adventure	Aluminum Chef Competition	4:30
S. MacGregor Trip Stories That (Don't) Suck	C. Zarley Catching Canoe Country Walleyes	B. Hansel Elements of Photographic Composition	J. Frank & N. Howk Preparing for Your Apostle Islands Adventure	C. Jacobson Camping's Top Secrets	10:30
E. Weicht A Superior Summer	T. Thompson & R. McCallister Natural North Florida	R. Center & M. Truax The Northeast's Northern Forest Canoe Trail	S. Nelson Fishing the BWCA	L. Bedwell Kayaking Blind: Vision is in the Mind, Not the Eyes	11:30
L. Sobota & J. Browning Why So Many Great Lakes Rescues?	N. Schroeter Emergency Room Procedures in the Wilderness	B. Smith & R. Malchow Day Tripping Door County's Shipwrecks	J. Bates Ecological and Historical Gems of Northern WI	K. Callan Whisky Tour on Scotland's Spey River	12:30
B. Paulsen Three in Pakboat: The Kazan River	D. Hawthorne Tips for Canoe Trippers	M. Koch Sylvania Wilderness Area	J. Turk Crocodiles and Ice	C. Jacobson Dress Right for Canoeing	1:30
I. Dunn Beyond the Basics: How to Rig a Fishing Kayak	J. Vandiver & One Match Band Songs for the Paddler	M. & M. Morrall Canoe Tripping Bucket List	D. Cox The St. Croix and Namekagon Rivers	R. Kesselring Travel Like a Wilderness Guide	2:30

FRIDAY

SATURDAY

SUNDAY

SPEAKER SCHEDULE

		Clarion Hotel	
		Voyageur	Killarney
FRIDAY	4:30	A. Elias Bush Craft Knife Design and Function	H. Hoffmann Paddling in Spite of the Ordinary
	5:30	B. Lawry Kayak Forward Stroke	A. Knepper Engaging Young Paddlers
	6:30	K. Braband & C. Esposito Adaptive Paddling with Team River Runner	I. Dunn Beyond the Basics: How to Rig a Fishing Kayak
	7:30	D. Shively Healing Waters: Veterans, PTSD, and Paddling	J. Herman Essential Paddling Skills for the Kayak Angler
SATURDAY	9:30	J. Browning What's in Your Kit?	E. Achatz Families Who Paddle Together, Smile Together
	10:30	S. & A. Bloyd-Peshkin Risky Business	S. Leaf In Search of the Good Life: A Family, a Canoe and a Portage
	11:30	W. Taylor Raw Oregon: A Coastal SUP Adventure	E. McDonah One Woman's River
	12:30	B. Lawry Kayak Rolling: Dry Land Basics	R. Field Return to the Pecos: A Kayak Fishing Adventure
	1:30	R. Shukla The Accidental Advocate (from The Wild & Scenic Film Fest)	E. Burgeson & P. Norman Yukon 1000: Racing from Canada to Alaska in 8 Days
	2:30	J. Hieb & M. Krueger Gone Paddling: A Documentary Story	L. Sobota Overcoming Fear: One Stroke at a Time
	3:30	D. Murphy & R. Gardner Restoring the Baraboo River	U. Blanchard Two Women Take on Big Water
	4:30	J. Van Barriger Packing the Perfect "Oh Sh!t Kit"	C. Froemke & T. Larson Journey 4 Renewal
SUNDAY	10:30	D. Leavy Load & Go Kayaking	J. Browning Navigation 210: Beyond "Look, See, Go"
	11:30	B. Lawry Kayak Rolling: Dry Land Basics	T. McMahon Backpacking and Hiking in the Boundary Waters
	12:30	J. Hoeben The Healing Power of Water	M. Westenberger SUP Racing 101
	1:30	R. Wellington River Angels	P. Danicic The Economic Contribution of the BWCAW
	2:30	A. Knepper Communities of Practice: A Different Coaching Paradigm	K. Lehner Basic Kayak Safety

Pool Demos – Clarion Hotel		
	SATURDAY	SUNDAY
12:00	J. Herman Rescues and Safety for the Kayak Angler	D. Hawthorne Canadian Style Canoeing
12:30	J. Blakeney Moving Around Your SUP with Style	J. Blakeney Moving Around Your SUP with Style
1:00	B. Perry Solo Kayak Rescues	B. Lawry Braces to Rolling
1:30	D. Hawthorne Canadian-style Canoeing	B. Lawry Surf, Ski, Safety and Remounts
2:00	B. Lawry Braces to Rolling	S. Mertz Secrets of Effortless Boat Control
2:30	M. L. Cerami SUP Yoga for Beginners	A. Levesque SUP Yoga

Pool Demonstration Notes

- Pool sessions are 20 minutes long.
- Pool demonstrations have significant capacity limitations. The fire code limits us to 99 people.
- Since they're so popular and space is limited, we clear out the audience before each new demonstration. Line up early for those you want to see.



How can you help more kids get out on the water?

Purchase a one-of-a-kind piece created by Lissa Flemming, owner of Silverwaves Jewelry, with 100% proceeds going to Rutabaga's Josh Kestleman Scholarship Fund.


Silverwaves
JEWELRY

Visit us at Booth L1 to purchase.

continued from page 40

Pete **Kuhn**

A Perfect Fit: Outfitting Your Kayak

This talk/demonstration will cover how to make adjustments to the inside of a kayak cockpit. Learn about seat and foot peg adjustments/modifications followed by how to customize thigh braces with foam. Pete will use a cut-away kayak to show possible placement of modifications. Materials and shaping techniques will also be discussed.

Mary **Langlie**

Fitness for Paddlers

This hands-on and active section will introduce you to some specific exercises that you can do to prepare yourself for the upcoming paddling season. Learn new ways to stretch and build strength during the off-season to avoid injury during the paddling season. All ages and fitness levels are welcome. Exercises taught can be modified or adapted for any paddler.

Women in the Boundary Waters

The Boundary Waters is a magical place for paddlers of all ages. As women, we may find

that our interests, needs, and bodies change as we grow from childhood through the stages of adulthood. With these changes we can still maintain an active and adventurous lifestyle. Mary will explore ways to experience and enjoy canoe tripping throughout the many stages of our lives. Recommendations for gear, types of trips, equipment, food, and dealing with the elements will all be discussed. Bring your questions.

Nathaniel **Langlie** **Nurtured by the Canoe**

Once your foot gets in the door, there is no turning back. From being introduced to canoeing as a baby to studying Outdoor Recreation as a college student, Nathaniel will take you on a journey of how his beginnings in canoeing has developed into a total love for nature. Whether it be paddling, running, skiing, hiking,



or photography, he will discuss how his early experiences in the outdoor world opened up numerous possibilities, and helped him discover a paradise beyond imagination.

Ben **Lawry**

Brought to you by Stellar Kayaks

Kayak Rolling - Dry Land Basics

Kayak rolling is a skill worth mastering for reasons of safety, confidence, and the sheer fun of it! Join Ben for a look at a few dependable rolls that will get you up quickly and paddling again in a strong, safe position. On land, Ben breaks it down into key elements, then invites you to the pool (Bracing to Rolling) where you can see theory put into practice. A must if you're interested in rolling, having trouble with your rolls, or are interested in teaching rolls.

Bracing to Rolling

Join Ben as he demonstrates and describes the elements of the low brace, high brace, and roll —you'll notice many similarities. Learn how you can work on these elements as you discover how to practice with good quality drills. These can then be transferred into your everyday

nature's *original* water park™
MINOCQUA
AREA CHAMBER OF COMMERCE
ARBOR VITAE ~ LAKE TOMAHAWK ~ WOODRUFF

With thousands of lakes, rivers
and streams, there's always
MORE to EXPLORE

Minocqua.org • 800.44.NORTH •    

PRESENTATIONS

paddling to expand your paddling horizons. To get the most from this demo, Ben recommends that you first attend his dry-land talk, *Kayak Rolling: Dry Land Basics*.

Kayak Forward Stroke **abc**

98% of your time is spent paddling forward. Ben will offer a look at the different phases of the stroke in detail, breaking them down into component parts. Then see how to integrate some of the key principles and safe bio-mechanics into your general paddling to make your stroke more efficient. Whether you want to paddle faster, further, or more efficiently, this is the presentation for you.

Surf Ski Safety and Remounts **abc**

Surf Skis are a growing segment of the market and their safety is always a topic of great discussion. Join Ben at the pool as he demonstrates safety basics and shows effective methods for remounting your surf ski. Learn about the leash options available to the Surf Ski paddler.

Sue **Leaf** In Search of the Good Life: A Family, a Canoe and a Portage

As we portage through life from one abyss to the next, we constantly define what the good life means through our choices. This presentation tells the tales of one family's choices—opting to paddle little-traveled routes, choosing to spend their free time on the water while looking for birds, wind-pruned trees, and land forms. The presenter will narrate ten short canoe trips on various waterways in the United States and Canada.

Diane **Leavy**

Brought to you by Cascade Designs

Load and Go Kayaking **abc**

Whether you're heading out for several weeks or just for the weekend, loading your kayak is a special skill that takes practice, time, and patience to master. Join Diane for a presentation featuring handy tips and strategies for packing your boat for both long and short trips.



Kevin **Lehner** Basic Kayak Safety **abc**

There are safety considerations that all who venture onto water in a kayak should be aware of. This session will discuss how to assess risk and manage it in a way that will ensure a safe and enjoyable paddle. Topics discussed will include boat construction and safety features, paddling safety gear, personal competence, and weather and water conditions.



Anna **Levesque** *Brought to you by Dagger Kayaks & BIC SUP* What Women (Paddlers) Really Want **abc**

Anna brings information and experience from over a decade of running women's-specific paddling classes and trips. Learn the science behind the differences between how women and men respond to stress, and how differences between the male and female brain play into decision making. If you're a woman who has felt like you haven't quite fit in, or if you're a man who would like to cultivate more effective communication tools when it comes to female paddlers, this talk is for you!

SUP: Walk on Water **abc**

Have you been curious about stand up paddleboarding? Want to find out why it's the fastest growing discipline in paddlesports? Do you have questions about how to get started? Come join Anna for a discussion on the benefits of SUP, what you need to get started, and how SUP can add variety to your outdoor adventures.

SUP Yoga **abc**

Interested in taking your yoga practice on the water? Or maybe you're just curious about this thing called SUP yoga? Join Anna for a discussion on logistics and anchors for practicing SUP yoga, as well as a demo on how to modify poses for stability on the board.

Yoga for Paddling **abc**

Anna's Yoga for Paddling sessions have become a staple at Canoecopia. Join this 500-hour certified yoga teacher with over 20 years of paddling experience for an all-levels class that will help to balance the musculoskeletal misalignments caused by the motions of paddling. Stretch, strengthen, relax, rejuvenate, and learn. No prior yoga experience necessary—come as you are! Bring your own mat or a towel and wear comfortable clothing.



John **Lockwood** Journey to the Greenland National Kayaking Championships

Over the course of three years, Freya Fennwood and her father John Lockwood (owner and designer of Pygmy Boats) worked together to design a kayak for Freya to compete in Greenland's National Kayak Rolling Championships. In 2015 their collaboration culminated in Freya winning the top score in both the men and women's division in the kayak which would later bear her name. The film, *Namesake: A Journey to the Birthplace of Kayaking*, follows along as father and daughter experience firsthand the beauty and rich culture of kayaking in Greenland.

Scott **MacGregor** Trip Photography That (Doesn't) Suck: The Secrets Pros Don't Share... Because They Don't Know **abc**


Find out what makes a great paddling image today, and what doesn't (Hint: The bow of your boat is so like totally '80s). Learn how to get your photos published. Discover the key differences between popular Instagram posts and award-winning magazine cover photos. See the worst images ever submitted to Rapid Media. Learn how to stop taking the photos you love, but nobody else does. Plus, learn the top 10 ways even the pros can improve their outdoor photography.

Trip Stories That (Don't) Suck: The Art of Great Adventure Writing **abc**

Step inside an editor's office and learn the simple rules of great adventure writing, better blogging, sizzling slideshows, and trip journals that jump off the page. This is a practical, lighthearted, and humorous guide for adventurers packing pens as well as paddles. Find out what makes a great story, and what doesn't (Hint: Nobody cares about your blueberry pancakes). Learn the secrets to getting your stories published, and how to avoid the six most common adventure writing pitfalls. Plus, learn the top 10 ways even pros can improve their adventure writing.



New

Bobby & Maura Marko **Y**
Boundary Waters with a Toddler **abc** 
 Bobby and Maura love taking their children along on their adventures. This past summer they took the plunge and planned their first trips to the Boundary Waters with their 2-year-old son Jack along for the fun. As a result of research, planning, and asking a lot of advice, they enjoyed beautiful days in the sun, evening serenades from loons, inclement weather, and tantrums in the camp. Come hear what they prepped for, experienced, and learned from their time in the BWCA.

Ellen McDonah One Woman's River

This is a story about kayaking artist Ellen McDonah's 2014 solo source-to-sea 2,350-mile creative quest on the Mississippi River. Experience the Mississippi headwaters

to the Gulf of Mexico through unique art, photography, and tales from her trip. Grasping a childhood dream in retirement, she gave her artwork to those who showed kindness and

please see canoecopia.com for changes



New

found 107 days of adventure and determination in her kayak, Inspiration.

Reggie McLeod Paddling the Upper Mississippi River

Reggie will share the joys of paddling the upper stretch of the biggest river in America, from paddling short loops to camping out on an island. He'll explain going through the locks, river wildlife, how to join group paddles, and where to get quality maps, and other useful resources for a river adventure. He'll also explore the recent boom in paddling the entire river, from Lake Itasca to the Gulf of Mexico. After the presentation he'll distribute detailed river maps and other useful materials.

Todd McMahon Backpacking and Hiking in the Boundary Waters

Get a new perspective on the Boundary Waters by hiking or backpacking. Pass by beautiful waterfalls and stunning scenic overlooks. Whether you're looking for a day hike, overnighter, or a weeklong backpacking trip, Todd will share great trip ideas for

heading overland in the BWCA. Known for photographing trails, Todd has hiked the Kekekabic and Border Route Trails, the longest trails in the Boundary Waters. Also discover how to use your canoe to connect to these trails using portages and where to hike up to scenic overlooks.

Sherri Mertz Choosing Your First Kayak **abc**

The excitement of buying your first kayak can quickly turn to confusion when faced with an endless array of choices. How do you determine which is the right one, and what does all that mysterious terminology like "rocker" and "tracking" mean? ACA-instructor, long-time paddler, and former kayak salesperson, Sherri Mertz will help you narrow your search and make it all very simple to understand. When you hit the sales floor, you'll be feeling like an expert!





CANOE COPIA SHOW SPECIAL!

INTRODUCING THE INNOVATIVE CREEKKOOLER

\$149

TAX PAID

\$30 SAVINGS!
OFF MSRP





- 30 quart capacity holds (30) 12-oz cans and 20LBS of ice
- dual wall blow molded construction
- 1.75" average inches foamed insulation
- 1/8 turn threaded water-tight lid
- great for dry storage too

kanoolerproducts.com

SEE US AT BOOTH #P1
PROUDLY MADE IN U.S.A.

PRESENTATIONS

Things I Wish I'd Known When I Started Kayaking [abc](#)

There is so much to learn when you start kayaking and so much equipment to acquire. You can save yourself a lot of grief (and money) by learning from the experience and mistakes of this long-time paddler and instructor. Join Sherri to learn how to make smarter gear choices, speed your learning curve, and avoid risks you may not even be aware of!

Proper Care and Feeding of Your Boat/Board [abc](#)

With just a small amount of routine maintenance your new canoe, kayak, or SUP can last for many years. When accidents happen, it usually just takes an easy repair to put your boat back into service. Sherri personally maintains a fleet of over 60 canoes, kayaks, and SUPs. Stop

by with questions on boat maintenance or get information you need to make simple repairs on plastic and composite canoes, kayaks, and SUPs.

Secrets of Effortless Boat Control [abc](#)

The secrets of effortless boat control are so secret that many experienced kayakers don't know them, although they may do them unconsciously. Sherri has helped hundreds of students discover that good boat control doesn't have to be hard. She'll share those secrets with you.

Danny Mongno

Brought to you by Werner Kayaks

Choosing the Perfect Kayak Paddle [abc](#)

The surefire way to guarantee more fun while paddling is to use less energy by using a properly-fitting paddle and performing strokes more efficiently. Join Danny as he discusses low-angle and high-angle paddling, paddle fit options, proper paddle lengths, and how you can judge a perfect-fitting paddle. Then he will dissect some everyday strokes to help you use less energy and have more fun on the water. Bring an open mind and be ready to learn.



The Forward Stroke: Sitting Down or Standing Up [abc](#)

Whether sitting in your kayak or standing upright on your SUP, the forward stroke, your most important and used stroke, is similar in its components. Join Danny as he gives some simple tips to make your stroke more efficient and use less energy on the water. This is an interactive seminar, so be ready to join along as Danny demonstrates. You'll have plenty of drills to take home to practice.

Mark & Merry Morrall Canoe Tripping Bucket List

Don't have the means or time for an exotic paddling expedition? That's okay – most of us don't! The Morralls will present to you five



premier paddling spots in the U.S. Scattered across the nation and ranging from three to six days, all with the option to extend longer, these trips will ignite your passion for adventure. Explore the Upper Missouri, Green, Allagash, and Buffalo Rivers along with the Okefenokee Swamp through videos, photos, and anecdotes. With a little planning, you too can enjoy the paddling experience of a lifetime.

Dave Murphy & Raine Gardner

The Baraboo River: Developing the Longest Naturally Restored River in America

The communities of North Freedom, West Baraboo, Baraboo, and Sauk County joined forces to establish a plan that serves to “Protect, restore, and enhance the natural environment within the Baraboo River Corridor and focus on opportunities that will spur recreation, tourism, and development to establish the region as THE premier water recreation destination in south central Wisconsin.” When completed, paddlers will enjoy the longest naturally-restored riverway in America with whitewater features, including Class II Rapids. Learn how you can help.



Steve & Ginny Nelson Packing and Planning for a BWCA Canoe Trip [abc](#)

A Boundary Waters canoe trip takes some planning to ensure it will be successful. Learn what to pack, what route and entry points to use, how and when to reserve a permit, using an outfitter, and more. Join Ginny and Steve as they guide you through the details for a successful wilderness adventure. An excellent seminar for first-time or seasoned travelers.

BWCA Sites To Visit


Enhance your Boundary Waters adventure with historic and geologic sites as well as other points

“KIDS” THESE DAYS!

We're calling a bit of extra attention to the younger folks in two ways this year.

Y Young Presenters: We “older” folks can be heard bemoaning that the paddler demographic is trending older and that we wish more young people were passionate about the outdoors. Well, take heart! Our Young Presenters are paddlers under 35 who have been doing cool things and have stories to share. From epic adventures to environmental issues, local paddling trips to paddling as a family, these Young Presenters bring enthusiasm, energy, and a fresh perspective to their presentations.

We encourage you to check out these speakers and cheer them on as they demonstrate that the younger generation cares deeply about the outdoors and values their opportunities for adventures in nature.

 **Youth & Family Presentations:** How do we continue to build this next generation of paddling and outdoor enthusiasts? Learn how others are working to get kids outdoors. Kevin Callan will be joined by his daughter, Kyla, speaking about canoe tripping with her dad. Get tips on how to canoe trip with a toddler (Marko), encourage paddling as a family activity (Achatz, Langlie, Leaf). Hear about a family's mission to develop paddling programs for youth with autism (Coffey) and learn about programs that get youth and families outdoors (Hurst, Knepper).

**We dropped a canoe 100 feet from the top of a building
and could still paddle it home,
“that’s TuffStuff”**

Nova Craft has been working hard to find replacement materials for super strong, lightweight canoes.

After consulting with a materials research lab and conducting extensive in house testing, we are proud to introduce our new TuffStuff composite canoes.

Using Basalt and Innegra fibres in our proprietary layups, these canoes offer unsurpassed impact resistance in a hull that is both stiffer and lighter than Royalex.

View our YouTube channel to see the full story, we think you’ll agree “that’s TuffStuff ”

TuffStuff. Even better for 2017



NOVA CRAFT CANOE.

www.novacraft.com



PRESENTATIONS

of interest that most people paddle right past. This is a popular seminar and Steve has added new sites to the list. Map locations, background details, and photos of sites will be provided that will spark your imagination.

Fishing the BWCA **abc**

With a swirl of action, a fish leaps out of the water, does a tail dance across the surface, and you start reeling it in. It doesn't get much better than this! Join Steve as he guides you with 5 key tips and techniques that will help you catch walleyes, bass, and northern pike. Learn what tackle & lures to use, where to fish, and hear stories to get you enthusiastic about fishing in a world-class area... the BWCA.



Scott **Oeth**

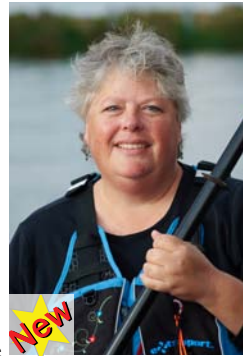
East Branch of the Penobscot: Wilderness Whitewater in America's New Katahdin Woods and Waters National Monument

Join Scott as he shares his experiences paddling and poling the East Branch of the Penobscot River, a wild, wilderness-filled, whitewater river running through the heart of our nation's new Katahdin Woods and Waters National

Monument. This historic river is one of the most technically-challenging multi-day canoe trips in Maine, is lightly traveled, and offers tremendous natural beauty!

Ruth **Oppedahl** I Heart Wisconsin River Trip

The I Heart Wisconsin trip was an 18-day paddle from the source of the Wisconsin River to the confluence with the Mississippi in October 2015. As a positive response to the state's budget cuts to natural resources, Ruth Oppedahl decided to use her vacation exploring our state from north to south and meeting with conservation groups and citizens along the way to learn how they help protect our lands, waters, and wildlife. She discovered a beautiful, wild river and wonderful people along the way.



Stuart **Osthoff** What's in Your Canoe? **abc**

Stu will cover in detail all the gear he uses and recommends for Boundary Waters and Quetico wilderness canoe trips. Nobody puts wilderness canoe-camping gear through



the ultimate field test like Stu does, spending over 10 weeks each season guiding canoe trips in the wilderness. Only the very best of the best, high-performance equipment that survives his use and abuse goes in his canoes, because quality gear matters out there. What's in your canoe?



Bear **Paulsen**

Brought to you by Northstar Canoe

Three in a Pakboat: The Kazan River

The Kazan River rises at the borders of Manitoba, Saskatchewan, and Nunavut in the boreal forest and flows 500+ miles into tundra. Known as Inuit Ku, the River of Men, due to the Inuit population that once thrived there, the Kazan abounds with endless skies, musk ox and whitewater. Unexpectedly, and midway through a month-long trip, one member voluntarily left leaving the group to adjust to a new trip which included fitting three people and equipment into one 17-foot Pakboat.

The Questar™ 20° Down Sleeping Bag

Built with Nikwax Hydrophobic Down™.
Incredible on its own.
Unbelievable in your sleep system.



Come check it out at the
Therm-a-Rest booth.

THERMAREST®
REST BETTER. PLAY BETTER.

thermarest.com



Bonnie Perry Paddling in New Zealand: The Great Barrier Island

In February Bonnie and a group of hardy paddlers circumnavigated this amazing island off the coast of Auckland, NZ. Along the eastern coast are long, clear beaches, windswept sand-dunes, and heavy surf. The western coast is home to hundreds of tiny, secluded bays. Come hear of their adventures and start to dream about paddling in another hemisphere.

Spirituality of Navigation: Being Lost, Getting Found and Leading Others Along the Way

Compasses, maps, charts, and life. What do you long to see? Where are you now? Physically, mentally, spiritually, have you the skills to get from where you are now to new and compelling places in your boat and in your life? Navigation is an art and science enabling us to go on journeys. The principles of navigation: piloting, dead reckoning, ranges, bearings, and ferry angles can successfully be applied literally on the water and metaphorically in our lives. Come talk about navigating our boats and lives.

Solo Kayak Rescues [abc](#)

Sometimes we paddle by ourselves, sometimes things go wrong, and we wind up out of our boat. What are some simple ways to get back in? The more options you have, the safer you'll be. Join Bonnie for a look at three solo kayak rescues: the cowboy scramble, the re-enter and roll, and the paddle-float re-enter and roll.

Tim Pflieger Door County: A Paddler's Paradise

With over 315 miles of coastline, 13 lighthouses and many silent sport launches, Door County is truly a kayaker's paradise. Join Tim, a local professional paddler, on a visual coastline tour of lighthouses, launches, shipwrecks and local points of interest. Tim will share tips on launching, favorite paddle routes and sites, and maybe a favorite eatery or two!

Chris Raab Paddle Making [abc](#)

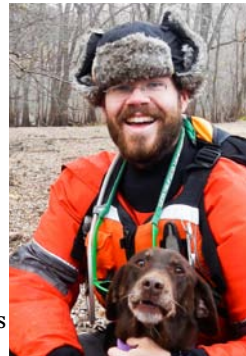
Come see paddles being carved and discuss design features, paddle materials, carving tools, finishes, and any other steps in the process you are interested in. You may also try your hand at carving one of our demo paddles. The workshop will cover Greenland paddles as well as kayak and single-blade canoe paddles.

Gearing up to Lead a Trip [abc](#)

Choosing the right gear to safely lead a trip without over-packing is a challenge for every group. In this workshop we will assemble a set of personal and group gear to lead a safe group trip. With lots of gear on hand to choose from, we will break in to groups and work to determine what gear should be on hand to safely lead a trip. Groups will deal with trip scenarios that could come up using gear they have chosen to bring along.

Jonathan Ringdahl Plum Island: Door County's Newest Paddling Treasure

Plum Island has a rich and heroic history as home to the Guardians of Death's Door, the name given to members of the U.S. Life Saving Service who were stationed there. The station they occupied until 1990 is the last Duluth-style station remaining. Island access was prohibited until 2015. This Lake Michigan gem, located off the end of the Door County peninsula, is now open in the summer for kayakers. Magnificent rocks, range lights, historic buildings, and hiking trails make this special island worth a visit!



Neill Sachs The National Wild and Scenic Rivers: A Midwest Sampler

The beauty, serenity, and excitement of nature are among the many reasons for the National Wild and Scenic Rivers system. This designation provides a level of protection for these important rivers and conjures visions of adventure. Administered by various Federal and State agencies, these rivers offer magnificent paddling opportunities, be they wilderness or otherwise. Many rivers designated wild, scenic, or recreational are within a day's drive

of Canoeopia. Come along as we explore a few of these and talk about how rivers earn this important title.



Dale 'Grey Beard' Sanders Old Man and the Mighty Mississippi

Hot off the banks of the Mississippi River, Dale 'Grey Beard' Sanders will light up the stage with wild stories from his biggest adventure yet: a record-breaking, *Source to Sea* paddle. Celebrating his 80th year of life, Dale solo-canoeed from Lake Itasca into the Gulf of Mexico in a mere 80 days. Inspiring paddlers, fans and river angels from 8 to 80, Dale will share beautiful photography and video clips to teach the uninitiated what it meant for him to go up against the mightiest river in America.

Geri Schrab Entrypoint to the Rivers of Time

Mysterious and sacred, millennia-old pictograph and petroglyph messages are sprinkled throughout the Boundary Waters and greater Lake Superior Region. When encountered on wilderness journeys, they trigger an array of responses. From red-ochre handprints and masterful moose to undefinable geometrics, they still have power to touch our hearts and tease our minds. These old artworks offer an entry point for a personal spiritual journey while traveling the same land and waterscapes as the Old Ones through a touchpoint in time.



Neal Schroeter Emergency Room Procedures in the Wilderness [abc](#)

What happens when you can't call 911? What can you do about anaphylactic shock,

PRESENTATIONS

hemorrhage, broken bones, dislocated shoulders, puncture wounds? This could serve as a great introduction and motivation to take a wilderness medicine course, or serve as a great review if you have.

Bill Schultz

Brought to you by Bending Branches

Kayak Fishing: Getting Started abc

Whether you fish big water, lakes, or rivers, this presentation will help you get off to the right start without wasting time or money. Join Bill as he covers sit-on-top, sit-in, and self-propelled kayaks, looking at comfort, weight, and length. Learn about factors to consider when selecting a paddle and how to transport your kayak. Discover options for “tricking out” your fishing kayak and join the discussion on tackle.



Tadhg Barrett

Years at Rutabaga: 5

How did you get into paddling:

I remember wanting to paddle kayaks was when I was 10 years old in Avoca, County Wicklow, Ireland. I watched a kayak slalom race. When it came time to choose a local high school, one of the two had a kayak club. As I progressed, I started teaching the younger club members, which eventually led me to teach paddling and sailing in many countries.

How do you say your name: I tell people it’s pronounced like TIGer without the ER

Longest trip you’ve taken: A 10 day trip down the Colorado River, paddling from Phantom Ranch to Diamond Creek.

Favorite place to paddle: Ardeche Gorge in the South of France.

Little known fact: I was lucky enough to sail across the Pacific Ocean from New Zealand to Seattle in 2010.



David Shapiro & Don Gasper

Knots for Paddlers abc

Will my canoe stay on top of the car for the drive? Will my tarp fall down in the rain? Will my kayak get washed off the beach during the night? Drop in and learn from Dave and Don. Practice a few knots, check out their knot board, learn a better trucker’s hitch. Ask them your knot-related questions. If they don’t know the answer, they’ll find out for you!



Dave Shively

Healing Waters: Veterans, PTSD, and Paddling

Veterans often return home to a face a different type of battle re-integrating to home waters. Canoe & Kayak Magazine has connected with vets from every corner of the country who have worked their way through the transition with the simple act of paddling. In an ongoing story series profiling veterans making a difference in every discipline of the sport, Canoe & Kayak will debut select film shorts from the series, followed by the film producers and project stakeholders engaging in dialogue about the important role that paddling can play.

Scott Shrader

Brought to you by Wilderness Systems

Kayak Fishing: Add a Little Friendly Competition

Whether you’re new to kayak fishing or a seasoned angler, take it to the next level and get involved in kayak fishing tournaments! These tournaments are gaining in popularity - it’s a great time to get into the sport. Scott will discuss tournaments being offered in the Midwest and nationwide, both online and live. He’ll discuss rules, kayak



add-ons, and techniques that have proven to help him win or place in tournaments.

Raj Shukla

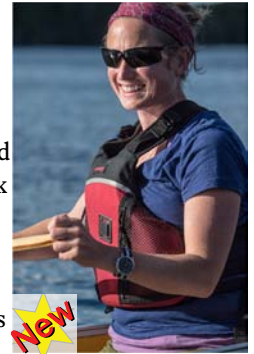
The Accidental Advocate: A Selection from The Wild & Scenic Film Fest abc

Get inspired by John Wathen, whose brush with toxic chemicals transformed him from an average Alabama native to an internationally recognized environmentalist. Join us for a screening of a Wild & Scenic Film Festival favorite, *The Accidental Environmentalist*. This fascinating 10-minute documentary chronicles one citizen’s passion for protecting the world’s waters. After the film, River Alliance of Wisconsin’s executive director Raj Shukla will share how you too can get involved in protecting the natural resources in your own backyard.

Lori Skitt

Fire in the Boreal Landscape: Paddling a Recent Burn

In May 2016, Woodland Caribou Provincial Park experienced a large fire in the southern part of the park. Some of our favorite paddling routes have been impacted, but the news is not all bad! Fire plays an integral role in the boreal ecosystem. Join WCPP staff as they talk about dealing with this large fire event, the recreational and ecological impacts, their plans for the future, and what paddlers can expect when tripping through this unique area. Burned landscapes can be beautiful!



Babs Smith & Rich Malchow

Day Tripping Door County’s Shipwrecks

Door County is a paddler’s paradise with dramatic bluffs, hidden beaches, and historic lighthouses. But the beauty continues, veiled beneath the waves with mysterious century-old shipwrecks. Babs and her brother, Rick, will give a fun visual tour of the bays which are dotted with hidden treasure, including shipwrecks visible to paddlers floating on the surface.

Randy Smith

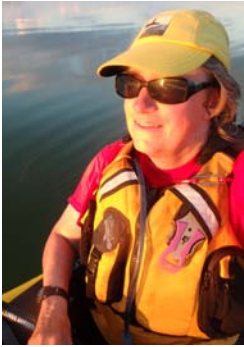
Confessions of a Backcountry Park Ranger: Favorite Ontario Canoe Trips

This past summer, Randy Smith and his Ontario Parks backcountry ranger crew strapped on

the GoPros and headed down the legendary Missinaibi River. While the trip's purpose was to clear portages and rebuild campsites, they also filmed the river's fantastic scenery. Join Randy as he takes you on a virtual trip of the Missinaibi, Spanish River, and Temagami region, some of his favorite paddling areas.

Lenore Sobota Overcoming Fear: One Stroke at a Time **abc**

Are fears holding you back from being the best paddler you can be? You're not alone — and you don't have to be alone in overcoming those fears. Let's talk about the fears that keep you alive and the ones that hold you back. Learn some strategies to try and share a few that work for you.



Why So Many Great Lakes Rescues? (Co-presented with John Browning)

Are you prepared to be on the Great Lakes, or are you an accident waiting to happen? The Coast Guard and other emergency responders performed a lot of rescues on the Great Lakes in 2016. Things happen and not all accidents are avoidable, short of always staying on shore. But many of the situations resulting in rescues and even deaths were a result of inappropriate boats, inadequate equipment, or other shortcomings. Let's talk about what happened last year and how to make 2017 a safer one.

Dave Sproule Paddling the Thirty Thousand Islands: A World Biosphere Reserve

Georgian Bay's Thirty Thousand Islands are the world's largest freshwater archipelago and a paddler's dream.



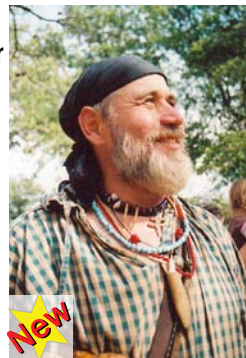
Whether you are a kayaker or a canoeist, a backcountry tripper or day paddler, the Reserve is for you. This chain of granite bedrock islands, clad in windswept pine and stretching for a hundred miles, provides paddling opportunities for everyone.

Paul Sveum Wilderness Survival For Paddlers: Rest, Relax, Recover or How to Avoid Davy Jones' Locker **abc** **New**

A day on the water can quickly go from a perfect paddle to a perfect disaster. How you react is based on experience, an understanding of human physiology, and the creativity to use the tools on hand to provide the basic needs of all humans: warmth, water, and rest. Join Paul to learn what a water-based survival kit should contain, and try using the materials we have with us as paddlers and converting them into tools of survival.

Andy Talley Tall Tales from the Fur Trade Trails

From out of the past meet André St. Pierre, 1750's French-Indian fur trader. André will present an energetic and entertaining look at the French fur traders and the native tribes that they lived and worked with. He will delight the audience with short stories and tall tales about his adventures in the north country. Learn about the fur trade in this historically imaginative program. History has never been so much fun.



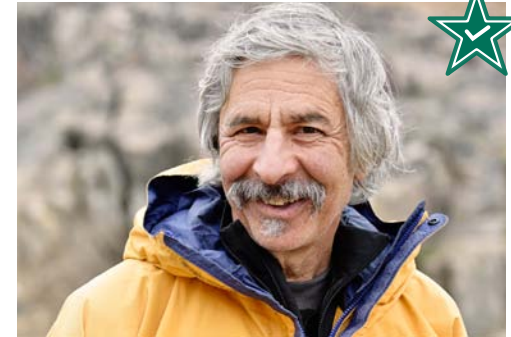
Will Taylor **New** **Y** Raw Oregon: A Coastal SUP Adventure

In 2014 Will hatched a plan: to return to where he grew up on the southern Oregon Coast and paddle 60 miles on his SUP down one of the most rugged pieces of water on the West Coast with a group of locals and visitors. The crew caught downwind bumps, experienced unexpectedly large waves, caught bottom fish and camped on remote beaches over their four days on the water. The trip was featured in Canoe and Kayak Magazine, online and in a video series.

Tommy Thompson & Russ McCallister Make Natural North Florida Your Paddling Destination

The multi-county region known as "Natural North Florida" is a year-round paddler's paradise. Springs and spring-fed rivers,

including the 200+ mile Suwannee River, offer paddlers a wide range of opportunities for day-long or extended trips. Take a visual tour of the region, including the Suwannee River Wilderness Trail and the Big Bend Saltwater Paddling Trail. Learn about the coastal communities and amenities for paddlers and visitors throughout the region. Bonus: hear about kayak fishing opportunities in both fresh and saltwater.



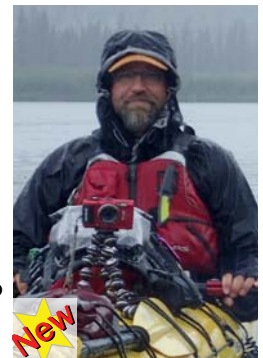
Jon Turk Crocodiles and Ice

Crocodiles and Ice is a scientist/adventurer's journey into a Consciousness Revolution based on a deep, reciprocal communication with the Earth. This presentation highlights Jon's National Geographic award-winning polar expedition circumnavigating Ellesmere Island, as well as lesser-known passages. But, more critically, Jon speaks of his five years with Moolynaut, a Siberian Shaman, and how her wisdom guided him across treacherous moving ice into a passion for Deep Wild — creating a foundation of solace, sanity, compassion, and hope in this politically-crazed, oil-soaked, internet-overloaded, consumer-oriented society.

Photo: Michelle Valberg

John Van Barriger Packing the Perfect "Oh Sh!t Kit" **abc**

Whether you're planning a pond paddle or a multi-week adventure, a good emergency kit can help you get safely back home after trouble arises. Writer/photographer John Van Barriger will discuss the contents of his oft-used "Oh Sh!t" emergency bag, as well as critical items that should be added to most first-aid kits.



PRESENTATIONS

Van Barriger, who has discovered a multitude of ways to injure himself while paddling and camping, will also share Murphy's Law tales of how these items became necessary components.

John Van Den Brandt Improving Your Image: 20 Tips for Better Wildlife Photography **abc**

John presents 20 practical tips that you can immediately employ to increase your chances of capturing that wildlife "shot of a lifetime."

The presentation is illustrated with John's own stunning images, many of which have appeared in his nationally-distributed calendars. Whether you're a novice photographer or a serious shooter, you'll leave this presentation excited to try new strategies and with tips for getting closer to wildlife and creating more dramatic, high-impact images.



Jerry Vandiver & The One Match Band Songs For The Heart Of The Paddler

Back at Canoeconia by popular demand, award-winning songwriter Jerry Vandiver has song credits on over 15 million records and paddling credits on countless rivers, streams, and lakes across North America. Jerry will be debuting some new songs as well as songs from his paddlesongs CDs, *Mixed Dry Bag*, *True And Deep*, and *Every Scratch Tells A Story*. He'll be joined by the The One Match Band for a fun, musical, and unique addition to the Canoeconia experience.

Eric Weicht **Y** A Superior Summer

Join Eric as he shares stories and experiences from his most recent adventure: solo circumnavigating Lake Superior, the greatest of the Great Lakes, in a well-used Tsunami



145. On his trip he encountered all sorts of wild weather, lost a shoe to a pack of wolves, ate dinner with woodland caribou, had to chase a bear buck-naked down a beach in the middle of the night to save his food (which he lost), and made lots of great friends.

Rod Wellington **New** River Angels

The months between April 2012 and April 2013 were busy ones for Canadian author and adventurer, Rod Wellington. Not only did he become the first North American (and second person ever) to complete a 3800-mile source-to-sea kayaking descent of the Missouri-Mississippi river system, he also took part in the first SUP descent of the Wolf River in northern Mississippi and western Tennessee. Join Rod as he shares stories from those journeys and reads excerpts from his latest book, *River Angels*.

Michael Westenberger

Brought to you by Kialoa Paddles

SUP Racing 101

You've registered for your first Stand Up Paddle Race, now what? SUP racing is gaining popularity and the number of events are expanding every season. With participation numbers on the rise, you're ready to get involved!! You bought the gear, you've been training, but what do you really need to know leading up to your first race? Attend this fun and insightful presentation and learn firsthand how to prepare and what to expect before you take the start line.



IN MEMORY OF DAVID MEDARIS 1959-2016

Outdoor writer, paddler, hiker, and most of all, a dear friend. We miss his goofy smile and enthusiasm for life, which he displayed even after several cold swims in Badfish Creek. We miss his infectious desire to know everything about everything. We miss his kindness, humility, and love for all creatures, great and small. — Darren Bush



Keith Wikle Playing Rough on the Dynamic Shoreline of the Great Lakes

The Great Lakes offers a dynamic shoreline unlike anywhere in the world. From peeling surf to righteous standing waves along the shores of the Great Lakes, there are many unique locations that offer unparalleled paddling. Sometimes you find play in the beauty of pristine wilderness, other times in the most populated urban areas. The trick is making your own fun. Keith presents the way to make your play more productive where you might least expect it.

Richard **Williamson** &
Mike **Porter**
**Planning a Fishing-based Wilderness
Canoe Trip** *abc*

Rich aka 'Old Salt' and Mike aka 'Wally 13,' both seasoned Quetico vets, discuss the planning process and decisions that can enhance or undermine the success of a trip. Several questions need clear answers well ahead of departure. Who? When? Where? Which lake(s) will we fish? They discuss how to gather pre-trip intelligence. Suggestions will be shared for using recent technology to enhance fishing success. Come to hear some practical advice and tips to maximize your fishing time.

Dan **York**
The Peace of Whitewater

Whitewater paddling has an image problem. It's seen as an extreme sport practiced by 20-something adrenaline junkies hurtling off huge waterfalls. The truth is that whitewater can be enjoyed by a wide range of paddlers. There is a world of wonderful rivers with modest rapids that pose minimal risks. In

this presentation Dan, will show the peace, even calm, that can be found on rapid rivers. Whitewater is not just for thrill-seekers, but for any paddler wishing to explore wild rivers and enjoy the dance of flowing water.

Craig **Zarley**
**Catching Canoe
Country
Walleyes** *abc*

Craig is a popular fishing author who has chased northern walleyes for more than 50 years. He'll show you where and how to catch canoe country walleyes without using electronic gadgets or elaborate and expensive fishing tackle. Learn why a canoe is the ideal fishing craft for the rocky lakes of the north and how walleye fishing success requires paying attention to the wind, season, and lake structure. Discover why a simple jig and plastic twister tail combination trumps more expensive lures as the premier walleye catching bait.



**RUTABAGA'S 40TH
ANNIVERSARY!**

In 1976, four University of Wisconsin students incorporated Rutabaga Inc. in the basement of Rutabaga Manor, and thank goodness they did.

This year marks the 40th anniversary of Rutabaga's existence. I can't conceive of what the paddling world in the Midwest would look like if Rutabaga hadn't been born out of an inability to buy paddles and paddling gear from local sources. A lot of water has been under the bridge, quite literally, in the past 40 years. We moved from a basement in a flop house, to an old gas station, to an old grocery store, to the current location in Monona where we've been since 1993.

Since then, tens of thousands of canoes, kayaks, and SUPs have been tied on cars, trailers, and trucks to customers all over North America. Our mission remains the same: to get people on the water. Thanks for your 40 years of support! —Darren B.

