Canoecopia Presentations for 2018

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

Christopher **Amidon** Paddling Isle Royale National Park

Sat 2:30p, Superior Sun 12:30p, Superior

Isle Royale National Park offers unique opportunities for paddling in and around a wilderness island in Lake Superior. The challenges facing paddlers are many, from the logistics of transporting equipment, to the unpredictable, cold waters of Lake Superior. Join Ranger Chris Amidon to explore the paddling options and challenges of Isle Royale National Park.

Greg Anderson The Wild Coast: Circumnavigating Vancouver Island Sat 10:30a, Voyageur From the turbulent tide races of the inside passages to powerful surf and swell on the outer coast, Vancouver Island is surrounded by dynamic waters. Greg



will share lessons learned from a fifty-five day, solo circumnavigation of Vancouver Island. Whether you are interested in paddling a short protected section or planning your own expedition, Vancouver Island has a wilderness adventure waiting for you. It is a place of rugged beauty and amazing wildlife, including bears, wolves, whales, sea lions, sea otters and more.

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

Sat 1-4p, Arrium Paddling is all about using your hands. Making a paddle with those same hands really closes the loop. A handle made to fit your grip and hand width,



a shaft just the right length, and a blade just

the right size are all available to you as a paddle maker, not to mention choosing the wood you want in your paddle. Stop by and view the demo paddles and materials that wavetrainSUP uses to build handmade wood paddles for both canoe and SUP.



As seen on ALONE

SPECIAL GUEST Jim **Baird** How Canoe Tripping Helped Me Win History Channel's Alone Fri 7:30p, Quetico

Sat 12:30p, Quetico

After surviving on northern Vancouver Island for 75 days for History Channel's self-shot survival reality series Alone, Jim Baird and his brother Ted outlasted six other teams to come home with a cash prize of \$500,000. With a background in wilderness canoeing, the brothers were unsure how their skills would translate in a purely survival situation. While on the show, they built a canoe and paddles using a tarp and their knives, and they survived on everything from fish, to wild mushrooms, to whatever they could scrape off the bottom of a rock. When it was all said and done, they credit their multiweek canoe expeditions for teaching them the most important survival skill of all, and it's not something you can learn on YouTube. In this presentation, Jim will speak about his journey on Alone, and will share survival lessons he learned along the way, including what it is about canoeing that makes paddlers better survivalists than they realize.

Four Rivers to the Labrador Sea Sun 11:30a, Superior

Jim set off on a 33-day canoe trip from Shefferville, Quebec to Hopedale, Labrador via the Du Pas, George, Adlatok and an unnamed river. With three height-of-land crossings, significant up-river travel on the George, raging whitewater runs on the Adlatok, and two trailless, two-day portages, this is a tough route by any standards. And that's not even considering the blackflies, bear trouble, bad weather and lack of food that Jim and his group of four dealt with on the journey.

Lessons from the Trail abc 🎄

Sat 2:30p, Quetico

They say good decisions come from experience, and experience comes from bad decisions. There is no other place than the trail to gain real experience. In this presentation, Jim shares the skills he's used and learned on his wilderness canoe trips in Alaska, and the Canadian North. These include everything from whitewater strokes and rigging a quick sail, to camping skills like axemanship, cleaning fish, and lighting fires in the pouring rain.

John **Bates**

Our Living Ancestors: The History and Ecology of Old Growth Forests in Wisconsin Sat 10:30a, Algonquin Sun 11:30a, Algonquin Old-growth trees dominated Wisconsin's forests prior to European settlement. Ecologists estimate that between



two-thirds and three-fourths of Wisconsin's forests lived into their old age. What we see 150 years later is a far cry from what our forests once looked like, but some remnants still flourish. Questions to be answered: How did this happen, what are the values of current oldgrowth, and where can one combine a beautiful paddle with a hike in old-growth?

The Farthest Side of Widlife Ecology *Sat 3:30p, BWCA*

The Big Bang, natural selection, population dynamics, amazing adaptations, reproductive strategies (sex!), animal behaviors—here's wildlife ecology 101 for the paddler in 45 minutes through the lens of Far Side and other cartoons. Laugh your way into understanding more about wildlife you see while paddling.

Timothy **Bauer** Three Paddling Destinations for 3-day Weekends in Wisconsin

Fri 5:30p, Superior Sat 9:30a, Superior Focusing on three of his favorite places to spend a long weekend paddling and camping in Wisconsin, join



local author and one-half of the popular "MilesPaddled.com" website, Timothy Bauer, on his tour of the Bois Brule River, the Black River Falls smorgasbord of side creeks, and the East Branch of the Pecatonica River. Ranging from quiet water paddling to adrenaline-crazed rapids, with an emphasis on gorgeous geology, Timothy will share his tips on some of the bestkept secrets of paddling in the Badger State.

Jimmy **Blakeney** Brought to you by BIC SUP Free Your Hips from Their Cockpit Prison: Moving Around on a SUP with Style abc Sat 12:00p, Pool Sun 12:30p, Pool For paddlers accustomed

For paddlers accustomed to being "locked" in a cockpit, SUP offers



the opportunity to free your hips from their cockpit prison. In this on-water seminar Jimmy Blakeney walks you through the various methods of moving around your board with style, as well as how to incorporate your paddle skills to make it effortless.

Hey! What do those symbols mean?



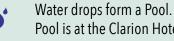
abc

Special Guest. New to Canoecopia with unique stories to tell

Young presenters (under age 35) leading the way.

Newbie-friendly talks appeal to those just starting out.

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



Pool is at the Clarion Hotel. Youth & family topics help

adults get kids outdoors.



It's a film. But you knew that.





Alec & Sharon **Bloyd-Peshkin Ten Tips for Becoming a Better Paddler** *Fri 7:30p, Killarney Sat 9:30a, Voyageur*

How do you balance safety with adventure, and improvement with enjoyment? We'll present ten tips for managing your risks and your goals. This talk is for all kinds of paddlers of all kinds of craft who want to paddle more, paddle safer, and paddle better.

Assisted Rescue Workshop abc

In this interactive, pool-based session, you will break down and reassemble the sea kayak-assisted rescue to make it work for you... without ever getting wet! Come prepared to participate, and you'll go away with tips for making your assisted rescue safe and effective in all conditions.

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, at the Information Booth, and in the speaker room area. See <u>www.canoecopia.com</u>

John **Browning** What's in Your First Aid Kit? abc Fri 4:30p, Killarney

Sat 11:30a, Bear

Do you carry a first aid kit when you paddle? Did you purchase one? If so, do you know what's in it and how to use all that stuff? What do you need to add to meet your needs? If you built one yourself, do you have the right stuff? Do you know how to use everything? John will explore first aid kits and what he carries. He will also provide some helpful tips on first aid and backcountry medicine.

Navigation 210: Beyond "Look, See, Go" abc Sun 11:30a, Killarney

What happens when the fog rolls in or darkness descends and you can't "look, see, go"? Will you know what to do? Do you know how to plan for this possibility? We can't always focus on our destination and just paddle to it. Attend this discussion of what to do to prevent a possible "lost at sea" call-out. Filing a float plan, planning a crossing, basic chart and map reading, as well as how to use a compass will be covered. Come and learn some basic tips, tricks, and techniques of staying found.

Kevin **Callan** The Complete Guide to Winter Camping abc Fri 6:30p, Quetico

Sat 11:30a, Quetico Join Kevin as he presents on his latest book on winter camping. Learn about snow and ice safety, cold camping shelters, hot tenting,



packing a toboggan, choosing a sleep system, warm clothing, animal tracking, cooking a delicious meal, how to outfit yourself properly, and more. Overall, the Happy Camper will show you how to have a good time—once you're all bundled up!

Canoeing Nova Scotia's Inland Wilderness *Sun 10:30a, Quetico*

Author Kevin Callan retraced a Nova Scotia historic canoe route described in the classic 1908 book *The Tent Dwellers*, a week-long venture through Keji National Park and the Shelburne River. You won't want to miss this one.

Ontario's Top Canoe Routes

Sat 1:30p, Quetico Sun 12:30p, Quetico Author Kevin Callan will present on a number of his favorite canoe routes across Ontario, from Algonquin Park to Quetico. He's written a number of popular guide books on the subject. This is definitely the presentation to go to if you're thinking of paddling Ontario.

Mary Cerami Lou

Brought to you by Aqua-Bound SUP Basics: A Beginner's Guide abc Sat 10:30a, Loon Paddleboarding may seem intimidating, but in reality it's a very beginnerfriendly sport. Join Mary

Lou for this informative

talk as she explains step



by step what you need to get on board and on the water. She will discuss what to look for in a paddleboard and other gear you need. Learn how to easily stand up, paddle straight, turn, and get back up on the board when you fall off. Get a jump start on summer fun with SUP!

John **Chase** Power to the Paddle: Exercises to Improve Your Paddling abc *Fri 7:30p, Atrium* 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!

Perfectly Pack Your Kayak for a Multi-day Trip abc Sun 12:30p, Atrium

Loading your personal and shared group gear in your boat is part art and part science. This hands-on workshop will equip you with tips and tricks to pack your kit for a dry, safe and enjoyable multi-day journey without having to cut the handle off your toothbrush.

Preston **Ciere** Making the Portage Fun <u>abc</u> *Fri 7:30p, Sylvania*

Portaging can be fun—seriously! If you'd like to take your paddling adventures to more remote and serene places, carrying your canoe over your head is the best way to do it—and it doesn't have to be awful! Through funny stories, learn from Preston's experience (and mistakes) as he shares tips on how to get started portaging and how to make things go a little easier on the trail. The effort is worth it because the best places are over the portage!

Evan **Coulson** The Mindful Paddler: Caring for the Places We Love abc

Sat 1:30p, Sylvania Outdoor enthusiasts can model stewardship in powerful ways, serving as both protectors and promoters of the natural places on



which we depend for recreation and renewal. Join Evan Coulson, Wisconsin State Advocate for the Leave No Trace Center for Outdoor Ethics, to explore principles and practices that empower paddlers to travel with consciousness and care. Gain skills for thoughtful trip planning, informed flat water and river travel, and considerate shared use of the celebrated waterways we all love. Develop your voice for sharing these skills and ethics with others.



Dale **Cox** The Wild and Scenic St. Croix and Namekagon Fri 4:30p, Superior Sat 3:30p, Superior Celebrate the 50th Anniversary of the

Celebrate the 50th Anniversary of the Wild and Scenic Rivers Act this year with a visit to the St.

Croix National Scenic Riverway. Consisting of two rivers, the St. Croix and its largest tributary, the Namekagon, this unique waterway was one of the first eight protected by the law passed by Congress in 1968. Park Ranger Dale Cox will share the history of this special National Park and the recreational opportunities that await you, including pristine waters for paddling, primitive shoreline camping, and world class fishing.

Arthur **D'Amato** Strength and Y Conditioning for Paddlesports abc

Sat 1:30p, Killarney This talk presents and distills best practices from the world of strength and conditioning and teaches you how to apply them to paddle



sports. What injuries are paddlers prone to and how do you avoid them? How do you improve performance? What is a periodized program and how do you create one that is suitable for you and your sport? Learn from a certified exercise physiologist how to train like the best to be your best on the water.

Rachel **Dodge** Baja: The Sea of Cortez Islands and National Parks Sat 9:30a, BWCA

Sun 12:30p, Bear The desert wilderness and wildlife-rich waters of the Sea of Cortez make for one of the best winter paddling destinations in North America. With warm sunny weather, clear waters, and stunning scenery, Baja offers almost limitless opportunities for kayaking. Learn about the flora and fauna of Baja, and discover paddling around the little-known Isla San Jose. Images of towering coastal mountains, aquamarine water, and blue whales more than five times the length of a kayak are so inviting you'll want to grab the next flight to Mexico.

Kris **Dressler**, Greg **Anderson**, & Doug **Neal The Physics of Tides** *Fri 6:30p, Caribou* Ocean paddling reminds us of our place in

PRESENTATIONS

the universe. The daily rise and fall of tides, the biweekly waxing and waning from neaps to springs and back again is evidence of our connection to things beyond the planet we call home. Solar and lunar gravitation, the Earth's rotation, and the contours of the sea floor all impact the cycle of tides and currents. We will explore the dominant components of this cycle, learn how tides are predicted, and discuss the fluid dynamics of a range of tidal phenomena.

Physics and Paddlesports: Encore Enlightenment

Fri 7:30*p*, *Caribou* Every year, there are more questions than time allows after the Baga scientists finish their talks. This year, our second "talk" will be completely dedicated to Q&A. Did something about tides pique your interest? Are you considering dimples on your surf-ski? Heard some halfcocked theories about weather cocking? If there is a question that you've been yearning to ask, you can post it at <u>paddlephysics.engr.wisc.edu</u> (or bring it with you). Greg, Doug, and Dress will team up and have an answer ready for you!

Renee **DuFresne** & Spike **DeBoer** The Kayak Paddle Timewarp: Contemporary vs. abc Traditional Paddles

Sat 1-4p, Atrium The "Skinny Stick" (the "Greenland" or "Aleutian" or other traditional blade) may



seem a world apart from European paddles. Well, they are—and they are not. Come explore the differences, the similarities, and the uses and techniques that are specific or similar to each. Learn when and how to choose which paddle and where to find resources on selecting, purchasing, or building your paddle. If you are new to kayaking or contemplating the addition of a traditional paddle, this is a great place to start.

Traditional Greenland Rolling Demo

Did you know that there are over 30 different ways to roll a kayak? Greenland rolling is a combination of skills and fun! Some of the rolls are necessary for survival as an arctic seal hunter, some are the result of fun and friendly

one-upmanship competition. Renee, Spike (and friends) participated in the Greenland National Qajaqing Championship in Aasiaat, Greenland in July 2017.

Israel **Dunn**

Brought to you by Native Watercraft

Pedal vs.Paddle abc Fri 4:30p, Caribou Sat 3:30p, Caribou Pedal driven kayaks have taken the angling scene by storm. What was once an on-the-water novelty is



now the norm, but is it worth the extra cost? Is the ability to fish "hands free" really as big a deal as people make it out to be? Learn the pros and cons of both pedal- and paddle- driven boats, then take an in-depth look at different fishing styles and discuss when each type of kayak really has the advantage. Israel wants to help you choose the best kayak for YOUR fishing conditions.

Andrew & Ethan Elkins SUP Expedition and Adventure abc

Sat 2:30p, Killarney

Whether on overnight camping trips or on 2-week expeditions, tripping on stand up paddleboards is exploding. SUP manufacturers see this demand and are creating new lines of rugged SUPs in both hard boards and inflatables. Learn what boards are best suited for you, how to rig your board, pack for your trip, and the advantages/challenges paddleboards have over canoes/kayaks. In August 2016, Andrew and his son, Ethan, paddled 200 miles across the Boundary Waters on paddleboards. Come hear their story and get some tips.

CHECK THE WEBSITE: SCHEDULE CHANGES

We often get feedback (thank you! give us more!) that you're disappointed because "the thing I wanted to see was cancelled." We get it, we want what you read here 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**

David **Ellingson** Kayaking the Erie Canal and Hudson River to the Statue of Liberty

Fri 7:30p, Voyageur Sun 1:30p, Loon Join the Paddle Pilgrim for this adventure down the historic Erie Canal and Hudson River. Called the "8th



Wonder of the World" when it was completed 200 years ago, the canal opened the continent to a surge of immigrants who settled the frontier and transformed the 13 colonies into a great nation. Award-winning photographs, compelling stories, and memorable music bring the exterior and interior landscapes to life on this epic journey.



Susan & Adam Elliott Brought to you by NRS Wild River Life: A Wild and Scenic Road Trip Fri 6:30p, Algonquin Sat 1:30p, BWCA

With a goal to paddle 50 Wild & Scenic Rivers to celebrate 2018's 50th anniversary of the Wild & Scenic Rivers Act, Susan and Adam Elliott hit the road. Selling everything and moving into an old RV, the couple began kayaking, canoeing, and rafting rivers in 2017 and will complete their tour in 2018. Learn what it means to be a Wild & Scenic River and hear about the couple's river adventures, such as kayaking the Virgin through Zion, night canoeing on the Saint Croix, or packrafting the Flathead at 5 months pregnant.

Confessions from Living on the Road: River Style *Sun 12:30p, Sylvania*

After a year of traveling in a 25-year-old motor home, hauling too much kayaking, canoeing, rafting, and camping gear on their tour of Wild & Scenic Rivers across the country, Adam and Susan Elliott experienced beautiful places and new friendships, as well as breakdowns and setbacks. What worked and what didn't? Now heading into year two with a baby on board, how will the Elliotts live the Wild River Life and what lessons stuck? Join the couple to learn how you can live the "Vanlife" optimized for river exploration.

Garrett Fache Y

Brought to you by Bending Branches Paddle Manitoba Sat 2:30p, BWCA When you think Canada paddling, you often think British Columbia, Yukon, Ontario. But what about Manitoba? With over 110,000 lakes, 56



named rivers, and the coast of Hudson Bay, Manitoba has it all. From raging white water and gorgeous isolated lakes to waterfalls up to 14 meters, this amazing province is over 15% water. Why not come explore it?

Paddles and Photographs abc Fri 5:30p, Bear Image: Comparison of the second s

Sun 12:30p, Algonquin

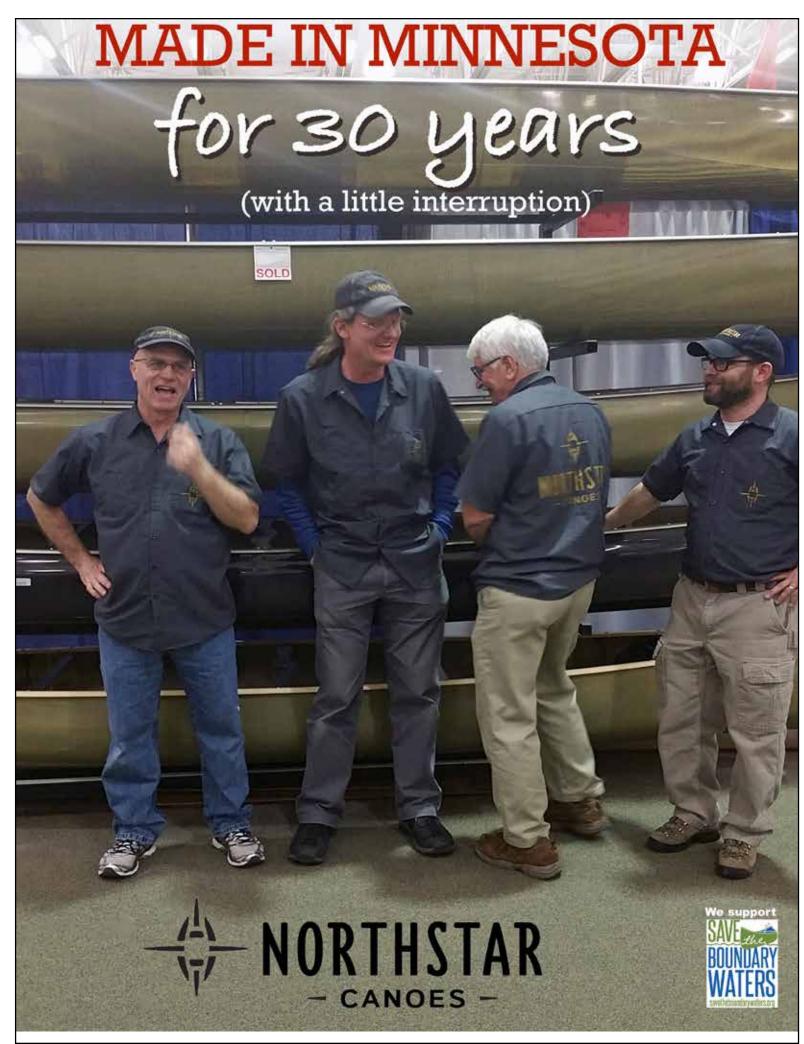
Taking expensive camera equipment on a paddling trip can be intimidating. Though it is easy to just take a cell phone, there is something special about a real camera and high-resolution photographs. Here are some tips & tricks and photographing hacks to help you get great shots. Every trip Garrett guides, he takes up to 34 pounds of camera gear. He wants to help you get shooting outdoors, too.

Al & Marsha **Fairfield**

Discover Sylvania Sat 12:30p, Superior Sun 2:30p, Quetico Sylvania Wilderness is a must-do destination for paddlers! Old growth forest, ginclear waters, abundant wildlife, and a real



wilderness feel make for an amazing adventure. In the past it was a privately owned wilderness club that hosted presidents and celebrities. Discover the history and learn all you need to know to plan your own adventure to this wonderful place.





Wabakimi Provincial Park is the second largest provincial park in Ontario at 2,200,000 acres. The park is surrounded by another 3 million acres of protected land. This huge wilderness complex protects woodland caribou habitat and provides over 1,000 miles of canoe routes. Yet, fewer than 700 paddlers visit the park each year. This presentation will retrace a 200-mile trek across this vast wilderness. One of the highlights of the trip was a chance to see over 200 pictographs on a remote lake.



Dave & Amy **Freeman** Brought to you by MTI Life Jackets **A Year in the Wilderness** Fri 5:30p, Quetico Sat 1:30p, Superior Sun 2:30p, Superior

On September 23, 2015, Dave and Amy embarked on a year long adventure in the Boundary Waters Canoe Area Wilderness. That's 365 days exploring and documenting the Wilderness with the purpose of keeping America's most visited wilderness area in people's consciousnesses throughout the entire year. They used their adventure as a platform to educate about the threat posed by sulfide-ore copper mines being proposed near the BWCAW. The Freemans traveled roughly 2,000 miles by canoe and ski with sled dogs, visiting over 500 lakes, rivers and streams throughout the year.

Gear for a Year abc

Fri 7:30p, Superior Sat 4:30p, Superior

If you headed into the wilderness for a year, what would you bring? Get a look at the tents, stoves, sleep systems, clothing, canoe, paddles, and other equipment that Dave & Amy used during the year they spent exploring the BWCA. Learn what worked and what didn't, along with ideas about what to pack on your next adventure in any season.



Adaptive Paddling with Team River Runner Sat 10:30a, Killarney abc

John Fritzell is an adaptive paddler on a mission to make up lost time. John picked up a kayak paddle at age 50 after having last paddled at age 11, partly because he couldn't physically hold a paddle. His story takes him from London's Regent's Canal to the Apostle Islands with the help of his paddling buddies from Team River Runner's Green Bay and Milwaukee chapters.

Amy **Funk** Aging (and Living!) Authentically

Sat 12:30p, Caribou Sun 2:30p, Loon Worry about changes that occur as you grow older? Could you use some tips to quell your worries and empower you to face aging? 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. New inspirations added for the 2018 presentation!

Mona **Gauthier** Food Dehydration 101 abc

Sat 10:30a, BWCA 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, planning complete meals, and types of dehydrators.

The Unpacking of Mr. Food II abc 🦀

Mr. Food 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 BWCA trips. 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 will satisfy the hungriest and pickiest of appetites. If you're looking to pack food that is lightweight, nutritious, affordable, and easy to prepare, attend this session.

Michael **Gray** Dancing with Ice: Paddling Greenland with Greenlanders *Fri 4:30p, Voyageur Sun 2:30p, Voyageur* Join Michael for stunning images and video from two different trips to Greenland's West

Coast. Paddling with



Greenland National Champions Maligiaq and Jenna Padilla, these were trips of a lifetime! The sounds of paddling through bergy bits provide a breathtaking backdrop for arctic kayaking adventure. Hear stories of seal stew, whale sushi, and graves in our campsite—or was it camping in a gravesite? Join Michael to learn about paddling in Arctic Greenland!

WHERE ARE THE SPEAKER ROOMS?

Canoecopia has 12 Speaker Rooms in three areas. A Canoecopia wristband is your entrance in to all Speaker Rooms.

Main floor rooms are to the right of the Lobby from the main Canoecopia entrance doors. As you face the food concessions to your left are Sylvania, Algonquin, BWCA; to your right are Superior and Quetico.

Upstairs rooms are above the downstairs speaker rooms. Two stairways lead up from the Lobby. Upstairs rooms are Atrium, Bear, Caribou, and Loon.

Clarion Hotel rooms are connected to the show by an indoor walkway that begins near the cash register check out area in the Canoecopia Lobby. Clarion rooms are Voyageur, Killarney, and the Pool.

The Backcountry Gourmet abc sat 1-4p, Atrium

Drop by for these mini workshops as Michael demonstrates how to use commonly available supermarket foods to whip up great meals in camp. Get ideas for salads or fast and quick pasta Caprese, all topped off with fresh baked items like jalapeño cheddar cornbread and chocolate peanut butter brownies. Come learn some new camp cooking tricks, all from singleburner stoves, and prepare to sample!



Gail **Green** & Grant **Herman Apostle Islands Full Circle Tour** *Sat 10:30a, Superior Sun 10:30a, Superior*

The Apostle Island National Lakeshore on Lake Superior is an absolute paradise for sea kayakers and attracts paddlers from around the globe. Grant Herman and Gail Green, 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-topresent-day tour of cultural highlights, cruise by lighthouses and sea caves, and land with a thirst to revisit or see for the first time this Superior location.

Jay **Gustafson Y** Solo Canoe Minnesota's Rivers: All of Them

Sat 4:30p, Sylvania While you likely know that Minnesota has over 10,000 lakes, did you know that there are also 34 rivers



designated as state water trails? With over 4,500 mapped river miles throughout the state, there is an abundance of solo paddling opportunities available to match nearly all skill sets and abilities. Join Waterway Jay as he discusses leaving everything behind to turn his passion for paddling into his full-time pursuit. Don **Halloran** Lake Superior's Shoreline Parks Sat 11:30a, Caribou During the summer of 2017, Don and his wife explored all of the US and Canadian parks bordering Lake Superior. This

careful and in-depth



exploration gave them an excellent understanding of the recreational opportunities available while circling Lake Superior, the largest freshwater lake in the world. Paddling, hiking, biking, and historic opportunities abound. They traveled this 1,300mile circle tour very slowly in a 1964 VW Bus. Join Don as he shares their discoveries.



Debra **Hawthorne** Brought to you by Nova Craft Canoe **The 3 P's: Food for Your Adventure** <u>abc</u> *fri 5:30p, BWCA Sun 1:30p, Caribou*

Gathering with friends and family around meals and snacks is central to a fun trip whether you are just going out for a day, a weekend or a month. Join Debra to discuss Preserving, Packing, and Preparing food for your outdoor adventure. Preserving food that is wholesome, tasty, and safe for your trip is simple and fun. Debra will share ideas for packing foods and ways to prepare them by the campfire. Learn the basics and let your imagination run wild in your menu planning.

> Save the dates for Canoecopia March 8-10, 2019 March 13-15, 2020 March 12-14, 2021

AMERICAN CANOE ASSOCIATION Rendezvous: the Future of Paddlesport Education

New time and format!

Saturday, March 10, 2018, 7:45-8:45 am Voyageur Room, Clarion Hotel Coffee and light breakfast fare served

Don't miss the America Canoe Association's (ACA) Paddler's Rendezvous, brought to you by the ACA, your local State Directors and Rutabaga. Join Carrie Schlemmer, the ACA's Education Coordinator, for a comprehensive look at the latest in Instruction from the ACA. In addition, an expert panel of paddlesports Trainers and Educators will opine on where the future of paddlesport education is heading and answer your questions. Don't miss this opportunity! Stop by on your way to the show!

EAST COAST PADDLESPORTS SYMPOSIUM



please see canoecopia.com for changes

Rutabaga Paddlesports presents – Canoecopia Show Guide 2018 | 35

Canoeing in Style abc Sat 1:30p, Pool Sun 12:00p, Pool

With style and finesse Debra will demonstrate maneuvering a canoe efficiently. This session will provide pointers on how to control the canoe easily and with style. The goal is to paddle smart, not hard.

Chris Hipgrave

Brought to you by P&H Custom Sea Kayaks Sea Kayaking the Antarctic Peninsula Sun 11:30a, Sylvania Christopher's six-week exploration of the Antarctic Peninsula by sea kayak with support from the research vessel, Polar Pioneer,



allowed his group to paddle large swaths of this remote, harsh, and fragile coast line, while also getting up close to some of the most incredible wildlife imaginable. Join him as he showcases the incredible interactions with the wildlife and the ever-changing ice in one of the most threatened environments in the world.



Wayne **Horodowich** Essential Equipment for Paddling <u>abc</u> Fri 6:30p, BWCA Sat 9:30a, Caribou

Whether you go out for a day, a week, or a month, there is certain equipment that paddlers need to make the most of their trip. Wayne, the founder of the University of Sea Kayaking, has been guiding adventure trips for over 43 years nationally and internationally. Join him for an enthusiastic give-and-take discussion as he shares his "must have" list with you so you can better enjoy your own adventures on the water.

How to Choose the Kayak that Works Best for You abc

Fri 7:30p, BWCA Sat 10:30a, Caribou

Trying to choose a kayak can be overwhelming with the seemingly endless variety of boats available in the marketplace. Your goal is to find the boat that fits your needs and your budget. For a step-by-step approach to finding the kayak that works best for you, join Wayne for a dynamic and detailed discussion. He will draw upon his many years of teaching kayaking and fitting paddlers into kayaks so they can have an enjoyable experience.

The Art of Staying Upright in Your Kayak abc Sat 2:30p, Sylvania Sun 10:30a, Sylvania

Why not stay upright rather spending all that energy getting upright? Traditional bracing classes teach the slap brace, which is a one-shot attempt at staying upright. This discussion focuses on bracing and stroke techniques that give you longer and more reliable support. Whether on a small lake or on open water, when the wind picks up and the water gets rough, your need for support increases. Listen in if you want to feel more comfortable on the water and minimize your chances of capsizing on those rough days.

Don Hynek & Daren Barrett Paddling the Cradle of Western

Civilization Fri 7:30p, Bear Sun 2:30p, Sylvania Blue water, fantastic scenery, ancient cultures, and centuriesold port towns; who wouldn't love paddling in the Greek islands? Come on a sea kayaking adventure over Homer's wine-dark seas, furrowed by Greek and Trojan biremes, Roman galleys, and



Turkish göke. Paddling overseas can be tricky, and a few hints can make it easier. Daren and

<section-header>

Don take you on an adventure based from the island of Poros through volcanic islands, olive groves, medieval ports, ancient temples, and some of the most beautiful salt water paddling imaginable.

Ginna Irwin Y Wilderness First Aid for Paddlers abc Fri 5:30p, Algonquin Sat 10:30a, Bear

Sat 10:30a, Bear Getting hurt or sick is a quick way to ruin your paddling trip. Join Ginna as she explores the treatment and prevention of injuries and illnesses common



to paddlers. In this presentation, you'll be introduced to providing simple first aid and assessing the need for evacuation. She'll discuss management for sun-related injuries, infections, shoulder dislocations, and more. Attendees will come away with new awareness of the skills and knowledge they can develop to have confidence during a medical emergency in the outdoors.



Cliff Jacobson Canoeing Wild Rivers Sat 3:30p, Quetico Sun 1:30p, Quetico

Loosely based on Cliff's flagship book, *Canoeing Wild Rivers*, this fast-paced presentation focuses on canoeing remote northern rivers and remote but easy U.S. and Canadian rivers that are suitable for those with limited paddling skills. Tips and tricks and lots of laughs are the rule at Cliff's seminars. There's practical advice for every outing, whether it's close to home or off the beaten path.

Boundary Waters Canoeing with Style

Fri 4:30p, Quetico Sat 9:30a, Quetico Sun 11:30a, Quetico



If you've ever been to the Boundary Waters and competed for campsites on a popular lake, fussed with fire on a rainy day, slept in a wet tent or been bugged by bugs, bears, or rodents, this session is for you. Discover how to get away from the crowd, choose essential gear, and stay dry when it rains all day. Learn what equipment works and what doesn't. Cliff will discuss the UTM (Universal Trans Mercator) system of navigation and Boundary Waters Canoe Area maps that utilize this system.

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



PILE ON THE GEAR

Maximize your gear hauling choices by adding a sturdy, lightweight trailer. The RackandRoll trailer is made of lightweight aluminum and offers a stable, secure ride for all your gear. Stores easily upright in the off-season, includes Yakima crossbars and available in two sizes.





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nüCamp T@G XL BoonDock



FACTORY DISCOUNTS AVAILABLE FOR THE LOWEST PRICE OF THE YEAR!

Come talk to us about nüCamp RV's loaded T@G BoonDock Edition at the Small Trailer Expo, next to Canoecopia (FREE Admission).

Jerry's Camping Center • 4506 E. Broadway, Madison, WI • 608-222-1507 Monday-Friday: 9am - 5pm • Saturday: 9am - 2pm • Evenings by Appointment



Jerry **Karbon** Taking Lines and Building Forms abc Sat 1-4p, Atrium

Have a canoe you think would be better with tweaks to its length, width, or depth? Or a canoe you'd like to copy or an old hull you want to recreate? Have a table of offsets for your dream canoe and need help translating the numbers to wooden forms? Join Jerry as he demonstrates how to take measurements off an existing canoe to make and assemble the components for a strip or wood and canvas canoe form. Learn how you can tweak those measurements to modify the design.

Craig **Kitchen** The Canoe On Sat 11:30a, Voyageur

The film *The Canoe* captures the human connection and bond created by Canada's wellknown craft and symbol, the canoe. Through stories of five paddlers across the province of Ontario, the film underscores the strength of the human spirit and how the canoe can be a vessel for creating deep and meaningful connections. Filmed by Goh Iromoto, it features several beautiful settings in Ontario.

Andrea **Knepper** Leaning Into the Wave: 17 Things We've Learned from Paddling Together Sat 3:30p, Killarney

What do a school librarian, a gang member, a retired probation officer, a felon, and a high school student have in common? Seemingly not much—except a love of paddlesport, adventure, and a desire to grow in paddling knowledge and skill. Together, we've learned that in life, as in paddling, you have to lean into the waves and it's best to have a friend around. Come hear our stories—some poignant, some pretty funny—about how this paddling community keeps growing together while working at paddling...and life.

Andrea Knepper & Tiara Coats Y Troubleshooting Rescue Struggles

Sun 1:00p, Pool Do you struggle to re-enter a sea kayak? This pool presentation is for you! This isn't a demonstration of a picture perfect T-rescue or the latest self-rescue technique. We will walk you through some guidelines to help you problem-solve when your rescue just isn't quite working. Built from real-life experience and frustration, we'll share

some solutions to help you figure out how to get yourself or your paddling partner back in the boat so you can safely explore more places.

Marty Koch

Basic River Safety for the Casual Paddler Fri 5:30p, Killarney Sun 2:30p, Caribou

On the river, stuff happens. 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 about strainers, river obstructions, eddies, river classifications, cold weather paddling, and flooding from an experienced trip leader. Learn how proper training and preparation can reduce your chances of encountering safety mishaps.

Alyce **Kuenzli** Source of Confidence: The Mississippi and Missouri Rivers

Sat 1:30p, Loon Alyce Kuenzli is one of only a handful of people to have canoed both of North America's longest rivers: the Mississippi and Missouri. Travel



along these routes with Alyce, as she regales



you with stories, failures, and successes from these adventures. Learn about what goes into planning extended expeditions, how Alyce has cultivated the confidence to become the long distance paddler she is today, and her upcoming 2019 expedition!



Mary Langlie Offseason Preparation for Paddling abc Sun 1:30p, Atrium

Come join Mary for an active session in which you will discover ways to keep yourself in shape over the winter and reclaim flexibility and strength before you get in your boat for the first time next summer. This session is appropriate for all ages and skill levels. You will learn stretches and strength building activities that can be taken with you and performed in any environment. No need for an expensive gym membership or fancy equipment!

Nathaniel Langlie Y The Poetry of Earth

Ine Poetry of Earth Sun 11:30a, Loon The Poetry of Earth is a short film by Nathaniel Langlie that was presented at the 2017 Fresh Coast Film Festival. The film explores how nature can provide an escape



from the day-to-day grind. Join Nathaniel as he presents the film, along with a few other short films created in Marquette, Michigan, that show the beauty of nature.

Check out Canoecopia Live on Facebook all weekend!

Thanks to Jessie Hieb Productions www.theliveswelllived.com



Anna **Levesque** Brought to you by BIC SUP & Werner Paddles Better Relationships, More Confidence, More Fun

Fri 7:30p, Loon

Did you know that women experience a different stress response than men? Science also shows that women and men activate different parts of the brain when communicating and making decisions. Understanding these differences between men and women can empower women to better understand themselves and restore their confidence. When men have a better understanding of how women respond to stress, make decisions and communicate, it allows them to more effectively support the outdoors women in their lives. Better understanding and communication = more fun on the water!

SUP for Women: Walk on Water abc Fri 4:30p, Loon Sat 12:30p, Killarney

In this fun and informational talk, Anna guides women getting started in SUP. Come learn and ask questions in a supportive and empowering environment. Anna will talk about the power of introducing SUP to her 72 year old Mother, creating a new possibility and context for their relationship. Please come as you are and discover the joy of walking on water at any age!

Yoga for Paddling abc

Sat 9:30a, Atrium Sun 10:30a, Atrium

Billions of dollars are spent trying to reduce low back pain when most of it can be treated with consistent stretching. In this all-levels class Anna leads you through poses that target the misalignment in the body caused by paddling. Addressing these misalignments can reduce the risk of injury in the low back, hips, and shoulders, and provide freedom from pain and discomfort. She weaves in stress management strategies for overall well-being. No prior yoga experience necessary! Come as you are. Please bring a mat or towel if you have one.

Christopher Lockyer

Brought to you by P&H Custom Kayaks Great Northern Peninsula: Newfoundland Sat 12:30p, Sylvania Located at the most Eastern portion of North America, Newfoundland is an



island well known for its rugged beauty and welcoming hospitality. Join Christopher as he treats you to stories of a six-day journey along the Great Northern Peninsula. Along the journey, he and his group encountered hundreds of icebergs and abandoned communities that were resettled by the government, and some amazing scenery and challenging sea kayaking.

Continued on page 45



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

ONCE again, our three Aluminum Chefs will test their camp culinary skills against each other in true outdoor style. Kevin

Callan returns as our unstoppable MC in this fast-paced event. Woodswoman Mona Gauthier and former park ranger Marty Koch go up against local chef Luke Zahm of the Driftless Cafe in Viroqua, WI. Using MSR stoves and cook kits and a pantry of simple ingredients you might have



on your next camping trip (donated by the Driftless Cafe), our chefs will compete for the best appetizer, entree and dessert.

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



Special Guests

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

Jim Baird is an adventurer, videographer, writer, and photographer. His early outdoor explorations developed into a passion for wilderness travel in Canada's far north. An avid canoeist, he has several impressive whitewater trips to his credit. He's also the first person on record to complete a self-propelled trek across the northern Ungava Peninsula in winter, a 230-mile Arctic trip he completed solo. In the same year, Jim and his brother, Ted, won season 4 of History Channel's hit survival series *Alone*, where they survived for 75 days on northern Vancouver Island.

Susan & Adam Elliott's adult lives have revolved around rivers. After 15+ years teaching kayaking and raft guiding, Susan recently completed her Master's degree with a focus on river restoration and is on the board of American Whitewater. Adam has over 20 years of professional river guiding, photography, and film production, and a Bachelor's of Architecture degree. It fits that they'd take a 2-year road trip to paddle 50 Wild and Scenic Rivers all over the country to commemorate the 50th Anniversary of the Wild and Scenic Rivers Act.

Will Steger is a formidable voice calling for understanding and the preservation of the Arctic and the Earth. Best known for his legendary polar exploration, Steger has traveled tens of thousands of miles by dogsled and canoe sled, leading teams on some of the most significant polar expeditions in history. Will has received worldwide recognition and numerous honors for his record-setting explorations and interactive educational initiatives. In 2006, Steger received the Lindbergh Award for "numerous polar expeditions, deep understanding of the environment and efforts to raise awareness of current environmental threats, especially climate change."

Drop-In Clinics Saturday, 1-4 pm, Atrium

DROP-IN Clinics are back! For three hours on Saturday afternoon, we invite you to drop by the Atrium for some show and share. Join our speakers for informal conversations and demonstrations as you learn to build a wooden paddle (Bach), tie a few knots (Shapiro & Gasper), explore traditional vs. Euro paddles (DuFresne & DeBoer), discover a few camp cooking tricks and tips (Gray), and learn to take lines and build your own boat forms (Karbon).

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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	R. Pauli The Kayak Forward Stroke	A. Levesque SUP for Women: Walk on Water	H. Schwartz Wilderness Paddling Wood- land Caribou Provincial Park	I. Dunn Pedal vs. Paddle	
	5:30	D. Mongno Selecting a Kayak Paddle	B. Perry The Heart and Soul of Paddling	G. Fache Paddles and Photographs	C. Zarley Catching Canoe Country Lake Trout	
	6:30	J. Ringdahl Preparing for When Things Go Wrong!	S. MacGregor The Art of Great Adventure Writing	N. Sims, M. Neuzil The Natural History of the Canoe	K. Dressler, G. Anderson, D. Neal The Physics of Tides	
	7:30	J. Chase Power to the Paddle: Exercises to Improve Your Paddling	A. Levesque Better Relationships, More Confidence, More Fun	D. Hynek, D. Barrett Paddling the Cradle of Western Civilization	K. Dressler, G. Anderson, D. Neal Physics and Paddlesports	
	9:30	A. Levesque Yoga for Paddling	C. Wilson Blade, Body, Boat: The Hydrodynamics of Paddling	H. Schwartz Wilderness Paddling Wood- land Caribou Provincial Parkk	W. Horodowich Essential Equipment for Paddling	
	10:30	D. Mongno Basics of the Forward Stroke	M. Lou Cerami SUP Basics: A Beginner's Guide	G. Irwin Wilderness First Aid for Paddlers	W. Horodowich Choose the Kayak that Works Best for You	
	11:30	D. Mongno Selecting a Kayak Paddle	M. & B. Marko Canoe Camping with Babies and Toddlers	J. Browning What's in Your First Aid Kit?	D. Halloran Lake Superior's Shoreline Parks	
RDAY	12:30	Drop-In Clinics 1-4pm J. Bach: Making Your Own Bent Shaft Wood Paddle	L. Sobota Great Lakes—Great Risks	J. Olson, M. Ziegler Wild Rice and the Tapered Boat: A Special Tradition	A. Funk Aging (and Living!) Authentically	
SATURDAY	1:30	R. DuFresne & S. DeBoer: Contemporary vs. Traditional Paddles	A. Kuenzli Source of Confidence: The MI and MO Rivers	S. Osthoff Revelations of a Canoe Country Guide	C. Wright Florida's Paradise Coast and Everglades Paddling	. lo o o o l
	2:30	M. Gray: The Backcountry Gourmet J. Karbon: Taking Lines &	V. & K. Popp Canoeing and Camping with Kids in the Great Outdoors	N. Sims, M. Neuzil The Natural History of the Canoe	B. Schultz Kayaking for Wisconsin Smallmouth Bass	.,
	3:30	Building Forms D. Shapiro & D. Gasper: Knots for Paddlers	K.A. Miller, A. Tornes The Fabulous Fox River Water Trail and NPS Assistance	B. Perry Paddling New Zealand's Great Barrier Island	I. Dunn Pedal vs.Paddle	(- (
-	4:30	R. Pauli The Kayak Forward Stroke	K. Wikle How to Find Your Groove in Rough Water Paddling	D. Mongno Basics of Dressing for any Paddling Adventure	S. Nelson Catching Your Next Fish in the BWCA	
SUNDAY	10:30	A. Levesque Yoga for Paddling	J. Olson, M. Ziegler Wild Rice and the Tapered Boat: A Special Tradition	C. Wright Florida's Paradise Coast and Everglades Paddling	S. Osthoff Revelations of a Canoe Country Guide	
	11:30	D. Mongno Basics of the Forward Stroke	N. Langlie The Poetry of Earth	S. Nelson Catching Your Next Fish in the BWCA	R. McLeod Paddling the Upper Missis- sippi River	
	12:30	J. Chase Perfectly Pack Your Kayak for a Multi-day Trip	J. Van Barriger Paddling, BBQ, & Floods: A South Carolina Sampler	R. Dodge Baja: The Sea of Cortez Islands and National Parks	M. Gauthier The Unpacking of Mr. Food II	
	1:30	M. Langlie Offseason Preparation for Paddling	D. Ellingson Kayaking the Erie Canal and Hudson River	D. Morrison Geology of the Apostle Islands	D. Hawthorne The 3 P's: Food for Your Adventure	
	2:30	J. Stachovak Fitting Your Kayak	A. Funk Aging (and Living!) Authentically	B. Schultz Kayaking for Wisconsin Smallmouth Bass	M. Koch Basic River Safety for the Casual Paddler	

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SPEAKER SCHEDULE

Main Floor						
Sylvania	Algonquin	BWCA	Superior	Quetico		
D. Mongno Basics of Dressing for Paddling Adventure	D. York An Introduction to Canoeing and Kayaking	T. Thomsen Shipwreck Interpretation for Paddlers	D. Cox Wild and Scenic St. Croix and Namekagon	C. Jacobson Boundary Waters Canoeing with Style	4:30	
A. Talley Tall Tales from the Fur Trade Trails	G. Irwin Wilderness First Aid for Paddlers	D. Hawthorne The 3 P's: Food for Your Adventure	T. Bauer 3 Paddling Destinations for 3-day Weekends	D. & A. Freeman A Year in the Wilderness	5:30	FRIDAY
P. & S. Schurke Arctic Trails and Their Secret Tales	S. & A. Elliott Wild River Life: A Wild and Scenic Road Trip	W. Horodowich Essential Equipment for Paddling	F. Shermock Quetico Canoe Routes	K. Callan The Complete Guide to Winter Camping	6:30	DAY
P. Ciere Making the Portage Fun	J. Vandiver & One Match Band Paddle Songs	W. Horodowich Choose the Kayak that Works Best for You	D. & A. Freeman Gear for a Year	J. Baird Surviving History Channel's <i>Alone</i>	7:30	
A. Talley Tall Tales from the Fur Trade Trails	C. Zarley Catching Canoe Country Lake Trout	R. Dodge Baja: The Sea of Cortez Islands and Nat'l Parks	T. Bauer 3 Paddling Destinations for 3-day Weekends	C. Jacobson Boundary Waters Canoeing with Style	9:30	
B. Swab Getting Started as a Kayak Angler	J. Bates History and Ecology of Old Growth Forests	M. Gauthier Food Dehydration 101	G. Green, G. Herman Apostle Islands Full Circle Tour	W. Steger Canoe Sledding: Polar Adventures	10:30	
T. Williams A Week on Oregon's Willamette River	J. Van Den Brandt Better Wildlife Photography	D. Tobey, M. Koch The Ozark National Scenic Riverways	S. Nelson BWCA Sites for Your Next Canoe Trip	K. Callan The Complete Guide to Winter Camping	11:30	
C. Lockyer Great Northern Penin- sula: Newfoundland	R. McLeod Paddling the Upper Mississippi River	F. Shermock Quetico Canoe Routes	A. & M. Fairfield Discover Sylvania	J. Baird Surviving History Channel's <i>Alone</i>	12:30	SATURDAY
E. Coulson Caring for the Places We Play	N. Schroeter ER Procedures in the Wilderness	S. & A. Elliott Wild River Life: A Wild and Scenic Road Trip	D. & A. Freeman A Year in the Wilderness	K. Callan Ontario's Top Canoe Routes	1:30	RDAY
W. Horodowich The Art of Staying Upright in Your Kayak	P. & S. Schurke Every Lake Has A Story	G. Fache Paddle Manitoba	C. Amidon Paddling Isle Royale National Park	J. Baird Lessons From the Trail	2:30	
T. Thompson, R. McAllister Natural North Florida	J. Vandiver & One Match Band Paddle Songs	J. Bates The Farthest Side of Widlife Ecology	D. Cox The St. Croix and Namekagon Rivers	C. Jacobson Canoeing Wild Rivers	3:30	
J. Gustafson Solo Canoe MN Rivers: All of Them	T. Pflieger Paddle in Paradise: Door County	D. Morrison Geology of the Apostle Islands	D. & A. Freeman Gear for a Year	Aluminum Chef Competition	4:30	
W. Horodowich The Art of Staying Upright in Your Kayak	J. Van Den Brandt Better Wildlife Photography	P. & S. Schurke Every Lake Has A Story	G. Green, G. Herman Apostle Islands Full Circle Tour	K. Callan Canoeing Nova Scotia's Wilderness	10:30	
C. Hipgrave Sea Kayaking the Antarctic Peninsula	J. Bates History and Ecology of Old Growth Forests	D. York An Introduction to Canoeing and Kayaking	J. Baird Four Rivers to the Labrador Sea	C. Jacobson Boundary Waters Canoeing with Style	11:30	S
S. & A. Elliott Living on the Road - River Style	G. Fache Paddles and Photographs	D. Tobey, M. Koch The Ozark National Scenic Riverways	C. Amidon Paddling Isle Royale National Park	K. Callan Ontario's Top Canoe Routes	12:30	UNDAY
P. & S. Schurke Arctic Trails and Their Secret Tales	T. Thompson, R. McAllister Natural North Florida	T. Pflieger Paddle in Paradise: Door County	S. Nelson BWCA Sites for Your Next Canoe Trip	C. Jacobson Canoeing Wild Rivers	1:30	~
D. Hynek, D. Barrett Paddling the Cradle of Western Civilization	J. Vandiver & One Match Band Paddle Songs	N. Schroeter ER Procedures in the Wilderness	D. & A. Freeman A Year in the Wilderness	A. & M. Fairfield Discover Sylvania	2:30	

SPEAKER SCHEDULE

		Clarion Hotel			
		Voyageur	Killarney		
	4:30	M. Gray Dancing with Ice: Paddling Greenland	J. Browning What's in Your First Aid Kit?		
FRIDAY	5:30	K. Westfahl Family Friendly Paddling in the Northwoods	M. Koch Basic River Safety for the Casual Paddler		
FRII	6:30	D. York Paddling Norway's Lofoten Islands	J. Van Barriger Packing the Perfect 'Oh Sh!t' Emergency Kit		
	O D. Ellingson ∴ Kayaking the Erie Canal and Hudson River		A. & S. Bloyd-Peshkin Ten Tips for Becoming a Better Paddler		
	9:30	A. & S. Bloyd-Peshkin Ten Tips for Becoming a Better Paddler	S. MacGregor The Art of Great Adventure Writing		
	11:30 10:30	G. Anderson Circumnavigating Vancouver Island	J. Fritzell, K. Braband Adaptive Paddling with Team River Runner		
	11:30	C. Kitchen The Canoe	E. McDonah The Paddler Artist-Creating Art on the Water		
RDAY	12:30	B. Voight Wood-Tikchik Rivers and Lakes, Alaska	A. Levesque SUP for Women: Walk on Water		
SATURDAY	1:30	B. Nelson Jr Kayaking Glacier National Park	A. D'Amato Strength and Conditioning for Paddlesports		
	2:30	S. Mertz Kayaking the Kongakut	A. & E. Elkins SUP Expedition and Adventure		
	3:30	V. Fish Wabakimi Trek	A. Knepper 17 Things We've Learned from Paddling Together		
	4:30	L. Vogel & L. Buechler Women Empowered in the Wilderness	J. Van Barriger Packing the Perfect 'Oh Sh!t' Emergency Kit		
	10:30	B. Swab Getting Started as a Kayak Angler	C. Lockyer Sea Kayak Trip Planning		
	11:30	M. & B. Marko The Arrowhead Traverse	J. Browning Navigation 210: Beyond "Look, See, Go"		
SUNDAY	12:30 11:30	N. Schroeter Do I Have What It Takes to Sea Kayak the Great Lakes?	B. Paulsen No One Paddles the Thoa		
SL	1:30	T. Thomsen Shipwreck Interpretation for Paddlers	K. Westfahl Family Friendly Paddling in the Northwoods		
	2:30	M. Gray Dancing with Ice: Paddling Greenland	L. Vogel & L. Buechler Set up for Success: Women Empowered in the Wilderness		

Pool Demos – Clarion Hotel SATURDAY SUNDAY D. Hawthorne 8 J. Blakeney Moving Around on a SUP Canoeing in Style 12: with Style 12:30 A. & S. Bloyd-Peshkin J. Blakeney Assisted Rescue Kayak Moving Around on a SUP Workshop with Style S. Mertz A. Knepper, T. Coats 00: Boat Control Demystified Troubleshooting Kayak Rescue Struggles D. Hawthorne D. Mongno :30 Essential Skills for the Kayak Canoeing in Style Angler R. DuFresne, S. DeBoer **B.** Perry 2:00 Coaching Ourselves: Moving Traditional Greenland Rolling Sideways Demo **B.** Perry S. Mertz 2:30 Kayak Rolling: Euro and Boat Control Demystified Traditional

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.

Visit us at Booth L1 to purchase.

revwaves

JEWELRY

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Sea Kayak Trip Planning

Sun 10:30a, Killarney

Sea kayaking is a great way for groups of likeminded people to explore the many nooks and crannies of our beautiful world! Would you like to go paddling with a group of friends but you are not sure where to start in the planning process? Do you want to become more knowledgeable about sea kayaking so you can get out and explore our ever-changing paddling environments? If yes, join Christopher to explore the many aspects of planning a trip and the variables that go into the planning equation.

Scott **MacGregor** Trip Stories That (Don't) Suck: The Art of Great Adventure Writing abc Fri 6:30p, Loon Sat 9:30a, Killarney 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 and cameras 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, how to avoid the six common adventure writing pitfalls, and 10 ways even pros can improve their storytelling.



Maura & Bobby **Marko** Brought to you by Bending Branches

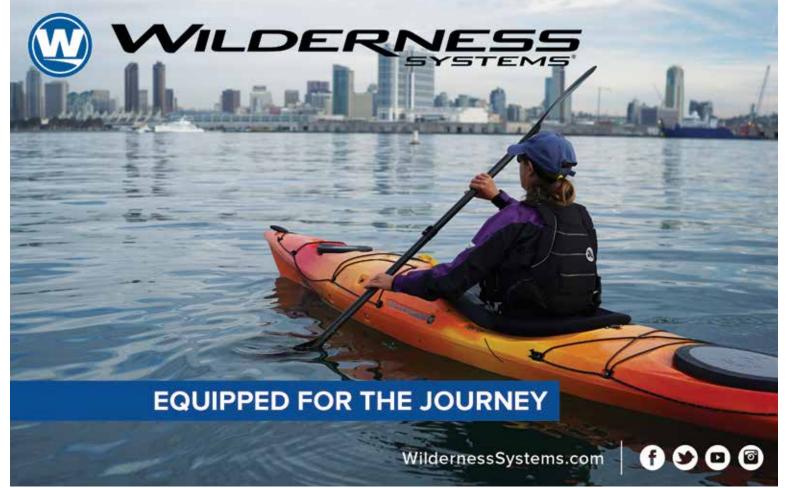
Canoe Camping with Babies and Toddlers abc Sat 11:30a, Loon

Planning a canoe trip but thinking the kiddos need to stay home? Don't call the babysitter just yet. Canoe camping with babies and toddlers is loads of work but incredibly fun! Learn best packing, meal planning, gear, diapering, and sleeping practices from Bobby and Maura Marko who take their 2 children, Jack and Rowan (ages 3 & 1), along on all their adventures including frequent visits to the BWCA.

The Arrowhead Traverse

Sun 11:30a, Voyageur

Bobby and Maura, along with their toddler and infant, attempted a 170-mile journey across the arrowhead of Minnesota. The three-part journey included biking the Mesabi Trail, paddling through the BWCA, and an attempted backpacking expedition along the Border Route Trail. Come hear the stories and lessons learned from three weeks through Minnesota's Iron Range, the BWCA, and the incredibly scenic Gunflint Trail.



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Ellen **McDonah** The Paddler Artist: Creating Art on the Water Sat 11:30a, Killarney

Any paddler can use creativity to enhance journal entries, sketches, writing projects, and memoirs during their river journeys. Ellen describes how she overcomes the challenges of making art during an expedition and shares helpful ways to experiment with non-traditional materials. Discover how journaling and sketching can be used as a springboard for other inspirational projects after the paddling is done.

SHOPPING & PRESENTATIONS: TIPS FOR MAKING IT WORK

We know that you may want to juggle shopping for great deals with your desire to hear our many wonderful presentations. Here are a few tips to make that easier.

- Grab a cloth tote bag as you enter the Main Hall to use for items you wish to purchase.
- About 15-30 minutes before the Presentation you wish to hear begins, head to one of our staffed Tote Check racks. Located just inside the Main Hall entrance and beside Canoecopia Customer Service, you can label and store your tote. Note that at times the Speaker Rooms tend to fill, so you may want to arrive early to get a seat.
- With your unpurchased items safely tucked away, you may exit through the "Exit Without Purchases" door and be on your way.
- When you come back to the Tote Check after the Presentation(s), get your Tote Bag with all of your goodies and continue shopping or go to the Check-out.
- Unclaimed Tote Bags are cleared at the end of each day. No items will be held overnight so be sure to claim your bag and purchase your items before you leave Canoecopia for the day.

And that's how it works!



Reggie **McLeod Paddling the Upper Mississippi River** *Sat 12:30p, Algonquin Sun 11:30a, Caribou*

Reggie will share the joys of paddling the most interesting stretch of the biggest river in America, whether you're interested in paddling a short loop or camping out on an island. He'll also explore the recent boom in paddling the entire river, from Lake Itasca to the Gulf of Mexico. He'll explain how to join group paddles, go through a lock, and how to get quality maps and other useful resources for a river adventure. After the presentation he'll distribute detailed river maps and other useful materials.

Sherri Mertz Boat Control Demystified

Sat 1:00p, Pool Sun 2:30p, Pool Paddling a kayak should be fun, not frustrating. Once you understand some basic concepts you will likely find that it is actually pretty easy.

Sherri Mertz has taught hundreds of students how to kayak. She will share tips to improve balance, efficiency, and directional control that work for all types of kayaks.

Kayaking the Kongakut

Sat 2:30p, Voyageur

Caribou, wolves, and bears! Oh my! In 2007, Sherri paddled the length of the Kongakut River, the only river which lies entirely within the Arctic National Wildlife Refuge in Alaska. Along with a group of rafters, they started in the mountains of the Brooks Range and ended in the Arctic Ocean 11 days later. Like any good adventure story, it started with a dream and had some false starts and challenges. The spectacular scenery and trackless wilderness made it a trip of a lifetime!



Karen Ann **Miller** & Angie **Tornes The Fabulous Fox River Water Trail and National Park Service Assistance** *Sat 3:30p, Loon*

Keen paddler interest in exploring waterways has spawned water trails worldwide. Community supported water trails provide a series of sustainable, safe, legal water access and camping sites along with public information. Water trails eligible for designation under the National Water Trail System (NWTS) also provide more information including ecological stewardship and public engagement. Members of the Fabulous Fox Water Trail committee will share their experience developing the water trail in WI and IL with technical assistance provided by the National Park Service.

Danny Mongno

Brought to you by NRS Basics of Dressing for any Paddling Adventure abc Fri 4:30p, Sylvania Sat 4:30p, Bear Making decisions on paddle clothing can be confusing. Join Danny as he discusses what you should look for in



paddling attire. You'll touch, try on, and dissect paddle clothing, looking at what works best for the different conditions you will face.

Selecting a Kayak Paddle abc

Fri 5:30p, Atrium Sat 11:30a, Atrium

We all share common goals when kayaking: to use less energy, be more comfortable, and have more fun. The first step to get there is to make sure you have a properly-fitted paddle. In this interactive class, discover the best paddle design

for YOUR paddling style and then custom fit the perfect paddle for not only you and your kayak, but for your budget as well.

Basics of the Forward Stroke abc Sat 10:30a, Atrium

Sat 10:30a, Atrium Sun 11:30a, Atrium

Efficiency is the ability to avoid wasting energy, a must to better enjoy your time as a paddler. Join Danny as he teaches you some basic skills to help your forward stroke become more efficient. This interactive seminar is designed to help kayakers, canoeists, and stand up paddlers. Come ready to have some fun.

Essential Paddling Skills for Kayak Anglers Sun 1:30p, Pool

Understanding some key strokes and boat control skills will make fishing from a kayak more effortless and more fun. We'll even take a look at what to do if you find yourself out of the boat and swimming alongside the fish!

Dan **Morrison**

A Kayaker's Guide to the Geologic History of the Apostle Islands National Lakeshore Sat 4:30p, BWCA Sun 1:30p, Bear

The Apostle Islands are a paddlers's gem and offer a wide range of outstanding geological features. Most of these geological features are easily discovered if you know what to look for and where. Learn about the 1-billion-year geological history of the National Lakeshore: how the islands were formed, how different features were formed, what these features look like, and where you can find these features. Enhance your experience in the Apostle Islands by joining Dan in a geological treasure hunt.

Berlin **Nelson, Jr** Kayaking Glacier Bay National Park

Sat 1:30p, Voyageur Three kayakers explored Muir Inlet in Glacier Bay National Park, Alaska, in July 2016. The park is a majestic wilderness with 1,000 miles of coastline, hundreds of glaciers, and abundant marine



life. They paddled through icebergs to explore McBride glacier, the only tidal glacier in the inlet, camped at Riggs glacier, then kayaked to the raw beauty of Muir glacier. They paddled Steve **Nelson** BWCA Sites that Will Enhance Your Next

by humpback whales, sea otters, porpoises, big

Canoe Trip Sat 11:30a, Superior

Sun 1:30p, Superior

bears, and lots of sea birds.

Many wilderness travelers paddle right past historic, cultural, geologic, and scenic sites without stopping to enrich their Boundary Waters experience. Come learn map locations, see photos, and hear stories of each site. New sites for you to explore have been added to this presentation.

Catching Your Next Fish in the BWCA abc Sat 4:30p, Caribou Sun 11:30a, Bear

A lure is tossed, the top water swirls...a big fish is after your lure. Play it right and you will have fresh fish for a shore lunch, dinner, or bragging rights when you return home. Learn key points to successfully fishing the Boundary Waters including what tackle and lures to use, where to fish, what to keep, and more.



Stuart **Osthoff** Revelations of a Canoe Country Guide abc Sat 1:30p, Bear Sun 10:30a, Caribou

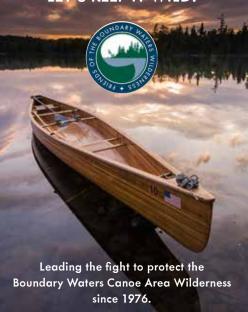
Straight out of the school of hard knocks, this is a hard-hitting lesson on what BWCAW/Quetico canoe campers struggle with the most: route selection, paddling in the wind, portaging smart, finding wildlife, and catching fish... plus a few wilderness guide "believe it or not" tales. Invest in becoming a better wilderness canoe camper. The return will be priceless.



John **Olson** & Meghan **Ziegler** Wild Rice and the Tapered Boat: A Special Tradition of the North Sat 12:30b, Bear

Sun 10:30a, Loon

Wild rice, "the food that grows on water," is unique to our region and is tied tightly to the canoe! Because of the importance and value of this rare plant, its harvest is regulated by the State and tribes in a cooperative effort. John and Meghan will describe the plant, where it grows, and the critical importance of the "tapered boat" (canoe). Respectful harvest technique, simple canoe modifications, and basic wooden tools will be demonstrated. Audience participation is expected(!) and there will be a few tasty bites of wild rice foods to sample. THE BOUNDARY WATERS BELONGS TO ALL OF US. LET'S KEEP IT WILD.



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Rik **Pauli**

Brought to you by Stellar Kayaks

The Kayak Forward Stroke abc

Fri 4:30p, Atirum Sat 4:30p, Atrium The stroke used most often in kayaking is often misunderstood and can be the most



challenging to perfect. This hands-on presentation provides simple step-by-step information and exercises obtained from some of the world's best paddlers that will increase your forward stroke efficiency. Enjoy paddling farther, faster, and safer with more control while using less energy.

THE NEXT GENERATION

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

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? Discover how others are working to get kids outdoors. Get tips on canoe tripping with babies and toddlers (Maura & Bobby Marko) or camping and canoeing as a family activity (Vic & Kara Popp). Not quite ready for camping with the young ones? Discover places in northern Wisconsin that are ideal for family-friendly paddling experiences you can have while staying in comfort at local resorts or hotels (Krystal Westfahl).

Bear **Paulsen**

Brought to you by Northstar Canoe No One Paddles the Thoa

Sun 12:30p, Killarney That's what friend Rob Kesselring said, and research confirmed Rob was correct. A first descent in the 1970s has been followed by maybe



ten trips down it. The Thoa River runs west, eventually to Great Slave Lake, through the southern Northwest Territories. Bear paddled solo for 18 days starting at the headwaters and ending before Great Slave. He found a beautiful river full of moose, whitewater, and abundant beaches. He spent his final night in a jail!



Bonnie **Perry** An Evolving Plan: Paddling New Zealand's Great Barrier Island Sat 3:30p, Bear

In February 2017 Bonnie and a group of hardy paddlers did not quite circumnavigate this amazing island off the coast of Auckland, NZ. On 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 the group's trip and how it evolved to meet the needs and abilities of the participants. Begin to dream about how you might someday paddle in another hemisphere.

The Heart and Soul of Paddling Fri 5:30p, Loon

Why do we paddle? What touches our hearts, feeds our spirits, and nurtures our soul when we venture out onto a body of water with a paddle in our hands? Join Bonnie, an Episcopal priest, in an exploration of why it is we continue to long for the water, and how being on the water, all sorts of water, enables us to access our best selves, and sometimes even the divine.

How many ways can you move your boat sideways or diagonally? How is your body positioned? How is your blade? What are you doing with your boat? What markers or flags can you look for to let you know you are performing the stroke effectively efficiently and safely?

Sat 2:00p, Pool

Moving Sideways abc

the stroke effectively, efficiently and safely? Bonnie will offer ways we can coach ourselves to be better paddlers by simple means of reflection and awareness.

Coaching Ourselves to be Better Paddlers:

Kayak Rolling: Euro and Traditional

Join Bonnie at the pool as she demonstrates and discusses basic concepts and components common to all kayak rolls. Learn about differences and similarities between Euro and Greenland approaches to rolling.

Tim **Pflieger** Paddle in Paradise: Door County

Wisconsin Sat 4:30p, Algonquin Sun 1:30p, BWCA Join Tim, professional paddler and Door County expert, for a visual journey of his favorite paddling destinations, local



attractions, and favorite hidden gems. Tim will explore launches and landings, landmarks, paddle routes, and a favorite eatery or two. Come and visit with Tim to plan your next paddle adventure in Door County, a paddling paradise.

Vic & Kara **Popp** Canoeing and Camping with Kids in

Camping with Kids in the Great Outdoors Sat 2:30p, Loon Vic and Kara tent camp and canoe like crazy with their 6-year-old son, Isaac and 4-yearold daughter, Sylvi. Their kids have been camping and canoeing since before they could

walk, and many of their family's best memories have been in the great outdoors! Their 2017 adventures included Wisconsin, Arkansas, and

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Michigan. Vic and Kara will share pictures and stories of the successes and failures of camping and canoeing with their kids. It's a "family howto" about gear, locations, trips, and more.

Jonathan **Ringdahl** What Do We Do Now? Preparing for When Things Go Wrong!

Fri 6:30p, Atrium abc Get ready to have some fun with a little learning splashed in! This interactive seminar will get you up and moving as we work through



scenarios you may encounter on the water. We will play around with situations and work through them. You will have so much fun, you will forget you're learning! Beginners to experts are welcome.

Neal **Schroeter** Emergency Room Procedures in the Wilderness abc Sat 1:30p, Algonquin Sun 2:30p, BWCA

What do you do when calling 911 is not an option and someone is ill or hurt? Or, even if you could call 911, help is hours or even days away? What can you do about anaphylactic shock, 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.

Do I Have What It Takes to Sea Kayak the Great Lakes?

Sun 12:30p, Voyageur

Many wonder if they have the skills to move from paddling inland lakes and slow rivers to bigger venues like Lake Superior or Lake Michigan, or even the ocean. We ask, "Do I need a guide, or can I do it myself?" We'll explore ways of assessing your skill levels, so you'll be best prepared to move up to new and exciting challenges!

Bill Schultz

Brought to you by Bending Branches/Aqua-Bound Kayak Fishing for Wisconsin Smallmouth Bass Sat 2:30p, Caribou abc Sun 2:30p, Bear If you love fishing for

If you love fishing for smallmouth bass, or have always wanted



to, this talk is for you. Since catching his first smallie in 1994, Bill has caught and released over 21,000 fish from Wisconsin lakes and rivers.

TIPS FOR ENCOURAGING NEW PADDLERS:

Meet them where they are. Your idea of a great trip might be a week of hard portages, but that may not be what your new paddling friends are seeking. Keep *their goals* in mind, not yours. Start small and leave them wanting more. Mix it up with other activities they might enjoy: a short hike, or a shore lunch. Add extra time for swimming, photography, Frisbee, journaling, etc.

Have one at least one secondary/alternate route planned. With new paddlers, it's best not to plan for a Big Honkin' Paddle. *Your goal* is to help your pals have a good time and want to do more. You don't want bad memories to color their experience. Plan for alternate take-outs or an option for a shorter route.

Check in early and often. You need to make it clear that you're not psychic. They need to tell you when they're tired, sore, or need a bathroom break. Then you'll have to ask detailed questions. Don't assume you'll get the straight dope with a "How are you?" Don't get upset when they tell you something that changes the Grand Plan. Adapt and overcome.

Hydration Matters. Monitor hydration levels of your party, especially in the heat of summer. Declare it "National Hydration Day" and ask everyone to consume some good cool water. Make sure it's water—not soda, or worse, beer. Once you're behind the 8-ball on hydration, it is hard to get back to normal.

This talk will cover his most productive waters, top lures, appropriate rods and reels, along with tips on fishing kayaks.



Paul & Susan **Schurke** Arctic Trails and Their Secret Tales Fri 6:30p, Sylvania Sun 1:30p, Sylvania

There are indeed strange things done in the midnight sun and veteran polar adventurer Paul will share some of the queerest of these. He'll recount favorite stories gleaned from his 30 years of travel at both ends of the earth. Among them: the polar ghost ship whose planking now resides in the Oval Office, the exhumed heart that crossed the Atlantic to reunite up with an ill-fated Arctic lover, the Alaskan dandy who taught the Pope to dogsled, and the Greenland gift that dropped from outer space.

Every Lake Has A Story

Sat 2:30p, Algonquin Sun 10:30a, BWCA

The Boundary Waters is famous for its 1,000 wilderness lakes. Equally fascinating is the cast of characters who called those lakes home in times past. Adventurers Paul & Susan Schurke share their hidden stories: the murder mystery of Creek Ridge Bay, Namakan's "Woman of the Wilderness," the dogsled postman who became a Minnesota legend, the hermit king philosopher of Judd Creek, sleuthing the Queer Rock blue moose, the secret pictos of South Hegman, and what about those Saganagons homesteaders who kept beavers as house pets?

Harlan **Schwartz** The Primal Boreal Forest: Wilderness Paddling Deep Within the Heart of Woodland Caribou Provincial Park *Fri 4:30p, Bear Sat 9:30a, Bear* Journey deep into the wild and virtually



untouched wilderness of Woodland Caribou Provincial Park as you discover one of Ontario's last paddling frontiers, a land of wild caribou, wolves, moose, clear waters, boreal forests, and world-class fishing. This is a landscape traveled for thousands of years by the local Ojibway people, their pictographs standing guard throughout the park as a testament to a simpler time. Join him as he explores some of the key opportunities in this wild landscape.

Dave **Shapiro** & Don **Gasper** Knots for Paddling and Camping abc *Sat 1-4p, Atrium*

Back for its 4th year, this hands-on clinic is an open format where you can stop by with your questions, practice a new knot, or just admire the knot board. If you learn something new, stick around and show it to the next person. After all, sharing knowledge is what the paddling community is all about.

Fred **Shermock** Quetico Canoe Routes

Fri 6:30p, Superior Sat 12:30p, BWCA Fred "Jacques" Shermock has tripped the Quetico since 1969, with over 30 trips with crews, and a dozen solo, from each of the



four corners of the park. His entertaining and interactive session is sure to assist you with your plans for your next adventure into the magnificent Quetico Park!



Norman **Sims** & Mark **Neuzil** The Natural History of the Canoe: From Dugouts to Courting Canoes *Fri 6:30p*, *Bear*

Sat 2:30p, Bear

The story of the natural history of the canoe can be told using the dugout, the birch bark canoe, and the risqué behavior in courting canoes early in the 20th century. This heavily illustrated talk will touch on the relationship of canoes with other historical trends such as relations with Native Americans, liberalizing social attitudes around the turn of the 20th century, and the role of canoes in the environmental movement. The presentation is drawn from their book, *Canoes: A Natural History in North America*.

Lenore **Sobota** Great Lakes–Great Risks Sat 12:30p, Loon

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 2017. 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 2018 a safer year.

Jake **Stachovak** Fitting your Kayak abc Sun 2:30p, Atrium

Learn how to make adjustments to the inside of your kayak cockpit so you have a perfect fit. Jake will cover seat and footpeg adjustments/modifications, followed by customizing thigh braces with foam. Using a cutaway kayak cockpit, Jake will show possible placement of modifications. Materials and shaping techniques will also be discussed.



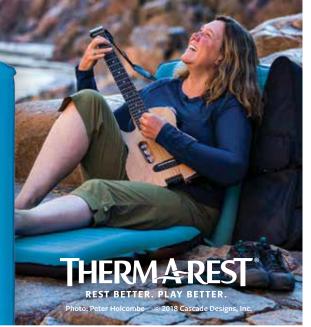
Will **Steger** Brought to you by Northstar Canoe **Canoe Sledding: Adventures in the Polar North** Sat 10:30a, Quetico Will Steger, polar explorer and environmentalist, has traveled with some a lade form the

ist, has traveled with canoe sleds from the BWCA to the north polar regions over the past

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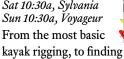
Check it out at the Therm-a-Rest booth.



25 years. He times his trips for ice break-up season in the spring, so the canoe sled can either be paddled like a canoe or pulled like a sled. In late March of 2018, he'll undertake an extended arctic canoe sled trip from Black Lake, Saskatchewan to Baker Lake, Nunavut. Come hear about this award-winning explorer's legendary expeditions in the far north.

Bart Swab

Brought to you by Werner Paddles Getting Started as a **Kayak Angler: From Rigging Your Boat to** Landing Your Catch abc Sat 10:30a, Sylvania Sun 10:30a, Voyageur



a comfortable stance to sight fish and wrestle your catch; your time spent with Bart will get you confident about getting started as a kayak angler. He'll cover gear for you and the boat, key into what tools help up our efficiency and stealth on the water, and look at the best ways to store the keeper catch. This class will be a great time to discover and lock into what's needed to start and conquer the hunt, broken down into 10 basic tips for success.

WHAT TO SEE?

It can be daunting to narrow down which presentations to attend. There are so many great options in a very short weekend. Want to focus on all the "beginner friendly" programs? Or focus 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?

The Canoecopia website can help! Go to the "Presentations" section of the website, then in the drop-down select "Presentations by Category." Presentations are listed in as many categories as appropriate. Find your interest areas using this great tool to plan your schedule!

www.canoecopia.com

Andy **Talley** Tall Tales from the Fur Trade Trails

Fri 5:30p, Sylvania Sat 9:30a, Sylvania From out of the past meet Andre' St. Pierre, 1750 French-Indian fur trader. Andre' 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.

Tommy Thompson & Russ McAllister Make Natural North Florida Your Next **Paddling Destination**

Sat 3:30p, Sylvania Sun 1:30p, Algonquin

Natural North Florida is a year-round paddler's paradise. Springs and spring-fed rivers, including the 200-plus-mile long Suwannee River, offer paddlers a wide range of opportunities, including day or extended trips. Join Tommy and Russ for a visual tour of the region as they highlight the Suwannee River Wilderness Trail and the Big Bend Saltwater Paddling Trail. Learn about coastal communities and amenities for paddlers and visitors throughout the region. Finally, as it's a growing part of the sport, they will discuss kayak fishing opportunities in both fresh and saltwater.



Tamara **Thomsen** Paddling Through History: Shipwreck Interpretation for Paddlers Fri 4:30p, BWCA Sun 1:30p, Voyageur Discover Wisconsin's history hidden beneath

the waves with Wisconsin Historical Society's maritime archaeologist, Tamara Thomsen. Explore easily accessible, shallow water shipwrecks along Lake Michigan's scenic shoreline through underwater video, historic photographs, and archaeological discoveries. Hear stories of their tragic losses and learn how to visit, protect, and preserve these time capsules of our maritime past.

Dave Tobey 📢 & Marty Koch **Ozark Paddling: The Ozark National Scenic Riverways** Sat 11:30a, BWCA

Sun 12:30p, BWCA

With its scenic, free-flowing Current and Jacks Fork rivers, caverns, and high-volume springs, this area captured the attention of Congress in the 1960's. Each week the larger springs pour billions of gallons of clear, cold water into the Current and Jacks Fork rivers, the heart of the Ozark National Scenic Riverways. This park exists to protect these largely spring-fed streams that run through some of the Ozarks' most beautiful scenery. Explore time-honored traditions and new recreational opportunities for paddlers in the Ozarks.

John Van Barriger Packing the Perfect

'Oh Sh!t' Emergency Kit abc Fri 6:30p, Killarney Sat 4:30p, Killarney 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 kit, as well as critical items that should be added to most first-aid kits. 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.

Paddling, BBQ and Floods: A South Carolina Sampler

Sun 12:30p, Loon

What happens when a northwoods boy travels below the Mason-Dixon line for his first

paddling trip in the South? Last winter, writer/ photographer John Van Barriger kayaked sections of five different waterways in the Palmetto State, including the endangered Edisto River, the longest free flowing blackwater river in the U.S. In doing so, he discovered some great paddling, challenging water-use issues, unique historic sites, the destructive results of Hurricane Matthew (now compounded by this past season's hurricanes)—and a destination worth returning to again and again.

John

Van Den Brandt Better Wildlife Photography: 10 Cool Tools You Can't Live Without abc

Sat 11:30a, Algonquin Sun 10:30a, Algonquin Wildlife photographers need more than camera gear to get their jobs done. John Van Den



Brandt of Wild Wind Images demonstrates ten tools he relies on to get in front of wildlife faster and more often. All of these gadgets are affordable, easy to use, and have proven results. You're sure to pick up some "tricks of the trade" for viewing and photographing wildlife in this all-new presentation.



Jerry **Vandiver** & The One Match Band **Paddle Songs** Fri 7:30p, Algonquin Sat 3:30p, Algonquin Sun 2:30p, Algonquin

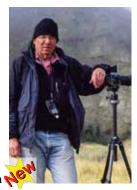
With song credits on over 15 million records and paddling credits on waters around the world, award winning singer/songwriter Jerry Vandiver will be returning to Canoecopia with The One Match Band for the seventh straight year! They will be performing songs from a brand new CD, "Paddle On" along with some favorites from the past for a laid back, fun, musical, and unique addition to your Canoecopia experience. Be ready to laugh, cry, sing along, and maybe even dance a little "Bear Barrel Polka"!



Lori **Vogel** & LuAnn **Buechler** Set up for Success: Women Empowered in the Wilderness abc 4

Sat 4:30p, Voyageur Sun 2:30p, Killarney Join Lori and LuAnn as they share tips and tricks for a group of women to successfully tackle the wilderness together. Get pointers about transporting canoes, portaging gear, staying safe, and tying simple knots. Discover what clothing works best to be dry, warm, and comfortable. Learn how to build a team that trusts and empowers each other to grow while creating a unique experience with lasting bonds.

Bill **Voight** Wood-Tikchik Rivers and Lakes, Alaska Sat 12:30p, Voyageur Situated in the infrequently visited Southwest corner of Alaska is Wood-Tikchik State Park, 1.6-million-acre wilderness, larger than Delaware, served by



a solitary ranger with float plane. Less than a handful of paddlers canoe the Wood-Tikchik's lake-river systems annually; perfect for those interested in exploring rarely traveled, out-beyond-zebra rivers. Four friends paddled the 90+-mile Wood River and lakes portion of the park in August of 2017. This presentation covers attractions, challenges, and logistics of paddling this reasonably accessible, scenic, remote wilderness watershed.

Krystal **Westfahl** Family Friendly **Y** Paddling Adventures in the Northwoods of Wisconsin **Fri** 5:30p, Voyageur Sun 1:30p, Killarney Are you looking for family-friendly accessible paddling experiences in

Northern Wisconsin's



Lake Country where thousands of lakes, rivers, and streams literally saturate the geography? Join Krystal to discover the many easy paddling experiences you can have while staying in comfort at local resorts and hotels. This is the info you need to help your family (or friends) get their toes wet in Northern Wisconsin!

Keith **Wikle** Go with the Flow: How to Find Your Groove in Rough Water Paddling Sat 4:30p, Loon

Athletes, desk jockeys, and weekend warriors all seek a state of flow where they are fully immersed, energized, focused, and calm. It's one of the most exciting states of being. Can you get there through paddling rough water? Can you gain comfort doing something previously out of your comfort zone? How does "flow state" intersect with our lives both on and off the water? Learn examples of flow states across paddling disciplines, and leave with a few suggestions for how to reach your own flow state through paddling rough water.

Travis **Williams** A Great Western River: A Week along Oregon's Willamette River

Sat 11:30a, Sylvania Have you ever wanted to paddle one of Oregon's river gems? If so, there is really only one great river that is ideal for new



and experienced canoeists alike—and that is the Willamette. Travis will describe what this river has to offer, from multi-day trips to shorter excursions along its nearly 200 miles of access. With a mix of lush greenway natural areas, agricultural lands, an abundance of wildlife

and scenic riverscapes, come get excited about paddling in Oregon!

Charlie **Wilson**

Brought to you by Swift Canoe

Blade, Body, Boat: The Hydrodynamics of Paddling abc Sat 9:30a, Loon

Join Charlie for an introduction to paddle physics, paddler bio-mechanics and boat control to improve



paddlecraft power, performance, and efficiency. Paddle physics includes the manifestations of Bernoulli's Principle, and keeping the paddleblade square to the stroke. Bio-mechanics includes improving reach through stance, torso rotation, and engaging large muscle groups to increase power and endurance. Boat control includes fitting the boat to the paddler, reducing hull movement to increase forward speed, and changing its shape in the water to improve maneuvering.

Charles Wright Florida's Paradise Coast and Everglades Paddling

Sat 1:30p, Caribou Sun 10:30a, Bear Florida's Paradise Coast (Naples, Marco, the 10,000 Islands, and the Everglades) is a Paddler's Paradise. Wonderful beaches,

FAREWELL

The only constant is change, and this year two of our long-time staff are moving on to new adventures. Sasha Stone, our Canoecopia Event Coordinator and Buyer has moved closer to the ocean and mountains in the Pacific Northwest. Marit Haug, our Inventory Manager and Buyer, is now an Accounts Manager for an outdoor sales rep group. We wish them all the best and have almost forgiven them. Almost.

Of course, once a 'Baga, always a 'Baga, but we will miss seeing them every day

great hotels and delicious restaurants are next door to an array of paddling opportunities. Paddle the trails of the Calusa Blueway after breakfast. Before your seafood lunch at a waterside restaurant, experience the Everglades on a boat-assisted kayak eco tour or the tunnels of the Everglades mangrove forest. After sunning on the beach, a nap and dinner, paddle into a spectacular sunset or a nighttime bioluminescence tour.



Dan **York** Go Paddling! An Introduction to Canoeing and Kayaking <u>abc</u> *Fri 4:30p, Algonquin Sun 11:30a, BWCA*

The Upper Midwest is a paddling paradise blessed with a bounty of lakes and rivers. Getting started paddling canoes or kayaks can be confusing—even intimidating. There are so many choices—how do I choose what's right for me? This session will introduce you to the wide, wonderful world of paddlesports. We'll cover the basics of boat selection, gear, safety, and places to paddle. The goal is to demystify paddling and get you out on the water to pursue your own paddling dreams, however mild or wild.

around the shop. Some of our newer staff are stepping up into new roles, recognizing these are some big shoes to fill.

Personally, I owe a debt of gratitude to both these women, who have made Rutabaga a better place, but have also enriched my life personally as colleagues and friends. I try to hire people who are smarter than me, and so far, it's working.

Gratefully, Darren

Paddling the Lofoten Islands: Norway's Craggy Crown Jewels

Fri 6:30p, Voyageur

The Lofoten Islands are a surreal seascape of soaring, snow-speckled peaks rising steeply from deep fjords—sprinkled with historic fishing villages and picturesque farms, all bathed in 24-hour daylight during summer months and forever changing in the moody weather of its arctic location. It's a paddler's dream destination. After two years of dreaming and planning, a group of Madison-area paddlers embarked on a 7-day sea kayaking tour of this magical place in the summer of 2017. This is their story.

Craig **Zarley** Catching Canoe Country Lake Trout

Fri 5:30p, Carbiou Sat 9:30a, Algonquin Craig is the popular presenter of "Catching Canoe Country Walleyes" at past Canoecopias, but this year he turns his



attention to lake trout. He'll lift the veil on what many view as an exotic and mysterious creature of the deep and show you how to find and easily catch lake trout in Boundary Waters and Quetico. He'll demonstrate that the simple jig and plastic twister tail many anglers already use for walleyes can be deployed to catch lake trout. Come hear him share the joy of wilderness lake trout fishing.



Sunday Funday at Canoecopia - March 11th

Check out Canoecopia on Sunday! Why? Because of the...

SPEAKERS

Speaker rooms are less crowded and some of the best presentations happen on Sunday! Come see the presentations you missed on Friday or Saturday.



RELAXED PACE

Sunday is a great day to talk in more detail with our amazing group of vendors and exhibitors. Take advantage of the more mellow atmosphere.

SPECIAL DEALS

MANTAR

Special deals from various exhibitors are often announced on Sunday. Be sure to keep an ear open for these!



PRIZES!

Sunday is the day to win some great gear at the show. With amazing prizes offered by our vendors, we make winning nice n'easy... like Sunday morning. Here's how:

- Enter your name and email in the barrel at the Sunday Funday booth from 11-2p.m. on Sunday.
- One entry per person.
- Names will be drawn at 2p.m. and winners will be posted in the Sunday Funday booth at 2:45p.m.
- A photo ID is required to claim prize.
- Must be present to win, and prizes must be picked up on Sunday.

To get in on all the action at Canoecopia, consider buying a three-day pass. It's a better deal than two single-day tickets, and you can get the most out of the show!

The Liquidlogic Manta Ray Propel is a dream pedal boat for hands-free fishing, bird watching, nature photography, exploring or for paddlers looking for a relaxing way to spend time on the water.

www.LIQUIDLOGICKAYAKS.com



