

# CANOECCOPIA



**MARCH 7-9,  
2025**  
ALLIANT ENERGY CENTER  
MADISON, WISCONSIN

# Welcome to Canoecopia

The premier kick-off to the paddling season, by Darren Bush

## Welcome to what?

If you know, you know. If not, Canoecopia is the world's largest paddlesports exposition. We didn't start out to make it that way, we just wanted to make it the best. But as happens so often, good stuff grows.

## What's Rutabaga Paddlesports?

A family-owned and operated outdoor shop that specializes in getting people on the water. We create communities and strive to improve people's quality of life, that's it.

We sell canoes, kayaks, SUP boards, outdoor equipment and clothing, and vehicle racks. If you want to get outside, we've got it.

## Who are we?

My family has been part of the business from the day I started working for Rutabaga long before I was owner. So here's a little background on my family.

Whitney's my firstborn, teaches science in Brooklyn, New York, and comes home to paddle during the summer. She's one of my favorite people, and she taught kids' classes at the shop in the summers she was in high school. She's one of the most competent people I have ever met.

Ian's my second born with recessive Viking genes, got his first paddle before he could stand up. He's as gentle as he is tall. He got a tandem canoe when he was 10 and still owns it, taking it with him on his honeymoon with this wife Britney. He makes industrial equipment and his own lightsabers from scratch. I have never seen a man paddle so effortlessly and with such grace.

Then there's my wife, Stephanie. If you know her, you're fortunate. If you don't, trust me, she's remarkable. We've been married 40 years, and I can't think of a better partner.

## Thank you

My email signature has had this quote in it for years, from the Stoic philosopher Lucius Annaeus Seneca:

*Nothing is more honorable than a grateful heart.*

I wholeheartedly agree. I try my best to cultivate being thankful for my life. Not that it's easy, mind you; it is anything but. I'm grateful for the challenges we face. It makes us stronger. It hurts, yes, but that's part of being alive.

I am truly grateful for our staff. They are good people, all of them. We hire all our people for their character, wisdom, and kindness, as well as their skills and knowledge. They're not Human Resources, they're *Human Beings*. They're the reason we have 4.9 stars on Google reviews.

You have (collectively) allowed me to make a living doing this. I started at Rutabaga at Canoecopia 1990, wearing a boot cast from a broken fibula, putting

price tags on dry bags when I still had a "real" job, the kind with a paycheck and no risks involved. But there was a critical flaw in my work: I wasn't growing. I left the safety of the Public Health Bureau and made Rutabaga my career.

Eight years later, I was co-owner, and five years after that, sole owner. I never dreamed I'd run any business, let alone one as significant to the outdoor community as Rutabaga. Yet here I am, 22 years later.

I'm grateful for our manufacturers who make outstanding equipment to allow us all to enjoy the outdoors more easily and safely. Most of the manufacturers we work with are family-owned and operated, and we get each other. We call each other just to shoot the breeze sometimes. I doubt CEOs of multinationals do stuff like that.

*I'm just grateful for everything.*

*Darren*



# 2025 SHOW GUIDE CONTENTS

CANOECOPIA  
MARCH 7-9, 2025  
ALLIANT ENERGY CENTER



## Sheree on the Kishwaukee

What does it feel like to give people you love new experiences? Especially when it might be completely outside their wheelhouse? Ken Sofolo recounts his tale of taking Sheree on the Kish.



## Frank of Frank Lake

How did Starrett Lake become Frank Lake, and how did the lovely mini-lake nearby get renamed Starrett? Darren Bush put on his investigative hat and learned a bit about a forgotten but beloved Ranger.



## I'm Good at Canoes

What's the one thing you're the best at in this small group? It took Whitney Bush a little time to remember who her father was and her lifetime of being on the water, but she eventually realized that she's good at canoes. (*Ed—like reeeely good.*)

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Canoecopia has always been presented by



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## Getting the Most Out of Canoecopia

Our tips and tricks for maximizing your time at the show.

**Come all three days.** If we had one recommendation, that's it. There is so much to see; a weekend pass is a good investment.

**Go to Presentations!** Our speakers are world-class. Our speaker schedule starts on page 18. Sitting down can be educational and restorative.

**Talk to everyone.** The manufacturers, speakers, 'Baga staff, and exhibitors are here to answer any questions you have. We're all paddlers, and we love sharing experiences. Take advantage!

**Sit in a lot of boats.** Canoecopia offers an opportunity to sit in

hundreds of models under one roof. Ask for help adjusting the seats if necessary. You hope to spend a lot of time in that seat, yes? Make sure it fits perfectly.

**Special order your dream gear.** If we don't have it on the floor and you can wait 6-8 weeks, you can order it and pick it up at the shop.

**Confused? Have questions? Lost something?** Come to the Customer Service booth. We take the Service part *seriously*.



**YAKIMA®**

**Load up, head out, and reel 'em in.**

Your gear deserves a secure and hassle-free ride. With easy-to-use racks built to handle your toughest adventures, getting to the water has never been easier. Stop wasting time packing and start chasing your next big catch.

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## How Does This Work In Practice?

Let's talk about how the tofu sausage gets made, shall we?

### Boats and Trailers

To purchase a boat or trailer, go to the large Boat Check-Out area inside the main hall.

If we have your boat in stock, you can take it home that day. Proceed to the Boat Pick-Up booth at the back of the hall after making your purchase.

Special ordering a boat (or a boat not in stock)? A Rutabaga Staffer at the Boat Check-Out will explain the timeline for your boat arriving at Rutabaga. Forms are at each vendor booth and need to be filled out before you check out. Boat Special Orders go to the Boat Registers, everything else to the Accessory Registers.

Need a roof rack or trailer? Racks can be installed at the show if you are taking a boat home. Start this process early. It can take a while. Pay for trailers at a Boat Register, roof racks at Accessory Registers. If you don't need the rack right away, take it home and we'll install it later at Rutabaga (a \$50 value).

Layaways are an option if you want to pick up your boat a week or more after Canoeconopia. We ask for half of the purchase price. Deposits are fully refundable until June 14<sup>th</sup>.

Trade-ins for used boats are accepted. Please ask for details at the Boat Pick-Up booth or call us at Rutabaga prior to Canoeconopia.

### Accessories (everything else)

Purchase accessories outside the hall. Accessory Register entrance is by the Customer Service booth.

If you don't need a rack to get your boat home from Canoeconopia, we're happy to install it later at Rutabaga.

We have shopping totes to carry your items. If you want to go see a speaker, leave your totes at one of the Tote Checks. *Shopping totes are emptied each night.* (They're also not for sale. Sorry.) Buy your stuff before you leave that day.

Special Orders—your special item isn't in stock? Staff in the vendor booths will fill out a form for you (make sure your contact information is complete). Bring the completed form with all of the rest of your accessory purchases to the Accessory Registers near the Customer Service booth.

Check-out lines move fast. The line time peaks just a little during the speaker changes.

Returns need to be in "like-new, sellable condition," with its tags, packaging, and receipt. All returns must be made by May 31 at Rutabaga.

Questions? Look for anyone wearing a staff shirt. They can give you an answer or direct you to the proper place to find it.

Where is Rutabaga? During Canoeconopia, we're at the Alliant Energy Center. Other than that, our new location is at 2620 Rimrock Road.



## What's New and Notable

Canoecopia abounds with amazing paddlesport gear to help get you outside. Here are some of the incredible things that we think you might be interested in.

### Hurricane

#### *Santee 116 Sport*

One of our top-selling units of all time, Hurricane has upped the game and modernized the Santee 116 Sport. The swede-form hull gives you lots of glide and confidence on the water. It's nice and stable, yet still efficient. This new version also features new handles, an updated seat, and some refined aesthetics. Hurricane has done it again, redesigning one of our favorite sub-40-pound kayaks!



### Swift Canoe and Kayak

#### *Lavielle 176*

Named after Lake Lavielle in Algonquin Provincial Park, the new Swift Lavielle 17.6 is a 3-seat dream on water. The Lavielle features a unique flare in the bow and stern for a drier ride, while the seats are placed closer to the ends of the canoe, allowing for more space in the middle for gear. The third (center) seat, placed behind the yoke also features a significant tuck of the gunwales, making it an effective and efficient paddling position. Most three-seat canoes require the middle paddler to reach out from their body, which can be fatiguing; this design reduces that. The seat placement and lines of the canoe allow for a heavy payload. There is ample room for gear on your bigger trips.

### Aqua Bound

#### *Tetra Paddle*

When Aquabound came around with the prototype of the Tetra, we knew that they nailed it. You don't often find a lot of innovation in the kayak paddle space, but here we have Aquabound introducing Lam-Lok technology on a new full foam-core kayak paddle. At 21.25 ounces, the Tetra will effortlessly move you through the water. Featuring Lam-Lok technology, it's as durable as it is lightweight. (Paddles can delaminate and come apart along the seams. The stitching locks the layers into one.) Its good looks are marked with flashy (literally) graphics on the blades. You've never seen a kayak paddle like this before.



## NRS

### PFD with Orbit Fit & Every Body Design

The evolution of the legendary Chinook PFD continues. Combining the Orbit Fit System, an artfully-shaped back flotation panel, and the extensive pocket configuration that's kept the Chinook a best-seller for over ten years, anglers won't find a better-fitting, higher-performing jacket. NRS' Every Body Design™ philosophy combines innovative tech reimagining fit and performance, eliminating the need for men's and women's specific models.



## Rutabaga

### Camp Rutabaga

Okay, so it's not a *new* thing; but it is new! Rutabaga Paddlesports is proud to present Camp Rutabaga, a three-day community event and educational event that includes canoes, solo and tandem; kayaks, both recreational and touring; and classes on everything from naturalist tours to moving water skills. Camp Rutabaga will take place at Camp Manito-wish YMCA in Boulder Junction, Wisconsin, the ultimate up-north experience.



## P&H Kayaks Volan 162 & 156

Darren loves his Volan 160, but he's 6' tall and pushing up against 200 pounds. Smaller (and larger) folks deserve performance too. The characteristics of the Volan 160 are carried over into its siblings; a smaller 158 and a larger 162. There's evidence of Graham's genius in their designs: they're faster than they should be for their length, have hard chines for carving, and with two inches of rocker, a maneuverable kayak for fun in waves. Even with that rocker, they track beautifully. If you like an all-around kayak that does everything, any size Volan is a great choice.



## Recreational Barrel Works

### Barrel Seat Combo

Ever look at a blue barrel and say "Wow, that looks like a perfect camp seat" and then realize it's not *quite* as comfortable as you'd want? Well here it is, Recreational Barrel Works barrel seat pad. Securely attached to the top strap of your barrel harness and barrel handles, this seat fits on 60L, 30L, and 20L barrels.



## NRS

### *Expedition Dri-Duffel*

“Some stuff got a little wet, Grampa Bob,” I said. He replied, “That’s an occasional hazard where whitewater is concerned, Jimmy.” Luckily when I dumped the canoe, most everything made it unscarred. The 2025 NRS DriDuffel is the choice when “a little wet” isn’t an option. They use RF welding to eliminate glues and heat bonds so the seams are 100% mechanically attached. If your hands are cold and wet, you’ll love the TRU Zip closure. Kayakers will probably lean to the 12L, but it is available all the way up to 105L.



## Pyranha

### *Gui-GuiProd Helectron*

French company GuiGui-Prod has been making carbon whitewater freestyle kayaks for over 15 years, and they’re partnering with Pyranha! Under the radar for over a year and a half, Pyranha and GuiGui have developed the next evolution of freestyle kayaks based on a tried-and-true freestyle lineage with the Helectron. This poly boat is ready to help you be more proactive in your freestyle kayaking. Available in two sizes for 2025, medium and large.



## Wenonah

### *T-Formex Canoes*

#### *(FusionTX, Kingfisher TX, Rogue TX)*

Featured on some of Wenonah’s most popular hulls, T-Formex is available and ready to allow you to no longer cringe when you hit that rock.

Older paddlers will probably fondly remember a material called Royalex. T-Formex is the successor to that and is the most durable canoe material around. TFX deflects rock hits and scrapes, has superior UV resistance, all while still being lighter (and tougher!) than your dad’s aluminum canoe. This is the material to go for when you simply don’t want to worry about your canoe.







## Jackson Kayak Clutch

Jackson's new offering is a true whitewater creek/slice boat. This boat has all the confidence-inspiring of a high-riding full volume bow that clears obstacles and skips out of drops like the Gnarvana, combined with a low-rocker slicy stern that helps hold lines and surf at speed. Jackson is providing a different experience with the Clutch from the play-all-day Antix 2.0 as it adds comfort to the all day bigger whitewater downriver runs with a playful mentality, all in one size.



## Northstar Carbon Yokes

Ultralight is a highly desirable trait in canoes and kayaks. Why have a carbon or Kevlar canoe with wood yoke? Some canoes come with integrated yokes—especially tandem canoes—a solo yoke needs to be removable, since the balance point is where the seat is. If you don't have a fixed yoke, this Northstar Carbon Yoke is crazy light. It is built using a foam core and infused, controlling the resin to the teaspoon. If you are tripping in an ultralight canoe, get an ultralight yoke.

# Slayer Propel 10 LTE

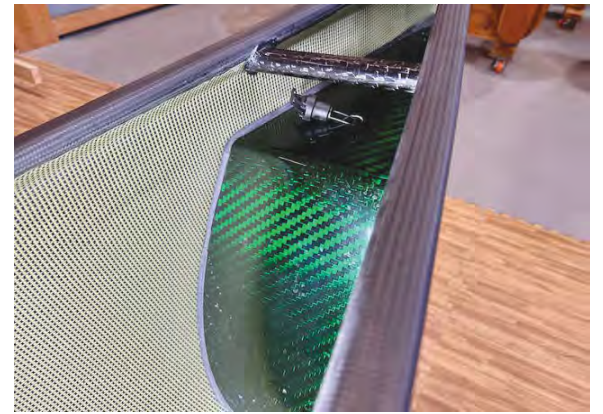
*The Ultimate Grab and Go Lightweight Pedal-Driven Fishing Kayak*

**NATIVE**  
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NATIVEWATERCRAFT.COM

## Swift Canoe and Kayak Carbon Matrix

Like all of Swift's canoes and kayaks, their choices in material just beg you to stare at it. Maybe even drool a little. Their new Carbon Matrix is the epitome of this. There is simply nothing like it on the market. Matrix is an apt name for the new carbon fiber, as the green tint beckons you to remember the first time you watched *The Matrix* and dreamed that maybe—just someday—you could also be like Keanu Reeves.



## P&H Kayaks Composite Virgo

The polyethylene Virgo has taken over the past two years and quickly became P&H's best-selling kayak.

For 2025, P&H has upped the game for the Virgo and now offers it in their wide range of composite materials. Compact, yet uncompromising, it is an excellent choice for weekend paddlers seeking the efficiency and safety of a sea kayak in a smaller package. The Virgo, at 15' long, and a confidence-inspiring 23" wide, is a speedy, stable, and capable kayak for all of your big-water dreams.

### EXPERIENCE PADDLING PERFECTION IN PANAMA CITY.

Stop by booth 313 to enter our drawing for a chance to win a two-night stay in Panama City, a top destination for paddling that's perfectly situated on Florida's Emerald Coast.



DESTINATIONPANAMACITY.COM

*It's a*  
**Vibe**  
FUNK, SALT, & SOUL

**FUNK SALT SOUL**

## Eddyline Kayaks Skylark Series (100, 120, 140) + Carbonlite Upgrade!

The Skylark series has been redone for 2025! Now available in 10, 12, and 14-foot hulls, the Skylark series are more like small sea kayaks in terms of outfitting, with recessed deck fittings, hatches, and retractable grab handles, true to their touring kayak roots.

The Carbonlite material has been upgraded, with 37% more impact resistance than the last iteration. Eddyline is using 30% less raw plastic than before by recycling their trim and putting it back in the material stream.

With the new Infinity seat system, these recreational kayaks will set a new standard of comfort. Definitely worth a sit at Canoecopia.



## NRS Silkweight Hoodie

The new 2025 Silkweight Hoodie uses brrr's fabric for all-day comfort in the sun. It's lighter than before while still keeping your skin safe from UV rays with its UPF 50+ rating. Even better, its antimicrobial properties keep the garment fresher longer. The new design features a dropped seam at the back for better coverage, more fabric over the tops of your hands for better sun protection, and a cutout on the wrist so you can tell time or start that workout routine and manage your progress. The women's version even



includes a really clever "pony port" for those who want to be able to wear their hair up. As usual, NRS has a wide range of sizes for every body. No paddler should be without amazing technical clothing.



Discover the entire line of caps, apparel, and accessories

## Therm-a-Rest Boost 650

'Best In Show' says Gear Junkie 2024, with good reason! Adjustable shape and warmth from WarmZip tech center zipper means you only need one bag for your sweet spot to dream land. Available in 20 & 32 degrees, these hydrophobic down bags are top choice.





**OLD MUSTACHE**  
CANOE PADDLES  
IT'S ABOUT *the* BALANCE



**VISIT OUR  
BOOTH  
at  
Canoecopia**

Experience  
how  
**Balance**  
&  
**Ergonomics**  
matter

*Fine Wooden Bent Shaft Canoe Paddles  
by Steve Sikkema*

oldmustachecanoe paddles.com

## Esquif Ocoee

The Ocoee has been around for almost 30 years, but it's like a classic car; there's nothing to fix, just drive it and enjoy. Now, T-Formex inventor Jacques Chasse has re-released the Esquif Ocoee,



an iconic whitewater solo canoe. The Ocoee was designed by the late Frankie Hubbard as a surfer's dream, a hard chined canoe that surfs and carves beautifully. A motivated novice can grow into it, if they're careful. The hard chines that make it edge beautifully are a little "grabby," so it can take some time to master it. But it is so, so fun after you do. Aw, just get one.

## Northstar Boreas

Some people like shorter canoes. Some people like longer canoes. I am a part of the group that likes longer canoes, and the Northstar Boreas simply sings to me. Like a Siren in the sea, there is something alluring about the Boreas.

Narrow and speedy, the Boreas is 17'9" of performance. Experienced paddlers will rave about its quick acceleration, optimal load capacity, and sporty lines. The Boreas is a larger version of the Polaris, a famed

canoe for paddlers who want something quick and efficient. The Polaris is a boat I've had my eyes on for years, but there's something about an 18' canoe that sings to me. Well, when the Boreas was introduced, I tied myself to the mast like Odysseus and listened to the Sirens' call. —  
ES



## Recreational Barrel Works

### TREKKER Day Pack & Carry-All Attachment

Try as you might, you often have loose items in your canoe before you hit the portage. Now, there is a 41L pack that attaches to Recreational Barrel Works harnesses or daisy chains on your canoe pack that can act as a catch-



all for those loose items. It's also capable of handling things like double-burner stoves, solar panels, or griddles.

# Pyranha

## ReactR

Pyranha is taking on the growing pivoting-quarter-slice creek-boat market. The new Elite Outfitting System makes easy fore and aft seat adjustment and integrated adjustable thigh hookers for those asking for more control without aftermarket additions. Slide ratchet backband adjustment is replaced with a ball-and-rope cleat that is easy to use and is field repairable. This is a one-of-a-kind hull design that has all the speed, forgiveness, and monster-truck feeling a paddler wants out of a creek boat with a sporty stern.



Available in 3 sizes for 2025, small, medium, and large.

# Yakima

## Yakima CBX & Skybox NX Roof Boxes

Yakima's new CBX and NX roof boxes make gear shuffling a breeze and frees up valuable space in the inside of your car. The Skybox NX Skinny leaves valuable crossbar space, and Skybox NX XXL packs gear for 5 and hauls skis/boards up to 215cm. The CBX boxes boast a rugged and eye catching angular and reflective finish! Full metal opening handles, offer dual-sided access, locks gear in the box and the box to the vehicle. A really clever removable torque wrench assures the right amount of grip and a snag-free cargo compartment.



NX 18



CBX 16



**Booth #68**

Shop the Leader in **Storage - Carts - Stands**



## MSR Switch Stove System

Lightweight camp stoves are an interesting engineering problem. They have to be small enough to pack away where space is at a NASA-level premium, while working at all altitudes and conditions. The Switch Stove looks you in the eye and says, "I got that and *more*." It packs down inside its 1L pot, but it's the only lightweight boiling stove that allows you to use multiple styles of cookware. The fire ring has flip-out arms that will support a wide skillet or pot. The piezo-electric ignition removes all the will-it/won't-it concerns of making dinner while the light and temps are falling.



## Aqua Bound Lam-Lok Construction

Featuring over 33 feet of Aramid fiber stitching, Aqua Bound's Lam-Lok is the solution to delamination. Lam-Lok is stitched along the edges of the blade which are the weakest point of the system. It prevents or contains damage to thin, lightweight composite blades. Over 5x stronger than paddles without, a paddle with Lam-Lok will be the paddle you grab for years.

## Helinox Games

When you get to camp early or you have a layover day, it's fun to play some games, but no one is going to strap a plywood/cornhole game into the wilderness. Helinox has created a series of classic games that provide the same fun, but you fold it up and stuff it in your pack and off you go. You can get a cornhole game (HeliDrop), a Frisknock/Polish Horseshoes game (HeliDisk), and a few others you need to check out.



## Swift Canoe & Kayak Dragonfly 15

Swift's original Dragonfly, the 14.5-footer, is fast, maneuverable, fun, and pretty. But it's a bit twitchy for all but experienced paddlers, so David Yost redesigned it with some help from Jeremy Vore of Redleaf Designs, and voilà, the Dragonfly 15

emerged. It's just a little longer, has a little less rocker in the stern, and is a bit more stable with its increased beam. However, it has retained its speed and maneuverability. If you want a sporty but user-friendly solo, the Dragonfly 15

is a great choice for just bombing around or for an extended wilderness river trip.



# PADDLE MINOCQUA.



LOCAL PADDLING  
HOT SPOTS



The Minocqua area is the heart of the Northwoods of Wisconsin. Home to more than 2,300 lakes, rivers, & streams, we're the perfect place to launch your canoeing & kayaking adventures.

Minocqua.org   

## Suspenz

### EZ Stow Stern Cart

One of the things people tell us is they'd like to go paddling on their own schedule, but carrying their boat from the car to the water solo is difficult or impossible. Other carts exist, but they are difficult to stow, or you worry about them left behind at the put-in. Suspenz to the rescue! The EZ Stow Stern Cart is built tough enough to handle most any kayak (rated 130 lbs), and yet disassembles so it can fit through a typical 7-inch hatch. The tires are airless, so no worries about them running flat, and the aluminum frame should give you a lifetime of worry-free towing. One other neat thing: the boat doesn't actually sit directly on the frame. There's a sling that runs across the V of the 'arms' to spread out the load.



## Delta Kayaks

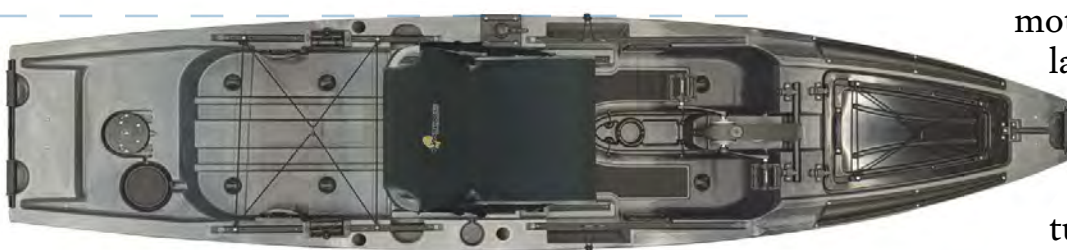
### Magenta Layups

For a limited time, Delta is building specific models with an all-new magenta colored topsheet. This unique, bright, and safe limited-edition color will garner the envy from all of your fellow paddlers.

## Native Watercraft

### Slayer Max Propel LTE

The Slayer Propel 10 LTE is the evolution of Native's best-selling kayak. It's a compact grab-and-go 10-foot pedal kayak that can be car topped at 68lbs fitted hull weight. It features a raised seat that adjusts fore and aft and for more stability without compromising efficiency. The lightweight design is electronic- and motor-ready for easy rigging with an efficient layout including paddle and rod storage. It comes with ample groove tracks to customize it the way you like it. The Spring Blade Rudder System enhances quick turning and allows the rudder to be hidden behind a drag plate when not in use. The cockpit area sports a forward-facing flush-mount rod holder for lure rigging and stern-facing mounts for storage and trolling. Native claims their LTE is the most advanced 10-foot fishing kayak on the market.





## Wilderness Systems Tactical Pro 128

With seamless power integrations, the new Wilderness Systems Tactical Pro 128 is ready to be rigged however you choose. It is designed to be motor-powered first. It's prewired to take power from the aft battery bay to the bow motor. A

quick disconnect plate for the bow motor is factory standard. If you want to attach your drive to the stern, there's room to put your battery in the bow for better balance. This kayak will take you wherever you please. Featuring a 360-degree swivel seat, you can access every compartment with ease. Stability is no concern here: it is rated to carry up to 800 pounds.



(Ahem... that's probably going to put you over your daily limit. Ranger Kevin will not be pleased.) Check it out. We think you'll be impressed with its performance and versatility.

## Esquif T-Formex Lite

One of the most exciting material updates for 2025 is Esquif's introduction of T-Formex Lite. TFX Lite takes all of the exceptional qualities of T-Formex and optimizes it. It is not just a thinner sheet of material. Esquif maintained the thickness and durability in the highest wear points of the canoe, and thinned it out where more material is not necessary, saving about 20% in weight. This new layout is for all of you who like to paddle lakes, small creeks, or moderate whitewater, all while making it easier to portage or load onto your car.



## Bonafide XTR 130

Bonafide may have just found (made?) the flotilla leader of fishing kayaks. This big paddling platform is capable of doing it all. It features Extreme Stability. You can move around as easily on this kayak as you could perform the Lindy Hop on it. (We don't suggest that, mind you; it disturbs the fish. Everyone knows they prefer the Foxtrot.) You could even bring a friend by converting the elevated front deck to a second seat. The seat(s) swivel, of course, so you can access and swing around anywhere your tight lines will take you. The XTR 130 is motor-ready, but it is still completely human-paddleable. The fishing platform is fully customizable. It is ready to accept motors and wiring for transducers and fish finders.



## Yakima Low Rider Trailer

A few years ago Yakima came out with their Rack and Roll trailers. We love them, but they are not cheap, and they have a weight limit of 250-350 pounds. Enter the LowRider Trailer which is less expensive and able to carry up to 750 pounds—more than enough for even two of the beefiest fishing kayaks. The crossbar spread is really adjustable, 32-67", so whatever you want to haul should fit nicely between them.



## Canoecopia Speakers and Topics

This year we've got 129 different topics from invasive species to Isle Royale, the San Juan to Superior, Baraboo to the BWCA, and foraging to ancient finds.

I have very few regrets working Canoecopia for 29 years. It's been an incredibly rewarding professional challenge. I help a crew of 6-8 people set up a network and do what I can to solve whatever problems inevitably arrive.

Okay, *one* regret. Working the show means I'm always on-call. Being always on-call means that I can't spend all of my time sitting in to the speaker rooms soaking in all of the information.

I remember when I finally felt like the network was stable enough that I could wander into a speaker room and take photos for next year's Show Guide. It was incredible. The room was filled with interested, excited people asking brilliant questions and getting fantastic answers. I moved to the next room. Different topics, same result.

At the end of the period, the room emptied out and more people arrived for the next speaker. I hung around and learned new tips on where to pitch a tent, and how to manage wildlife.

Folks who make Canoecopia a yearly pilgrimage tell me how much they value our speakers. Their biggest complaint is trying to manage their time so they can see everything they want to see.

As someone who's never been able to really sit and soak it all in, I fully understand. Come and sit in the presentations you've got earmarked, but also sit in a few of the ones you are pretty sure are for someone else. I think you'll be pleasantly surprised at how much you get out of it.

*Jim Pippitt, Show Guide Editor & Tech Nerd.*

adventurer or a newcomer to outdoor cooking, this session will inspire you to elevate your wilderness culinary experience with creativity, preparation, and a touch of gourmet flair.

### Jeff Bach Cut, Bend, Glue, Shape. DIY Paddlebuilding

Sat 1:00-4:00p, Atrium

Straight. Bent. Long. Short. Artisan. AND

a new style. They are all wood and all built by hand.

If bending wood is your thing, or you like it straight,

come and join the drop-in group. Topics like the dark art of fiberglass and epoxy, the essence of spokeshaves, and art vs. function are in the mix. Lots more to show and share, including the reveal of that new (to me) style.



### Stephen Ballou Kayaking the Apostle Islands

Sat 1:30p, Bear

For 54 years, Apostle Islands National Lakeshore has drawn people from all over the world to experience the beauty and rugged wilderness of these islands and Lake Superior.

What does it take to paddle and camp in this special place? Are you prepared to travel the waters of Lake Superior safely? With proper planning and preparation, you can paddle through sea caves, sleep under the stars, and navigate this inland sea. Join Ranger Steve Ballou to celebrate 54 years of caring for our place on Gitchigami, and start planning your next trip to the Apostle Islands.



### Christopher Amidon

#### Paddling Isle Royale National Park

Fri 5:30p, Quetico

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

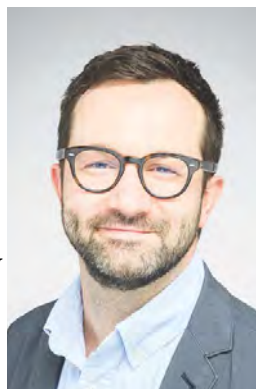


### Jake Anderson

#### Wilderness Cuisine: Elevating Cooking in Canoe Country

Fri 3:30p, Atrium

Discover the art of crafting gourmet meals in the Boundary Waters! This talk will take you beyond traditional campfire fare, revealing techniques for preparing exquisite dishes with limited resources. From selecting the right ingredients to mastering cooking methods in a remote wilderness setting, you'll learn how to transform your campsite into a kitchen worthy of fine dining. Whether you're a seasoned



## John Bates

### Hidden Gems: Paddling Northern Wisconsin State Natural Areas

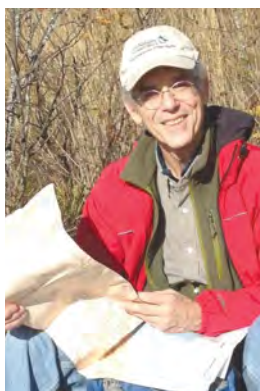
*Fri 4:30p, Caribou*

*Sat 4:30p, Bear*

Wisconsin's State Natural Areas

Program was created in 1951, the first such state-sponsored

program in the United States. Today, 687 sites have been protected for their outstanding ecological, geological, or archaeological qualities, some of which are wild lakes and their surrounding woodlands. Come hear about many of the best SNAs to paddle and explore in northern Wisconsin.



### Writings on Water: A Feast of Essays and Poems about Why We Love to Be on, in, and Around Water

*Fri 5:30p, Caribou*

*Sat 3:30p, Bear*

Yes, Canoeopia is all about where to paddle and the best gear to use in getting to those places. But it's also about why we love paddling - the wildlife we see, the pines we listen to and camp under, the clear waters, the joy of the adventures and explorations, and the peace we experience that allows us to breathe deep and long. From the masters—Leopold, Olson, Oliver—to writers you may not know, we'll revel in words. And, hey, bring along a reading you might want to share, too.

## Timothy Bauer

### May the Forests Be With You

*Sat 2:30p, Superior*

*Sun 12:30p, Quetico*

While forests make for great getaways to camp, hike, hunt, and fish, they also provide the setting for some very pretty and pristine excursions to paddle. Here in Wisconsin, we have over 6800 square

miles of public forests - bigger than all of Hawaii (though with fewer hulas or Alohas). While most of these federal, state, and county lands are located in the northern half of the state, some are only 1-2 hours away from Canoeopia itself! Our forests offer wild and scenic rivers as well as bittersweet lakes, but also (and maybe most importantly) a welcome break from the mundane.

Paddlers seeking solace and solitude will find therapy away from houses and farms, cattle and crops, lawnmowers and motor boats, barrage and garbage. Sitting, kneeling, or standing up, you'll see the forest AND the trees—plus a whole lot of natural beauty. So, let yourself be a tourist in the forests and join Timothy Bauer, local author and member of MilesPaddled.com, as he travels around the room from the northwoods to the northwest, and Eau Claire County to Kettle Moraine country.



### The Outdoors Smorgasbord of Jackson County, WI

*Sun 2:30p, Quetico*

Only two hours from Madison, Jackson County is arguably the most rugged and beautiful part of southern Wisconsin. Forged by ancient volcanoes and later bathed in the nippy waters of glacial Lake Wisconsin, the Black River crosses the divide and provides a through-line between the glaciated and unglaciated parts of the state. Providing critical habitat to rare species like elk and wolves, it is also the ancestral home of the Ho-Chunk and where their tribal

government is seated today. The Black River Falls area, at the center of it all, is considered by some to be “the Moab of the Midwest” because it fosters a smorgasbord of silent sport opportunities from paddling, hiking, mountain-biking, downhill and cross-country skiing—even scuba diving! For paddlers in particular, it's Mecca. Whether it's a flat flowage left by a glacier, the state's deepest lake made by an iron mine, or a lazy float down a slow river to canoe-camp on a sandbar, quietwater enthusiasts have a lot to choose from. But for those who like their water white, the options range from a taste-test of Class II rapids to a raging cauldron of Class IV whitewater. Timothy Bauer, self-described Jackson County zealot (who has yet to receive a single cent from the chamber of commerce), will happily share his wisdom and crack wise about campsites, best hikes, ticks, trips, hidden canyons, and water levels. Want to know about the East Fork? Or the triple crown “creekness” of Halls, Morrison, and Robinson? Come find out.



## Erin Bjorklund, Jasmine Wyant

### Protect Where You Paddle: Aquatic Invasives Talk Show & Trivia

*Sat 11:30a, Voyageur*

Join us for an interactive discussion about the impacts of aquatic invasive species (AIS) in Wisconsin and beyond. We'll be bringing up expert guest

## Speaker Presentations

speaker Jasmine Wyant from Upper Sugar River Watershed Association to answer all of your questions about AIS and teach you how to protect the places you paddle. Following our guest speaker, test your knowledge for a chance to win prizes during our AIS trivia competition!

### Barry Brahier, Erik Detzler

#### Sea Kayaking Voyageurs National Park: Routes and Park Update

*Sat 12:30p, Voyageur*  
Voyageurs National Park offers a “just right” sea kayaking experience for

novice paddlers, challenge seekers, and everyone in between. Located in the far north of Minnesota, it has BIG lakes, Taj Mahal campsites reserved just for you, and only two (optional) portages! Learn the best routes for your ability, what matters when selecting a campsite, and get a park update from an NPS Park Ranger.



### Kevin Callan

#### A Mystery Canoe Trip to Remote Opasquia Park

*Sat 9:30a, Quetico*

Kevin and his buddy Andy had two weeks, three packs, a barrel full of dehydrated food, and two litres of whisky—two old guys who just turned 60 couldn't

be happier. Opasquia is located in the far northern corner of Ontario, hugging the Manitoba border, and measures approximately 1,170,000 acres in size. It's also darn remote—it took a bush plane two and a half hours to fly the 150 miles north (and flying is the only way to get there). Forest fires burned around them and the first six days they could only travel 2.5 miles. You won't want to miss this presentation!

#### The Happy Camper's Ultimate Top Ten Canoe Trips

*Fri 6:30p, Quetico*

*Sat 2:30p, Quetico*

Author Kevin Callan will present on his top ten ultimate canoe trips he has done over decades of paddling. Check out his favorite places he's paddled and portaged—from places across the province of Ontario, to northern Quebec, to the highlands of Scotland, and to the interior of eastern Canada's Nova Scotia.

### Camper Christina

#### Camper Christina Capsizes

*Sun 1:30p, Superior*

After 6 hours of canoe tripping in a remote area of Quebec, it happened! There she was, all alone, yelling out instructions to herself like a drill sergeant. The canoe was filling up with water, her paddle was about to shoot down the rapids, and she fumbled to grasp her rapidly sinking phone. How did she get there? What happened next? Find out during Christina's presentation, Camper Christina Capsizes.



#### Camping With a Bear

*Sat 12:30p, Quetico*

Swallowing her anxiety, Christina booked her first backcountry canoe trip in Quebec, with no idea what would happen. She discovered stunning scenery, a challenging route, and a campsite

inhabited by a bear that didn't scare easily. Find out exactly what happened on that epic adventure, during Christina's presentation, Camping With a Bear.



### Cynthia Cavanagh, Sue Wiley

#### Paddle More—A Challenge!

*Sat 9:30a, Sylvania*

Paddling time is good time. Still, it can seem hard to find the perfect weather, the ideal water, the best time of day, and the ultimate alignment of the stars in the universe before you plan to get on the water. Time passes quickly and before you know it, your boat can remain stowed all summer.

Get ready to be on the water! Join this fast-paced presentation to see how the presenters challenged themselves to paddling every month of 2024. Learn about the preparations and planning, the successes, failures, joys, and the work-arounds of paddling in winter, spring, summer, and fall in the Midwest. You will leave the session with a guide and checklists to use in your own challenge, whether that will be 12 days, 12 weeks, or 12 months of paddling. We hope you leave with a plan and enthusiasm for paddling more each year!

## John Chase

### 5 Things I Wish Someone Told Me When I Started Kayaking

*Fri 6:30p, Superior  
Sun 12:30p, Superior*

It sounds easy... buy a boat, put it in the water, start paddling. Let's talk about what you need, what you

don't, and more to make a paddler's first or 50th day on the water full of smiles. Come to this safe space where we'll explore all those questions that you've been afraid to ask but need to know.

### Navigating the Seas with Nautical Charts

*Sat 11:30a, Sylvania*

Dive into the art and science of interpreting navigation charts and learn essential tools to navigate open waters. Explore scale and symbols for accurate distance and direction measurements, and hazard identification. We will also walk through real-life scenarios to apply chart-reading skills.

### Paddling Alaska's Prince William Sound

*Sat 3:30p, BWCA*

Prince William Sound is filled with towering peaks and flowing glaciers that make for an unforgettable experience. Join us as we explore a route through the west portion of the Sound and share some of the must-see places and campsites along the way.

### Perfectly Pack your Kayak for a Multi-Day Trip

*Sat 4:30p, Atrium*

Loading personal and shared group gear in your boat is both art and 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.



### Power to the Paddle: Exercises to Improve Your Paddling

*Fri 5:30p, Atrium*

Get ready to move in 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 that will make you a better paddler, build endurance, and prevent injury. Join us to improve your outdoor experience and become the best paddler you can be.

### Sand Dunes, Lighthouses, and Cherry Pie: Sea Kayaking Michigan's Grand Traverse Region

*Sat 9:30a, Caribou*

Enjoy bluebird days with Caribbean-blue water while visiting lighthouses, towering dunes, and shipwrecks by day and breweries, wineries, and great restaurants by night. We will explore some of the most intriguing sea kayaking destinations in northwest lower Michigan along with historical and cultural resources of the area.

## Lili Colby

### Inflatable Life Jacket Maintenance Workshop

*Sat 1:00-4:00p, Atrium*

Do you want to extend the life of your life jacket? Is yours still good to go or is it past its prime? Lili Colby will share both daily and annual maintenance tips and best practices for a range of inflatable devices that boaters use—hydrostatic (HIT), water-activated automatic, auto/man, and manual. Bring your own device and have Lili show you how to do a self-inspection to determine its condition for the season ahead. Come to this hands-on, drop-in workshop to learn more about the most essential safety equipment onboard your vessel.



## Dan Dueweke

### After the Storm: Clearing Trail in the BWCA Following the 2021 Tornado

*Sat 1:30p, Voyageur*

On October 11th, 2021, an EF-2 tornado ripped through the Boundary Waters Canoe Area and laid waste to a mile of the Border Route/North Country Trail (NCT). Trail closed, ye shall not pass. Knowing that the NCT would be sending in a wilderness crew to reopen the trail after ice-out the following spring, Dan volunteered his time, experience, and tools for the job. This presentation follows a joint NCT/USFS trail crew as it confronted stacks and jackstrawed piles of downed trees with only axes and crosscut saws (per Wilderness regulations) and finished the job during their four-day work window.



## Rick Eilertson, Bev Vaillancourt

### Baraboo River Restoration—30 Years since the Waterworks Dam Removal

*Sat 10:30a, Voyageur*

Rick Eilertson will cover the Dam history of the Baraboo River from 1846, when the first dam was constructed, to 2001, when the last dam was removed. This gave the Baraboo River its national significance as the longest stretch (120

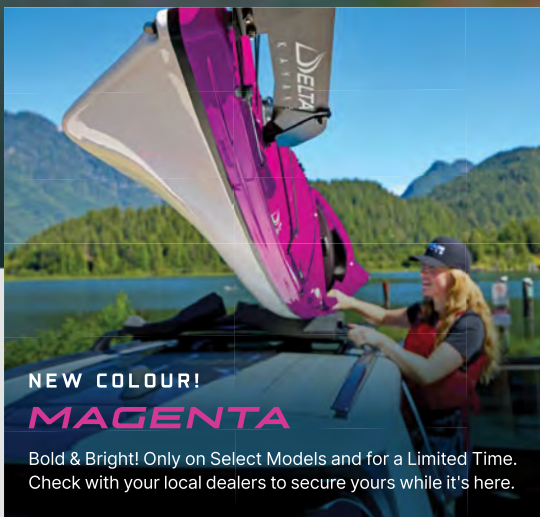
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miles) of river ever returned to its natural, free-flowing condition. Learn about the controversial fights over the Baraboo Waterworks Dam removal in 1994, which created a domino effect eventually removing the private dams from La Valle all the way to the Glenville Dam downstream of Baraboo. The video, “Running Free: The Baraboo River Restoration Story” (<https://youtu.be/GmlJ3K7U-c>), prepared in 2021 to commemorate the 20-year anniversary of the last dam being removed, will be highlighted. They will discuss the improved fishery habitat, paddling opportunities, river access, Riverwalk connections, collaborative partnership, and scientific studies of river restoration. Bev Vaillancourt will describe the creation of the Friends of the Baraboo River and their ongoing efforts to promote the appreciation and stewardship of the river through education, outreach, and community involvement.

## Andrew Elkins

### Bear Prevention Gear and Techniques

Sat 9:30a, Bear

Gain confidence when venturing into bear country. There will be live demonstrations of different forms of bear barrels and hanging techniques. This will also cover good camp practices to help prevent critters from spoiling food and gear. Learn techniques allowed under the new Boundary Waters food storage rules.



## Al & Marsha Fairfield

### Northern Wisconsin as a Paddle Destination for ALL Paddlers

Fri 6:30p, BWCA

Sat 10:30a, Sylvania

Northern Wisconsin has an abundance of lakes and rivers suitable for every paddler. From wilderness waters to waters big enough to stretch your legs, there is something here for everyone. Recreation boats, canoes, and sea kayaks all have a place here. Why settle for one style of paddle craft? Come discover some of our favorite places to explore.

### Wisconsin’s Paddle-Camping Rivers

Sat 1:30p, Algonquin

Wisconsin is blessed to have a number of scenic rivers with established campsites. River paddling trips allow you to see miles of new scenery every day and enjoy the wildlife that will share the river corridor with you. It’s a great way to have a wilderness experience with simplified logistics that novices and experts can enjoy.

## Vernon Fish

### Explore the Wabakimi Area

Sat 1:30p, Sylvania

The Wabakimi Area is a vast, virtually roadless wilderness the size of Vermont (9,934 sq. miles), located three hours north of Thunder Bay, Ontario.



It can be accessed by more than 4,000 miles of historically and culturally significant canoe routes. Learn how you can access this huge network of rivers and lakes and help the Friends of Wabakimi protect its wilderness values.

## Gillian Fitzgerald, Mona Gauthier, Doris Kolodji, Sue Sullivan, Sam Chadwick

### Women’s Q+A Panel: BWCA Trippers

Sat 10:30a, Superior

Adventuring in the BWCA comes with unique considerations for women that aren’t (always) widely discussed. From choosing the right clothing, to navigating physical challenges and emotional barriers, there is much to learn—like what is a Kula Cloth, and why is it a game-changer? Join this inspiring, multi-generational panel of women with extensive paddling experience as they share their insights and invite your questions! While the outdoors has often been shaped by a male-dominated perspective, this conversation highlights

## Last-Minute Changes

About two days before this went to print we learned that a speaker had to cancel at the very last moment. If the past is any predictor of the present, that will (probably) happen a once or twice more before Canoeecopia Weekend. Sorry.

Where the most current, up-to-date information about Canoeecopia kept? Well, we recommend pointing your browser to [www.canoeecopia.com](http://www.canoeecopia.com)

Changes will also be visible on the large speaker schedule poster board that is found near the Help Desk in the lobby area. Thanks for your understanding.



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## Speaker Presentations

the experiences and expertise of women in the wilderness.

### Joe Friedrichs

#### Last Entry Point: Stories of Danger and Death in the Boundary Waters

Sat 9:30a, BWCA

Even those who are thoroughly prepared may still encounter the unexpected. In those cases, being ready for anything can mean the difference between a memorable trip and a life-changing, or life-ending, event. In Last Entry Point, experienced paddler and longtime regional journalist Joe Friedrichs gathers tales that involve tragedy or near-misses, interviewing people who confronted danger and walked away, as well as those whose loved ones died in the wilderness. In this presentation, Friedrichs shares real-life accounts of those who have faced life-threatening situations and tragically lost their lives in the serene yet unforgiving Boundary Waters Canoe Area Wilderness.



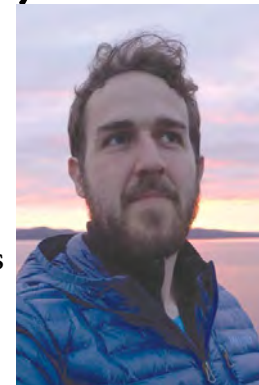
Facing lakes hundreds of miles long, unfathomable swarms of bugs, relentless weather, and wild rivers, they left the “real world” behind for the adventure of a lifetime. With photos and videos, come experience the gripping story about what it means to chase your dreams and what it takes to paddle across Canada.

### Tim Gallaway

#### Solo Kayaking the Maine Island Trail

Sat 2:30p, Killarney

With a rugged coast, large tides, and dramatic island archipelagos, Maine is a world-class sea-kayaking destination. In the summer of 2024, Michigan-based sea-kayak coach Tim Gallaway headed for the Atlantic to challenge himself in the strong tidal currents, thick fog, and dynamic seas. Come along on Tim’s adventure as he learns the tides and character of the sea on his three-week-long solo adventure from Portland to Machias, Maine.



### Zach Fritz

#### The Route Less Paddled: A 4,400km Canoe Expedition from Minnesota to the Arctic Ocean

Sun 2:30p, Bear

In the summer of 2024, Zach Fritz and Taylor Rau spent 106 days paddling over 4,400 km from Zach’s family’s hunting cabin in northern Minnesota to the Arctic Ocean in the Far North of Canada. A lifelong dream for Zach that was years in the making, they traveled through some of the most remote places left in North America.



### Miguel Garcia-Gosalvez

#### Safety Electronics for the BWCA (or Other Trips to the Wilderness)

Fri 5:30p, Bear

There are lots of electronic gadgets on the market for communicating in the wilderness. It is important to understand the positives and negatives of them so that you can unplug from the wired world while maintaining contact if needed.



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## Speaker Presentations

or 5G/LTE is not on the screen? Do you know what you can or cannot do with your newest smartphones that have satellite capabilities? Do you understand the implications of pressing SOS on your satellite communicator? How much capacity does your battery pack need? Will a solar charger be useful? What kind of lantern/lights do you need? What kind of two-way radios might be useful? Do you know the advantages of a HAM radio license?

This presentation will cover all of these topics, but will also provide plenty of interaction with the audience to answer questions, concerns, etc. to ensure that you make the right choices for your specific needs.



### Marcos Garcia-Norris So You Want to Start Sea Kayaking?

*Sat 10:30a, BWCA*

Marcos arrived to kayaking accidentally on his 50th birthday. Starting with zero experience, he launched himself into the Des Plaines River (IL) on a sturdy recreational kayak, paddling many mornings and falling in love with the opportunities of escape it gave him. Thinking he was God's gift to kayaking, Marcos soon adventured out into the open waters of Lake Michigan and was immediately humbled by the risks and dangers of not really knowing what he was doing. Ever since that awakening in the Lake, Marcos has joined courses, geared up, joined symposia, paddled several places around

the world, got injured, certified as an ACA Level 3 Coastal Kayak Instructor and Rolling Instructor, and taught a ton of lessons—all in the the last three years.

If there is one thing that Marcos has not gotten tired of doing, it is sharing the good and the bad sides of getting involved in sea kayaking. During this presentation, Marcos will share a few stories and tips for paddlers looking to start sea kayaking or jump from the river to the open waters. The presentation will be of interest to any person (of any age) wanting to start sea kayaking in open waters.

### Mona Gauthier

#### Food Dehydration Beyond the Basics

*Sat 1:30p, BWCA*

Be bold. Be safe.

You can dehydrate anything... but should you? Mona will share advanced dehydration techniques, including video clips of dehydrating eggs, sour

cream, and guacamole. Once dehydrated, preservation of these items is critical. Develop confidence as you dehydrate and apply methods to ward off the five enemies that impact the shelf life of your food. There will be time allotted for Q & A at the end of the presentation.

#### Food Dehydration for Beginners

*Sat 12:30p, BWCA*

*Sun 12:30p, Caribou*

Dehydrating food is an ancient, effective, and nutritious way of preserving food. However, it can be a bit intimidating if you have never done it before or had unsuccessful attempts. Learn about different methods of dehydrating, easy items to dehydrate, wilderness trip menus using dehydrated food, preserving the food, and an overview of different dehydrators. Questions? Don't worry. There will be time for Q & A at



the end of the presentation.

### Chris Gavin

#### Foraging at the Water's Edge

*Sat 12:30p, Bear*

*Sat 4:30p, BWCA*

Join Chris Gavin as he explores the cornucopia of wild edible foods that can be encountered at the water's edge on your next paddle.

Whether encountering an edible wild mushroom on a stream-side log by chance, or gearing up to head out in your watercraft to gather wild rice, Chris will cover the basics of getting into wild foods that you can commonly encounter while paddling, recommend resources to increase your knowledge and confidence, and answer your questions about how to harvest wild food safely and ethically.



### Nathaniel Gueltzau

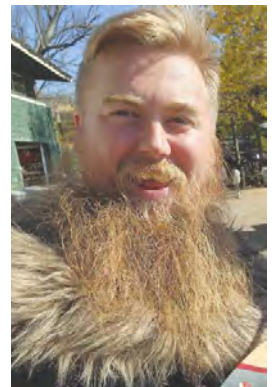
#### Surviving the Distance: A Veteran's Journey through Long- Distance Paddling

*Sat 2:30p, Voyageur*

Join Nate, an Army veteran and long-distance paddler, as he shares his personal journey of endurance,

resilience, and survival on the water.

As a bigger guy, Nate brings a unique perspective to the world of long-distance paddling, tackling not only the physical challenges but also the mental and emotional hurdles that come with pushing through the limits of what the body and mind can endure if you have a sense of humor. Nate will recount his experiences paddling some of the most grueling races and expeditions, including the Alabama 650, MR 340 and Operation



Deep Blue.

Nate's journey is about more than just paddling; it's a testament to the idea that long-distance paddling races aren't just for elite athletes, but for anyone with the will to persevere. As someone who doesn't fit the mold of a typical paddling athlete, Nate shows how endurance paddling can be for the "average Joe," offering both physical exercise and emotional healing.



## Anthea Halpryn, James Tracy, Christine Chabot

### When a Good Trip Goes Wrong

*Sat 3:30p, Sylvania*

In May of 2022, three friends embarked on an exciting kayak camping adventure along the Upper Iowa River, paddling 126 miles from Lime Springs, IA, to Lansing, IA. After extensive planning and preparation, equipped with the necessary gear and a shared enthusiasm for adventure, they were ready for a memorable journey. However, as often happens in outdoor excursions, a series of events unfolded, leading to challenges that transformed the adventure into a series of unfortunate events, culminating in a dramatic river rescue.

This presentation aims to explore the sequence of events that led to difficulties on the trip, as well as the successes we encountered. We will review essential kayak camping gear, highlighting the

equipment that proved crucial to our safety. You'll learn what to bring on similar adventures and what items are better left behind. We'll reflect on our decisions—what we executed successfully and what we might have approached differently.

Additionally, we will share recorded footage of our rescuers in action and recount our return to the scene of the incident to assess what went awry. By analyzing our experience, we hope to provide valuable insights for fellow adventurers and enhance safety awareness for future trips.



## Rachel Hedlund, Izzie Smith

### Paddling on a Budget—Tips and Tricks for Enjoying Your Adventure While Saving \$\$\$

*Fri 6:30p, Atrium*

Anyone can embark on a paddling adventure, but there are often some barriers to entry, particularly in the form of expensive gear. Izzie and Rachel, two Education Team staff from Friends of the Boundary Waters, will walk you through how to outfit your trip for cheap! Their expertise comes from years of guiding expeditions through Wilderness Inquiry and Outward Bound. They now support getting underserved youth to the BWCA through Friends of the BWCA, and feel even more skilled in hacks to save cash and still support an incredible adventure.

## Wayne Horodowich

### Capsize Recoveries: Which Ones Work Best?

*Sun 10:30a, Algonquin*

Every sea-kayaking instructional book has at least one chapter devoted to capsize recoveries. Which recovery method should you use in which situation? Are all recovery techniques reliable? Which rescue works best for me?



Since getting back in your kayak is a necessary skill for survival, this presentation could be very helpful for a long and happy paddling career. At the end of the presentation, you will have the necessary information to answer these questions for yourself and how to best spend your practice time with capsize recoveries.

### How To Choose The Kayak That Works Best For You

*Sat 10:30a, Algonquin*

Trying to choose a kayak from the seemingly endless variety of boats available in the marketplace can be overwhelming. Your goal is to find the boat that fits your needs and your budget. If you want a step-by-step approach to finding the kayak that works best for you, then join Wayne Horodowich for a dynamic and detailed discussion. Wayne will draw upon his 45 years of teaching kayaking and fitting paddlers into kayaks so they can have an enjoyable experience.

### The Art of Staying Upright in Your Kayak

*Fri 3:30p, Superior*

Staying upright is far better than risking exposure and expending energy getting upright. Having a roll and/or knowing recovery techniques are important. However, if you have good paddle support skills you minimize your chance

## Speaker Presentations

of capsizing. When the wind picks up and the water gets rough your need for support increases. In addition, you also need to be able to maneuver against that wind while the water around you is bouncing your kayak around.

### Using Your Boat, Body And Blade For Efficient Paddling

Sat 2:30p, Algonquin

Paddling a kayak is more than just taking strokes with your paddle. Kayaking is a true marriage of your boat, body, and blade. All three must be working together during all aspects of kayaking to get the most out of your equipment. We will discuss body position and movements, boat positions and movements, and closely view how to properly use and manipulate your paddle to get the results you want when kayaking to get the most out of your equipment.



### Cliff Jacobson Camping's Top Secrets

Fri 4:30p, Quetico

Sat 10:30a, Quetico

This whirlwind seminar focuses on camping tricks that only the experts know—practical procedures that increase your comfort and safety. Learn how to: stormproof your tent, bug-proof your body and camp, choose edged tools and make fire in the rain, cook with “cozies” to save stove fuel,

inexpensively waterproof your sleeping bag and gear, sleep comfortably on a bad site, and much more. You won't find this information in ordinary camping books or videos. Cliff will lean on his book, *Camping's Top Secrets*.

### Canoeing the Boundary Waters with Style!

Sat 1:30p, 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 fast-paced session is for you. You'll learn how to get away from the crowd, choose essential gear, stay dry when it rains all day, bear-proof your camp while complying with the new federal law, make a one-match fire when the woods are wet with rain, and more. We'll check out equipment that works, and that which doesn't. Included is a brief description of the UTM (Universal Trans Mercator) system of navigation and the Boundary Waters Canoe Area maps that utilize this system. Based on Cliff's book, *Boundary Waters Canoe Camping*.

### My Last Picture Show: Remembering a Lifetime of Canoeing Wild Rivers

Sun 10:30a - 11:15a, Quetico

Cliff discovered canoes at the age of 12, in a rustic Scout camp set deep in the Michigan woods. He became hooked on the wild outdoors, and by age 14, he had read every book in print on wilderness travel. He went camping (with friends or alone) nearly every weekend. When he got bored in school, he drew pictures of canoes, tents, knives, rifles, and axes in his notebook. Cliff kept doing and learning. He discovered that many of the camping procedures he'd read about in books were wrong. If you've read Cliff's books, you know his advice often clashes with “accepted ways.” My Last Picture Show is the story of Cliff Jacobson's amazing wilderness life. It'll make you smile, laugh, and maybe cry. You won't be bored!

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## David Johnston

### An Introduction to Tides and Currents for Freshwater Paddlers

Sat 9:30a, *Voyageur*

Does figuring out when low tide will happen during your first ocean kayak trip still get you down? That's ok, it can get confusing. This presentation will cover how tides and currents work, and how to work them into the planning of your kayak trip. Don't fret, David promises not to get bogged down in to a lot of complex math.

### Ancient Finds of Lake Superior

Sat 11:30a, *Superior*

If you know where to look, the Lake Superior shoreline is filled with ancient and old finds for you to discover. The hard part is that you can easily paddle right by, not knowing about what you just missed. In this presentation, David will introduce you to some of the cool stuff out there including pictographs, Pukaskwa Pits, voyageur trading posts, shipwrecks, trainwrecks, and ghost towns. He will also cover places to start your research so you can discover them on your own journeys.

### Best Paddling Trips of the Canadian Side of Lake Superior

Fri 5:30p, *Superior*

The Canadian side of Lake Superior has 1,549 miles of wilderness shoreline for you to paddle. Like every good fishing hole, many of the routes are kept kind of secret. David's been paddling on Lake Superior for almost 25 years and that's

all going to change as he's spilling the beans on where to go, how to get there, what you'll see, and what makes that route...superior. This will be appealing for both beginners and experienced campers alike.

### Introduction to Weather for Paddlers

Sun 1:30p, *Quetico*

If you find yourself confused by the weird, wonderful, and often windy world of weather, then join us. In this clinic David will demystify where weather comes from and will teach you how to make your own daily forecasts. This is perfect for anyone looking to understand what's going on in the sky above while paddling below.

### Navigation 101 for Paddlers: The Art of Staying Found

Sun 11:30a, *Bear*

Do you find yourself getting intimidated, confused, or turned around while trying to navigate on a canoe or sea kayak trip? If so, find your way to this presentation where David will introduce you to the tips and tricks to help keep from getting misplaced. We will cover the basics of how to read the land and how to follow along via your topographic map, playing with a compass, as well as what happens when things go wrong.

### Navigation 102 for Paddlers

Sun 12:30p, *Bear*

Picking up where he left off in Navigation 101, David will cover more "intermediate(ish)" navigation techniques that paddlers can use to travel confidently on their next adventure. For example, we will look at several things including: how to make use of nautical charts, shooting bearings on a map or chart, using lines of position, and tips and tricks for estimating speed and distance. Celestial navigation? That's for another year.

### The Weird History of Sea Kayaking

Fri 3:30p, *Quetico*

Sat 12:30p, *Superior*

Did you know that Pope John Paul II

was an avid kayaker? What happened to the prisoners who built that kayak and escaped from San Quentin Prison?

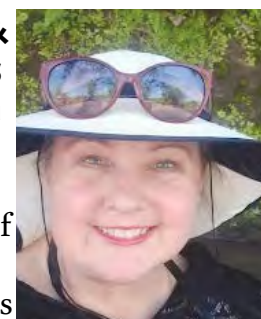
Come join David Johnston as he explores the fascinating history of modern sea kayaking in North America. Along the way we will discover the humble origins of the sport and learn about why the Great Lakes were the center of the kayaking universe for nearly 15 years starting in the mid-80's.

## Karla "With a K"

### Day Paddling Trips & Paddle-in campsites & around Wisconsin State Parks

Sat 3:30p, *Caribou*

Did you know some of our Wisconsin State Parks have water trails for you to paddle? And paddle-in sites to camp at? If not, then this is the session for you! Take a journey with me around the state to learn which state parks have great day water trips and paddle-in campsites. Karla will talk about location, entry points, notable facts, and learned hacks.



### Hammocks & Paddling trips discussion panel

Sun 11:30a, *Algonquin*

Join four experienced hammock campers who also paddle for a panel discussion on hammock camping and paddling trips. We will have hammockers from Michigan (Stacie Longwell Sadowski), Wisconsin (Canoeski & Karla), and Minnesota (Chad Nelson) on the panel. We have experienced and newbies to paddling who will bring a lot of perspectives to the talk. We've got a bit of everything to answer any question you bring our way. Come and learn how hammock camping can greatly increase your comfort after a long day of paddling!

## Andrea Knepper, Patricia Broughton, Noah Viner

### Paddling While White: Creating Equity in the Outdoors

Sat 4:30p, Caribou

We know that racism is a problem that white people need to address. We know that we as white people need to talk with each other about racism. We know racism exists in the outdoors, and in the sport and community of paddling that we love so much.

What does it look like in real life to take steps to make spaces where we recreate truly welcoming and comfortable for black and brown people? We know not a single one of us can “fix” the problem ourselves or create the perfect space alone. Are there practical steps we CAN take that have real effect, that are small enough that one person can do them? Are there things we can do together? How can we use our privilege to make the paddling world more comfortable and welcoming for people of color?

This is a session where we’ll get real. We won’t sugar-coat anything. But we also won’t blame. If you want to be part of the solution, and you’re not sure how, but you’re willing to be honest, vulnerable, and take action, come join us.

## Martin Koch

### Basic River Safety For The Casual Paddler

Sat 12:30p, Caribou

While paddle sports are generally a safe outdoor activity, bad things can happen.

The presentation will give you the basics of river safety. You will learn how to: read the river, identify and avoid dangerous obstacles, basic paddle



skills, and much more. This information will ensure your paddle trips will be safe and enjoyable.

### Bear Safety

Sat 2:30p, Bear

Bears can pose a serious threat to you and your equipment. Learn the essential skills and techniques to protect you in your outdoor activities. This presentation will show you how to select a campsite, maintain a clean camp, as well as avoidance techniques while hiking in bear country. These skills will keep you safe in the outdoors.

### Ten Steps to Amazing Photography

Fri 6:30p, Sylvania

Do your outdoor photographs lack the pizzazz of professional nature photographers? The presentation will show you ten ways you can easily improve your photography skills. Learn about the basic elements of: composition, using light, and how to process your shots.

### The Amazing Ozarks

Sun 10:30a, Sylvania

Located in southern Missouri and Northern Arkansas, the Ozarks offers thousands of miles of streams to paddle. Ranging from gentle, family-friendly streams to class III and IV whitewater, the Ozarks has it all. This presentation will take you on a journey to famous streams like the Current, Jack’s Fork, and Buffalo Rivers, as well as some of the lesser-known rivers of the Ozark region.

## Doris Kolodji

### Power To The Pipsqueaks: Anyone Can Pack, Paddle, & Portage

Sat 11:30a, Atrium

If you’ve always wanted to pick up a canoe and portage like the “big boys,” then this energetic, hands-on workshop



is for you. Don’t let the idea of picking up and carrying your own canoe be a barrier! For decades, Northern Lakes Girl Scout Canoe Base has been training women and girls to travel through the BWCAW. They specialize in teaching novices to feel like pros regardless of size or experience. Learn tips and tricks for women and youth in the wilderness, and practice specific techniques to flip up and portage canoes. A team of 4-6 young women canoe guides will facilitate.

## Zack Kruzins

### The Forgotten Canadian Coast: Lake Superior’s True Northern Island Paddlers Paradise

Fri 6:30p, Bear

In this talk we will explore the human and natural history of the past, present, and future of the Canadian north shore of Lake Superior. Zack explains how his 50-day sea kayak research expedition here inspired a lifelong love and connection to the area. We will focus on the idea of slow travel by watercraft as a unique way to experience the region, gain an appreciation and zest for life, and a desire to protect this special place.



## Terry Kent

### Great Paddling Technique Made Easy

Sun 2:30p, Superior

Terry will lead a discussion on how the knowledge gained from a lifetime of canoe, kayak, and SUP racing can help all paddlers, from casual day trippers to dedicated adventure racers. He’ll talk about ways to improve



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your technique to give you more power and control in all of your strokes. Learn the basics of paddle mechanics and the importance of core muscles as well as finding a better catch. Discover how the Tahitian hinge will give you the ability to self-coach when you're paddling miles from other people. This session will focus on canoeing, but the lessons are easily applicable to kayak paddling.

### **Pete Kuhn** **The Perfect Kayak Fit**

*Sun 11:30a, Atrium*

This talk/demonstration will cover how to make adjustments to the inside of a kayak cockpit. These will cover: seat and foot peg adjustments/modifications, and customizing thigh braces with foam. Pete will use a cutaway kayak to show possible placement of modifications. Materials and shaping techniques will also be discussed.



### **Mary Langlie** **Fitness, Flexibility, and Fun**

*Sun 1:30p, Atrium*

This is a participatory presentation where everyone is invited to take a break in their day and learn some things they can do to get ready for the paddling season now. Gain strength, flexibility, and mobility to keep yourself healthy and avoid injuries so that you can truly enjoy a full season on the water! All ages are welcome and accommodations will be made for anyone experiencing limited range of motion or physical challenges.



### **Morgan Lirette**

#### **Whitewater Kids: How and Why You Should Start Them Early**

*Sat 9:30a, Killarney*

Kids are naturally curious and eager for new experiences, which can feel daunting for them (and their adults).

Whitewater paddling evokes excitement and fear—often simultaneously—making developing emotional strength and physical skills essential. Finding a balance between these emotions is key to supporting a child's growth. We can encourage personal development and independence beyond the water with a personalized approach to learning about whitewater. Join us as we explore learning from a child's perspective and practical ways to bring it to life. Let's spark a lifelong love of adventure.

#### **Women in the Outdoor Paddling Sphere: How to Adapt and Adventure to your Full Potential**

*Sat 12:30p, Sylvania*

Being a woman is great, but there are some things we need to do differently! From finding or adapting gear to meet your needs, balancing personal expectations, emotions, and physical challenges, or learning how to manage performance while on your period or pregnant, this presentation will discuss the unique challenges and benefits of being a woman who loves to paddle. We will also reflect on the larger themes of gender in the paddling community, including inclusivity, sexism, and activism while leaving with a sense of empowerment and pride.



### **Cody Little** **Paddling Indigenous Waters**

*Fri 3:30p, Algonquin*

This session covers the story of Cody's life—growing up on the San Juan River, raised by river guides and today owning his very own commercial outfit on the river that

has shaped every aspect of his life. Most importantly, the presentation will cover his story of cultural bridge-building with local Diné Communities and the level of respect and humility that it takes to paddle Native Lands.

Over the last five years, Cody's earned his spot as the only Bilágaana with a Backcountry Waterways Permit for Diné Bikéyah, aka The Navajo Nation. He will share the lessons learned from years of collaborating with the Natives Cultures whose ancestral lands he floats and hikes.

### **Blake Longworth** **Understanding the Vast Options in Paddling Clothing**

*Sat 11:30a, Algonquin*

Have you ever dealt with cold feet, cold hands, just been plain cold? Sweaty and/or sun burnt? What's the difference between neoprene and dry suits? Is it really a ladies' fit, or is it just purple? Is this a splash or rain jacket? The amount of paddle gear at Canoecopia is incredible, but it's a lot to digest. Take some time to relax, bring a snack or a beverage, and hang out with Canoecopia veteran Blake Longworth. In this open discussion, he will address everything above and then some, and he will make sure to answer all your questions, even the weird ones. You will walk away with a better understanding of what to wear paddling during any season.





## Lani Love, Chip Cochrane

### Allagash Wilderness Waterway

Sun 2:30p, BWCA

Explore the legendary Allagash Wilderness Waterway with us!

Lani and Chip are Allagash Canoe Trips, founded in 1953 by Herb Cochrane. They are Maine's oldest continuously-running guided canoe trip service. Chip is the third-generation guide, and his wife, Lani, have over 400 trips down the Allagash and the family collectively has over 700. The 92-mile Allagash Wilderness Waterway in northern Maine is one of America's preeminent canoe trips. Join



them for breathtaking pictures of the stunning waterway, animals, and learn the history of the waterway.

## Peter Marshall

### 25 Tips for a Better Boundary Waters Trip

Sat 11:30a, Quetico

Drawing from his experience of paddling hundreds of days through the Northwoods, Pete Marshall, Communications Director at Friends of the Boundary Waters Wilderness, will go over 25 tips for a better Boundary Waters canoe trip. This presentation has a bit of everything in it, from how to travel more efficiently, to simple niceties



that make any canoe trip just a little bit better. You will be sure to leave with valuable ideas for your summer trip.

### How to Quetico

Sat 3:30p, Quetico

Sun 10:30a, Superior

Larger than the Boundary Waters with only a fraction of the visitors, Quetico is a canoeist's paradise. Sadly, the logistics of international travel—as well as an intimidating reputation—keeps many would-be Quetico paddlers away. In this practical presentation, we'll go over the nuts and bolts of how to reserve a permit and reach your entry point, what makes travel in Quetico different, highlight some iconic areas in the park, and discuss a few routes.

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**Improves kayak control and engagement with adjustable hip supports.**

**Quickly recline or tighten back support with accessible pull-cord adjustments.**



### **Andrea Knepper** **Making Decisions About Risk**

*Sun 11:30a, Algonquin*

Risk. We talk about it all the time. How do we make responsible, informed, reasonable decisions about real risk?

Andrea Knepper has made decisions about risk in a variety of contexts, from a 1500 mile solo expedition along the Pacific Coast, to coaching beginners who don't know how to swim to advanced paddlers, to leading groups on day paddles and overnight trips in advanced conditions, to making decisions for an organization working with over 1200 people a year with varying levels of experience in a variety of outdoor sports and trips ranging from sea kayaking to ice climbing.

Andrea uses the same model for all of her risk assessments. Learn about it and try it out yourself. After learning and using the model, then you have to make and execute decisions, based on the best information you can gather. Come ready to grapple with fascinating, challenging decisions, be part of the conversations, maybe disagree with other people in the group, and walk away with a deeper understanding about risk and what your tolerance for it is.

### **David Meier**

#### **Leave No Trace Basics for Boundary Waters Newbies**

*Sat 4:30p, Sylvania*

Planning your first Boundary Waters adventure? Leading newcomers into canoe country?

David will cover fundamentals every BWCA beginner needs to know, from fishing to fire to food safety. Through practical tips and a few head-shaking real-life stories, you'll learn essential skills to grow an appreciation for wilderness



and make that first trip extra-special.

These helpful guidelines are perfect for first-timers and group leaders alike. Bring your questions and leave (no trace) with confidence!

### **Danny Mongno** **Selecting the Perfect Kayak Paddle**

*Sat 10:30a, Atrium*

*Sun 10:30a, Atrium*

Kayaking efficiently is important. The less energy we use, the longer we can stay out, and therefore the more fun we will have. The paddle is your connection to the water, so making sure you have a properly designed and fitted one will pay efficiency dividends with every stroke. Danny is a veteran Canoeopia presenter of 20 years, and he explains the aspects of selecting the perfect kayak paddle as well as anyone in the business. The remainder of the class will be spent working on some exercises for you to take home and get you ready for the paddling season.



#### **Understanding the Forward Stroke: Efficiency Matters**

*Fri 4:30p, Atrium*

*Sat 9:30a, Atrium*

Behold the Forward Stroke! It's the one we use most often. An efficient stroke will use less energy, allowing the paddler to stay out longer, maybe go faster, and protect the joints. You can see why the forward stroke gets so much attention from students and coaches alike. Join Danny Mongno, with 30+ years of paddlesports coaching experience, as he breaks things down in a very easy-to-follow, step-by-step process. This is an interactive class, so be ready to participate and have fun. To wrap things up, Danny will send you off with exercises to do at home. This class will focus on skills for kayakers but also addresses

how those skills cross over to stand-up paddlers and canoeists.



### **Michael Neiger** **Assembling and Wearing an In-Pocket Survival Kit for a Wilderness Adventure**

*Sat 4:30a, Superior*

Mike will discuss how to assemble and wear an in-pocket survival kit for a wilderness adventure by canoe, kayak, paddleboard, mountain bike, ski, snowshoe, or foot. If you ever become lost in the bush, these items will help you survive until rescuers reach you. It will cover sheath knives; pocket knives; whistles; signal mirrors; butane lighters; waterproof, windproof lifeboat matches; spark-ignitable waterproof firestarters; ferro sparking rods; magnesium tinder rods; scrapers/strikers; waterproof flashlights; emergency blankets; compasses; and maps.

#### **How to Ensure Your Child Will Be a Survivor When Lost in the Wilderness**

*Sat 12:30p, Algonquin*

This presentation will help parents teach their young children how to survive when lost in the wilderness—what to carry, what to do, and what not to do—and includes two free instructional coloring books (downloadable online) and two free videos to watch (online) with their children. It draws on the lost-person best practices of the National Association for Search & Rescue (NASAR); Royal Canadian Mounted Police (RCMP); Search & Rescue Volunteer Association of Canada (SRVCAC); Adventure Smart Canada (ASC); Michigan

State Police (MSP); Federal Bureau of Investigation (FBI); and the free 23-chapter, *Missing-Person Sourcebook: A How-To Manual for Families Searching for a Missing or Murdered Loved One* by the presenter.

## Ginny Nelson

### Talking Boundary Waters Permits With an Outfitter

Sat 1:30p, Caribou  
Sun 1:30p, BWCA

Join Ginny Nelson, co-owner of an Ely, MN, area outfitter as she talks about how Boundary Waters Canoe Area Wilderness permits work. She will make sure you understand the details in reserving a BWCAW permit, getting it issued, and rules and regulations you will need to follow when you travel the BWCAW. There are lots of myths floating around online about permits. Come find out more about what you need to know for your next BWCA canoe trip.



## Kathy Nelson

### How to Enjoy the BWCA as a Senior (ver. 2)

Sat 2:30p, Caribou

Traveling the Boundary Waters (BWCAW) is an experience that makes lifetime memories. As a senior citizen is this still possible? Join Kathy Nelson,

co-owner of an Ely, MN, outfitter and senior citizen wilderness traveler, as she shares how to plan a successful canoe trip, what to pack, what NOT to take, how to handle limited mobility and strength concerns, best time to experience the BWCA, preferred routes, and more. Kathy has revised her popular presentation with new information, commentary, and stories to keep you wanting to travel the BWCA and Ontario Quetico Park.

## Steven Nelson

### Boundary Waters Trip Routes: Details for Central & Western Area

Sun 12:30p, BWCA

A Boundary Waters Canoe Area Wilderness (BWCA) trip can be a wonderful adventure. Knowing details of your route before you enter the BWCA will enhance your experience. Steve is an Ely, MN-based outfitter and will review multiple 3-5 day routes you should consider for your next trip. He will include what to expect, range of difficulty, sites to visit along the way, and share entertaining stories he & his outfitting guests have experienced and more.



## Taylor Pace

### Above the Arctic Circle—The Anderson River

Fri 3:30p, Caribou

In July, 2024, Taylor led an exploratory trip on the remote Upper Anderson River, Northwest Territories, which flows in a northwesterly direction from Colville Lake to Liverpool Bay and the Beaufort Sea east of Tuk-



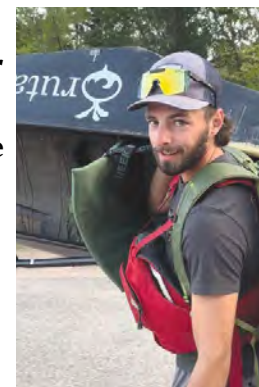
toyaktuk. This is one of the most remote northern rivers in mainland Canada and only accessible by floatplane. The taiga forest dominated the first few days of the trip—a bull moose strutted across the river, and a barren ground grizzly was startled during an evening hike. At Eagle, Ross, and Falcon Canyons, fantastic rapids sprang up amongst the limestone ledges, and a herd of twenty-one musk-oxen strolled casually along the shoreline in full view. Taylor shares his favorite stories and stunning photos from this remarkable trip and shares his sense of privilege that is inherent when canoeing a wild river for the very first time. He will also explain his process of scouting challenging Class III+ rapids and then coaching and guiding canoe-trippers of varying skill levels safely through these rapids.

## Kyle Parker

### Keep on Stroking... The Wisconsin River

Sat 1:30p, Superior

Get behind the paddle with Kyle Parker as he set a record for the fastest known time solo canoeing the entire Wisconsin River. Despite overwhelming support and skepticism from friends and family, he was determined to succeed, pushing through countless physical and mental challenges. Throughout months of preparation and training, he faced fatigue, loneliness, harsh weather, and equipment issues, but his unwavering focus and the support of his close friend, Dylan, helped him persevere. Along the way, he encountered unexpected kindnesses from strangers and the advice of previous record-holder Joe, who became an invaluable mentor. After days of consistent effort to the point of exhaustion, he completed the journey,



surpassing the record and discovering the true reward!

### Forest Paukert

#### A Paddler's Guide to the Sylvania Wilderness

*Fri 3:30p, Sylvania  
Sat 2:30p, Sylvania*

You can have big experiences in a small wilderness. The Sylvania Wilderness is part of the Ottawa National Forest and located in the western Upper Peninsula of Michigan on the Wisconsin border. Learn what it takes to plan a successful adventure along with tips to improve your trip. Learn about an often overlooked gem that's easy to get to and a great place to hone your canoeing skills.



### Bear Paulsen

#### BWCA: Permits, Planning, Packing, Paddling, Portaging, & Protecting

*Sun 10:30a, BWCA*

In this information-packed talk, Bear will cover the 6 P's of the Boundary Waters Canoe Area Wilderness, starting with the all-important pre-trip items of permits and planning, along with hints on avoiding crowds. Come to delve into packing strategies for portaging and paddling, as well as a wealth of wilderness tripping techniques. Learn ways to protect yourselves from bugs and your food from bears.

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### Paddle In—Ski Out

*Fri 3:30p, Bear*

For two decades, Bear dreamed about a long winter camping trip. He wanted to experience the arc of winter. The year before his son entered kindergarten, the dream came true. Bear, his wife, Claire, and son, Dashwa, paddled into the BWCA in October. They travelled slowly, exploring, and living in a 10x10 tent warmed by a wood stove. They skied out 130 days later having not seen another person.

### Travels with Dan Cooke

*Fri 4:30p, Bear*

Known throughout the canoe world as the engineering genius behind Cooke Custom Sewing for 40 years, Dan was Bear's very close friend and travelling partner. Together they spent over 100 nights canoeing and winter camping from the BWCA to the Arctic. When invited to be a special person in Bear's son's life, Dan anointed himself Grandpa Dan. Join Bear for stories about his long friendship and many travels with the canoeing legend.

### Paddle and Portage Podcast Team: Erin Walker, Joe Friedrichs, M Baxley

#### Using Stories to Document Your Paddling Adventures

*Sat 11:30a, Bear*

Joe Friedrichs and M Baxley have been sharing stories on award-winning podcasts and writing about the Boundary Waters for the past decade. In this presentation, Joe and M are joined by Erin Walker from the Lost Lakes YouTube Channel to discuss how you can share your paddling adventures with a wider audience. Using an August 2024 trip to Nunavut as the centerpiece, Joe, M, and Erin will discuss writing articles, producing a podcast, and creating a YouTube film as platforms to share

2025 Canoeopia Show Guide

trip reports using stories to guide the narrative.

### Kate Prince, Vern Fish

#### Paddling for Boreal Caribou: Canoeing, Citizen Science, and Conservation in Wabakimi

*Fri 5:30p, Sylvania*

Friends of Wabakimi will launch the second year of the Wabakimi Boreal Caribou Citizen Monitoring Project this summer, a unique initiative that combines canoe tripping with citizen science to support conservation of at-risk boreal caribou in Northern Ontario's Wabakimi Area. Kate Prince will share captivating photos, videos, and firsthand accounts from volunteers, highlighting the activities and achievements of Year 1. Learn how you can contribute as a paddler—whether by joining a survey trip or sharing your own observations from personal canoe trips in Wabakimi. Your participation can make a meaningful difference in protecting this species and its habitat. Join us to find out how you can help safeguard the future of boreal caribou in Wabakimi.



### Michael Raymonds

#### Paddling the Saint Croix and Namekagon Rivers

*Fri 6:30p, Caribou*

Even before being protected as part of a unique National Park in 1968, the St. Croix and Namekagon rivers were well-known paddling and fishing destinations. Over 50 years later, these waters continue to create memories. Whether you are a beginner kayaker looking for an easy day paddle or an experienced canoeist searching for a



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weeklong adventure, over 200 miles of protected waters of the St. Croix National Scenic Riverway await your discovery.

## Jonathan Ringdahl, Al Fairfield

### Discovering the Geology of Door County and the Apostle Islands

Sun 12:30p, Sylvania

We get it, a lot of us struggle with trying to understand how to make rocks cool or interesting. The truth is everyone loves paddling along scenic cliffs and among islands. The story in those rocks can enhance our appreciation of our favorite paddling destinations. Come explore the geology of Door County and the Apostle Islands with Johnathan and Al to discover how geology is the foundation



of what makes these destinations unique. It took hundreds of millions of years to create these rocks. There is a story there beyond what we see from the water.



## Stacie & Vince Sadowski

### A Beginner's Guide to Outdoor Adventuring

Sat 4:30p, Algonquin

What does it take to get out and have



adventures? This beginner's presentation will answer (most or all of) your questions. Vince and Stacie will take you from safety and comfort to Leave No Trace, sharing their simple approach to getting started and get you ready for fun. Outdoor recreation has proven health and wellness benefits, so don't miss out. Starting with day hikes and paddles, up to planning overnight excursions, you will be equipped with a practical can-do philosophy for gaining experience and confidence outdoors. Also included will be tips for encouraging your non-adventurous partner or friends to join you on your journeys.

### All the Bad Advice I've Ever Been Given: Paddling and Camping Edition

Sat 2:30p, BWCA

What is the worst advice you have ever received, and what happened?


This presentation will explore common misconceptions, risky choices, and best

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HORIZON

practices along with personal stories to consider. If “common knowledge” has ever steered you in the wrong direction, you are in good company.

Everyone has an opinion to share on gear, shelter, food, clothing, or trip planning, and some are not good. Vince and Stacie will explore the spectrum of overpacking heavy gear to going too ultralight, and help discern what works for you and what doesn't, encouraging you to hike your own hike, and paddle your own paddle.

### **Introduction to Hammocks: Hanging out in the Woods**

*Sun 1:30p, Caribou*

Curious about how to get started hammock camping? This presentation will introduce you to the comfort and ease of hammocking. We will share the advantages and disadvantages to: hammocks, equipment that you can buy or make, safety tips, and Leave No Trace principles. Either for use as a primary shelter, or just an occasional add-on, hammock camping will expand your fun and comfort outdoors. They will show you common mistakes and misconceptions people have about hammocks. You will learn about different hammock styles, sleeping positions, and yes... even sleeping with two people or pets. Get a good night's sleep on your next outdoor adventure!

### **Nick Schade**

#### **Why Would I Build My Own Wooden Boat?**

*Sun 1:30p, Sylvania*

“I would be afraid to put it in the water.” You hear it all the time. While there is a long tradition of using wood in canoes and kayaks, there remains a streak of skepticism regarding using wood for serious paddling.

Discover the benefits and joys of building your own kayak, canoe, or other small boat. In a world where you can get just about anything while sitting at your

desk and have it delivered to your door within a couple of days, there is something very therapeutic to transforming a pile of wood into a capable vessel for adventure. While it takes time, it is not wasted. The activity of building your own watercraft is an integral part of the experience. It is one thing to paddle your own canoe, but it deepens the experience to paddle the canoe you made yourself. The presentation will cover: techniques for building your own boat, how to choose a design, how durable are DIY boats, and how to get started building.

### **Jodie Schillinger**

#### **Outdoors Flow: Hike, Camp, Paddle, Pose, & Breathe**

*Sun 12:30p, Atrium*

Jodie's offerings are centered around slow, compassionate movements designed to support bodies that may not typically engage in yoga. Think of it as Light Yoga for Everyday Living, with a focus on gentle micromovements that flow into real life, whether it's through stress relief, integration of energy, or simply a way to connect with your body & grow your mental harmony.

Understanding the unique physical demands paddlers, campers, and hikers face, her session will focus on improving flexibility in between paddles and hikes, enhancing core strength, and promoting relaxation through the art of breathwork. These elements are essential for canoeists, hikers, campers, and kayakers to perform optimally and recover effectively, and simply to enjoy the Art of Moments while exploring nature!



### **Neal Schroeter**

#### **Apostle Islands—One of the Best Places to Paddle in the World!**

*Sun 1:30p, Algonquin*

The Apostle Islands are one of the best places in the world to sea kayak! Some of the history and wonderful wilderness landscape will be reviewed. Photos & videos, & some secrets, will be shared from extensive personal trips, as well as arranging countless guided trips for others. We'll center on what it's like & what it takes to be safe & prepared to paddle in this special National Lakeshore Park.

#### **What Everyone Should Know About Cold Water Paddling**

*Sun 11:30a, BWCA*

“So, you say you'll stay warm & dry?” Famous last words! Cold water goes with paddling in the Midwest. Cold water immersion and hypothermia is one of the biggest dangers paddlers face. To stay safe, it's necessary to have a healthy respect for the cold waters we paddle. We will consider how to prevent, recognize, and potentially treat cold water injuries. This presentation could save your life!



### **Neal & LeaAnn Schroeter**

#### **How and Why to Engage Youth in the Sport of Paddling**

*Sat 1:30p, Killarney*

It's a no-brainer: today's youth are

## Aluminum Chef Competition

For over thirteen years we've had our own homage to a particular reality-TV competition that we call The Aluminum Chef. Our three Aluminum Chefs will test their camp culinary skills against each other in true outdoor style. Kevin Callan returns as our unstoppable emcee/chaos agent in this fast-paced event. Woods-woman and dried-food aficionado Mona Gauthier and former park ranger Marty Koch go up against presenter of WPT's Emmy-Award-Winning *Wisconsin Foodie* (and owner of the of the Driftless Cafe) Luke Zahm. Our trio of cooks use donated MSR stoves and cook kits, and a pantry of simple ingredients you might have on your next camping trip. There are three competitions to determine the best: appetizer, entree, and dessert. Perhaps you can be part of the judging panel from the audience?



## Cliff's Last Canoecopia

Cliff Jacobson has been coming to Canoecopia for over 40 years, missing only one since he started giving his room-packing lectures.



Known and loved for his real-world, battle-tested, old-school-influenced opinions on how to enjoy the outdoors, Cliff has always tried to remind people of his mantra: *skills are more important than things*. He's always maintained his fierce independence, declining offers to become a manufacturer's representative. "My take has

always been: "If it's great, I tell the world," and untold numbers of people have respected his opinions.

Cliff is hanging up his prodigious pen after writing over 20 best-selling books. He's not retiring from paddling, though. He's still going to be going out in one of his two solo canoes, staying nearer his home in Minnesota. As he so characteristically said, "I'm not sad about hanging up my spurs. Best to do that when one can still ride the horse rather than when you need friends to hoist you into the saddle." He also has lots of other joys he'll be indulging in, including sport shooting and driving about in his vintage roadster.

His last-ever Canoecopia session, "My Last Picture Show" (Sunday, 10:30, Quetico) will be a 1:45 long presentation. Come early. It will be packed.

# Canoecopia Speaker Schedule

## upstairs rooms

## main level

Atrium	Bear	Caribou	Sylvania
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Friday	3:30	<b>Jake Anderson:</b> Wilderness Cuisine: Elevating Cooking in Canoe Country	<b>Bear Paulsen:</b> Paddle In—Ski Out	<b>Taylor Pace:</b> Above the Arctic Circle—The Anderson River	<b>Forest Paukert:</b> A Paddler's Guide to the Sylvania Wilderness	
	4:30	<b>Danny Mongno:</b> The Forward Stroke: Efficiency Matters	<b>Bear Paulsen:</b> Travels with Dan Cooke	<b>John Bates:</b> Hidden Gems: Paddling Northern WI State Natural Areas	<b>Constance Simes:</b> Solo Circumnavigation of Lake Superior via Sea Kayak	
	5:30	<b>John Chase:</b> Power to the Paddle: Exercises to Improve Your Paddling	<b>Miguel Garcia-Gosalvez:</b> Safety Electronics for the BWCA (Other Trips)	<b>John Bates:</b> Writings on Water: A Feast of Essays and Poems	<b>Kate Prince:</b> Paddling for Boreal Caribou	
	6:30	<b>Rachel Hedlund:</b> Paddling on a Budget—Tips and Tricks to Save \$\$\$	<b>Zack Kruzins:</b> The Forgotten Canadian Coast: Lk Superior, Paddlers Paradise	<b>Michael Raymonds:</b> Paddling the St. Croix and Namekagon Rivers	<b>Martin Koch:</b> Ten Steps to Amazing Photography	
Saturday—MORE TALKS ON SATURDAY. SEE PG. 42	9:30	<b>Danny Mongno:</b> The Forward Stroke: Efficiency Matters	<b>Andrew Elkins:</b> Bear Prevention Gear and Techniques	<b>John Chase:</b> Sea Kayaking Michigan's Grand Traverse Region	<b>Cynthia Cavanagh:</b> Paddle More—A Challenge!	
	10:30	<b>Danny Mongno:</b> Selecting the Perfect Kayak Paddle	<b>Jared Wold:</b> Using Google Maps to Plan and Enrich Paddling Trips	<b>Dan York:</b> Kayaking the Lofoten Islands: Norway's Craggy Crown Jewels	<b>Al &amp; Marsha Fairfield:</b> N. Wisconsin as a Paddle Destination for ALL Paddlers	
	11:30	<b>Doris Kolodji:</b> Power To The Pipsqueaks: Anyone Can Pack, Paddle, & Portage	<b>Paddle and Portage Podcast Team:</b> Using Stories to Document Adventures	<b>Pete Swiggum:</b> Quetico Provincial Park: Your Next Canoe Trip	<b>John Chase:</b> Navigating the Seas with Nautical Charts	
	12:30	<b>DROP-IN CLINICS 1:00-4:00</b>	<b>Chris Gavin:</b> Foraging at the Water's Edge	<b>Martin Koch:</b> Basic River Safety For The Casual Paddler	<b>Morgan Lirette:</b> Women in the Outdoor Paddling Sphere	
	1:30		<b>Jeff Bach:</b> Cut, Bend, Glue, Shape. DIY Paddlebuilding	<b>Stephen Ballou:</b> Kayaking the Apostle Islands	<b>Ginny Nelson:</b> Talking Boundary Waters Permits With an Outfitter	<b>Vernon Fish:</b> Explore the Wabakimi Area
	2:30		<b>Lili Colby:</b> Inflatable Life Jacket Maintenance Workshop	<b>Martin Koch:</b> Bear Safety	<b>Kathy Nelson:</b> How to Enjoy the BWCA as a Senior (ver. 2)	<b>Forest Paukert:</b> A Paddler's Guide to the Sylvania Wilderness
	3:30		<b>Dave Shapiro:</b> Knot Clinic	<b>John Bates:</b> Writings on Water: A Feast of Essays and Poems	<b>Karla With a K:</b> Day Paddling Trips & Paddle-in Campsites Near WI SP	<b>Anthea Halpryn:</b> When a Good Trip Goes Wrong
	4:30	<b>John Chase:</b> Perfectly Pack your Kayak for a Multi-Day Trip	<b>John Bates:</b> Hidden Gems: Paddling Northern Wisconsin State Natural Areas	<b>Andrea Knepper:</b> Paddling While White: Help Create Equity in the Outdoors	<b>David Meier:</b> Leave No Trace Basics for Boundary Waters Newbies	
	Sunday	10:30	<b>Danny Mongno:</b> Selecting the Perfect Kayak Paddle	<b>Richard Williamson:</b> Experience the Alaska Highway!	<b>Dan York:</b> Running Idaho's WW Paddling Paragons: Selway & Salmon Rivers	<b>Martin Koch:</b> The Amazing Ozarks
		11:30	<b>Pete Kuhn:</b> The Perfect Kayak Fit	<b>David Johnston:</b> Navigation 101 for Paddlers: The Art of Staying Found	<b>Tom Watson:</b> Seven Steps to Survival: Self-Reliance Skills in Emergencies	<b>Danielle Steffey:</b> Make the Time
12:30		<b>Jodie Schillinger:</b> Outdoors Flow: Hike, Camp, Paddle, Pose, & Breathe	<b>David Johnston:</b> Navigation 102 for Paddlers	<b>Mona Gauthier:</b> Food Dehydration for Beginners	<b>Jonathan Ringdahl:</b> Discovering Geology of Door County & Apostle Islands	
1:30		<b>Mary Langlie:</b> Fitness, Flexibility, and Fun	<b>Tamara Thomsen:</b> Ancient Canoe Caches of Wisconsin	<b>Stacie Longwell Sadowski:</b> Introduction to Hammocks: Hanging out in the Woods	<b>Nick Schade:</b> Why Would I Build My Own Wooden Boat?	
2:30			<b>Zach Fritz:</b> A 4,400km Canoe Expedition from MN to the Arctic Ocean	<b>Kevin Wegner:</b> Kruger Waddell Minnesota Border Challenge	<b>Sally Turpin:</b> Keeping Soil in the Field and Not in the River	



main level

Canoecopia Speaker Schedule

Algonquin	BWCA	Superior	Quetico		
<b>Cody Little:</b> Paddling Indigenous Waters	<b>Lenore Sobota:</b> Overcoming Fear One Stroke at a Time	<b>Wayne Horodowich:</b> The Art of Staying Upright in Your Kayak	<b>David Johnston:</b> The Weird History of Sea Kayaking	3:30	Friday
<b>Tamara Thomsen:</b> Ancient Canoe Caches of Wisconsin	<b>Craig Zarley:</b> Catching Canoe Country Walleyes: Old Tricks. New Secrets.	<b>Jared Wold:</b> Planning Overnight River Camping Trips	<b>Cliff Jacobson:</b> Camping's Top Secrets	4:30	
<b>Ken Whiting:</b> How to Film Your Own Paddling Adventure	<b>Karin Stapleton Smith:</b> Greenland Kayaking	<b>David Johnston:</b> Paddling Trips on the Canadian Side of Lake Superior	<b>Christopher Amidon:</b> Paddling Isle Royale National Park	5:30	
<b>Jerry Vandiver:</b> Songs About Paddling and All Things Outdoors!	<b>Al &amp; Marsha Fairfield:</b> N. Wisconsin as a Paddle Destination for ALL Paddlers	<b>John Chase:</b> 5 Things I Wish Someone Told Me When I Started Kayaking	<b>Kevin Callan:</b> The Happy Camper's Ultimate Top Ten Canoe Trips	6:30	
<b>Lisa Tussey Yoder:</b> How To Find People to Kayak With	<b>Joe Friedrichs:</b> Last Entry Point: Stories of Danger and Death in the BWCA	<b>Ken Whiting:</b> Rough Water Paddling on Lake Superior	<b>Kevin Callan:</b> A Mystery Canoe Trip to Remote Opasquia Park	9:30	Saturday—MORE TALKS ON SATURDAY SEE PG. 42
<b>Wayne Horodowich:</b> How To Choose The Kayak That Works Best For You	<b>Marcos Garcia-Norris:</b> So You Want to Start Sea Kayaking?	<b>Gillian Fitzgerald:</b> Women's Q+A Panel: BWCA Trippers	<b>Cliff Jacobson:</b> Camping's Top Secrets	10:30	
<b>Blake Longworth:</b> Understanding the Vast Options in Paddling Clothing	<b>Bill Schultz:</b> Kayaking Fishing for Smallmouth Bass: Simple & Productive	<b>David Johnston:</b> Ancient Finds of Lake Superior	<b>Peter Marshall:</b> 25 Tips for a Better Boundary Waters Trip	11:30	
<b>Michael Neiger:</b> How to Ensure Your Child Will Be a Survivor When Lost	<b>Mona Gauthier:</b> Food Dehydration for Beginners	<b>David Johnston:</b> The Weird History of Sea Kayaking	<b>Camper Christina:</b> Camping With a Bear	12:30	
<b>Al &amp; Marsha Fairfield:</b> Wisconsin's Paddle-Camping Rivers	<b>Mona Gauthier:</b> Food Dehydration Beyond the Basics	<b>Kyle Parker:</b> Keep on Stroking... The Wisconsin River	<b>Cliff Jacobson:</b> Canoeing the Boundary Waters with Style	1:30	
<b>Wayne Horodowich:</b> Using Your Boat, Body And Blade For Efficient Paddling	<b>Stacie Longwell Sadowski:</b> Bad Advice I've Been Given: Paddling & Camping Edition	<b>Timothy Bauer:</b> May the Forests Be With You	<b>Kevin Callan:</b> The Happy Camper's Ultimate Top Ten Canoe Trips	2:30	
<b>Jerry Vandiver:</b> Songs About Paddling and All Things Outdoors	<b>John Chase:</b> Paddling Alaska's Prince William Sound	<b>John Stofflet:</b> How Kayaking Preserved a News Anchor's Sanity	<b>Peter Marshall:</b> How to Quetico	3:30	
<b>Stacie Longwell Sadowski:</b> A Beginner's Guide to Outdoor Adventuring	<b>Chris Gavin:</b> Foraging at the Water's Edge	<b>Michael Neiger:</b> Assembling & Wearing In-Pocket Survival Kit for Wilderness	<b>Aluminum Chef (ends ~5:30)</b>	4:30	
<b>Wayne Horodowich:</b> Capsize Recoveries—Which Ones Work Best?	<b>Bear Paulsen:</b> BWCA: Permits, Packing, Paddling, Portaging, & Protecting	<b>Peter Marshall:</b> How to Quetico	<b>Cliff Jacobson:</b> My Last Picture Show: Remembering a Lifetime of Canoeing Wild Rivers	10:30	
<b>Andrea Knepper:</b> Making Decisions About Risk: The Art, The Science	<b>Neal Schroeter:</b> What Everyone Should Know About Cold Water Paddling	<b>Karla With a K:</b> Hammocks & Paddling Trips Discussion Panel		11:30	
<b>Pete Swiggum:</b> Quetico Provincial Park: Your Next Canoe Trip	<b>Steven Nelson:</b> Boundary Waters Trip Routes: Details for Central & Western Area	<b>John Chase:</b> 5 Things I Wish Someone Told Me When I Started Kayaking	<b>Timothy Bauer:</b> May the Forests Be With You	12:30	Sunday
<b>Neal Schroeter:</b> Apostle Islands are some of Best Places to Paddle	<b>Ginny Nelson:</b> Talking Boundary Waters Permits With an Outfitter	<b>Camper Christina:</b> Camper Christina Capsizes	<b>David Johnston:</b> Introduction to Weather for Paddlers	1:30	
<b>Jerry Vandiver:</b> Songs About Paddling and All Things Outdoors	<b>Lani Love:</b> Allagash Wilderness Waterway	<b>Terry Kent:</b> Great Paddling Technique Made Easy	<b>Timothy Bauer:</b> The Outdoors Smorgasbord of Jackson County, WI	2:30	

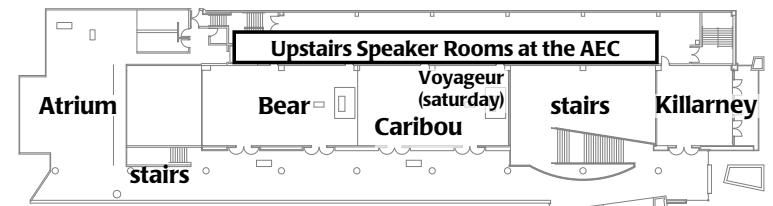
		Saturday Additional Rooms (UPDATE: Now Upstairs!)	
		Voyageur	Killarney
Saturday—ADDITIONAL ROOMS UPSTAIRS	9:30	<b>David Johnston:</b> Introduction to Tides and Currents for Freshwater Paddlers	<b>Morgan Lirette:</b> Whitewater Kids: How and Why to Start Them Early
	10:30	<b>Rick Eilertson:</b> 30 Years Since the Baraboo Dam Removal	<b>Deborah Winchell:</b> A Lake Superior Tale: Rock of Ages Lighthouse Adventures
	11:30	<b>Erin Bjorklund:</b> Protect Where You Paddle: Aquatic Invasives Talk Show & Trivia	<b>Dave Tobey:</b> Paddling the Upper Jacks Fork in the Ozark Nat. Scenic Riverways
	12:30	<b>Barry Brahier:</b> Sea Kayaking Voyageurs National Park: Routes and Park Update	<b>Lenore Sobota:</b> Overcoming Fear One Stroke at a Time
	1:30	<b>Dan Dueweke:</b> Clearing Trail in the BWCA Following the 2021 Tornado	<b>Neal &amp; LeaAnn Schroeter:</b> How & Why to Engage Youth in Paddling
	2:30	<b>Nathaniel Gueltzau:</b> A Veteran's Journey through Long-Distance Paddling	<b>Tim Gallaway:</b> Solo Kayaking the Maine Island Trail
	3:30	<b>Babs Smith:</b> Exploring the Big and Little Bay de Noc in MI's Upper Peninsula	<b>Ellen Voss:</b> Lower Wisconsin Riverway Native Mussel Rescue
	4:30	<b>Lisa Tussey Yoder:</b> How To Find People to Kayak With	<b>Joe Winston:</b> Operation Early Impact—Therapeutic Benefits of Paddlesports

## Last Minute Room Changes

Look at you, smart person. Checking out the L Show Guide on the internet. Good call.

For... [long pause] reasons, the Voyageur and Killarney rooms have moved to the upstairs conference rooms of the Alliant Energy Center. If you see anything that talks about the Clarion Hotel, know that you should instead head upstairs inside the AEC. We're sorry about that, but things change, and we all have to adapt to changing circumstances.

Anyway, here's the *new! upgraded!* map for where to find the Voyageur and Killarney rooms. Be sure to check back here or at the help desk during the show for anything else.



## Rutabaga's Olbrich Park Boat Rentals



Did you know that Rutabaga rents boats at Olbrich Park? We do! It's one of the easiest tickets to your Best Summer Day of 2025. From Memorial Day through Labor day, you can explore Lake Monona using one of our great canoes, kayaks, and stand-up paddle boards. Check out the lovely shoreline, including the Frank Lloyd Wright Convention Center at your own pace.

We're also looking for happy faces to help out. If you're interested go to [rutabaga.com/employment](http://rutabaga.com/employment)



the future of paddlesports. How do we engage and enlist younger people? Whitecap Kayak has been mentoring teenagers in the important life skills of personal development, leadership, and interpersonal communication through the real-world skills of guiding and instructing. For 22 years, Whitecap Kayak has worked with teens & college-aged adults. Neal and LeaAnn will share the Whitecap Kayak story, not so much as a model, but as an example that can hopefully inspire others to find ways to engage youth! They'll also emphasize the considerable benefits teenagers get by being exposed to paddling when they become adults later on.

### Bill Schultz Kayaking Fishing for Smallmouth Bass: Keeping it Simple & Productive

*Sat 11:30a, BWCA*  
Having caught and released over 33,000 smallmouth bass since his first in 1994, Bill will share his simple and very productive secrets to his success. He will talk everything smallmouth bass! Bill will discuss: his top lures, how to use them, suggestions for rods and reels, how to find the best smallie waters, his fishing kayak choices, rigging those kayaks and more. If you love chasing smallies or have always wanted to, this is the talk for you.



### Dave Shapiro Knot Clinic

*Sat 1:00-4:00p, Atrium*  
Will my canoe stay on top of the car for the drive? Will my tarp fall down in the rain? Will my kayak get washed off the beach during the night? Learn some basic knots and when to use them (and when not to) and you can be sure that your stuff will stay where you put it. Stop by the drop-in knot clinic for a hands-on lesson, then stick around and show what you learned to another paddler.



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## Constance Simes

### Solo Circumnavigation of Lake Superior via Sea Kayak

*Fri 4:30p, Sylvania*

Constance's solo circumnavigation of Lake Superior is a remarkable feat of endurance, determination, and passion for adventure. In her daring 57-day expedition, she embarked on a journey paddling the world's largest freshwater lake, covering nearly 1,200 miles of rugged shoreline, navigating through impenetrable fog and dramatically-changing water conditions. Along the way, she paddled past towering cliffs, picturesque lighthouses, through majestic sea caves, and across pristine waters, experiencing the beauty and isolation of the lake like few others have.

Paddling alone on this remote and powerful lake requires skill, preparation, and a sense of adventure. This expedition was not just a physical challenge, managing her chronic illness, but one of mental resiliency, as she embraced the solitude of solo travel, the demands of self-sufficiency, and the mental strain required to navigate Lake Superior's often unpredictable conditions.

Her journey not only highlights the physical limits of what one can achieve but also underscores the deep bond that



forms between an adventurer and the natural world when faced with such an incredible challenge.

## Babs Smith, Rick Malchow

### Exploring the Big and Little Bay de Noc in MI's Upper Peninsula

*Sat 3:30p, Voyageur*

Babs and Rick will show you Escanaba in the sunlight, dazzling sunbeams, twelve paddles that have it all, picturesque points, beautiful sandy beaches, and antique lighthouses. They will point out miles of untouched forests including the Hiawatha National Forest and the Garden Peninsula's Shingleton State Forest Area, towering bluffs of Little Bay de Noc and Burnt Bluffs in Big Bay de Noc. They found a cave so secret that they can't even share its location. They'll discuss the spooky Historic Fayette Ghost Town Park, and a scary sunken kayak. They'll share where to see eagles, deer, islands filled with birds, a stinky porcupine, and a bear, oh my!



## Karin Stapleton Smith

### Greenland Kayaking

*Fri 5:30p, BWCA*

Kayaks have a rich history that spans thousands of years. Karin will explore the origins and cultural significance of

the kayak. She will highlight its various purposes, the ways kayak skills were passed down from childhood, and how they were maintained during the winter months. She'll also delve into the living heritage of kayaking in Greenland today, and introduce Qajaq USA, an American club that is part of the Greenlandic kayak organization, Qaannat Kattuffiat. Join us to discover the traditional history of the kayak in Greenland and learn how you can acquire Greenland kayaking skills too.

## Lenore Sobota

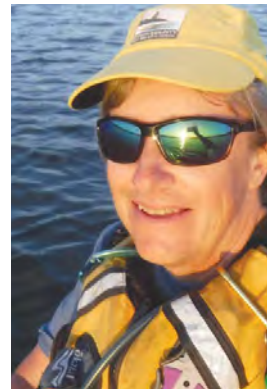
### Overcoming Fear One Stroke at a Time

*Fri 3:30p, BWCA*

*Sat 12:30p Killarney*

*Sun 2:30p, BWCA*

Whether it's big waves, big fish, wind, or other generalized concerns, fear can interfere with our enjoyment of time on the water or even keep us on shore. Come hear some ideas for overcoming those fears from someone who overcame many of her own, and share some of your strategies. This talk is aimed at those working to face their own fears or helping others to deal with comfort on the water.



## Danielle Steffey, Tim Gallaway

### Make the Time

*Sun 11:30a, Sylvania*

"Make the Time" is a film that follows two friends on a canoe trip through Canada's backcountry, beginning and ending at Lake Missinaibi. The story is filled



## Last-Minute Changes

Remember to check our website at [www.canoecopia.com](http://www.canoecopia.com) or the large poster near the Help Desk for the latest on the speaker schedule. As much as everyone wants this printed piece to be The Way It Will Be, sometimes life gets in the way. Thanks for understanding.

with stunning landscapes, laughter, and moments of personal challenge. Embark on an unforgettable journey with Danielle and Tim as they paddle across pristine lakes and navigate twenty portages, including one uniquely by train! It's a heartfelt reminder to make time for adventure, friendship, and what truly matters.



## John Stofflet

### The Pace of the Paddle: How Kayaking Preserved a News Anchor's Sanity

*Sat 3:30p, Superior*

For much of his life, John Stofflet didn't pursue his dream of owning a kayak. His doubting side told him he was too busy, not fit enough, not able to figure out how to safely transport a kayak on his roof, not "outdoorsy enough" to pull it all off.

About 10 years ago during a life transition, while constantly dealing with the daily stress of working as a TV news anchor, Stofflet decided it was time to do what he had always dreamed of—start exploring our beautiful area at the pace of the paddle. He soon discovered the calming pace of a paddle helped him prepare and deal with the often frantic pace of the TV newsroom. Time spent in the seat of his sea kayak prepared him to handle the seat at the news anchor desk through political campaign seasons, the pandemic, and more.

Now retired, Stofflet kayaks more than 1,000 miles a year: (1,200 miles in 2024

alone), exploring Wisconsin's lakes and rivers and a Great Lake. He's forever grateful that he stopped doubting and started paddling.

In his presentation, Stofflet will share photos and stories from his "Pace of the Paddle" TV news series, highlighting unique Wisconsin waterways we all drive by and over, but rarely take the time to see from the seat of our kayak, canoe, or SUP.

## Pete Swiggum

### Quetico Provincial Park: Your Next Canoe Trip

*Sat 11:30a, Caribou*

Quetico Provincial Park is a fabulous canoeing destination located adjacent to the Boundary Waters, but just over the international border in Ontario, Canada. Quetico has lakes, portages, and over 2,000 campsites scattered over its one million acres. With annual visitors numbering only 10% of the number who visit the BWCA, Quetico paddlers get a fantastic wilderness experience filled with solitude and great fishing. It's not uncommon to go several days without seeing another canoe.

Pete's presentation will focus on all the special things about Quetico and how to plan a trip to this wonderful wilderness. He will focus on how to plan a trip, an explanation of entry points and routes, getting the proper permits, and lots of other helpful information for anyone who wants to plan a trip to Quetico.

Pete's presentation will focus on all the special things about Quetico and how to plan a trip to this wonderful wilderness. He will focus on how to plan a trip, an explanation of entry points and routes, getting the proper permits, and lots of other helpful information for anyone who wants to plan a trip to Quetico.



## Tamara Thomsen, Sissel Schroeder

### Ancient Canoe Caches of Wisconsin

*Fri 4:30p, Algonquin*

*Sun 1:30p, Bear*

In May, 2024, the Wisconsin Historical Society announced the discovery of up to 11 ancient canoes in Lake Mendota, Madison, Wisconsin, ranging back to 4,500 years ago. The canoes were found submerged in what archaeologists believe was once an ancient shoreline. Caching, or the sinking of dugout canoes to store them during the winter, was a common practice in the past, and such cached canoes have been found in other lakes and rivers throughout Wisconsin. Learn what to look for and what to do when you find cached canoes, and help us document these rare, Indigenous heritage resources.

## Dave Tobey

### Paddling the Upper Jacks Fork River in the Ozark National Scenic Riverways

*Sat 11:30a, Killarney*

The Ozark National Scenic Riverways, a unit of the National Park Service, includes

134 miles along the Current and Jacks Fork Rivers in the Missouri Ozark Region. This unique river system is fed by more than 400 springs. Most of the river can be paddled any time of the year thanks to the mild climate and consistent water supplied by the large springs along the Current and Jacks Fork (note: the Upper Jacks Fork River has a narrow window of opportunity). During this presentation, we will discuss the special features, river levels, and best opportunities to experience the Upper Jacks Fork River.



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# 2 HUGE INDOOR TEST TRACKS

## Sally Turpin, Kim Meyer

### Keeping Soil in the Field and Not in the River

Sun 2:30p, Sylvania

With many Wisconsin rivers meandering through agricultural land, you might be wondering what, if anything, is being done to help protect and improve their water quality. Actually, many farmers utilize conservation practices to protect the soil on their land and are even creating farmer-led watershed groups to work together towards this goal. Join Kim and Sally, two farm kids and fellow paddlers, as they discuss some of the practices used on the farm to keep the soil where it belongs, in the field and not in the river, as well as the work these watershed groups are doing.



## Jerry Vandiver

### Songs About Paddling and All Things Outdoors!

Fri 6:30p, Algonquin

Sat 3:30p, Algonquin

Sun 2:30p, Algonquin

Back to Canoecopia, award-winning singer/songwriter Jerry Vandiver and his all acoustic trio (guitar, fiddle & upright bass) will be debuting some new songs along with favorites from his paddlesongs CDs. Look for several special guests joining Jerry and The One Match Band for a fun, musical, and unique addition to the Canoecopia experience. Be ready to laugh, cry, dance, and sing along.



## Ellen Voss, Lise Kitchel, Timm Zumm

### Lower Wisconsin Riverway Native Mussel Rescue

Sat 3:30p, Killarney

The Lower Wisconsin Riverway is a unique gem of wildness, beauty, and biodiversity, not only in Wisconsin but in the entire US. But this idyllic landscape is increasingly under threat, with

impacts not only to recreational opportunities but to the creatures that call the river home. In September 2023, the unfortunate combination of drought and hydropower dams reduced Wisconsin's namesake river to a proverbial trickle below the last dam and led to the worst-case scenario for the river's most vulnerable species: native freshwater mussels. These fascinating creatures are the unsung heroes of freshwater ecosystems, filtering massive amounts of water each day. As the water levels continued to fall in response to prolonged drought, tens of thousands of mussels were left stranded and drying in the hot sun. In response, volunteers took to the riverway to physically pick up and move thousands of stranded mussels to deeper water. This situation will happen again, and to be more prepared next time, Friends of the Lower Wisconsin Riverway created

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**Timber City Adventure Race**

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## Speaker Presentations

a mussel rescue notification system that quickly alerts volunteers when mussels need to be saved. This collaborative effort can serve as a model for other groups and rivers in the state. In this presentation, you'll learn all about the role dams and drought play in this ecosystem, the species most impacted by our changing climate, and what paddlers can do to aid in rescue efforts.

### Tom Watson

#### Seven Steps to Survival: Self-Reliance Skills in Emergencies

*Sun 11:30a, Caribou*

When emergencies arise in a backcountry, outdoor setting, knowing what to do and 'why' can be the difference between being rescued and being recovered.

There are seven basic steps or principles of dealing with an emergency situation that calls up experience as well as a sense of self-reliance. These steps/skills are designed to give you the best chances of dealing with an emergency situation - from destroyed/lost gear/being stranded/injured during any outdoor adventure.

In addition to the basics of common survival processes, Tom shares misconceptions and myths about much of the standard survival tip info. Tom will also incorporate emergency skill tips for kayaking into his presentation.

### Kevin Wegner

#### Kruger Waddell Minnesota Border Challenge: How We Got Faster, More Efficient, and Experienced More While Setting the Fastest Known 3-Man Time.

*Sun 2:30p, Caribou*

Join Kevin, a member of the record-setting MNGreene 3-man



team, as he shares how his preparation contributed to their historic achievement in the Krueger-Waddell Minnesota Border Challenge. This 270-mile trek along the Voyager route is not a race, but their focus on efficiency, endurance, and strategy set the fastest known 3-man time.

Kevin will discuss refining paddling techniques, building stamina, and making key decisions on gear, navigation, and nutrition. Learn how they adapted to record-breaking heat while maintaining momentum. This presentation highlights the importance of preparation, embracing the journey, and teamwork in overcoming challenges and discovering new experiences.

### Ken Whiting

#### How to Film Your Own Paddling Adventure

*Fri 5:30p, Algonquin*

Filming your paddling trips is challenging, but it's extremely rewarding. Not only does it let you relive those amazing adventures, but it lets you share those moments with friends and family, or even the rest of the world through YouTube and social media. Whether you're new to filming and hoping to get started, or an experienced filmmaker looking for tips and tricks, this presentation is for you. Ken Whiting shares his lessons from 30 years of filming paddling adventures. You'll learn about using action cameras (GoPros), DSLRs, drones He'll also cover how to capture great audio, manage your media, and much more.



#### Rough Water Paddling on Lake Superior

*Sat 9:30a, Superior*

Lake Superior is one of the most beau-

tiful paddling destinations in the world, but when the wind starts to blow, it can also be one of the most challenging. In this presentation, Ken Whiting shares his action-filled, 5-day trip along the coast of Lake Superior Provincial Park, which involved heavy winds and big waves. He breaks down decision making, paddling techniques, equipment selection, and more. This is a presentation that will be entertaining and informative whether or not you ever hope to paddle in the rough waters of Lake Superior.

### Richard Williamson

#### Experience the Alaska Highway!

*Sun 10:30a, Bear*

The Alaska Highway is an iconic drive through the northern wilderness areas of British Columbia, the Yukon, and Eastern Alaska. This epic adventure can begin almost anywhere, and the fun begins with figuring out how you want to arrive in Dawson Creek, BC, to begin this portion of your drive. It is filled with endless mountain vistas, glaciers, waterfalls, and frequent wildlife sightings. Activities along the way include hiking, fishing, photography, history, and thermal hot springs. This is the land of the 1898 Gold Rush, and one can pan for gold. Fewer than 5% of Alaska travelers enter this way!







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Sunday: 10 am - 5 pm



[nucamprv.com](http://nucamprv.com)

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**Deborah Winchell,  
Renee Andriani,  
Jonathan Ringdahl**  
**A Lake Superior Tale: Rock of Ages  
Lighthouse Adventures**

*Sat 10:30a, Killarney*

Join author Deborah Winchell, Illustrator Renee Andriani, and Photographer Jonathan Ringdahl for a family-focused, interactive slide show and book-reading presentation that will ship you and your kids out to the remote and iconic Rock of Ages Lighthouse. As ROALPS volunteers and avid paddlers, the crew will delight you with images and adventure stories of Washington Harbor and The Rock. Deb and Renee will read their book, *Rocky's Lighthouse Adventure: A Lake Superior Tale* to the kids (ages 3-10) who will enjoy the true story of a quiet pup that was smuggled to The Rock and became a valued crew member to the USCG men who were stationed there.

Parents and kids will engage in a Lake Superior, Isle Royale National Park, Rock of Ages, Rocky, and paddling trivia game. There will be plenty of time for questions about Rocky, what it's like to volunteer with ROALPS at Rock of Ages Lighthouse, and anything else you and your mates want to ask! The crew will send your little ones home with Rocky stickers and Rocky coloring pages, and you'll have an opportunity to purchase your own copy of Rocky's tale in the Exhibit Hall.

**Joe Winston**  
**Operation Early  
Impact—Studying  
the Powerful  
Therapeutic Benefits  
of Paddle Sports**

*Sat 4:30p, Killarney*

Heroes on the Water (HOW) will discuss peer-reviewed study findings on the transformative and life-enriching benefits

of paddling sports. In partnership with faculty from Texas State University, this published study supports the anecdotal beliefs about the benefits of the outdoors and particularly being on the water. Through the rhythm of paddling and the calm of fishing, veterans experience reduced anxiety, enhanced communication, and a renewed sense of confidence. While our focus is serving veterans, first responders, and their families, the benefits of strengthening relationships, improving stress management, and boosting self-efficacy are open to us all. Learn how these outdoor activities foster camaraderie, promote mental wellness, and offer a positive outlet for dealing with the challenges of life. This session will focus on the powerful therapeutic benefits of kayak fishing, particularly through programs like Heroes on the Water, which provide veterans with opportunities to connect, unwind, and find purpose on the water.



**Jared Wold**  
**Planning Overnight  
River Camping Trips**

*Fri 4:30p, Superior*

This presentation will explore the not-so-fine art of planning and executing a successful overnight river camping trip. Attendees will learn



about resources to help choose a suitable river for their trip, budget for appropriate times and distances, and organize logistics prior to the excursion. They will learn about additional tools to help pack the necessary gear and food to avoid redundancy and over-packing. Shuttle and on-water tips and logistics will also be covered. Finally, the presenter will share his photos of past trips and give a comprehensive picture of all overnight river camping options in Wisconsin.

**Using Google Maps to Plan and Enrich Paddling Trips**

*Sat 10:30a, Bear*

This presentation will cover Google Maps as an important tool for planning and enriching the experience of paddling outings. Attendees will learn how to use Google Maps to find access points, measure distances to budget enough time for a trip, and figure out logistics such as shuttle routes. They'll learn how Satellite View can help them understand what to expect while on the water if there are no accurate guidebook descriptions or similar resources. Next, attendees will learn how Google Maps can assist and enrich their time on the water. They'll learn how to monitor their progress and location. Since cell and data service can be spotty on or near the water, attendees will learn how to download and store offline maps on their devices so they can use airplane mode to save battery. Lastly, the presentation will touch on other related and useful apps including options for creating GPS tracks.

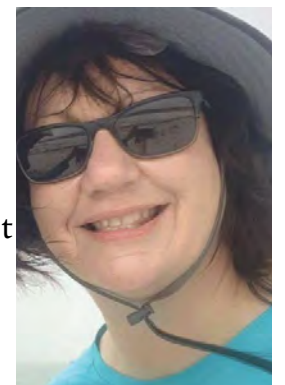
**Lisa Tussey Yoder**

**How To Find People  
to Kayak With**

*Sat 9:30a, Algonquin*

*Sat 4:30p, Voyageur*

Lisa Tussey Yoder started out in a 10-foot plastic rec boat that she only paddled on her 15-acre pond



behind her house for three years (!) because she didn't know how to find others to go kayaking with. One day, she found a local kayaking group on MeetUp and everything changed. She quickly progressed to sea kayaking adventures with the local club, thanks to their training and experience opportunities. When she moved to Florida, she had to start all over finding new kayaking companions.

In this session, Lisa shares insights and practical tips on finding fellow kayakers as a solo paddler. She also covers ways organized clubs can create the kind of community and connection that helps novice paddlers advance and be engaged, active members.

## Dan York

### Kayaking the Lofoten Islands: Norway's Craggy Crown Jewels

Sat 10:30a, Caribou

The Lofoten Islands of Norway are a surreal seascape of soaring, snow-speckled peaks rising steeply from deep fjords,



white sand beaches, and aquamarine bays. Amidst this natural splendor are historic fishing villages, small cities, and picturesque farms - all bathed in 24-hour daylight during summer months and forever changing in the moody weather of the islands' arctic location. It's a kayaker's dream destination. Dan York will share images and stories from two kayaking expeditions he has led to these magical islands, the first in 2017 and the second in 2023.

### Running Idaho's Whitewater Paddling Paragons: The Selway and Salmon Rivers

Sun 10:30a, Caribou

With over 3500 miles of whitewater rivers, Idaho is a paddler's paradise. Crystal-clear waters tumble and flow through pristine forests and deep canyons that echo with the history of its indigenous people and early pioneers. Two of Idaho's rivers, the Selway and Salmon (Middle Fork and Main), offer highly coveted multiday experiences for limited numbers of river runners every year. In this presentation, Dan York shares stories and images from multiple trips he's taken on these rivers spanning over two decades and offers guidance on running them.

throughout the Madison area to get local kids and teens out on the water. The money from the Kestelman Scholarship goes directly to community youth programs and individual families, who would otherwise not have access to paddling programs, paying up to half their costs.

This fund exists because members of the paddling community, near and far, have donated the resources to help Rutabaga to keep serving kids. Every donation, large or small, is a chance for more kids to get out on the water. You can support

## Craig Zarley

### Catching Canoe Country Walleyes: Old Tricks. New Secrets.

Fri 4:30p, BWCA

Popular walleye fishing author and long-time Canoecopia presenter Craig Zarley will share his secrets for catching Boundary Waters' and Quetico's most sought-after fish. He'll offer old-time walleye wisdom mixed with new strategies to address climate change and the latest improvements in fishing tackle. Learn how he likes to keep it simple while adapting to change so he can continue catching Canoe Country walleyes.



the Kestelman Scholarship Fund by donating \$1 (or more!) when you check out with your purchases at Canoecopia, in store, or on our website.

For further information or a scholarship application, please email [classes@rutabaga.com](mailto:classes@rutabaga.com), or contact Rutabaga Outdoor Adventures at 608-310-3852.



For over 30 years, Rutabaga Outdoor Adventures has helped paddlers of all levels discover the joy of lakes and rivers. We offer canoeing, kayaking, and paddleboarding classes—from beginner lessons to instructor certifications—designed to improve your skills and enhance your well-being. Whether you're new or experienced, our adventures connect you with a passionate paddling community. Time on the water is a lifelong investment in health, fun, and connection. Let us help you make the most of every paddling experience!

## Youth Programs

Make the most of summer with fun-filled adventures on the water! This year, we're thrilled to bring back full-day, week-long camps for kids, along with a variety of shorter classes, all set on Madison's stunning waterways.

Through canoeing, kayaking, and stand-up paddleboarding, children will build confidence, independence,

and a lifelong love for nature. Guided by experienced, safety-first instructors, our camps and classes focus on water safety, skill-building, conservation—and, most importantly, fun!

- Paddling Intensives
- Paddling Samplers
- SUP Classes
- Kayak Classes
- Canoe Classes



## How Do I Sign Up?

Registration is now open for Summer 2025 activities! Head to [learn.rutabaga.com](https://learn.rutabaga.com) for more information or to register.



## What's New with Rutabaga Outdoor Adventures

It's been another great year at Rutabaga Outdoor Adventures with new and exciting events in the works! I'm excited to announce the launch of Camp Rutabaga, a brand-new event replacing the Door County Sea Kayak Symposium. It's going to be a fantastic opportunity to bring paddlers together, and I'm really looking forward to watching it grow. We're also kicking off the Rutabaga Paddling Club, an initiative designed to strengthen our paddling community and keep the spirit of adventure alive year-round.



Since I joined Rutabaga in 2022, it's been amazing to see our programs evolve. We've added new class locations, revitalized our youth programs, and expanded our offerings to reach more people where they're at. Our team is dedicated to creating a welcoming space for paddlers of all levels, whether you're new to the sport or a seasoned expert.

I'm proud of everything we've accomplished, and I'm so grateful to be part of a community where paddlers can connect, learn, and share in the adventure of being on the water. Here's to many more exciting journeys ahead!

—Chloe Machula, Director of Outdoor Adventures

## What Else Do We Offer?

- Custom Classes and Outings for Community Groups, Schools, Corporations, Family Events
- Private and Semi-Private Lessons for Youth, Adults, and Families
- Olbrich Park Boat Rentals
- Don't see quite what you're looking for listed here? Give us a call and we'll work with you to create a custom class or event.

## Adult Classes

Rutabaga Outdoor Adventures is here to help you take the next step in your paddling journey!

- Recreational Kayak Basics
- Sea Kayak Basics
- Kayak Rescues
- Solo Canoeing
- Tandem Canoeing
- Stand Up Paddleboarding
- Day Trips
- Instructor Certification Courses
- And more...



## Rutabaga Paddling Club

We hear it all the time: I would get out paddling more, but I don't have that many people to go with. We've heard it enough, we wanted to do something about it. So this year we are introducing the Rutabaga Paddlers Club. Fun, sun, new-found friends, and opportunities to practice your skills. Plus exclusive discounts for members!





## Welcome to Camp Rutabaga, a Paddling Event for Grown-Ups!

Camp Rutabaga is a premier paddling event for all kinds of canoes and kayaks and all types of paddlers. We welcome all, and we will make sure that everyone who loves paddling has access to instruction, safety, and community. No one is left out.

### Sea Kayak Classes

- Intro to Sea Kayaking
- Boat Control I and II
- Forward Strokes
- Open Water Adventure
- Kayak Rolling I and II
- Greenland Paddling
- Wind and Waves
- Bracing Skills
- Sea Kayaking for the Canoeist
- Kayak Tune Up

### Canoe Classes

- Intro to Canoeing
- Boat Control
- Improving your Forward Stroke
- Combining and Refining Strokes
- Intro to Moving Water I and II
- Solo Canoe Basics
- Solo Canoe Intermediate
- Wind, Waves and Weather
- Canoe Poling
- Intro to Freestyle Canoeing
- Canadian Style Canoeing
- Messin' Around in Boats

### About Camp Manito-Wish

Camp Manito-wish is situated on a 300-acre campus, surrounded by the 225,000 acre Northern Highland-American Legion Forest, within a half an hour of over 1,300 lakes.

Camp Manito-wish has a full service dining hall serving great food in a family-style setting. It's a great base of operations for Camp Rutabaga!

### Recreational Kayak Classes

- Kayak Basics
- Rescues and Towing Skills
- Forward Stroke Skills
- Boat Control
- Intro to Moving Water I and II
- Kayak Play
- Bracing
- Boat Fit for Comfort & Control

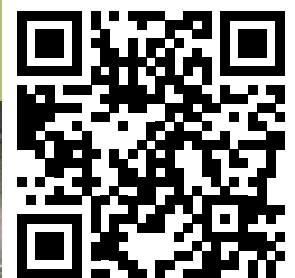
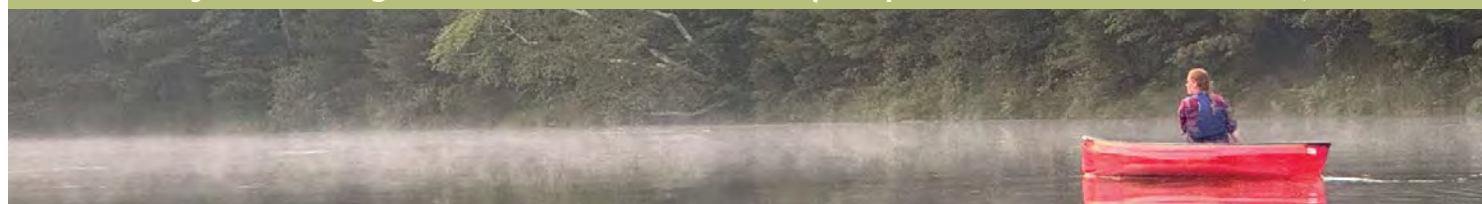
### Tours

- Manitowish River
  - Crab Lake Naturalist Tour
  - Frank Lake
  - Bittersweet Lakes
  - Allaquash Lake Skill-Building Tour
- Many other tours are listed on the website and will continue to be updated as tours are confirmed.

### Clinics on Land

- Navigation / Map and Compass
- River Logistics
- Campfire Cooking
- Food Planning for Trips
- Ropes and Knots
- Tarps and Tent Tricks
- Packing Canoes and Kayaks for Trips
- Tripping with a Recreational Kayak

*These are just some of the programs we will be offering at Camp Rutabaga. For more information, go to the website [www.everyonepaddles.com](http://www.everyonepaddles.com), or scan the QR code.*





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# REFLECTIONS ON PADDLING

## WHY USE A QUARTER OF OUR THE CANOECOPIA SHOW GUIDE TO TELL STORIES?

Because I love stories. Customers tell me their stories not just about paddling, but about their lives. Rutabaga's motto is "We don't sell boats. We sell time on the water." It's not about the boat, it's about your experience using the boat.

We asked our friends and customers to share their stories with us, and we got so many replies. They're not professional writers. Their stories are straight from the heart. They just love paddling and want to share that love.

Stories connect people. I hope that one or two of the stories here will resonate with you. You'll learn something new about the writer, and likely, something new about yourself. Stories preserve cultures and build new ones. Stories make people real. They teach us compassion, empathy, and insight. They enthuse us. Every story here comes from a place of love.

At the end of the day, the stories we tell each other matter, because *people* are really all that matter.

*Dana*





## Lessons / Vibes From Camp

Steven Carpenter reminisces about the benefits of being outside with friends, family, and the river

I'm not the kind of guy who remembers a hundred anecdotes of my childhood. However, I consider it a blessing that I never forget the "vibe" of how it was. Nor do I forget the experience of seeing the world with fresh eyes. That's how it is as I recall my canoe trips on the Bois Brule River in northern Wisconsin.

Above all, I recall the genuine feeling of adventure. As a kid it's something you most often experience second-hand through film, books, and your own imagination. But that wide-eyed experience where each paddle stroke takes you out of view of the boat launch and into the unknown was to me the truest adventure.

I recall feeling that the river had its own mysterious life and history. There was the massive Y-shaped tree, the old stone bridge, and the sounds of fish and birds splashing. Each sensation sparked the imagination. The narrative of the river was further enhanced by the stories of old river adventures so often told around the campfire by my childhood hero, Jim<sup>1</sup>.

Since the very beginning, the trips to the Brule were an intergenerational experience. My dad, his high-school buddies, and one of their fathers started going up together in their senior year of high school. Once I entered the scene, my dad's friends and their children quickly became my role models and friends.

Alongside the adventure of canoeing the Brule came many lessons.

Chief among these was the value of communication and teamwork. In the front of the boat, you are the lookout. Failure to identify and

*[these adults] weren't living on a distinct plane of existence called adulthood. In many ways they still were like me.*

communicate a hazard to the adult in the stern of the boat will result in a tangible "thunk."

Having a real consequence is an incredible opportunity for a kid. It's an opportunity to contribute productively and as an equal in adult endeavor. I can't think of another comparable activity from my childhood.

Canoeing the Brule River both enlivened my young imagination and grounded me. For all the stimulus that is to be found on the water, it's also notable what is absent: the frenetic distractions of the digital age. Through periods of complete focus (like going through a tight turn) to moments of quiet tranquility (like drifting through wide stretch), canoeing was the closest to a meditative experience I had as a kid.

Another consequence of canoeing the Brule was a lifelong love of natural spaces. For my brother and me, this inspired us to join scouting. Eventually we both became Eagle Scouts. We continue to seek out experiences in nature and we both

wish to protect it. I wish every child had the opportunity to temporarily escape urban areas to experience natural spaces.

The most important consequence: these canoe trips strengthened my relationships with my parents, my brother, and the other members of the Brule Trip gang. As a kid, seeing my parents in their element—on the water alongside friends and family—led to a simple but surprising truth: they weren't living on a distinct plane of existence called adulthood. In many ways they still were like me.

I am truly fortunate to say the annual Brule River paddle trip is quite alive. My role in the adventure continues to change. After all, not even the river stays the same. However, the value we find in the journey, and our mutual company, is an established constant.

*Steven Carpenter is a Jack of All Trades, provided those trades involve lasers and electrons at near zero Kelvin. He lives in Madison.*



*20 years ago at Brule*

<sup>1</sup> I was pushing to be known as "Evil Uncle Jim" as I hoped it would gain me more river cred. -Ed

## Allowing the River to Hold Space

Rafting along the Salmon River fulfilled and exceeded Jean Nielsen's childhood hopes

The Salmon River, flowing through Frank Church Wilderness, has always called to me. Growing up far away from Idaho on the east coast, it had always been this mythical place. It was the stuff of legends: wild, remote, and beautiful. People spoke about it with reverence, usually reserved for ancient temples or life-changing pilgrimages. I didn't understand the magic of it until I finally found myself on its banks, many years ago. From that trip on, everything changed.

There's something transformative about having nothing to do but raft, set up camp, and cook. It's a rhythm that strips life down to the essentials and reminds you what really matters. You wake up to the sound of water tumbling over rocks, the sun warming the canyon walls, and the smell of coffee bubbling in a percolator. The simplicity of it all creates a peace that feels almost impossible to find anywhere else.

One trip down the Middle Fork stands out above the rest. It was just my husband, our two dogs Lily and Sage, and me. It was fall, as the leaves were changing and the river was quiet in a way that felt sacred, like it was holding space just for us. We didn't see another soul the entire trip. The solitude gave everything deeper weight, from the light filtering through golden leaves to the sound of water lapping gently against the solo raft.

Evenings were simple and perfect. After amazing meals, we all snuggled into the tent and our sleeping bags as the canyon walls wrapped around us. One morning, we even watched a solar eclipse from the shore, the world dimming in this surreal and unforgettable way. It felt like the universe was giving us a show just for being there.

During the days, we stopped along the banks and hunted chukar. The dogs were in their element, tails wagging nonstop, noses to the ground, pure joy radiating from every movement. Lily, especially, seemed so full of life. She always loved these trips, but there was something about that one, maybe the quiet, the solitude, or just the beauty of the changing season that felt even more meaningful.

It was the last big trip we took with her before she unexpectedly passed from cancer, and now, the Middle Fork holds a piece of my heart that will always belong to her. Watching her happy in that wild, sacred place reminded me of how rivers teach us to let go. They remind you that life is ever-moving, ever-changing and that the best we can do is flow with it, savoring the moments while they last.

Every day on the river is a lesson in letting go. Your phone doesn't matter. Deadlines don't exist. The



boat becomes your world. It is a carefully organized chaos where you have everything you need and nothing more. That balance feels like freedom.

The Middle Fork and multi-day trips have taught me that the magic of paddling isn't just about the river itself, it's about what it gives you. It's connection. It's adventure. It's stripping away all the noise so you can hear what's been there all along: the tug of life's current and your own heartbeat keeping time with it all.

For me, rafting these wild rivers is the closest thing to a miracle I've ever known. And as I think of Lily and those golden canyon walls, I know it's one I'll keep chasing, one trip at a time.

*Jean Nielsen has spent 15 years in paddlesports, proving she can handle both wild rapids and even wilder campfire debates about the best boat. When not on the water, she's smashing tennis balls and perfecting her talent for blaming the dog when snacks go missing.*

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## Canoes, Kayaks, and Community

Al Fairfield remembers the Door County Sea Kayak Symposium and looks forward to the new Camp Rutabaga

Somewhere around 2008 I landed at the Door County Sea Kayak Symposium and was asked by Terrie Cooper of the Door County Land Trust to lead a naturalist tour on the Mink River. With a borrowed boat, some nets and containers, and barely a plan, a group of us took off on our adventure. Immediately I was at ease as the instructors took charge of safety and kept us on schedule.



The participants on this tour were very engaged and had a real interest in learning more about the geology, biology, and ecology of the area.

We went upriver, pointing out interesting features and some of the local wildlife as we encountered various creatures. Further upriver, we landed on a small beach, and I invited participants to get into the water and collect aquatic invertebrates, frogs, and even a large fox snake. It was great fun to see the childlike enthusiasm and interest in discovery that they embraced. They were also very receptive to the message that this was a special place that was

more than just a nice place to paddle. Understanding the ecological importance and fragility of this place was taken to heart as they all contributed later to helping preserve it through the annual auction.

At that time I was not an instructor and I told Nancy Salsbury that I wanted to come back as an instructor. A short while later I was presented with an instructor's hat and told I was already an instructor. That really brought me into the Rutabaga family and their extensive paddling community. My skill set was not as a paddler but as an environmental educator whose contribution in the paddling community there mattered.

The symposium became an annual event and reunion for me and so many old and new friends. Most of my friends, including my wife Marsha, I met at the symposium. Every time I offered to help someone launch or move a boat I immediately made a new friend. I see this happen dozens of times a day and it becomes contagious with everyone there. It is a joyous event because everyone is genuinely helpful and caring. One of the great things about the paddling community is that everyone is inclusive and looks out for each other. Everyone cheers

accomplishments and helps each other succeed at their own pace.

Then tragedy struck when Rowleys Bay Resort suffered a catastrophic fire. So many of us were devastated at the loss not only of the venue, but at the impact to a community of paddlers that looked forward to being together every July. Many of us make reservations a year in advance to join our extended family there. It didn't take long for many of us to both mourn and plan an alternative gathering. Last summer a bunch of us gathered to paddle, hike, bike, share meals and campfires the weekend the symposium was typically held. We had a potluck dinner and continued the tradition of supporting the Door County Land Trust with generous donations from so many. It wasn't the same, but it demonstrated that the community would endure.

Shortly after that informal gathering Darren contacted me and asked me



what I thought of bringing that community to the Northwoods. I was absolutely thrilled at the prospect of bringing so many of my old and new friends into my neighborhood. Marsha and I immediately started checking out potential venues and ultimately concluded that Camp Manito-wish could host an event that size as well as offer some very attractive amenities. The Bush family vacations at Boulder Junction every summer. At last summer's family trip, arrangements were made to meet the staff at Camp Manito-wish and Darren could see for himself if this would be a good fit. We got an extensive tour and then were treated to an amazing meal. That definitely got the ball rolling, and we discussed the new opportunities to expand the

reach of the symposium community to other paddlers and the incredible variety of waters in the area. What an opportunity for the old guard to experience new adventures while creating greater inclusivity for a larger and more diverse group of paddlers.

Community is cultivated and contagious. It takes some effort, but with direction and willingness to participate, it propagates naturally. My experience with paddlers of any kind of paddle craft is that their love of water and beautiful places provides a tangible commonality. Usually this leads to friendships and future interactions that deepen these new friendships. Ultimately, community is founded on caring, and this paddling community exemplifies that.

I can't wait to see my paddling community at Canoecopia and in my own backyard next fall!

*Al Fairfield is something of a wildlife photographer if you consider selfies of him with fish wildlife photography.*



## Sheree on the Kishwaukee

Ken Solofo talks about the joys of introducing paddling to someone dear

Excitedly, with a smile of anticipation, Sheree pulled her hat down a bit over her eyes and nodded: it was her very first time in a canoe. Maybe a bit nervous, she smiles at me.

Sheree does not really swim; water sports were not part of her urban youth. A canoe? Nope, likely never even saw one except on TV. I had always assumed *everyone* grew up on and around water, I never recall not knowing how to swim and maneuver a canoe. It is not a part of growing up for everyone. Fortunately, Sheree is willing and embraces the experience with a positive can-do attitude.

She asks again if the lifevest is fitting properly. I give it a tug to pull it over

her head, showing her it will not slip. “You’ll be fine. Keep your butt low, and as centered on the seat as you can. This canoe is very stable; we are safe, it will not tip.” Wading into the knee-deep water of the Kishwaukee River, I stabilize the canoe as she carefully steps in and grabs the paddle.

I show her how to grip the paddle and control the blade. “One other thing, babe; for the love of God and all we hold dear, please do not drag your paddle alongside the canoe with every stroke. Keep your butt low. Stay centered. This canoe is very

stable. You are safe.”

The Old Town Allagash I purchased years ago is a tank. Royalex construction, broad and nearly indestructible, weighing in at...well,

*I’m thinking... is there anything in the world better than sharing something I love with someone I love?*

let’s just say it’s not Kevlar. But it’s the perfect river-stable paddle craft. I love this canoe; it has served me well for years.

We were putting in on the delightful Kishwaukee River that winds its way lazily, mostly, through Northern Illinois, brushing against many urban areas. “The Kish” is generally fairly shallow, has a bunch of birdlife, clear with a few riffles here and there, sandbars scattered frequently to stretch canoe-weary legs, or maybe even enjoy a picnic, if one were prepared for such an event. As it turned out, I was prepared.

A paddler can see the bottom often below, perhaps 3’-5’ or so for much of the stretch we were to float that day; a perfect introductory river for a new paddler. July sun peeked through the trees as we launched. The Kish is a popular float for tubers, blow-up float animals, and other craft likely not intended for such use.

Paddling by a variety of groups of people on floating contraptions



## Reflections on Paddling

enjoying the sunny day, we bask in the warmth. Sheree began to relax as she peers back at me. I see her smile start to widen and I can tell she is comfortable. Never been in a canoe prior to this, she is a sport. I appreciate her willingness to share adventures. I see her relax in the bow and often exclaim “This is really nice!” “Wow, what a terrific day!” “How have I not done this before?!” And, of course, “Where will we stop for our picnic?”

Stopping on a mid-river sandbar, I produce lawn chairs, a blanket, and a picnic worthy of royalty from the magic backpack as the warmth of the day washes over us. We smile and inhale the experience. A pair of ospreys occasionally glide overhead, and we see mergansers, mallards, geese in abundance, a bunch of plovers along river’s edge. Occasionally we see fish flash by in the clear waters. Although urban development surrounds us, The Kish gives the feeling of isolation as the trees embrace the river, covering overhead as sunlight filters easily through the canopy and offers the illusion of solitude.

Empty glasses and bottle returned to the magic backpack, I steady the canoe as Sheree settles back in, her hands on the gunwales.

I smile as I watch her skillfully settle back into her seat and adjust the backrest. She turns and smiles back at me as I move back to the stern and settle myself in, keeping my butt low. I grip my paddle and turn the canoe downriver.

The lower portion of the Kish we paddle on slows greatly, meandering among small islands and riffles, the **CANOECOPIA.COM**

river channel deepens and broadens, offering a bit more solitude. Many of the other river floaters exit upstream at one of the forest preserves that dot the river banks.

I see our take-out up ahead. I tell her we will be done soon. Sheree half-turns to me and says “This is *the best!* I *loved* this, and really look forward to sharing this again.” I’m thinking *is there anything in the world better than sharing something I love with someone I love?*”

*Nope. No, no there isn’t.* I’m smiling as I remember the warmth of the sun, the day we shared, and the glow of connection afforded by a canoe, and a really sweet little river called the Kishwaukee.



*Ken grumbled and griped about forced labor and unwillingly did yardwork at 10 years old under his father’s supervision and discipline. The reward for this? An 18-foot Grumman canoe. Currently Ken sells manufacturing equipment used to make canoes, boats, and other useful items- and still owns that Grumman canoe from nearly 55 years ago.*

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photo: Chris Mayne

## I'm Good at Canoes

There are a lot of things people can be good at. Whitney Bush is uniquely good at Canoes.

This past December I hosted a Christmas party with two other friends in Greenpoint, Brooklyn. We were in a room full of professional women in their 30s, some of us knew each other, some did not. In an effort to get to know each other a little better but avoid the excruciating nonsense that are most icebreaker questions, someone proposed the question “what is something you know more about than anyone else in the room?”

That was a very tricky question considering about half of us were meeting for the first time that night. I immediately started sifting through the filing cabinets of my brain, examining books I'd read recently, lessons I'd taught my 7th grade science class, niche interests I had. And then suddenly I remembered who I was, and where I was. “Canoes!” I said confidently. Someone asked for clarification, so I elaborated “I can paddle a canoe, solo or tandem, I can tie it on your car, I can portage it from lake to lake, I can plan a canoe trip for you, picking routes and menus

items, I can sell you one and I can teach you how to paddle it.”

Living in New York City, where I find myself more often in a subway car going over the Manhattan Bridge with a library book in hand than in a canoe, it's hard to feel like I'm still a paddler. I bike along rivers and ride my scooter past Prospect Park Lake and I'm always finding the water towers in the skyline, but that's the most I usually interact with water during the ten months a year that I teach middle school science in Brooklyn. It's true, you can rent canoes on the Gowanus Canal, and they have free kayaks available at a few piers on the Hudson River, and I'm happy anytime anyone gets to



*What is something you know more about than anyone else in the room?... Then suddenly I remembered who I was, and where I was. Canoes!*

restaurants. The paddler part of my identity dehydrates over the year, but it doesn't change the fact that I could paddle a solo canoe years before I could ride a bike. On a cellular level, it's not easily forgotten.

Which is why I've come to treasure trips to the Boundary Waters Canoe Area Wilderness all the

more. I love living in New York City, but I also love that every summer I get to come back and spend at least a month in the paddling Mecca that is Wisconsin and Minnesota. I'll hit a river or two with my dad, be that the Wisconsin, Sugar or Kickapoo, and as a family we'll hop around the lakes of Vilas County for a week. Then the stars align and I spend a week or so with friends totally off the grid somewhere past the Gunflint Trail.

My first BWCA trip happened the summer I turned four years old. I remember vividly being propped up as a duffer between my parents





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## Reflections on Paddling

in our Wenonah Minnesota II, eyes tracing the shorelines, looking out for eagles, beavers, bears, and moose. I don't remember what I spotted besides the leech between two of my toes, but I remember being awash in the wildness of it all, proud to be in charge of my own Sierra cup with my Tilley hat tight under my chin, knowing I didn't need anything else to be happy.

Now it's one of my favorite things to take new friends to this old, magical place. And nothing makes me happier than when we pass other groups of women and girls on the water. It baffles my mind that the wilderness isn't seen as a place where everyone belongs. Maybe somewhere along the line, we got confused. Women



have forever been tasked with the unpaid labor of keeping our world running, but that doesn't mean we aren't just as capable and adapted to taking on adventures in the natural world. Just because men have had the time doesn't mean they are somehow more suited to the task. Having seen enough dysfunctional scouting groups attempt a portage, I know that there isn't anything related to paddling on the Y-chromosome. After one particularly jarring encounter when we crossed paths with a group of bossy middle-aged men and ambivalent teenage boys, we paddled out and I turned to my friends and jokingly said "I don't think men thrive in this environment."

I wish everyone could experience the utopia that is an all-female canoe campsite deep in the BWCA. It takes essentially no time for everyone to find their role. We set up camp and in no time at all, the bear bag rope is hung, water is filtering, the Danger Bag (our orange TP/hand sanitizer drybag) is placed on the path to the

toilet, tents and hammocks are up, and a plan for dinner has been made; who's cooking, who's cleaning, and what treat should we end the night with. Then there is swimming and reading and napping and chatting, and everything feels easy. Everyone says thank you, everyone shares what they need, and the loon calls across the lake are the cherry on top.

My Brooklyn life is splattered with artifacts that expose my paddler roots; a beaver chew stick that I use in my classroom to hang noise-canceling headphones for my students, watercolors painted of my favorite BWCA lakes, a matching loon tattoo with my dad. The paddler in me is always there, waiting for her powers to be needed and activated.

*Whitney Bush received a custom solo canoe for her 4th birthday and hasn't looked back since. She loves beavers, her red-eared pond slider Rocco, and is a rabid WNBA New York Liberty fan.*



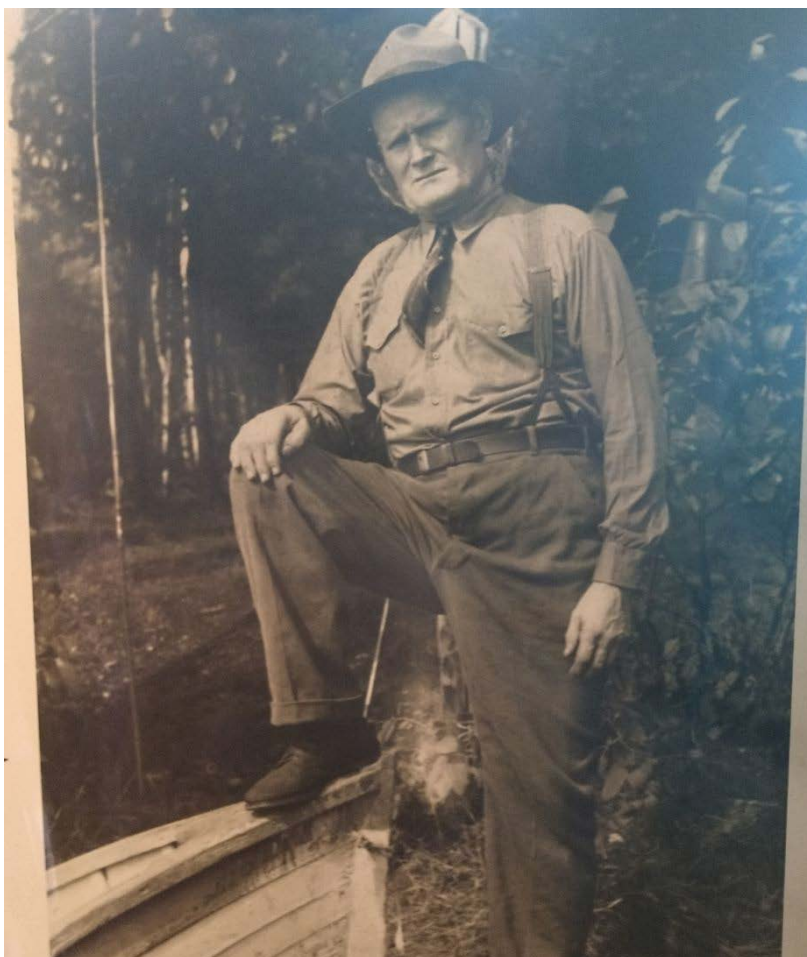
## Frank of Frank Lake

Investigative reporter Darren Bush discusses Warden Frank J. Long and the beautiful lake named after him

Saturday, we arrived at the cabin we rent for a week every summer with my family. It's a few miles south of Boulder Junction, Wisconsin, and it is the best kind of cabin; someone else's. I get it for a week, and have no responsibility after I leave the key on the kitchen table and close the door. Septic goes volcanic? See ya next year.

Barely an hour later, I climbed in my truck with a canoe on top and headed north to a small road off of County Highway M. I really don't want to tell you the name of my destination.

It's Frank Lake. I'm heading to Frank Lake. Vilas County.



There, now I've done it. I guess if I'm going to tell a bunch of people where one of my favorite lakes is, it might as well be y'all.

John Bates wrote a book that has become one of my nightstand favorites: Wisconsin's Wild Lakes. John selected 55 of his favorite lakes that meet his criteria as to what is wild: a lack of development, a certain size, ownership of the land around the lake so it's unlikely to be developed, and some sort of special feature that distinguishes it from a standard, run-of-the-mill northwoods lake.

While I love my family, and I love spending time with them, I also love my alone time. I discussed my idea with Stephanie of a possible solo overnighter while we were up there on vacation, and she was entirely supportive. But as we approached the date to drive up to Mann Lake, the logistics of putting together gear for a single overnighter as well as getting all the rest of the gear together was too much work, as I was already working right up until we pulled out of the driveway, pulling a trailer with four canoes plus two on top of the truck.

I decided to get the most out of a long day

alone, paddling back to spend the evening with the kids after dark. That saved time getting all my stuff together for sleeping and shelter. Instead, I put together a quick pack with books, a camp chair, and cooking gear, and threw in a few freeze-dried meals that I was supposed to try to see if I liked them enough to sell them in the store.

A plaque on a large granite boulder shows that Frank Lake was named for Frank J. Long, State Forest Ranger and Game Warden from 1911 until his death in 1937 while on duty on snowshoes in the Star Lake area.

I had to dig hard to find anything else about Frank J. Long. A 1910 census tells me that he was born on February 15, 1873, and his father was a Civil War veteran. A later census told me he was married and had three at least kids.

I dug through newspaper archives and went down the State Historical Society rabbit hole. In the newspaper archives, I found a short mention, page 8, in the Rhinelander Daily News, March 1937:

Frank Long, Sayner, one of the oldest game wardens in the state, died suddenly of heart trouble Sunday evening in the woods near Sayner. His son, Melvin, was with him at the time. Mr. Long will be buried at Sayner Wednesday afternoon.

When I saw that Frank died in March and on snowshoes, my first thought was that he went through some rotten ice. Frankly, I was re-

lieved to learn it was a heart attack. The thought of going through ice with giant snowshoes is petrifying,



so I'm glad he didn't drown, even worse, drown alone. I wondered why his son would be with him; turns out he was a game warden too. Just two game wardens out on a Sunday looking for people not in compliance with game laws. March snow can be heavy, and I can imagine slogging through that could put a strain on the heart.

Frank Lake is not a big one, only 147 acres. If you hurry, you can circumnavigate the lake in half an hour. Or, you can take your time and make it last. That's how I do it. I sometimes play a game where I try to paddle exactly a boat length from the shore with as much precision as I can. It's a good way to slow down and practice skills at the same time.

Frank Lake has two small islands on it. The larger one is an oval and measures 60 by 80 feet. A large sign says STATE OWNED ISLAND - No Camping. But there's a small cluster of rocks that functions as a fire ring, and a spot that's large enough for a person to sit, read, cook, and enjoy the breezes blowing through the white pines. I stopped there.

If you paddle slowly around Frank Lake, you'll find a lot of the sort of wood that's perfect for a twig fire. I try to get wood with a diameter about the same as a Sharpie, sometimes bigger, but it'll snap off the trunk without a saw or axe. It's bone dry and burns hot and without smoke. Because it burns so hot it leaves almost no ash either.

Sometimes you'll find some old beaver chew, the bark neatly removed by precise incisors, leaving little rows showing where they surgically snipped away the nutritious cambium. I saw no beavers, but there's a lodge, so my guess is they're around. Beaver chew burns great too.

I paddled past Frank's memorial boulder and plaque to the right and followed the shore for ten minutes, snapping off twigs and branches. Soon the bow of my canoe was filled with all the wood

I'd need to boil water for food and a hot drink.

The grave marker at Plum Lake Cemetery shows both Frank and his wife Della, who lived five years after Frank died. It's simple; grey granite with names, dates, and the titles Father and Mother. His son Melvin is buried there too, the one that was with him when he died. Unfortunately Melvin died in 1977, and his children wouldn't know their grandfather. So the full story of Frank J. Long is somewhat sparse.

I like it that someone in charge of something thought Frank deserved his own lake. I spent hours looking for old maps of Vilas County, and I finally found one showing the names of lakes in 1930. Sure enough, the old Starrett Lake was renamed Frank Lake, and the heretofore unnamed lake to the west of it was rechristened Starrett Lake.



I set up my camp chair and lit the baby fire, moved a few rocks so a slight breeze blew on it, so I had hot water in just a few minutes, before I was even ready for it. The envelopes were cracked open and filled with boiling water. Let sit for fifteen minutes, say the instructions. In the meantime I tried to read my book, but I couldn't

focus. There were loons calling on the water. The sunset was gorgeous. I just sat there, let my eyes glaze over and tried to feel everything around me.

The breeze. The whistle of wind in white pines is one of my favorite sounds in the world, like nature's white noise machine. Wind sounds good through all trees, but for whatever reason, white pines produce a softer, smoother sound. Whatever it is, it'll put me to sleep if I stay there long enough, but I can't. The sign says day use only, so I have limited time there.

I could find no archival pictures anywhere of Frank J. Long. I called a gentleman who owns an art gallery up there who had the last name of Long. Turns out Frank was his great-grandfather, and we talked for a good half an hour. Family lore was that Frank was chasing down poachers when he had a heart attack. Art was unaware that Melvin was with him at the time and Art was happy to learn that. We each had information the other didn't, and he invited me to come see him at his studio next summer.

In the meantime, Art found a picture of Frank in his files, and his wife took a picture of it and sent it to me. Not the best quality, but enough to see that Frank was a mountain of a man, with a jaw so square he probably could bite through a logging chain.

I have adopted Frank J. Long, and I am clinging to his story like a pit bull

with tetanus. I am not likely to let go of this until I am satisfied I have everything I want to know. Frank did good service to the county of Vilas. I found a document showing the arrest and citation records for all the conservation wardens in the state. He was successful in catching his share of violators.

Art told me that Frank was an expert tracker and could sniff out trespassers and poachers. A good warden is an ambassador first, law enforcement second. Frank probably knew a large majority of the people he encountered. Besides, hiding from Frank would be a stupid idea, since he worked for years as a logger in that same area before becoming a warden. Frank knew his territory. And if he caught you, a stern talking to would be the minimum punishment.

The fire burned itself out quickly and the ash scattered with a few puffs of wind, which was starting to die down. I will not name the brand of food I tried, but they batted .500. The stew was edible. The dessert was awful. Like not-edible-awful. This follows my general rule in pretty much anything: just because you can doesn't mean you should. Bananas

Foster belongs in a large chef's pan with butter, brown sugar, bananas, and rum lit on fire, not in a foil pouch. I should have known better, but I promised I'd try it. Promise kept, feedback will be suitably

provided. Three words: don't eat this.

As darkness settled, it was time to pack up. I wanted to get back to the family after a lovely afternoon and evening. I felt renewed just from half a day of paddling and sitting and doing nothing; just me and Frank.

I paddled past Frank's memorial plaque on the way to the take-out,

paused and placed my palm against the bronze. It's hard to read because of corrosion, and I make a mental note to bring some vinegar, some Brasso, 600 grit wet/dry sandpaper, and a fine wire brush on my next visit to see Frank of Frank Lake.

*Darren Bush is the Chief Paddling Evangelist of Rutabaga Paddlesports. He's also a writer for newspapers and magazines when he's not paddling one of his eleven, no, twelve canoes. His wife Stephanie's business card says Wrangler.*



## Lento vs. Presto

Jeremy Vore discusses the value of matching the tempi of your paddling experience to the needs of the moment

There exists a peculiar prejudice in the world of paddling—a notion that speed and appreciation exist in inverse proportions to one another. According to this mythology, the faster you paddle the less you see. That notion, passed down through generations of leisurely paddlers, contains a drop of truth, but misses the variety of experience that different paddling tempos offer.

Consider the single blade of a canoe paddle. At any speed, it performs the same fundamental actions: catch, power, exit, recovery, and repeat. The difference between fast and slow lies not in the basic mechanics, but

in the frequency and efficiency of execution. Like a metronome marking time, each stroke sets the rhythm for your dance on the water.

At five to six miles per hour, the water doesn't blur into incomprehensibility and the shoreline isn't an indistinct smear. Instead, this velocity gives me the opportunity to see twice as much of the world in a single outing. The riverbanks unfold like slowly turning scrolls, revealing themselves in continuous, fluid motion. Rather than a diminished and rapidfire observation of the world, my view is expanded as I witness more of the water's story in a given

amount of precious time.

A slow paddle might be compared to viewing individual photographs, lingering on each one and immersing yourself in the experience of their static, beautiful details. A faster tempo is like seeing the same sights in a movie, where movement and meaning emerge from the flow of images. Both approaches have their merits, and neither holds a monopoly on appreciation, understanding, or beauty.

The efficiency required for sustained, up-tempo paddling demands a deep engagement with technique. Each stroke must be refined, precise, and purposeful. There's an art to achieving the cleanest entry and exit of the blade; to maintaining the perfect alignment of body, shaft, and blade through the power phase; to the staccato cadence of 60 strokes per minute.

For some paddlers, that's tedium, but for others it's poetry of motion. The rhythmic movement, the steady breathing, and the continuous connection between muscle and water working in harmony create a meditation of movement. In that repetition, I find a state of flow that, paradoxically, leads to heightened awareness of my surroundings.

There's also a practical dimension to quick and efficient paddling. It allows you to explore further, reach more remote areas, and unlock a different level of independence in

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## Reflections on Paddling

wilderness travel. When weather threatens or daylight wanes, a brisk pace can deliver you to shore ahead of a storm front or before night settles. Spotting the put-in and take-out on a river is no longer a challenge when you can paddle upstream with the same ease that you paddle down, unlocking the simplicity of up-and-back loops.

But, perhaps most importantly, different paddling tempos represent different ways of conversing with the water. A slower pace can be a leisurely chat with an old friend, while a faster tempo mirrors an engaged debate or energetic dance. Neither is inherently more meaningful or appreciative than the other; they're simply different dialogues, different ways of listening to and experiencing the story of water.


The true art of paddling is not found in adherence to a particular speed, but in matching your cadence to the moment. Some days call for contemplative drifting, others for a brisk pace. The fortunate paddler develops fluency in multiple tempos, learning to read the water, weather, and their own inclinations to choose the most fulfilling rhythm for each journey.

So when someone suggests that paddling faster means seeing less, breathe deeply and offer a knowing smile. For those who have found their flow at higher tempos, the experience isn't about seeing less—it's about seeing differently. It's about engaging with the water in a way that combines physical mastery,

mental focus, and environmental appreciation in a singular, fully-present dance. The beauty of paddling lies not in how fast or slow you go, but in how fully you engage with each stroke, each moment, each mile of water behind your blade.

*A faster tempo is like seeing the same sights in a movie, where movement and meaning emerge from the flow of images.*

*Jeremy Vore is a long-distance canoe racer, former test pilot of high performance aircraft, gear designer, and owner and sewing machine operator at Red Leaf Designs. He lives with his family near Marquette, Michigan.*



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## Camp Dog

Dorothy Gause and the tale of the pooch that never quite was the water dog she hoped for

With three school age kids, a large heavy canoe, umpteen kayaks and a ten-year-old second-hand pop-up trailer, we wanted our ensemble complete with a water dog, one that loved being on the river as much as we did. Having done zero research on what kind of dog would suit, we adopted a “used” puppy, a return from a family whose



children were really too young to have a bouncy, barking, active, and rather anxious mid-sized dog. Alas, Tucker, a beagle German Shepherd mix (we don't ask how that came to be), was decidedly NOT a water dog. He loved sticks and balls and being with us and eating bits of hot dog and chasing bunnies and barking and anything really smelly, but he definitely did not love being wet.

To a dog who lacked a disgust-meter, not all wet was an anathema. Mud, slime, snow and ice did not count. Snowballs were for catching despite bursting upon impact. Goopy, foul-smelling things were for rolling

in. Dirty puddles were apparently for drinking, something we endeavored to avoid with a potentially expensive vet bill in mind.

Only water in streams, lakes, and especially, most especially, bathtubs were to be avoided. Not that we didn't try to transform our anxiety ridden, but enthusiastic pup into the river mutt we thought would fit us. Tucker loved fetch, to the loss of all else. Building on that knowledge, we would throw a stick in the water thinking he would immediately go after it, but he would stretch his neck out as far as possible to try to retrieve it without actually getting any hydration on his toes, barking at the stick to float a little closer.

We thought maybe he might chase a Lab into the water. Nope. Tucker raced after the other, bigger dog as hard and as fast as he could on his shorter legs, but when the Lab dove into the water, Tucker cartoonishly reared back on all four paws, literally skidding to a halt just at the edge of the river.

Conceding that perhaps he wasn't going to jump into the river, Tucker just hung out with us at the campsite most of the time, begging treats and fetch games often, and of course protecting us from any rogue squirrels. However, there were times we had to bring him with us on a canoe run because everyone was leaving the campsite. Tucker sat in between my legs at the bow of the boat alternately barking, looking around

and occasionally cowering. I did my best to comfort him and counter the constant weight shifting with my

*To a dog who did not have a disgust-meter, not all wetness was an anathema. Mud, slime, snow and ice did not count.*

own rear end, praying he would at least hold still-ish through the class III rapid on the Winneboujou run. Generally, he did, whether out of interest or terror, I guess I'll never know, although he was quite happy to spring out of the boat at the landing.

There was another occasion when we forgot to close the roof vent on our pop-up and it rained in the night. Tucker slept on the fold out dinette right below it and got drenched. I remember a cold, wet dog sheepishly climbing up next to my sleeping bag. I felt so sorry for him that I couldn't object to his shared damp.

Our sweet, barky, silly pooch, lived almost ten years. He was a fun camp dog, but not a water dog. But we loved him anyway. He wasn't the easiest dog we ever had, but he certainly had the most personality. And left us with memories and a lot of stories to entertain ever after.

*Dorothy Gause believes the best way to get a boring work job done is to do something fun in the middle of it. That's probably why she's always planning a camping & canoeing trip.*



# Invasive Species Action Network

A Public Service Announcement from our friends at the ISAN

Most of us think that freshwater invasive species are limited to Eurasian milfoil and other stuff hanging off fishing boat trailers. Those are the easy ones to see. The fact is that some of the bigger problems are the ones you can't see, and paddlers can carry them.

Let's take just one example: the spiny water flea. They sound sorta cute, just a little flea swimming around, but they're anything but harmless. Think of the spiny water flea as a microscopic velociraptor. They feed on daphnia, another water flea genus that's almost cuddly. They live their lives munching on algae, like little cows grazing on a field of clover. That keeps the algae blooms under control, but when they are indiscriminately slaughtered, that's bad. To make it worse, perch can't eat spiny water fleas because they're, well, spiny.

Then there's the zebra mussels. These fingernail-sized mussels first arrived in the Great Lakes region via ballast water from cargo ships from Eurasia, and quickly spread to larger bodies of water. They are a nuisance in a number of ways; attaching to native mussels and incapacitating them, growing on water inlets and outlets and restricting water flow (and burning out motors), and filtering out food that native fish and invertebrates need to survive.

So how do paddlers help? Just as power boats and other craft that move from body of water to body of water, follow the rules of cleaned, drained, and dry.

But, you say, it's only a little canoe. True. But think of where water can hide. Ever pick up your canoe and water runs out of the end cap and sometimes down your arm? Some species can live five days in those few cups of water. Invasive plants can stick to your hull and fall off on the next river over.

Let us paddlers do our part to contain the invasive species we have in our waterways. It just takes a few minutes and will keep your favorite lakes clear from trip-ruining pests.

## Where Do Aquatic Invasive Species Hide?



Aquatic invasive species can hide and cling to the nooks and crannies of our paddling boats and gear. When leaving the water, always **CLEAN, DRAIN, DRY** by checking these areas of your boat for mud, debris, plants, and standing water. When you see watercraft inspection stations, always stop and get inspected.



**CLEAN. DRAIN. DRY.**

Learn more at [www.cleanboater.org](http://www.cleanboater.org)

## Take Classes. Keep Learning

Jim Pippitt and the value of education

I've been really lucky to work at Rutabaga. I've been able to work on so many different things: coding, network admin, and this Show Guide. I've also been the staff photographer for years.

That meant I got to have a front-line seat to our instructors teaching students how to paddle. For years, I got to audit their classes. I learned that paddlesports isn't *difficult* but it isn't *obvious* either. Think of paddling as a skill, like chopping vegetables for dinner. You could just grab any sharp implement and whack away, or you could learn how to pick the right tool for the right job and how to use it more effectively and more safely. In most circumstances, few would notice the difference.

You might notice it though. Use the wrong knife for the job and the knife may break or chip. Worse, you might cut yourself.

Paddling is much the same. In most cases, folks can just grab a boat and get out there. Paddling isn't generally dangerous (yeah, pipe down you in the back) but it can be quite unforgiving.

Come to Canoeconia and attend our speaker sessions. Even better, enroll in a class or take a private lesson. Learn where you are at skill-wise and how to paddle safely. Turn those 'unknown unknowns' into 'things to pay attention to,' perhaps even *avoid*. As much as it pains me to say it, getting out of a pickle may yield some fantastic camp stories,

but avoiding it altogether is probably the better play.

I got a chance to use the skills I learned through osmosis last year. One of our party flipped his boat. Thanks to the teaching I got at Rutabaga I was able to solve the situation with minimal drama. The rest of the party looked on with awe as I walked him through the rescue, holding on to his boat as I'd seen the instructors do before. (I did not tell them that my wife and I had practised this beforehand. Everyone assumed it was "just something I magically knew" and, well, I decided I wasn't technically lying to them. I was just *not telling the full story*.) Still... the day went a lot better because of the lessons I took, even if I never actually signed up for any of the classes myself. Stay safe, y'all. Take a class (or two) yourself. See page 52 for more information.

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## Dan Cooke (February 25, 1956 - July 1, 2024)

Darren Bush remembers one of the great paddlesport independent gear builders

Dan was the founder of Cooke Custom Sewing. He will be known for his genius making outdoor gear, especially for paddlers, of course. His packs, tarps, and tents have been tested and used in the most extreme conditions without failing.

The year before he died he designed a cover to fit my “dog boat,” by Northstar Pearl, set up as a solo for me and Lucy. He didn’t have to take the time to do it; he was plenty busy. Somehow he found time to make the cover when he didn’t have a lot of time to give. He was a kind, generous, and deeply

spiritual man, and would drop what he was doing to help a friend. I am honored to call myself one of them.

Of all the cool bits of gear I’ve got in my garage, the cover may not be my favorite, but I can assure you it is Lucy’s.

Dan was a husband, father, godfather, uncle, and friend to countless people. He will be missed greatly by all who knew him.



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[yakima.com](http://yakima.com)

We miss you, Dan



**NORTHSTAR**

— CANOES —

Photo by Bryan Hansel



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[www.canoenorthadventures.com](http://www.canoenorthadventures.com)

BASECAMP LODGE: NORMAN WELLS NWT

**Canoe North Adventures** is proud to introduce three of our favourite canoe expeditions in Canada's far north. These rivers are brimming with magic and mystery, they hold secrets that will reach deep into your soul and change you – forever! Our small groups are carefully selected for maximum enjoyment and rivers are matched with your appropriate level of skill and experience. From the Mackenzie Mountains to the Arctic Coast to the Legends of Nahanni, we are excited to share the secrets of these amazing rivers.

### The Keele River

– Classic and friendly whitewater with spectacular mountain scenery



**FAST AND FRIENDLY** whitewater carving a turquoise path through dramatic ranges of the Mackenzie Mountains. Ideal for intermediate paddlers and perfect for a multi-generational family adventure. World-class fly fishing for arctic grayling or bull trout and epic hikes into the alpine with breathtaking panoramic views and a chance to spot woodland caribou or dahl sheep. This 12-day trip will enhance your canoeing skills and knowledge of river-running.

### The Horton River

– A journey through a mysterious northern tundra landscape



**THE MOST REMOTE** and northerly flowing river in mainland Canada, a truly epic adventure on a grand scale perfect for vintage, novice or intermediate paddlers. Smooth and fast current with crystal clear water offering world-class fishing for arctic char, lake trout and arctic grayling. Big game like muskoxen, caribou, wolves and grizzlies can be seen in full view on the open tundra. A birders' paradise, from raptors to songbirds, this 12-day trip will dazzle your senses.

### The Nahanni River

– An epic adventure, dramatic canyons and iconic Virginia Falls



**ICONIC, MAJESTIC** haunting with jaw-dropping scenery, the fabled Nahanni River. By raft, this is a perfect family-style trip for all ages and skill levels. By canoe, the roller-coaster waves through the legendary canyons are fun and challenging for intermediate to advanced paddlers. Highlights include Virginia Falls, Pulpit Rock, Hells Gate, Krause Hot Springs and Sunblood Mountain. Memories for life around every bend, 11-days by raft, 13-days by canoe.

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Why are some of these in italics? They're Direct Vendors. If you purchase anything from them, you need to pay them in their booth. The rest go through the normal check-out.

# CANOECOPIA

Information in Brief

**Who** Canoecopia is the world's largest paddlesport expo. It's filled with everything wonderful and wild in the community.

**When** March 7, 3-8 pm  
March 8, 9-6 pm  
March 9, 10-4 pm

**Where** Exhibition Hall at the Alliant Energy Center  
1919 Alliant Energy Center Way  
Madison, WI 53713

**Admission** \$17/day, \$35/3-day pass (age 17 and under free)

**Parking** \$8/day, \$25/3-day pass (no cash anymore)

[www.canoecopia.com](http://www.canoecopia.com)



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