

Adventure Sport Beach Recreation Day (Level 1)

July 31 & August 1, 2009 - \$135/PERSON



HERE'S WHAT TO EXPECT:

Learn to Stand-Up PaddleBoard (SUP), Pilot an Inflatable or Foil Kite and Kayak with a V-Sail! All of these adventure sports are introduced during a one-day outing to a secluded Park Point beach. The instruction emphasis is on kiting and V-Sailing when it's windy or paddling and board skills when it's calm. Trip preparation, equipment loading and navigation skills are built into the day. It's a FUN day that can lead to continued excitement by progressing into SUP touring, surfing or snow kiting.

SKILL REQUIREMENTS & GROUP SIZE:

No experience is necessary. You will get wet ☺ Maximum group size is six to provide personalized instruction.

WHERE:

This class will begin at 9am at the Aquatic Center in Duluth, Minnesota and run until 5pm. This is a physically active class, please get plenty of rest and eat a healthy breakfast. Bring a bag lunch and filled water bottles for the beach.

COURSE INFORMATION:

Read the attached course outline to familiarize yourself with the skills that you will be learning.

EQUIPMENT:

Please bring layers of clothing to stay warm on and off the water. Refer to the attached equipment list for details on the items to bring.

FOLLOW UP:

Staff will be at the Aquatic Center by 8:30am. Please call the Aquatic Center if you will be late, need directions, or are not able to attend the course (cancellation policy applies). Aquatic Center phone (218) 590-3125.

CUSTOMIZED COURSES:

Additional stand-up paddle board instruction is offered along the Lake Superior Shoreline on calm and big surf days using a customized course format. Call for availability. \$140/person/day (2-3 people); \$130/person/day (4-6 people). All participants must complete the UMD Health Form and Liability Waiver.

Explore more with the Outdoor Program:

- Lake Superior SUP & Kayak Adventure Tour on the Split Rock Shoreline, August 2
- Custom course in WW Open Canoe, call Randy at (218) 726-6177
- Thirteenth Annual St. Louis River Whitewater Rendezvous July 24-26
- Swift Water Rescue May 23-25

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrops.org

For more whitewater paddling information call Randy Carlson at (218) 726-6177.

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Course Outline

We have a lot to do in one day and it's fine if you choose to declare a primary focus! Stand-Up Paddleboarding (SUP) is a paddling/surfing hybrid adventure sport that offers a thrilling full body workout and is a great way to explore our lakes and rivers. We will develop your SUP stance options, balance, stroke techniques, board trim, and wave surfing skills when the surf is up. Kiting instruction includes an equipment overview of foils and inflatables, launching, piloting, landing, de-power safety systems, cross wind travel on foot and body dragging in the water. Kayaking instruction with a V-sail includes, stroke refinement, boat control, V-sailing concepts, steering and group management. Here's what you can expect for the day:

- Introductions, expectations and equipment distribution
- Overview of equipment design occurs during the distribution and loading effort for our tour
- Discuss planning variations for river, lakeshore and surf zone exploration
- Drive down Park Point to the put-in (Park Point – Bayside Boat Ramp or the Lake Superior Side)
- Stretching review and warm-up
- Transporting kayaks & SUPs with rudder and fin management in shallow water
- Kayak launching, SUP stance, balance & board trim
- Stroke development & flatwater maneuvers (also maneuvers in wind & waves weather permitting)
- Group communication, hazards and safety discussion
- Depart on our shoreline tour to the end of MN Point with skill development en-route

- Lunch on the beach with kiting and kayak V-sailing equipment orientation
- Develop an overall understanding of kiting equipment and regional kiting opportunities
- Land based kiting introduction if it's windy (or) back to the water for SUP and kayak paddling with V-sailing skill development

- Safety practices during and after kayak and SUP wipe-outs
- Self and assisted rescues
- Water based kiting instruction if it's windy from a safe direction
- Introduction to kayak & SUP wave surfing
- SUP footwork to adjust board trim and rail pressure while surfing a wave
- Kayak & SUP cutback skills and use of the paddle when surfing
- Depart on return trip to the take-out (Park Point – Bayside Boat Ramp or the Lake Superior Side)
- Load trailer and return to the Aquatic Center
- Course evaluations and closure

Follow-Up Skill Development:

- Try the Lake Superior SUP & Kayak Adventure Tour along the Split Rock Shoreline
- Explore surf zone dynamics, reading surf, swimming in surf, paddling through the surf zone, catching waves and surfing down the line, surfing etiquette and safety considerations
- Try snow kiting in Northern MN and progress to kiteboarding on the water

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Equipment List

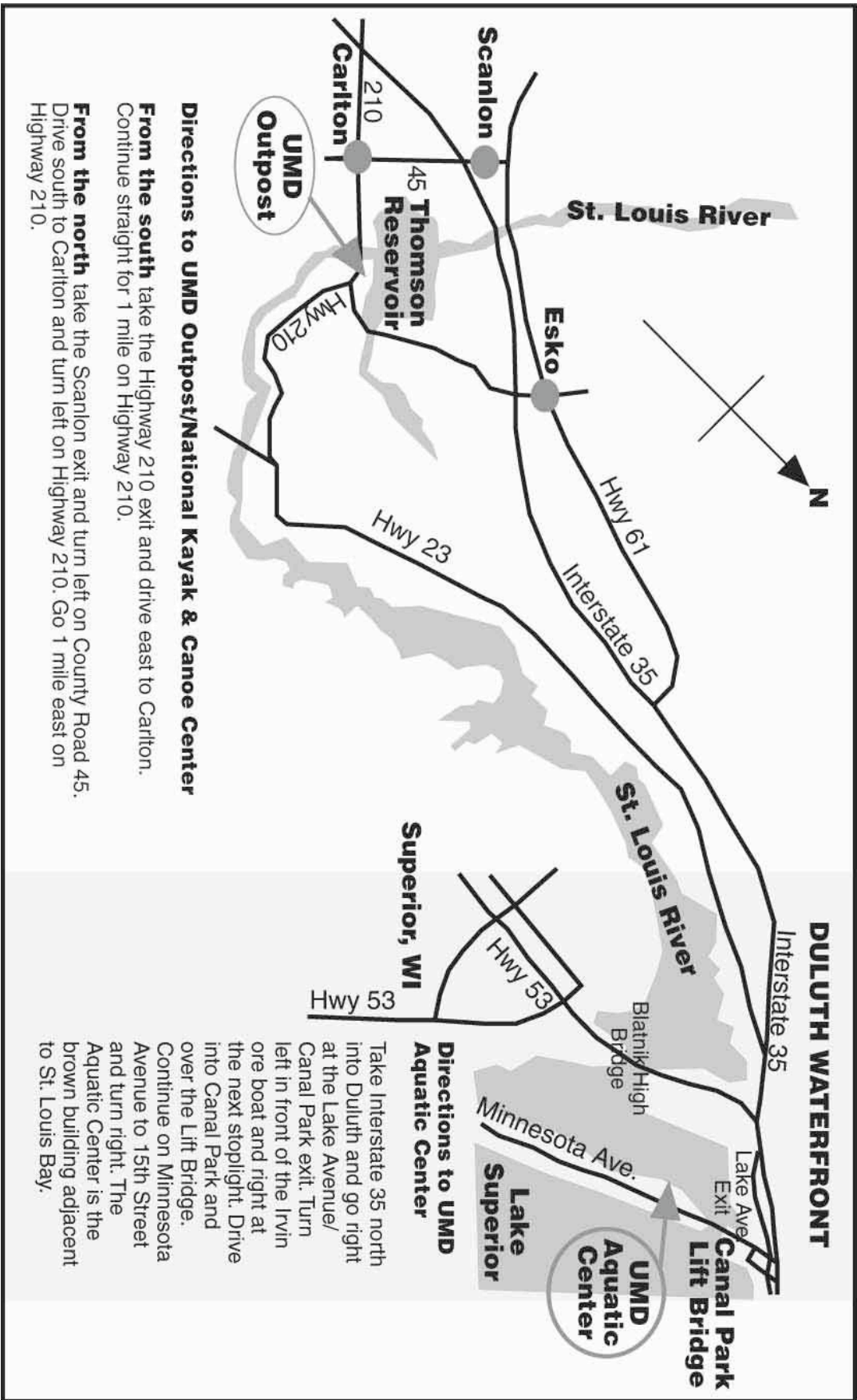
Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. We will be getting wet during this course.

ITEMS WE FURNISH

- stand-up paddle board
- sea kayak with V-sail
- foil and inflatable kite
- life jacket
- helmet
- paddle
- wet suit & paddling jacket
- dry bags
- first aid and repair kit
- surf rescue equipment

YOU BRING

- swimsuit & towel
- filled water bottles
- sunglasses
- eye glasses strap
- sunscreen
- warm hat that covers ears
- lunch
- nylon wind breaker
- nose plugs
- camera (optional)
- footwear - 1 pair of neoprene booties or thin soled sneakers that can get wet
- synthetic long underwear top and bottom / no cotton
- fleece long sleeve top or wool sweater



DULUTH WATERFRONT

Interstate 35
 Lake Ave. Exit
 Canal Park Lift Bridge
UMD Aquatic Center
 Minnesota Ave.
 Blatnik High Bridge
 Lake Superior

Directions to UMD Aquatic Center

Take Interstate 35 north into Duluth and go right at the Lake Avenue/ Canal Park exit. Turn left in front of the Irvin ore boat and right at the next stoplight. Drive into Canal Park and over the Lift Bridge. Continue on Minnesota Avenue to 15th Street and turn right. The Aquatic Center is the brown building adjacent to St. Louis Bay.

Directions to UMD Outpost/National Kayak & Canoe Center

From the south take the Highway 210 exit and drive east to Carlton. Continue straight for 1 mile on Highway 210.
From the north take the Scanlon exit and turn left on County Road 45. Drive south to Carlton and turn left on Highway 210. Go 1 mile east on Highway 210.

UMD Outpost

Scanlon
 Carlton
 210
 45
 Thomson Reservoir

Esko
 Hwy 61
 Interstate 35
 Hwy 23

St. Louis River

St. Louis River

Superior, WI
 Hwy 53