

Lake Superior SUP & Sea Kayak Adventure Tour on the Split Rock Shoreline (Level 2)



AUGUST 2, 2009 - \$145/PERSON

HERE'S WHAT TO EXPECT:

Refine your Stand-Up PaddleBoard (SUP) and Sea Kayak skills as we explore the Split Rock Lighthouse State Park shoreline, visit the lighthouse and a Lake Superior Water Trail kayak campsite. This day-tour is designed to further develop your skills as we travel along a challenging route. Learn about trip planning, equipment, paddling efficiency, group management and take in some spectacular scenery. We will compare the attributes of the SUP with the kayak in calm conditions or in wind and waves as we adapt to whatever the day brings.

SKILL REQUIREMENTS & GROUP SIZE:

Level 2 kayak or Level 2 SUP skills are necessary. Paddlers must be able to demonstrate basic knowledge of strokes, braces, self rescues, and be willing to paddle in wind and waves. You can choose an emphasis on kayak or SUP for the day. Maximum group size is six to provide personalized instruction.

WHERE:

This class will begin at 8am at the Aquatic Center in Duluth, Minnesota and run until 6pm. This is a physically active class, please get plenty of rest and eat a healthy breakfast. Bring a bag lunch and filled water bottles.

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 7:45am. 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:

- Adventure Sport Beach Recreation Day (SUP, kayak V-sailing, kiting) July 31 & August 1
- Custom course in Whitewater 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.umdrsop.org

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

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Tour Outline

We have a lot to do in one day and it's fine for you 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 if the surf is up. Kayaking instruction includes trip planning, loading, stroke refinement, boat control, V-sailing concepts, navigation 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 to the put-in at Twin Points or Split Rock Lighthouse State Park and set shuttle
- 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)
- Self and assisted rescues summary
- Group communication, hazards and safety discussion
- Depart on our shoreline tour with skill development en-route

- Lunch at Crazy Bay, a Lake Superior Water Trail Kayak Campsite
- Kayak V-sailing equipment orientation
- Navigation skills

- Safety practices during and after kayak and SUP wipe-outs
- 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
- Arrival at the take-out
- Load trailer and wrap up our shuttle
- Return to the Aquatic Center
- Course evaluations and closure

Follow-Up Skill Development:

- Try the Adventure Sport Beach Recreation Day on Park Point in Duluth
- 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

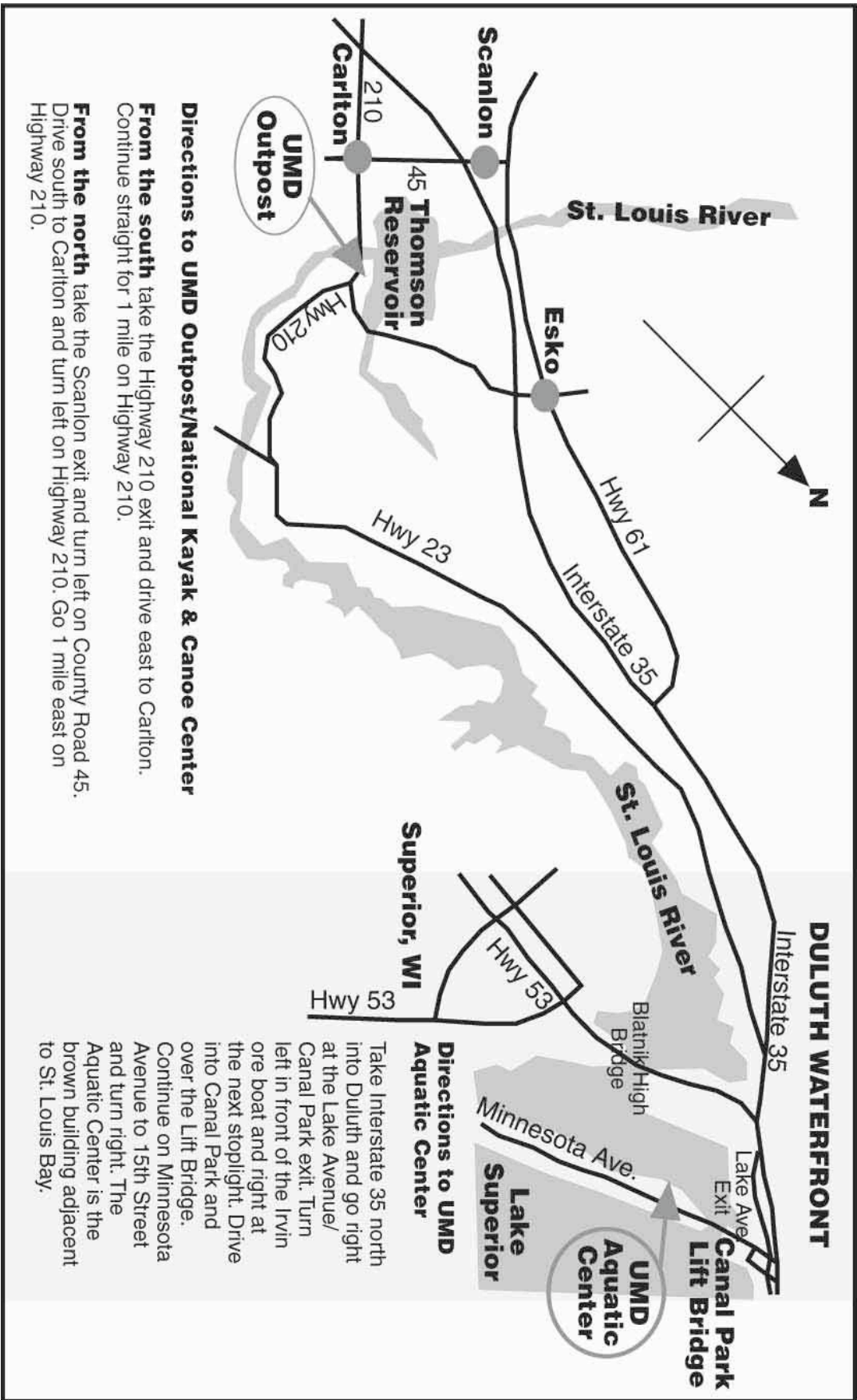
Please bring layers of clothing to stay warm on and off the water. We will be in and out of the water frequently so please bring warm clothing and plenty of food. We will be getting wet during this course.

ITEMS WE FURNISH

- stand-up paddle board
- sea kayak with V-sail
- 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



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.

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.