

University of Minnesota Duluth - Outdoor Program

Snow Kiting on the UMD Campus & Local Lakes

The frozen inland lakes and the upper St. Louis River Basin near Duluth offer steady winds and open spaces to explore an exciting new sport! Snow kiting has emerged from the fusion of several existing sports: surfing, wakeboarding, and windsurfing. The concept behind this new sport is very basic; use the power generated from a large controllable kite to propel you across the water or snow. During a long Duluth winter we use alpine skis, tele skis or a snowboard to cut across ice and snow covered surfaces.

WHAT TO EXPECT FROM INTRO SESSIONS ON CAMPUS (level I):

We will start out with a group of six people then cover the following topics in two or three stations over a two hour time span:

- discuss kite design, wind prediction, site assessment, prepare a kite for launch and identify safety features, define the wind window and safety zones
- learn control bar skills that steer the kite prior to and after it's launched
- split into pilot and assistant roles prepare a kite for launch outdoors
- lower the kite in the neutral position and re-launch the kite after it crashes
- fly figure 8 patterns, power stroke and loop patterns to demonstrate control
- one hand piloting and two hand power lifts from lying to standing position
- work on flying a quiet kite and then do running reaches to the left or right
- land and stow the two line kite properly to avoid line tangles
- observe a solo de-power and re-launch demonstration, learn about what to do next
- if skills allow try basic jumping patterns and make a land-board reach across the field

WHAT TO EXPECT FROM RIP ACROSS WILD RICE & ISLAND

LAKE SESSIONS (level II-V): We will divide in small groups to review Intro Session material and work into level II, III, IV and V topics over a six hour time span. You must attend at least one Intro Session on campus or get instructor approval to participate in the Rip Across Wild Rice or Island Lake Sessions. *See Level II-V instruction details on the back side of this sheet to determine where your skills are and where you can go with your skill development.*

WHEN: Fall Semester 2009 & Spring Semester 2010

INTRO SESSIONS ON CAMPUS (Tuesdays & Fridays Noon-2pm)

Nov. 10,20,24 Dec. 1 Jan. 26,29 Feb. 2

RIP ACROSS WILD RICE LAKE (Thurs. & Sat. 11am-5pm) **Dec. 5,10**

RIP ACROSS ISLAND LAKE (Thurs. & Sat. 11am-5pm) **Jan. 23 Feb. 18**

Mar. 6, plus the Island Lake Snow Kiting Expo – **Feb. 6-7, 2010**

WHERE: For Intro Sessions meet in the hallway outside 153 Sports & Health Center. Rip Sessions meet at the designated lake. Maps are provided.

WHAT TO BRING: For Intro. Sessions: durable clothing and footwear that will keep you warm and comfortable outside on the softball fields, in the snow/wind. For Rip Sessions: personal alpine or tele skis, snowboard, helmet, goggles or sun glasses, kneepads, water and lunch.

THE OUTDOOR PROGRAM PROVIDES: instruction (including snowmobile support at Island Lake), handouts, kites, ice screws, launch site flag and wind meter, helmet and knee pads for those that don't have them.

COST:

INTRO SESSION ON CAMPUS: \$8 for UMD Students / \$15 Others

INTRO SESSION & ONE RIP OUTING: \$25 for UMD Students / \$70 Others

- The Intro registration fee is transferable to a RSOP Snow Kiting Membership or an alternate date if the air temperature is below -10F or the wind is less than 10 mph at the Duluth Airport, see <http://weather.noaa.gov/weather/current/KDLH.html>

MULTIPLE RIP ACROSS WILD RICE & ISLAND LAKE SESSIONS: Must be a RSOP Snow Kiting Member \$45 per year UMD Students / \$115 per year Others or a "RSOP Combined Surf & Kite Membership" for \$70/year UMD Students and \$175 Others. Members can attend all surf and kite programs and also receive critical e-mail notification 24 hours prior to many additional outings.



GOALS:

- Develop basic skills
- Have Fun
- Meet new people
- Build advanced skills

EXPLORE MORE WITH THE UMD RSOP 2009-10:

- Montana Snow Kite Training Trip January 2-10
- Surfing Based Strength and Conditioning Pool Sessions on Fridays 8:30-11:00am September 18, October 2, 9, 16, 23 and Wednesdays 2:30-4:30pm April 14,21,28
- Canada River Wave Surf Safari Sept. 25-27, 2009
- Become a Surf & Kite Member to save money by combining the action!
- Kayak and surf in the pool with the UMD Kayak & Canoe Club, Mon. 2:30-4:30pm & Thurs. 9-11pm

GENERAL INFO:

Phone: (218)726-6533

Fax: (218) 726-7188

Email: rsop@d.umn.edu

www.umdrsop.org

Kiteboarding

Instruction Coordinator:

Randy Carlson

(218) 726-6177

rcarloso6@d.umn.edu

LEVEL II – (WILD RICE & ISLAND LAKE) LAUNCH SITE SKILLS:

- snowmobile tow or walk a short distance to the launch area out on the lake
- reading wind and preparing a kite for launch in the wind outdoors
- learn and then demonstrate your control of 2-line and 4-line kites doing the “Launch Zone Skills Check” which includes proper: harness use, de-power system use, reverse launching the kite and flying it into a neutral area of the wind window, use of emergency de-power system with solo reassembly and re-launching procedures
- one hand piloting and two hand power lifts from lying to standing position
- one hand piloting while strapping into your board or while stepping into skis
- work on flying a quiet kite and then do a sliding reach to the left or right
- work on “reach-jibe-reach” combinations in both directions while edging to stay upwind and demonstrating symmetrical control (tethered instructors or snowmobiles are used to avoid extended post hole walking back to the launch site)
- stowing the kite properly
- develop snowboarding skills using a water ski rope behind the snowmobile

LEVEL III – (ISLAND LAKE) DESTINATION ORIENTED KITING:

- learn rules of the road for kiting in a group and how to be safe around snowmobiles
- learn to control your reaches and get up-wind
- depart from the launch area and return to the launch area on your own
- maintain jibe speed and control so you can go where you want to go efficiently
- diagnose and resolve line tangles safely on your own
- as your skill level develops and when conditions are favorable you can experiment with larger kites and inflatable kites
- build terrain park features suitable for basic jumping with the kite

LEVEL IV – (ISLAND LAKE) RELIABLE UP-WIND TRAVEL & EXPANDED LAKE EXPLORATION USING MULTIPLE KITES:

- able to travel up-wind in all but extreme conditions
- able to handle overpowered condition with instinctive actions and maintain a reasonable level of mental tranquility as you deal with the situation
- able to demonstrate level I-III skills using multiple kites (2-line kites, 4-line kites, open cell foils, closed cell foils, inflatable c-kites, inflatable bow-kites, kites with bars or kites with handles)
- able to adjust to variable snow and ice conditions
- use natural ranges for open terrain navigation and maintain awareness of wind shifts
- take on an instructional role with less experienced kites
- build terrain park features suitable for basic jumping with the kite
- begin to acquire your own kite(s) and accessories

LEVEL V – (ISLAND LAKE) TERRAIN PARK EXPLORATION, JUMPING & SELF EXPRESSION:

- learn about load and pop jumping (no kite-whip)
- learn about sending the kite back in the window to jump (kite whip jumps)
- try basic jumping patterns and use the “Crib Sheet” to improve your riding
- build terrain park features suitable for jumping and rail sliding with the kite
- take on specialized instructor development
- travel with your kite and meet others

Helpful Concepts:

- Chasing wind is hard on your schedule. Try to arrange for two flexible days per week so you can be on the scene when it's windy. Over the course of a five-month winter season you will score several unbelievable sessions and sometimes get skunked.
- Wind is an exponential force so when the wind doubles in speed you have four times the power to deal with. A conservative approach will help you avoid injury as you learn about the awesome power of the wind.
- Skills progression is best achieved when you force yourself to spend time working on a specific technique even if it's uncomfortable at first.
- Obtaining your own equipment allows you to progress even faster and will help you get out more often. Choose wisely!
- Kiting is a very strong experience that can lead to “Wind Delirium” which has no known cure.

**The Real Classroom is Outside...
Get Into It!**