

A full-page background image showing a kayaker in a red kayak navigating a waterfall. The water is white and turbulent as it falls over rocks. The surrounding area is lush with green trees and foliage. The title 'Eddyline' is written in a large, elegant, white script font at the top right. To its left is a white line-art logo of a kayaker in motion. Below the title, the subtitle 'Journal of the Vancouver Kayak Club' is written in a smaller, white, serif font.

Eddyline

*Journal of the
Vancouver Kayak Club*

Reports and Stories

Technique Tips: Waterfalls 101
Tropical Winter Destinations:
Ecuador and Mexico

News

VKC Whitewater Festival 2008
2008 Trip Schedule
2008/2009 Membership Renewal

Winter/Spring 2008

Eddyline - Journal of the Vancouver Kayak Club

Editors: Megan Leslie

Layout: Claudia Schwab

Contributors: Claudia Schwab, Tony Sloane, Peter Spear, Christian Vogl, Farzana Vogl, Evelyn Feller, Keith Witney, Dave Morriss (texts and images).

The Eddyline will be published quarterly, with the occasional edition as a hardcopy. Your stories, ideas, letters to the editor and photos are welcome and needed. Please send your contributions in digital format any time and especially before the deadline for the next issue.

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Vancouver Kayak Club - Executive Contacts

President	Claudia Schwab	604-430-5657
Vice President	Rick Sheppard	604-879-8028
Secretary	Tom Hoskin	604-929-3408
Treasurer	Tony Sloane	604-731-0357
Membership	Farzana Vogl	604-727-2903
Trip Coordinator	Dave Morriss	604-892-9899
Training	Tudor Davies	604-552-2661
Webmaster, Training	Philip Morley	778-839-7445
Editor	Megan Leslie	604-318-4242
Access & Environment	Evelyn Feller	604-270-4050
Director at Large	Christian Vogl	604-375-6931

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**BC winter
paddling is
not for
weenies!**

Club Announcements

Message from the Pres

By Claudia Schwab, VKC President March 08

Now that spring is almost here, the VKC is gearing up for an exciting new paddling season! There will be plenty of trips scheduled, training for beginners and seasoned paddlers alike and of course socials, meetings and the BBQ. Take a look at the trip schedule (<http://www.vankayak.org/schedule.php>) to put your favored trips on your calendar. Of course there are still many gaps that need to be filled by organizers. Contact our trip coordinator Dave Morriss if you would like to volunteer.

But for 2008 we have planned something entirely new: a paddling festival on the Chilliwack River to celebrate our 50th anniversary! Planning is well under way with lots of sponsors lined up and most details worked out, but as always – these events are only as good as the effort we put into them. There is still lots of opportunity to help out – please contact Christian (christian_vogl@hotmail.com) if you are interested!

Last but not least I would like to thank our 2007/08 volunteers very much for their enthusiasm and effort – without them none of our club work would happen. Here are their names: Partick Chiasson, Pipo Damiano, Tudor Davies, Dave Elliot, Evelyn Feller, Tom Hoskin, Paddy Lee, Megan Leslie, Phil Morley, Dave Morriss, Rick Sheppard, Tony Sloane, Peter Spear, Laani Uunila, Farzana and Christian Vogl, and Darrell Wotzke (in case someone got left out – please forgive me and pass their names on to the editor for mention in the next Eddyline).

So as we watch the snow start melting – let's start planning for an exciting and successful paddling season 2008!

Best wishes
Claudia

VKC President

Beginner Course

The annual beginner course is tentatively scheduled for the weekend of April 26 and 27, 2008. More details to come!

Wanted: VKC Website Assistant

The VKC website is proving to be a valuable resource for club members and the paddling community. Since they were created one year ago, the VKC Forum and Gallery received 3600 message posts and well over 1000 pictures! We have several ideas for expanding the VKC website but could use an extra person to help get it all online before the paddling season begins. If you are interested in helping to develop the VKC club and festival websites and either already know or want to learn about creating web pages then please contact the VKC Webmaster, Phil Morley. Thanks!

Western Canoeing and Kayaking Club Members Discount during March

Western Canoeing and Kayaking offers a 10% discount at for club members during the month of March. In addition to this there is a price draw for gear for the club.

Upper Seymour Access

For access to the Upper Seymour run through Rice Lake Gate LSCR will require that a form is signed and one of the party is a member of one of the following paddling clubs: VKC, Beaver Canoe Club, RCABC, North Shore Kayaking Club, WKABC (according to membership lists at the gate).

Mamquam Access Road Rebuilding Funding

Squamish resident John Harvey has taken on the project to rebuild the road to the Mamquam put-in. He is partnering up with the landowner and the District of Squamish, and has already secured some funding from the MEC, but to reach the goal more donations, especially from paddlers and paddling organizations are required.

"I am writing to you in the hopes that your organization will rally behind this Access project. As you may be aware, the road accessing the kayak put-in on the Mamquam River was washed out last year and vandals have further wrecked the site. I am taking on the project of renewing that road, in a partnership with the landowner, Bob Fast, the paddling community and the District of Squamish. I know that your group has interest in this river and my hopes are that you will be able to help

me fundraise for the cause. Our expectations are that we'll need about \$8,000 - \$10,000 to reditch, culvert and grade road as well as build a new informational sign kiosk, outhouse, etc. The landowner has generously offered to build us a new (bombproof) gate which will have FREE key access via Valhalla Pure Outfitters in the Squamish Station Mall."

The VKC board will discuss at the next executive meeting how we can best support this project. In the meanwhile, you can also make personal donations to the cause at the Squamish Community Foundation - "Mamquam Kayak Site" which has charitable status and will offer tax receipts for all donations (Box 480; Garibaldi Highlands, BC; V0N 1T0). Contact John with any questions at 604 898-1326.

AGM Report - Membership **Farzana Vogl, Membership Director**

Thanks to all the active members of the VKC for renewing memberships promptly last year. Our total membership increased by 50%! The plan for this year is to continue with promoting memberships and keep the club growing especially with the upcoming VKC White Water Festival. Be sure to return your membership form (included at the back of this newsletter) or you can use the online registration available at: <http://www.vankayak.org>.



[vankayak.org](http://www.vankayak.org). Our fees remain the same and you get great value from a not for profit club.

Our geographic distribution map below shows that we may be more aptly described as the "Lower Mainland Kayaking Club". The numbers next to each city indicate the number of members that we have from each area. Please continue to tell all of your paddling friends about the membership benefits of being in the VKC and be safe out on the rivers!

AGM Report - Trip Schedule 2007 **Dave Morriss, Trip Director**

We had 29 trips scheduled of which 20 went ahead. 9 were cancelled. 6 were cancelled because of adverse water levels, 1 no member response, 1 no organizer and 1 cancelled by the organizer. In all trip participation was 247 members, 14 guests for a total of 261.

AGM Report - **Access and Environment** **Evelyn Feller, Director for Access and Environment**

1. Club members participated in a very wet rivers day clean up on the Lower Seymour and the Lynn.

2. Efforts were made to negotiate better access to the Mamquam because of the deterioration of the road. Both VKC and Squamish club efforts seem to be at a stalemate because of liability issues that face the current land-owner should drivers be injured using the damaged road. The Squamish Club wanted to take a lead role on this.

3. VKC executive decided to join the B.C. Rivers Alliance which is made up of a wide variety of participants ranging from Marjorie Cohen, a SFU professor who advocates against privatization of energy supplies, the Burke Mountain Naturalists who are concerned about IPPs on the streams in the Upper Pitt to river advocates such as Mark Angelo. One member, Tom Rankin, lives near the Ashlu and was a passionate voice against this project. To date the main achievement of the group have been another outstanding article in "Common Ground" in October and a Forum for members which provides information about which projects are undergoing environmental assessments and where efforts must be directed. Another meeting is being held in December and some members participated in a public forum on Monday. I would recommend we continue to be part of this group and I am still prepared to attend meetings on behalf of the VKC.

4. Other projects which may have future implications for kayakers that are important to monitor are the dam on the Lower Similkameen just south of the border and the proposed ski developments in the Coquihalla that have potential impacts on the Nicola/ Coldwater system.

2008 VKC Trip Schedule

Club trips are the heart and soul of the VKC. After all, the main reason we're here is to get together and paddle rivers in a fun and safe environment! VKC trips provide paddlers of all abilities the opportunity to meet with others and explore some of the most beautiful and exciting rivers in Southwest BC and beyond. Below is a list of trips and events planned for this year. Please note that a trip on the schedule is not finalized until an exact date and organizer are listed. VKC trips are organized by VKC members, which means that we rely on volunteers to step forward and offer to organize and support club trips and events. The satisfaction of helping others get on the river is well worth the effort! We welcome suggestions for club trips and are always on the lookout for new organizers and support boaters. If you would like to help out in any way, please contact the VKC Trip Coordinator.

IMPORTANT: Before participating on a club trip, all paddlers must become familiar with the VKC trip guidelines and accept responsibility for their conduct on the river. The guidelines will be posted here shortly (VKC members on the forum can also read the guidelines in the Trip Planning message board). In the meantime, please contact the VKC Trip Coordinator with any questions regarding what is expected of trip organizers and participants.

DATE	EVENT	LOCATION	ORGANIZER CONTACT	LEVEL	GRADE
March					
	Pool			All Levels	
22-24	Surfing	Long Beach		All Levels	
29/30	River Run	Chilliwack		Int	III
April					
	Course			Beginner	
	Pool			All Levels	
5/6	River Run	Upper Mamquam		Int	III+
12/13	River Run	Chehalis		Int	III (IV)
19/20	River Run	Coquihalla		Int	III (IV)
26/27	River Run	Nooksack		Int	III
May					
Thursdays	Training	Capilano		With roll	
3/4	VKC WW Fest	Chilliwack		Everyone!	
10/11	River Run	Lower Cheakamus		Nov	II
17-19	River Trip	Wenatchee (social)		Int	III
24-25	River Trip	Nicola		Nov	II (III)
31/1	River Run	Chehalis		Int	III (IV)
30-June 1	Festival	Puntledge	Non-VKC VIWPS		
June					
Thursdays	Training	Capilano		With roll	
7-8	River Trip	Birkenhead		Int	III
14/15	River Run	Coquihalla		Int	III (IV)
21-22	River Trip	Similkameen (social)		Novice	II
28-29	River Trip	Nahatlatch		Int	III (IV)
July					
5-6	River Trip	Skykomish/Sauk		Int	III (IV)
12/13	River Run	Chilliwack		Int	III
19-20	River Trip	Nahatlatch		Int	III (IV)
26-27	Surfing	Long Beach		All Levels	
August					
2-4	River Trip	Clearwater		Nov/Int	II-III
9-10	River Trip	Nahatlatch		Int	III (IV)
16-17	River Trip	Lillooet		Int	III+
23/24	River Run	Elaho/Squamish		Int	III
30-Sept 1	River Trip	Thompson		Nov/Int	II-III
September					
6/7	River Run	Chilliwack		Int	III
13/14	River Run	Elaho/Squamish		Int	III
20/21	River Run	Cal-Cheak		Int	III
19-21	Festival	Surf Fest	Non-VKC VIWPS		
27/28	River Run	Chilliwack		Int	III
28	BC Rivers Day	River Clean-up		Everyone!	
October					
	Surfing	Long Beach		All Levels	

Ecuador 2008



Story Tony Sloane

As many of you know Brian, Laani and I headed down to Ecuador for a week of warm water paddling in January. Brian and Laani had an extended trip that allowed them to see a little more of Ecuador and the acclaimed Galapagos Islands. This was a commercially guided trip with Small World Adventures (SWA) and the first time any of us had been to Ecuador.

The SWA's "Torrents" packaged trip was geared towards class four boaters. I was uncertain if this trip was a season premature for me. Some of the photos and the marketing DVD definitely looked to be a step up from anything I'd paddled before.

We flew to Quito and were met at the airport late in the evening by Larry, one of SWA's owners. We stayed the night in Quito and woke to an early breakfast where we met the other members of the group, Steve and Ed, as well as another one of our guides, Don. We started off early by driving to the Quijos valley, our base for part of the week and the home of SWA. As we summited the pass, we had our first glance of the valley below in which we would be paddling and a first glimpse of the rivers. The first river we saw was the Papallacta and this had me nervous; this river definitely had a "pucker" factor and I was unsure if this was one of the rivers on our "to do" list. They had a selection of boats to choose from; Laani went for the ZG, Brian the EZG.

I was still trying to control the "pucker" and went for a Burn, throwing my gear in with haste to ensure it was mine, mine, mine! Our first river was the Upper Cosanga. This was mainly III+ with one IV+ drop (Chibolo) that most of us decided to portage. The drop had plenty of character and some of the features would seriously ruin your vacation if you ended up on the wrong line. This drop was probably best left for another day.

Day 2 had us on the Lower Quijos, a large volume play river. I had a change of boat and paddled an EZ. This river had one drop (Gringos Revueltos) which probably contained the largest wave train I've ever paddled. Two of the guides Don and Darcy both had great waves named after them. Darcy's was a huge crashing wave and was by far the meatiest thing

We had hired porters to carry our boats and this was the best \$3 of the trip I spent.

I've ever tried to surf. I hit the foam pile and my paddle was instantaneously ripped from my grasp. I managed to hold on with one hand to have a short powerful uncontrolled ride. Laani stole the show at Darcy's when she managed to link several ends. Don's wave/hole was a little friendlier with easier eddy service. Although Don's wave was friendlier it still packed a punch and made for more great entertainment.

Day 3 saw us move to the Napo valley to take advantage of the lower water levels. With this move came more tropical weather and the introduction of my shortie dry top. We paddled the "Lodo" section and half of the "El Reten" section of the Misahualli. This is a beautiful bolder choked river, fairly steep (155 fpm) with chutes, ledges and technical bolder gardens. This was probably my favorite river of the week and had some tight continuous rapids. Part of the way down we met the local children playing in the river and they didn't seem to have any issues playing in the pools.

Day 4 started with a 1.0 km hike to the put-in along a really muddy trail. We had hired porters to carry our boats and this was the best \$3 of the trip I spent. On the path we had to avoid the mules making the trip in the opposite direction, struggling under the weight of their loads. The mud was shin deep in places and claimed various booties and flip flops along the way. When we reached the river, it was time to wash the mud off and relax for a minute in the pools before gearing up in the mid morning sun. Our challenge for the day was the Lower Jondachi, a pool drop river (70 fpm) in a beautiful remote lava canyon. This was a long run (19 miles) that doubled in volume with the confluence of the Hollin. The first section was more technical progressing to big volume. We named one of the drops on the Jondachi "Birthday



Surprise" after it gave us plenty to talk about for the next couple of miles. The scenery was spectacular and the colours vibrant in the January sun. There are several great waves on this river. We came to one of the bigger rapids on the Hollin and split the group. It was a big S bend between holes. Passing the second hole I looked down as my paddle was planted into a void. With only moving air to brace on I toppled into probably one of the biggest holes on the river. After what felt like too long, I pulled my spray deck and was immediately flushed from the hole shaken and stirred in to the class I pool below. This was my first, and hopefully my last, swim of the year.



On day 5 we headed back to the Quijos valley to paddle the Lower Cosanga. I switched back to the Burn as the water levels were still medium to high in this valley. This was another creek pool drop run that was similar to the Upper Cheak in character and scenery. One drop that had entertainment value was "Cock on the Rock" which we managed to catch on video.

On day 6 we put on the river directly in front of the lodge and planned to paddle the "El Chaco section" of the Quijos. I was starting to feel a little tired and a little sorry for myself. I had burnt my lips on the previous days, had a boil on my chin that was about to explode and ended up in the first

hole on the river that we had been fore warned to avoid. The river at this point was pretty bony and was similar to the Chilliwack Canyon at lower water. By the time I had reached the bottom of the third drop, I had cut my hand, scratched my helmet and was definitely feeling bloody sorry for myself. I knew this was the easier section of the river and things

Once you entered you were on your own and there were places you didn't want to be.

were about to pick up. I had decided to go back to the EZ and at this point in time I was definitely regretting that decision. The river did pick up but I was starting to feel more comfortable. We got out to scout the canyon drop. Darcy demonstrated her line that was fairly clean, she made it look easy although there wasn't much room for error. I was certainly a little nervous entering this drop and the water was huge. Once you entered you were on your own and there were places you didn't want to be. The drop was over before I knew it and I gave a huge sigh of

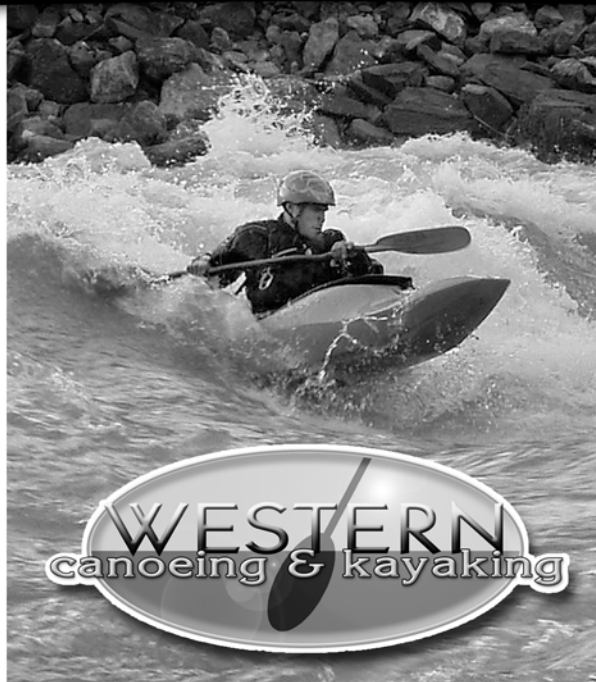
relief as I entered the eddy at the bottom. I think the guides were a little relieved as well, it wasn't quite over as it took me a couple of attempts to get out of the eddy we had gone in. The rest of the day continued without incident and I was back enjoying the water.

Day 7 was a half day on the river and again we were on a different section of the Quijos. We paddled the Baeza to Borja section of river. Even though we were now starting to think of travel plans, this section of river still had enough to grab your attention. I'm pretty sure we only got out to scout one drop but there were several challenging rapids.

This was a great trip and although a little cooler than I had imagined in the Quijos valley, it was a hell of a lot warmer than the Cap this time of year. The set up that SWA has is second to none and I would recommend this trip to anyone. Their location is ideal for class III+/IV trips if you are looking for something for the future.

Gear up for our Spring Sale on April 5, 2008

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Technique:

Waterfalls 101

Leland demonstrating the boof stroke. Note how delayed his stroke is on this slowly rolling off lip.

**Text Peter Spear
Photos Claudia Schwab
Peter Spear
Kemper Begley
Matt Hearst**

So you want to run waterfall like the pros? Taking the Brushy Mountain Creeking Clinic with Andria and Leland in Mexico was an excellent way to learn. They are planning to do it again next year, so check their website. But if running hundreds of clean 1m to 7m travertine drops in a beautiful tropical setting while staying at a deluxe resort doesn't sound like your thing then read on and I'll do my best to describe what I learned.

While our group was running laps on the first 18 foot drop on the Micos, some old school paddlers (paddling an RPM and a super-sport) stopped to scout the drop. The woman, obviously nervous, asked her companion how to do it. He, explained, "As you go over the lip you take one last stroke, lean back and hold your paddle over your head". She watched several more of us running the falls. She turned to him and said, "But they are all leaning forward!?" He wasn't impressed and told her she would need to ask us about that. She didn't and ran the drops as instructed.

What is wrong with leaning back? Why don't you see the pros doing it? The answer is control. Once you lean back you have no control over the boat. You cannot ensure that your body remains in balance over the boat. You cannot boof. You will pencil into whatever is at the base of the falls (a hole or rocks). You will more than likely come out the bottom upside down. Your back is more

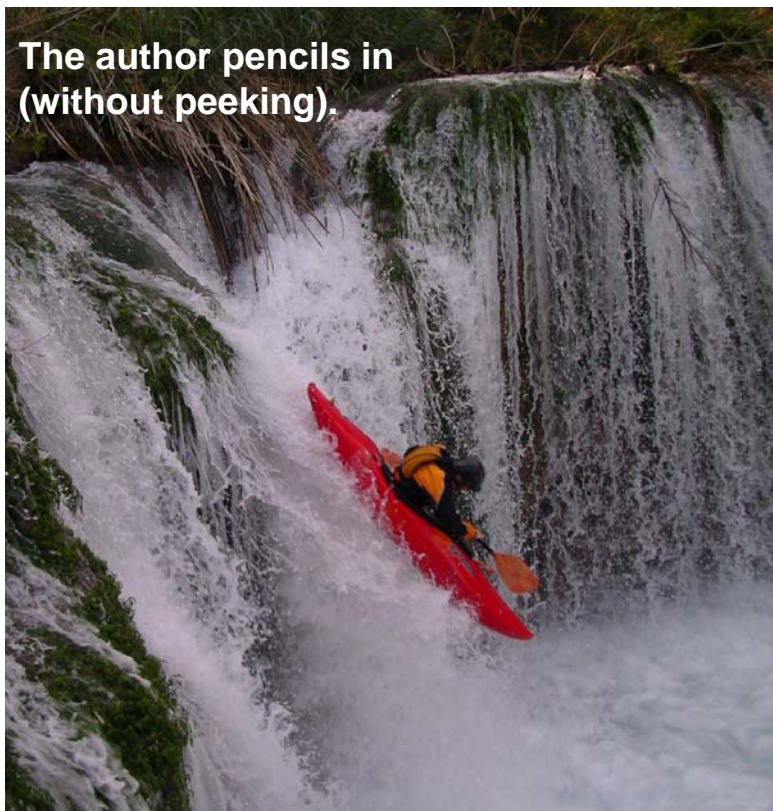
exposed to injury (columnar compression from hitting something hard or from being smacked by the cockpit rim). Finally, holding your paddle over your head exposes your shoulders to injury and increases the risk that it will be torn from your grasp.

OK, so just lean forward when running falls - simple... Unfortunately, just like learning to roll, our native instincts don't serve us well in this skill. In rolling, our instinct is to lead with the head. You lift your head, the roll fails. In running waterfalls the instinct is to lean back. It is a very strong instinct and it may take a lot of repetition and correction to learn the technique. Key to this technique



Old school waterfall technique. Lean back with the paddle held overhead.

**The author pencils in
(without peeking).**



is the last stroke taken at the lip of the drop: the boof stroke.

The Boof Stroke

The purpose of the boof stroke is to separate the boat from the water and to send you flying in the desired direction with you in balance over the boat.

The stroke starts with a strong forward lean from the waist, a straight lower arm and moderate body rotation. The paddle blade should be grabbing water near the bow of the boat. Make a strong vertical forward stroke. Pull up with your knees. Focus on driving the upper hand forward. Finish with a strong forward lean and the paddle held down securely diagonally across the boat.

Common mistakes:

- Failing to reach forward at the start. This causes the stroke to be short and weak.
- Finishing the stroke leaning back. Your body should bob upward momentarily in the middle of the power section of the stroke but as you drive the upper hand forward you should naturally lean forward. At no time should you lean back past straight upright.

- Failing to make the stroke vertical. This is a very common problem. If the stroke is not vertical, it acts more like a sweep and the boat will turn.

- Finishing with the paddle in the setup for a roll position. The paddle should be diagonal across the boat ready for the next stroke. Think positive, don't setup to roll!

This stroke can be practiced on flat water. See how high you can make the nose of your boat bob up. Check that you don't make the boat turn too much.

Timing

Timing is critical. For a hard lip drop, grab the lip (rock or water) with the paddle. For a lip that rolls off, the stroke should be taken later. One suggestion is to not take the stroke until you can spot your landing target over the nose of your boat.

The problem with taking the stroke too early is that when the nose starts to lift the tail drops. If the tail is still on horizontal or low angle water, it will hit and reverse the rotation, turning your boof into a pencil.

It is often preferable to approach the drop slowly and execute a perfect boof stroke rather than racing to the lip and missing the stroke. The slower you are going the easier the timing is. Jamming in too many strokes before the boof is another common mistake. It is better to miss a stroke or two and then nail the timing perfectly.

**Kemper gets a great boof
stroke on Aquarium drop.**



Stroke Placement

Easy rule, the boof stroke must be on the side of the boat that is falling first. The stroke then levels out the boat which would otherwise (with no stroke) be falling over (as the water transitions from horizontal to vertical). Taking the stroke on the opposite side turns the boat straight down the falls converting your boof into a pencil. If neither side is falling first then you can take the stroke on either side.

The Boof

The boof, named for the noise the boat makes when it lands flat, is a great option for smaller drops where you want to avoid shallow rocks or a hole. It lets you leap out and over the obstruction and keeps you on the surface of the water where you are in control. The key executing a good boof is to make a good strong boof stroke on the correct side, at the right time while pulling up hard with the knees.

If you are boofing to avoid a hazard, don't look at the hazard. The boat goes where you look, so focus on your line instead.

The Meltdown

On drops higher than 15' (or lower if the landing is in green water) a boof will hurt your back or may inflict the dreaded nut slap. In this case you should meltdown. The goal of the meltdown is to leap out over the hole but to then rotate forward and pencil in. You then get carried away from the base of the falls underwater.

This is much harder to execute than the boof. The official instructions were: "Do a normal boof stroke but without pulling up with the knees. This separates you from the water. You then push down with your feet to drop the nose of the boat."

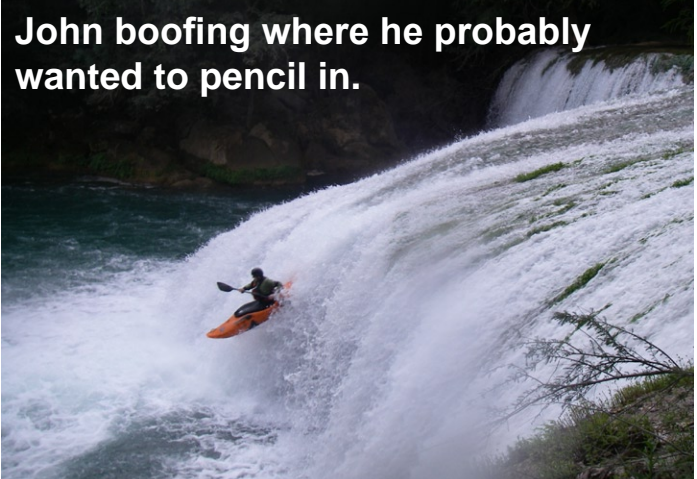
I'm afraid the physicist in me has a bit of a problem with the instruction since once separated from the water pushing your feet will do nothing unless you lean back (which we are trying to avoid). I found that by using a very gentle boof stroke I didn't really separate from the water or fly out past the hole but I did pencil in nicely. One word of warning, skip the boof

stroke entirely on a vertical drop and you stand a really good chance of over rotating (going over the bars). Ouch.

When penciling in on bigger drops, head and body position are important. At the end of the boof stroke lean forward aggressively down onto the spray deck. Look at the spray deck so that the impact of the water is on the top of your helmet. No peeking. Hold your paddle down on the deck and clamped to your hip. The force of the water on impact will try to force you backwards. Fight it.

Boat design

None of this working for you? You could try blaming the boat. No, really you can! If the boat is too long or has inconsistent rocker in the stern, the stern may be more likely to interfere at the



lip of the drop and cause your boof to pencil. Look for a boat in the 8' range with a smooth rocker curve. The rocker in the front is also important. When landing at an angle the forward rocker converts vertical speed into horizontal speed which can help punching a hole and popping you back to the surface quickly.

Final words

Go boating with someone who knows what they are doing and is trustworthy. Take a swift water rescue course. It is always your own choice to run a drop or not. If unsure walk it. If you can't spit, walk.

Cover: Andria gets a boof on the Micos

Vancouver Kayak Club White-Water Festival 2008



The **Vancouver Kayak Club** is celebrating 50 years, and **Everyone** is invited! Our Festival is open to **ALL** Whitewater Enthusiasts - Members or Non! Join us **May 2nd, 3rd & 4th, 2008** on the **Chilliwack River, BC, Canada.**



Festival Features: 2 Nights Secure Camping, Guided Runs, Clinics, Shuttle Services, Saturday eve **BBQ with Beverage**, Entertainment, On & Off River Contests, **Prizes**, T-shirts (for Adv. Ticket purchase), Non-Paddling Activities and Lots of Fun! The Chilliwack is known for consistent water, great access and fun runs - Class II to IV, including the famous "Tamahi" Rapid.

For more info on the Runs and Paddling the Chilliwack, Please check out: http://paddleguides.com/rivers/bc/chilliwack/chilliwack_river.html

Buy the Guidebook: <http://www.wetcoastpublishing.com/>

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For Updated INFO, check out:

www.vankayak.org/festival

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