

May2010
Trips and Courses
Canoeing & Kayaking

Running of the Cows

The 9th annual running of the Cowichan River from Lake to Bay will take place on the weekend of May 1 and 2. This is a two day trip with camp set up on Friday night at the Horseshoe Bend group camp site on the Cowichan River. Cost of camping is \$10 per tent per night to cover the reservation fees for the group site.

Saturday's run will go from the Lake to Stoltz Pool; Sunday's from Stoltz to the last bridge. Keeners can start early on the Sunday and re-run the Canyon, joining the others at Stoltz.

Members of the Beaver and Dogwood Clubs are invited to take part.

Note: All paddlers must have passed the tandem canoe Moving Water course. Canoe must be properly out-fitted for river running – airbags, throwbags, etc – and helmets, plus wet or drysuits are required.

Contact Alan Thomson 250-592-4170; 3135thom@islandnet.com or Tom Staebell 250-655-7131; thestaebellfamily@shaw.ca if you plan to come on this great annual event.

Frost-Free Weekend

The club's annual season-starting camping trip will take place on the Mother's Day weekend. A three day trip is planned - Friday, May 7 – Sunday May 9. The trip will be combined with the tripping portion of the Ocean Paddling course (See Courses section). At the time of writing, a destination has not been finalized, but it will be somewhere on the outer Gulf Islands between Gabriola and Saturna Islands.

The trip is not restricted to those taking the course. It is open to all Club members, kayakers and canoeists. The Club canoe or a voyageur will be taken if needed to accommodate members who don't have their own boat or lack ocean paddling skills.

Contact Alan Thomson at 3135thom@islandnet.com or 250-592-4170.

Lake Water Advanced Tandem and Solo (Level 3 & 4)

Saturday, April 10, 2010 (Level 3)

Sunday, April 11, 2010 (Level 4)

Lake Water Basic Tandem and Solo (Level 1 & 2)

Saturday & Sunday, June 5 & 6, 2010

Thursday, June 3, 6:00–8:30 pm for registration and classroom session.

Costs are \$25 for each Lake Water course (\$50 for the Lake Water 1 & 2 which we are offering as a package). In addition to the course cost, Lake Water 1 & 2 students will have to pay \$10 each to cover the costs of pool rental.

Moving Water course fees are \$150 per weekend and include the use of a club canoe and transportation costs.

To register for any of the above courses or for more information, please contact canoe@vckc.ca.

Paddle Canada - Intro to Kayaking

When: Saturday, May 15
Saturday, May 29

Cost for the course is \$30.

If you are interested in taking this course on either of these dates, please contact Dorothea Hoffman at kayakcourses@shaw.ca.

Dorothea asks that you provide the following information:

1. Your full name and the full name of any other participants;
2. Your address and telephone number;
3. The approximate date you joined/ renewed membership at VCKC. If you are not already a member you can join online;
4. Do you own your own kayak?
5. Do you want to borrow a VCKC kayak?