



May 14-16, 2010 — Palmer Rapids, Ontario, Canada

## Canadian Canoe Symposium Registration Form

Please complete the following, and mail, fax or call in the information with full payment to the Rapid Media office. Please type or print.  
**NOTE:** One form per registrant, children six and under are FREE.



### Contact Information

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

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Organization: \_\_\_\_\_

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Position: \_\_\_\_\_

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Address: \_\_\_\_\_ PO Box: \_\_\_\_\_

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City: \_\_\_\_\_ Prov/State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

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Telephone: \_\_\_\_\_ Ext: \_\_\_\_\_ Fax: \_\_\_\_\_

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Email: \_\_\_\_\_

### Food, Daycare, Camping

**Menu Preference** (Saturday night dinner):  Meat or  Veggie

**Day Care Required:**  Saturday 10-Noon  Saturday 2-4pm  Sunday 10-Noon  Sunday 2-4pm

Name of child: \_\_\_\_\_ Age \_\_\_\_ Allergies/Other \_\_\_\_\_

Name of child: \_\_\_\_\_ Age \_\_\_\_ Allergies/Other \_\_\_\_\_

Name of child: \_\_\_\_\_ Age \_\_\_\_ Allergies/Other \_\_\_\_\_

**(Note:** Children must be at least one-year old. Children must be picked up immediately after clinics. Please leave snacks, sippies, water bottles, sunscreen, diapers, hats, sweaters etc).

**Camping:**  Paddler Co-op Boathouse (No pets)  Jessup's Campground (Quieter. Pets allowed. Jessup's not included in festival fees.)

### Clinics and Demos

**This is my first time attending CANOE 10:**  Yes  No, I'm back.

### Registration

Enclose your full payment of festival fees by credit card or cheque. Please make cheques payable to "Rapid Media"

#### Registration includes:

- Two nights camping at the Paddler Co-op Boathouse (if you choose this option)
- All CANOE 10 – The Canadian Canoe Symposium clinics
- Saturday night catered dinner
- Sunday morning continental breakfast
- Saturday night screening of the Reel Paddling Film Festival World Tour
- All canoe and equipment on-water demos
- Daycare service during on-water paddling clinics
- Saturday night live music, TBA
- Free Trailhead shuttle service between campsites on the Saturday night (so you don't have to drive to and from Jessup's to the Paddler Co-op Boathouse the night of the paddlers' social)

**NOTE:** Complete and fax the CANOE 10 Registration Form (attached below) with this page of the registration form.

## Schedule of Fees

- |                         |  |
|-------------------------|--|
| <b>**After March 19</b> | <input type="checkbox"/> <b>Adult \$129 (two nights camping at Paddler Co-op Boathouse)</b>                      |
|                         | <input type="checkbox"/> <b>Youth 7 to 15<sup>†</sup> - \$65 (two nights camping at Paddler Co-op Boathouse)</b> |
| <b>**After March 19</b> | <input type="checkbox"/> <b>Adult \$119 (no camping included)</b>  |
|                         | <input type="checkbox"/> <b>Youth 7 to 15<sup>†</sup> - \$55 (no camping included)</b>                           |

\*\*REGISTRATION CLOSING FRIDAY April 30, 2010. CANOE 10 has limited clinics space and is expected to sell out weeks in advance, so REGISTER TODAY.

† Kids under the age of 14 must be accompanied by an adult in the adult clinics. Children six and under are FREE.

## Important Information

- Paddling equipment is not included in the registration fees. Contact Paddler Co-op (they rent whitewater canoes and equipment, 613-758-2772), your local paddling shop, or one of our participating retail vendors in advance to arrange equipment rentals.
- Camping Thursday and Sunday nights is available. No advance registration is necessary just register onsite.
- NO PETS ALLOWED at the Paddler Co-op Boathouse during Palmer Fest.

## Subscribe

"I'd like to renew/subscribe to *Adventure Kayak*, *Canoeroots and Family Camping*, *Rapid* and/or *Kayak Angler* magazines with my Palmer Fest registration and save \$2.95 off the regular four-issue subscription rate."

- Rapid*       *Canoeroots and Family Camping*       *Adventure Kayak*       *Kayak Angler*
- 3-year subscription \$39.00       2-year subscription \$27.00       1-year subscription \$15.00
- "No thanks, I've already subscribed."

## T-Shirt

"I'd like to buy a *limited edition* Palmer Fest ultra heavy cotton t-shirt for only \$20.

- Small     Medium     Large     X-Large     XX-Large     No thanks, I'll go topless.



## Payment Information

- I am a member/customer of a partner organization, my "redeem/coupon code" is \_\_\_\_\_
- I have enclosed a cheque payable to "Rapid Media". Total: \_\_\_\_\_
- Charge my card: \$ \_\_\_\_\_     VISA     Master Card     American Express
- I have read, understood and agree to the **Registration and Cancellation Policy** printed below.

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Cardholder Name: \_\_\_\_\_ Cardholder Signature: \_\_\_\_\_

## Confirmations and festival weekend check-in

One week prior to the event a reminder email with any CANOE 10 updates and information will be sent to all registrants. All participants must check in at the Paddler Co-op Boathouse to complete and sign the RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT (a copy of this legal document can be downloaded, but not signed, in advance at [www.canoerootsmag.com/about](http://www.canoerootsmag.com/about)), check in for clinics and receive your wristbands. The wristbands act as your ticket for the weekend. A wristband will be required for the all clinics, test paddling, dinner, breakfast, films, band, and shuttle between campsites.

## Registration and Cancellation Policy

Registration forms will be processed only if accompanied by full payment of registration fees. Only registered participants may claim wristbands at the Registration Desk (located at the Paddler Co-op Boathouse on Friday, May 14, noon until 9 pm and Saturday 8am until 10am) and will not be permitted to collect materials for other participants. Cancellations received in writing by April 30, 2010 will be refunded in full, less a \$25 cancellation fee. No refunds will be issued for cancellations received after April 30, 2010. Only cancellations received in writing will be processed. You may not send someone to CANOE 10 in your place. The organizers reserve the right to cancel this festival due to insufficient registration and any circumstances beyond their control, in which case organizers will refund festival fees only.

### Mail to:

Palmer Fest  
Box 70  
5920 Palmer Road  
Palmer Rapids, ON K0J 2E0

### Fax to:

Fax: 613.758.2853  
Tel: 613.758.2042  
palmerfest@rapidmedia.com

Family Camping &  
**Canoeroots**  
MAGAZINE

  
**rapidmedia**  
PADDLING MAGAZINES and EVENTS

CANOE 10 is presented by *Canoeroots* magazine and produced by Rapid Media.



## CANOE 10 - Clinic Registration Form

Please complete the following, and mail or fax along with your completed CANOE 10 Registration Form with full payment to the Rapid Media office. Please type or print. NOTE: One form per registrant, children six and under are FREE.

### Clinic General Information

- READ ALL CLINIC LEVEL GUIDELINES before you make your clinic selections.
- Clinics are two hours long.
- There are two clinic time slots per day: one in the morning (10am until 12pm) and one in the afternoon (2pm until 4pm).
- You should get ready 30 minutes before your clinics begin and be at the meeting point ready to go on time.
- You may participate in two clinics per day.
- Clinics are included with CANOE 10 registration, and are only available to those registrants.
- Organizers reserve the right to alter or cancel clinics, pending demand. Please check final schedule when you arrive to receive your wristband at the festival.
- REGISTER ONLY FOR CLINICS YOU ARE SURE TO ATTEND.

### How to Choose the Right Level of Clinics? (YOU MUST READ THIS)

All clinics are organized into four very different skill levels—Level 1, 2, 3 and All. Choosing the correct level insures the best experience for you and the other paddlers in your clinics.

- **Level 1** is for people who have very little or no canoeing experience.
- **Level 2** is for those who have a basic understanding and have had some formal instruction—these are designed to build upon and refine your basic skills.
- **Level 3** are clinics that teach advanced skills or concepts and are designed for strong intermediate paddlers.

We would love to tell you which clinics are best for you but we don't know your skills or experience. Please don't sign up for clinics that are beyond your skill level. If you find yourself enrolled in a clinic beyond your ability you may be asked by your instructor that you audit the clinic.

If in doubt we suggest being modest, it is easier for our instructors to teach to a higher level for you than it is for them to bring an advanced clinic down to a basic level for one person in the group. In the past we've had people who couldn't go in a straight line enrolled in advanced canoe strokes. Again, in cases like this, for the benefit of the group, our instructors may ask you to just audit the clinic.

Please read each level description and **decide carefully being honest about your experience and ability**, when selecting your clinics. If you do this you'll have a rewarding and extremely fun weekend.

### Clinic Level Guidelines

**Level 1 Clinics**= Level 1 clinics are designed for first time paddlers who haven't had any or very little previous canoe instruction. These clinics are designed so that new paddlers can start from scratch and take all four, building upon the concepts and skills throughout the weekend. Even if you're an experienced lakewater canoeist or whitewater paddler you should begin here if you are taking clinics in other disciplines. Even though these are entry-level clinics entrants should be comfortable with the idea of exiting an overturned boat and be able to swim independently to safety. Entrants should be prepared with appropriate safety gear and cold water paddling clothes for your safety and enjoyment.

**Level 2 Clinics**= Level 2 clinics are designed for paddlers who have some experience or formal instruction, perhaps a weekend course, and have been paddling on a short-term regular basis. You grasp the basic concepts and skills of canoeing. Expect to learn things that help you teach yourself to become a confident paddler ready to learn the entire scope of the sport. Most of this instruction will fine-tune core strokes and skills.

**Level 3 Clinics**=Level 3 clinics include advanced techniques, skills or concepts designed for experienced canoeists. Advanced clinics are for skilled paddlers looking to improve certain aspects like strokes, or they are clinics teaching advanced concepts. You

need not be an advanced paddler but you should be an experienced and competent weekend paddler ready to learn advanced moves. You should understand much of the terminology related to instruction and paddling at an intermediate to advanced level. In fairness to the group, if you belong in Level One or Level Two clinics you may be asked to just audit the clinics.

**ALL-Level Clinics**—These clinics are for all levels of paddlers. These clinics included concepts, skills and techniques that apply to all skill levels of paddlers, such as navigation, trip planning and trip safety. Instructors will assess the needs of the group and teach accordingly.

### **Continuing Clinics**

We offer a number of clinics that build upon one another so that new or improving paddlers can progress through two or four clinics acquiring real skills and knowledge—almost like the first day of a paddling course. We offer these clinics for introduction to solo and tandem canoeing. We also have a series of clinics for intermediate paddlers looking to improve their skills. You may even have the same instructor in each clinic.

### **How will I know what I'll learn in each clinic?**

Use the clinic description and skill level as a guide. Our instructors will assess the level and desires of paddlers in the group and try to tailor the clinic accordingly. Anyone new to paddling should consider the Level 1 beginner clinics. Level 2 and Level 3 clinics are for paddlers with previous canoeing experience, such as a season of paddling or at least a prior canoeing course.

### **Can I take the same clinic all weekend?**

Sure, why not? If this is your weekend to master a certain stroke or skill, you can register for two, three or four of the same clinics. Some of the clinic topics are very general, so that you could work on completely different things each clinic, or just spend four clinics just getting comfortable with one concept

### **What about the kids clinics and kids in adult clinics?**

We're proud to offer canoeing clinics for kids ages 7 and up. These clinics may be split into two skill groups to allow more advanced young paddlers to progress. Older kids may participate in adult clinics but kids under the age of 14 must be accompanied by a parent or guardian (with the parent in a solo canoe or with them in a tandem canoe). Please have kids set up with boats and gear—including safety gear and cold water paddling gear. If we want them to be lifelong paddlers, it is important that they have a safe and enjoyable time on the water.

#### **Fax to:**

Fax: 613.758.2853

#### **Other contact info:**

Phone: 613.758.2042

Email:

[palmerfest@rapidmedia.com](mailto:palmerfest@rapidmedia.com)

#### **Mail to:**

Rapid Media

Palmer Fest

5920 Palmer Rd

Box 70

Palmer Rapids, ON K0J 2G0

CANOE 10 is presented by *Canoeroots* magazine and produced by Rapid Media.



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Please INITIAL to confirm that you have read the above guidelines about how to best choose your clinics. X \_\_\_\_\_

## SATURDAY CLINICS

### Saturday Morning (10am to 12pm)

#### Women's CANOE 10 Clinics

<input type="checkbox"/>	Introduction to Canoeing for Women, Part 1—The first clinic in a four-part weekend progression without the annoying guys barking orders from the stern. Includes both solo and tandem canoes. Sign up for parts 2, 3 and 4 throughout the weekend. (code #CANWOCSTATAMA) Level 1
<input type="checkbox"/>	Get Out of the Bow Now—Too often women end up in the bow of a canoe. Why? Who knows. Take control and stretch your legs out in the stern. Learn and practice the basic correction strokes and some secrets for compensating for strong (or heavy) bow paddlers, currents and strong winds. <b>NOTE:</b> This clinic is also ideal for moms looking to take children on family canoe trips—you learn how to paddle in the stern, basically soloing with a child along for the ride. (code #CANWOCSTATAMB) Level 1

#### CANOE 10 – Canadian Canoe Symposium Clinics

<input type="checkbox"/>	Introduction to Tandem Flatwater Canoeing, Part 1—The first clinic in a four-part weekend tandem progression that mirrors ORCKA courses Flatwater Level A, B and C which are designed to introduce novice or relatively inexperienced canoeists to paddling. The emphasis is on mastering the fundamentals of canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those tandem canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 2, 3 and 4. (code #CANSATAMA) Level 1
<input type="checkbox"/>	Introduction to Solo Flatwater Canoeing, Part 1—The first clinic in a four-part weekend solo progression that mirrors ORCKA's Flatwater D course, which is designed to introduce novice or relatively inexperienced canoeists to solo paddling. The emphasis is on mastering the fundamentals of solo canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those solo canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 2, 3 and 4. (code #CANSATAMB) Level 1
<input type="checkbox"/>	Lakewater Level 1 Tandem, Part 1—The first clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 solo canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 2, 3 and 4 throughout the weekend. (code #CANSATAMC) Level 1+/2
<input type="checkbox"/>	Lakewater Level 1 Solo, Part 1— The first clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 tandem canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 2, 3 and 4 throughout the weekend. (code #CANSATAMD) Level 1+/2
<input type="checkbox"/>	Introduction to Whitewater River Tripping, Part I— The first clinic in a four-part weekend progression ideally suited for lakewater canoe trippers making the first step to river tripping. You'll practice whitewater canoeing strokes, learn about whitewater and reading rivers, practice basic river tripping skills and discuss river tripping safety and planning. You must come prepared with cold water paddling gear, helmets and have canoes rigged with floatation for whitewater paddling—we'd recommend paddling ABS canoes and leaving your fiberglass or Kevlar boats at home. Sign up for parts 2, 3 and 4. (code #CANSATAME) Level 1+
<input type="checkbox"/>	Introduction to Classic/Canadian Solo Paddling—Becky Mason says classic solo (sometimes also referred to as Omering or Canadian style paddling) centers on the practical aspects of canoeing. She says, "It's a well-rounded, relaxed, traditional paddling style providing you with all of the skills you need so you can travel safely for an afternoon paddle or a month long adventure into the wilderness." Not to mention, of course, that this style looks beautiful, feels wonderful and is a blast to practice in any canoe. (code #CANSATAMF) Level 2/3
<input type="checkbox"/>	Master the Forward and J-Stroke—This is a very specific intermediate clinic that looks at the forward stroke first then builds in the J-stroke, as well as other turning strokes you'll need to keep your boat tracking a true course. (code #CANSATAMG) Level 2/3
<input type="checkbox"/>	Paddle Faster!—Whether you're entering a Yukon Quest Canoe Race, the club regatta or simply want to make the miles tick by on your next trip, this clinic gets you there quick. Work on maximizing the efficiency of your forward stroke, learn to use boat control to maintain course and discuss boat design, paddles and communication in relation to paddling farther and faster. Will discuss both solo and tandem paddling (code #CANSATAMH) Level 2/3.
<input type="checkbox"/>	Black Feather Cookoff—Our paddling gourmet Black Feather guides share their secret recipes and you cook up three winning meals from Camp Cooking: The Black Feather Guide. This is pretty much a reality cooking show in the woods and you are the contestants. Pick their brains and share recipes, cooking methods (fire, stove, ovens etc) and preparation tips for your next canoe trip. Did we mention that you get to eat what you cook? (code #CANSATAMI) ALL
<input type="checkbox"/>	Guided Paddle—Go off on a two-hour tour of the lovely Madawaska River with professional instructors and guides. Pick their brains about strokes, techniques and tripping planning (or anything really) along the way, or simply enjoy the trip. We may go upstream to see the famous Palmer Rapids or downstream on a quiet paddle past the surfing clinics—or both if you're up for it. (code #CANSATAMJ) ALL
<input type="checkbox"/>	Canoeing for Kids, Part 1—Fun, games and some skills along the way. These kids' clinics will be progressive throughout the weekend building on one another. Great for introducing and engaging kids ages 7 and up. It is early spring so kids must be dressed in safety and cold water paddling gear. Sign up for parts 2, 3 and 4. (code #CANSATAMK) Level 1

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Please INITIAL to confirm that you have read the above guidelines about how to best choose your clinics. \_\_\_\_\_

### Saturday Afternoon (2pm to 4pm)

#### Women's CANOE 10 Clinics

<input type="checkbox"/>	Introduction to Canoeing for Women, Part 2—The second clinic in a four-part weekend progression. Includes both solo and tandem canoes. Sign up for parts 1, 3 and 4 throughout the weekend. (code #CANWOCSATPMA) Level 1
<input type="checkbox"/>	Women in the Woods—This is more a gathering than a clinic. Spend two hours with other outdoorsy women to learn and share outdoor and camping tips, strategies and techniques. This is the perfect place to ask what <i>he</i> might say is a stupid question. Our long-time guides will facilitate a relaxed, group-learning atmosphere. Topics for discussion may include camp craft, hygiene, portaging, tarp building, navigation, camping equipment and clothing for women, staying warm and nutrition. It is really up to you. (code #CANWOCSATPMB) ALL

#### CANOE 10 –Canadian Canoe Symposium Clinics

<input type="checkbox"/>	Introduction to Tandem Flatwater Canoeing, Part 2—The second clinic in a four-part weekend tandem progression that mirrors ORCKA courses Flatwater Level A, B and C which are designed to introduce novice or relatively inexperienced canoeists to paddling. The emphasis is on mastering the fundamentals of canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those tandem canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 1, 3 and 4. (code #CANSATPMA) Level 1
<input type="checkbox"/>	Introduction to Solo Flatwater Canoeing, Part 2—The second clinic in a four-part weekend solo progression that mirrors ORCKA's Flatwater D course, which is designed to introduce novice or relatively inexperienced canoeists to solo paddling. The emphasis is on mastering the fundamentals of solo canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those solo canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 1, 3 and 4. (code #CANSATPMB) Level 1
<input type="checkbox"/>	Lakewater Level 1 Tandem, Part 2—The second clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 solo canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 1, 3 and 4 throughout the weekend. (code #CANSATPMC) Level 1+2
<input type="checkbox"/>	Lakewater Level 1 Solo, Part 2— The second clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 tandem canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 1, 3 and 4 throughout the weekend. (code #CANSATPMD) Level 1+2
<input type="checkbox"/>	Introduction to Whitewater River Tripping, Part 2— The second clinic in a four-part weekend progression ideally suited for lakewater canoe trippers making the first step to river tripping. You'll practice whitewater canoeing strokes, learn about whitewater and reading rivers, practice basic river tripping skills and discuss river tripping safety and planning. You must come prepared with cold water paddling gear, helmets and have canoes rigged with floatation for whitewater paddling—we'd recommend paddling ABS canoes and leaving your fiberglass or Kevlar boats at home. Sign up for parts 1, 3 and 4. (code #CANSATPME) Level 1+
<input type="checkbox"/>	Freestyle Canoeing—According to the website <a href="http://freestylecanoeing.com">freestylecanoeing.com</a> freestyle canoeing, "Emphasizes smooth, efficient flatwater paddling and precise boat control. Freestyle is a combination of techniques that integrates body, boat and paddle in harmony." We say it's the practical aspects of Classic or Canadian solo paddling with the elegance of dance thrown in. We'll play around with some of the common moves and build our own routines to music taking this clinic to an expressive, interpretive art form. Students willing, we may have some of the routines performed before the evening campfires. Bring a canoe kneeling mat or blue foamy to the clinic. (code #CANSATPMF) Level 2
<input type="checkbox"/>	Advanced Solo and Tandem Canoeing—Take only the most fun skills of the Lakewater Level 2 course and you have this clinic. Work on pivots, circles, reverse and forward straight lines, sideward displacement and put them all together in advanced manoeuvres and routines like paddling the English gate. (code #CANSATPMG) Level 2/3
<input type="checkbox"/>	Stand Up Canoe Paddling—Never you say? Well hot on the heels of the latest trend—stand up paddle boarding—comes stand up canoeing. Imagine all the classic solo moves but standing in your Prospector using a six-foot paddle. Yes, we're serious. This is a super fun clinic you won't want to miss. Come prepared in cold water swimming gear, just in case. (code #CANSATPMH) Level 2.
<input type="checkbox"/>	Navigation and Communication—This clinic goes far beyond average boy scout map and compass work and whistles. After a quick refresher of the common terminology, this clinic takes a practical look at navigation and communication for today's canoeists. Use topographic maps, mapping GPS units, Google Earth, iPhone apps and other technology to plan and paddle your next route. Discuss the pros and cons and play with today's backcountry communication devices like SPOT, sat phones, cell phones; plus all the gadgets that go with them like solar chargers, batteries, waterproof boxes. (code #CANSATPMI) ALL
<input type="checkbox"/>	Guided Paddle—Go off on a two-hour tour of the lovely Madawaska River with professional instructors and guides. Pick their brains about strokes, techniques and tripping planning (or anything really) along the way, or simply enjoy the trip. We may go upstream to see the famous Palmer Rapids or downstream on a quiet paddle past the surfing clinics—or both if you're up for it. (code #CANSATPMJ) ALL
<input type="checkbox"/>	Canoeing for Kids, Part 2—Fun, games and some skills along the way. These kids' clinics will be progressive throughout the weekend building on one another. Great for introducing and engaging kids ages 7 and up. It is early spring so kids must be dressed in safety and cold water paddling gear. Sign up for part 1, 3 and 4 throughout the weekend. (code #CANSATPMK) Level 1

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Please INITIAL to confirm that you have read the above guidelines about how to best choose your clinics. \_\_\_\_\_

## SUNDAY CLINICS (Note: Please only register for Sunday clinics you are sure to attend.)

### Sunday Morning (10am to 12pm)

#### Women's CANOE 10 Clinics

<input type="checkbox"/>	Introduction to Canoeing for Women, Part 3—The third clinic in a four-part weekend progression. Includes both solo and tandem canoes. Sign up for parts 1, 2 and 4 throughout the weekend. (code #CANWOCUNAMA) Level 1
<input type="checkbox"/>	Get Out of the Bow Now—Too often women end up in the bow of a canoe. Why? Who knows. Take control and stretch your legs out in the stern. Learn and practice the basic correction strokes and some secrets for compensating for strong (or heavy) bow paddlers, currents and strong winds. <b>NOTE:</b> This clinic is also ideal for moms looking to take children on family canoe trips—you learn how to paddle in the stern, basically soloing with a child along for the ride. (code #CANWOCUNAMB) Level 1

#### CANOE 10 – The Canadian Canoe Symposium Clinics

<input type="checkbox"/>	Introduction to Tandem Flatwater Canoeing, Part 3—The third clinic in a four-part weekend tandem progression that mirrors ORCKA courses Flatwater Level A, B and C which are designed to introduce novice or relatively inexperienced canoeists to paddling. The emphasis is on mastering the fundamentals of canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those tandem canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 1, 2 and 4. (code #CANSUNAMA) Level 1
<input type="checkbox"/>	Introduction to Solo Flatwater Canoeing, Part 3—The third clinic in a four-part weekend solo progression that mirrors ORCKA's Flatwater D course, which is designed to introduce novice or relatively inexperienced canoeists to solo paddling. The emphasis is on mastering the fundamentals of solo canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those solo canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 1, 2 and 4. (code #CANSUNAMB) Level 1
<input type="checkbox"/>	Lakewater Level 1 Tandem, Part 3—The third clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 solo canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 1, 2 and 4 throughout the weekend. (code #CANSUNAMC) Level 1+2
<input type="checkbox"/>	Lakewater Level 1 Solo, Part 3— The third clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 tandem canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 1, 2 and 4 throughout the weekend. (code #CANSUNAMD) Level 1+2
<input type="checkbox"/>	Introduction to Whitewater River Tripping, Part 3— The third clinic in a four-part weekend progression ideally suited for lakewater canoe trippers making the first step to river tripping. You'll practice whitewater canoeing strokes, learn about whitewater and reading rivers, practice basic river tripping skills and discuss river tripping safety and planning. You must come prepared with cold water paddling gear, helmets and have canoes rigged with floatation for whitewater paddling—we'd recommend paddling ABS canoes and leaving your fiberglass or Kevlar boats at home. Sign up for parts 1, 2 and 4. (code #CANSUNAME) Level 1+
<input type="checkbox"/>	Introduction to Classic/Canadian Solo Paddling—Becky Mason says classic solo (sometimes also referred to as Omering or Canadian style paddling) centers on the practical aspects of canoeing. She says, "It's a well-rounded, relaxed, traditional paddling style providing you with all of the skills you need so you can travel safely for an afternoon paddle or a month long adventure into the wilderness." Not to mention, of course, that this style looks beautiful, feels wonderful and is a blast to practice in any canoe. (code #CANSUNAMF) Level 2
<input type="checkbox"/>	Advanced Solo and Tandem Canoeing—Take only the most fun skills of the Lakewater Level 2 course and you have this clinic. Work on pivots, circles, reverse and forward straight lines, sideward displacement and put them all together in advanced manoeuvres and routines like paddling the English gate. (code #CANSUNAMG) Level 2/3
<input type="checkbox"/>	Paddle Faster!—Whether you're entering a Yukon Quest Canoe Race, the club regatta or simply want to make the miles tick by on your next trip, this clinic gets you there quick. Work on maximizing the efficiency of your forward stroke, learn to use boat control to maintain course and discuss boat design, paddles and communication in relation to paddling farther and faster. Will discuss both solo and tandem paddling (code #CANSUNAMH) Level 2/3.
<input type="checkbox"/>	Black Feather Cookoff—Our paddling gourmet Black Feather guides share their secret recipes and you cook up three winning meals from Camp Cooking: The Black Feather Guide. This is pretty much a reality cooking show in the woods and you are the contestants. Pick their brains and share recipes, cooking methods (fire, stove, ovens etc) and preparation tips for your next canoe trip. Did we mention that you get to eat what you cook? (code #CANSUNAMI) ALL
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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Please INITIAL to confirm that you have read the above guidelines about how to best choose your clinics. \_\_\_\_\_

## SUNDAY CLINICS (NOTE: Please only register for Sunday clinics you are sure to attend.)

### Sunday afternoon (2pm to 4pm)

#### Women's CANOE 10 Clinics

<input type="checkbox"/>	Introduction to Canoeing for Women, Part 4—The fourth clinic in a four-part weekend progression. Includes both solo and tandem canoes. Sign up for parts 1, 2 and 3 throughout the weekend. (code #CANWOCUNPMA) Level 1
<input type="checkbox"/>	Women in the Woods—This is more a gathering than a clinic. Spend two hours with other outdoorsy women to learn and share outdoor and camping tips, strategies and techniques. This is the perfect place to ask what <i>he</i> might say is a stupid question. Our long-time guides will facilitate a relaxed, group learning atmosphere. Topics for discussion may include campcraft, hygiene, portaging, tarp building, navigation, camping equipment and clothing for women, staying warm and nutrition. It is really up to you. (code #CANWOCUNPMB) ALL

#### CANOE 10 – The Canadian Canoe Symposium Clinics

<input type="checkbox"/>	Introduction to Tandem Flatwater Canoeing, Part 4—The fourth clinic in a four-part weekend tandem progression that mirrors ORCKA courses Flatwater Level A, B and C which are designed to introduce novice or relatively inexperienced canoeists to paddling. The emphasis is on mastering the fundamentals of canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those tandem canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 1, 2 and 3. (code #CANSUNPMA) Level 1
<input type="checkbox"/>	Introduction to Solo Flatwater Canoeing, Part 4—The fourth clinic in a four-part weekend solo progression that mirrors ORCKA's Flatwater D course, which is designed to introduce novice or relatively inexperienced canoeists to solo paddling. The emphasis is on mastering the fundamentals of solo canoeing along with a strong grounding in water safety and safe canoeing practices. These are ideal clinics for those solo canoeists looking to get started and/or continue in the ORCKA or other provincial or national lakewater canoeing programs. Sign up for parts 1, 2 and 3. (code #CANSUNPMB) Level 1
<input type="checkbox"/>	Lakewater Level 1 Tandem, Part 4—The fourth clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 solo canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 1, 2 and 3 throughout the weekend. (code #CANSUNPMC) Level 1+2
<input type="checkbox"/>	Lakewater Level 1 Solo, Part 4— The fourth clinic in a four-part weekend progression that mirrors the ORCKA Lakewater Level 1 tandem canoeing program. You should have taken your Flatwater Level or have equivalent skills and experience. Sign up for part 1, 2 and 3 throughout the weekend. (code #CANSUNPMD) Level 1+2
<input type="checkbox"/>	Introduction to Whitewater River Tripping, Part 4— The fourth clinic in a four-part weekend progression ideally suited for lakewater canoe trippers making the first step to river tripping. You'll practice whitewater canoeing strokes, learn about whitewater and reading rivers, practice basic river tripping skills and discuss river tripping safety and planning. You must come prepared with cold water paddling gear, helmets and have canoes rigged with floatation for whitewater paddling—we'd recommend paddling ABS canoes and leaving your fiberglass or Kevlar boats at home. Sign up for parts 1, 2 and 3. (code #CANSUNPME) Level 1+
<input type="checkbox"/>	Master the Forward and J-Stroke—This is a very specific intermediate clinic that looks at the forward stroke first then builds in the J-stroke, as well as other turning strokes you'll need to keep your boat tracking a true course. (code #CANSUNPMF) Level 2
<input type="checkbox"/>	Stand Up Canoe Paddling—Never you say? Well hot on the heels of the latest trend—stand up paddle boarding—comes stand up canoeing. Imagine all the classic solo moves but standing in your Prospector using a six-foot paddle. Yes, we're serious. This is a super fun clinic you won't want to miss. Come prepared in cold water swimming gear, just in case. (code #CANSUNPMG) Level 2.
<input type="checkbox"/>	Risk Management & Wilderness First Aid Kits—Understand the new risk management paradigm, review your wilderness first aid, and build the ultimate first aid kit suited to your type of paddling trip. Thinking of the most common types of injuries and those you want to be prepared makes this clinic part first aid, part risk management and leadership and part practical first aid kit builder. You'll look at what you need and what you may be able to live without, and discuss solutions for keeping your kit dry. (code #CANSUNPMH) ALL
<input type="checkbox"/>	Canoeing for Kids, Part 4—Fun, games and some skills along the way. These kids' clinics will be progressive throughout the weekend building on one another. Great for introducing and engaging kids ages 7 and up. It is early spring so kids must be dressed in safety and cold water paddling gear. Sign up for part 1, 2 and 3 throughout the weekend. (code #CANSUNPMI) Level 1

#### Fax to:

Fax: 613.758.2853

#### Mail to:

Rapid Media  
Palmer Fest  
5920 Palmer Rd  
Box 70  
Palmer Rapids, ON K0J 2G0

#### Other contact info:

Phone: 613.758.2042  
Email:  
palmerfest@rapidmedia.com

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