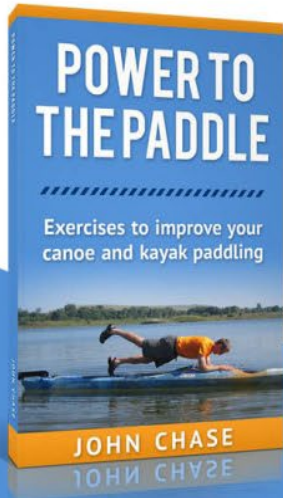


# Five things I wish someone told me when I started kayaking

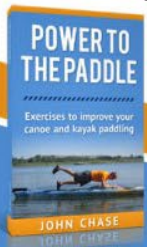
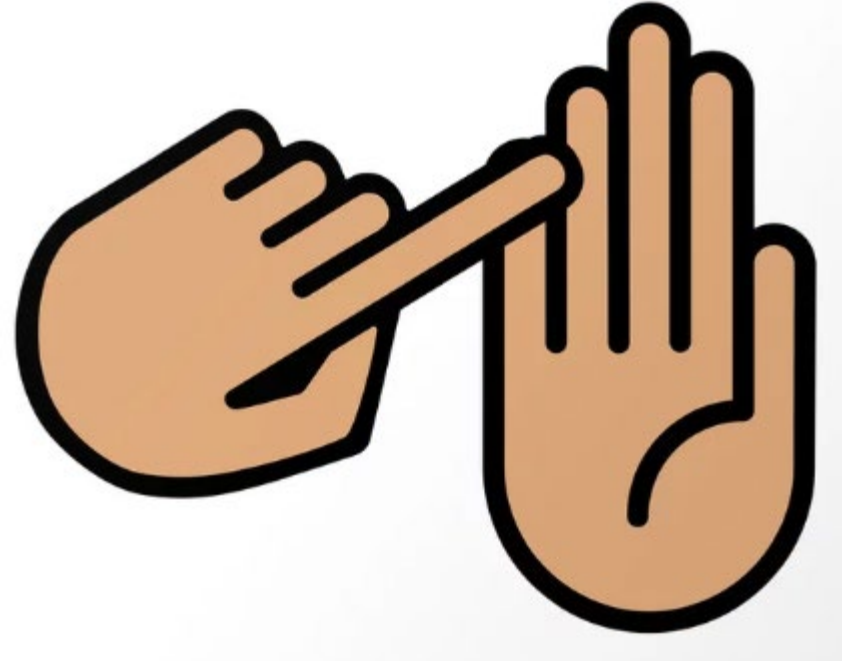
John Chase



[PaddlingExercises.com](http://PaddlingExercises.com)

# High Five

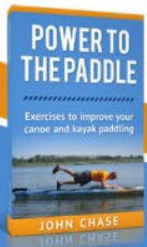
- Finding the right boat
- The budget doesn't end at the boat
- Count on your community
- Crawl, walk, run
- It's a watersport





Should I be going paddling today?

All boats are not  
created equal





**WARNING**

**NERD ALERT**

# Boat design

- Width



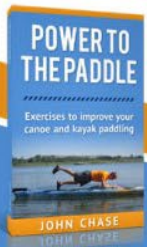
- Length



- Height



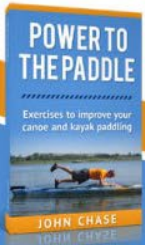
- Rocker



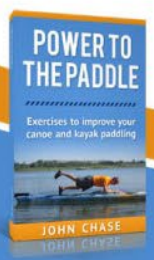
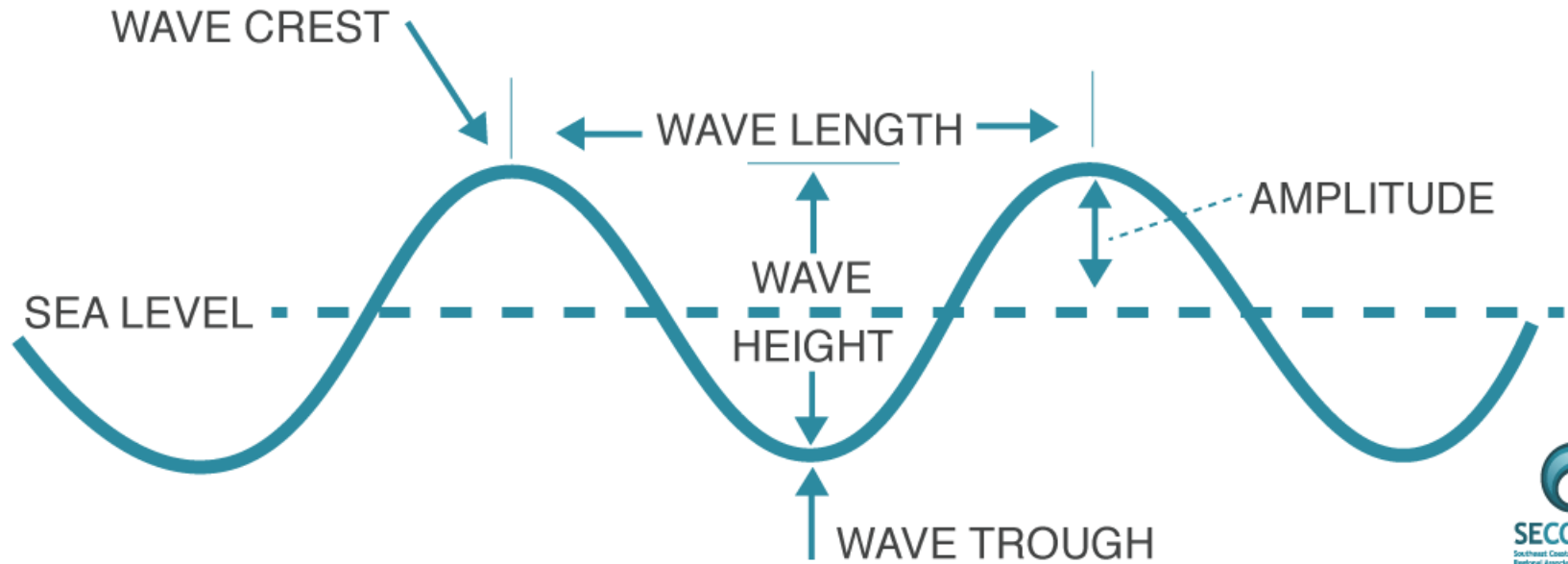
**MORE ROCKER**



**LESS ROCKER**

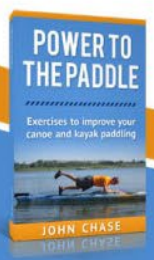
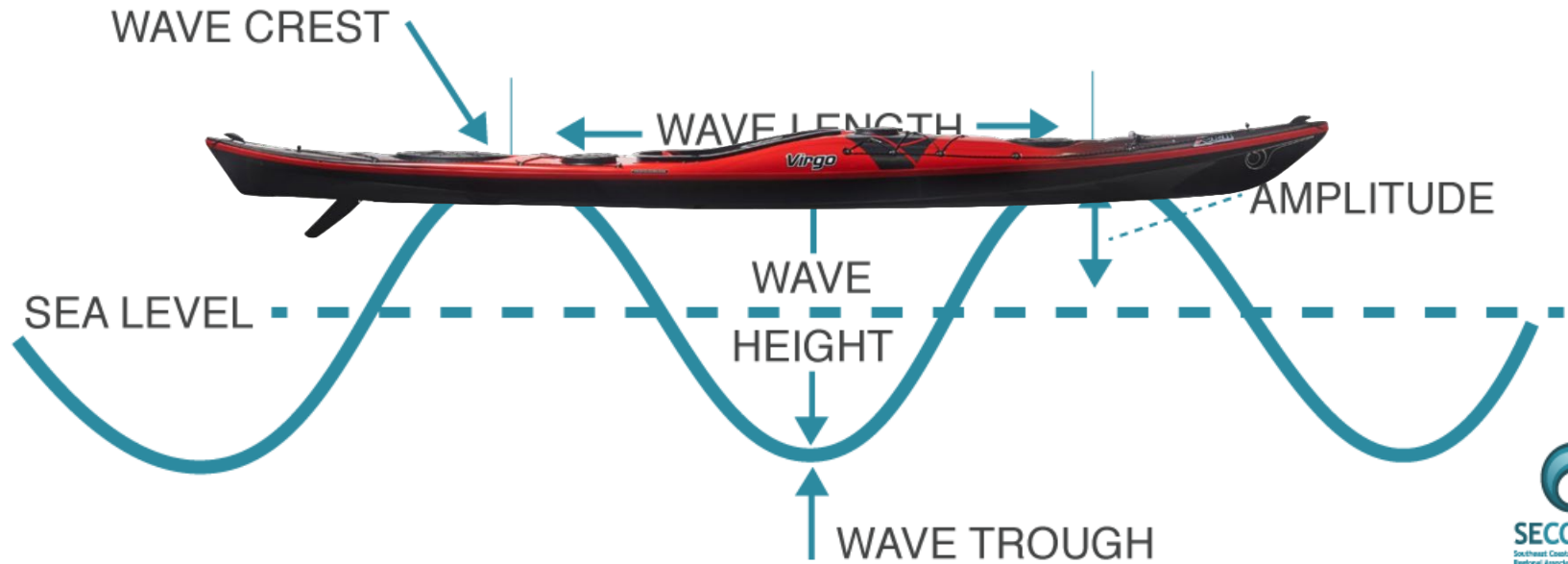


# PARTS OF A WAVE

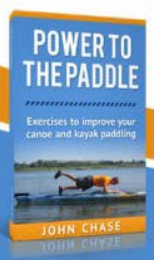
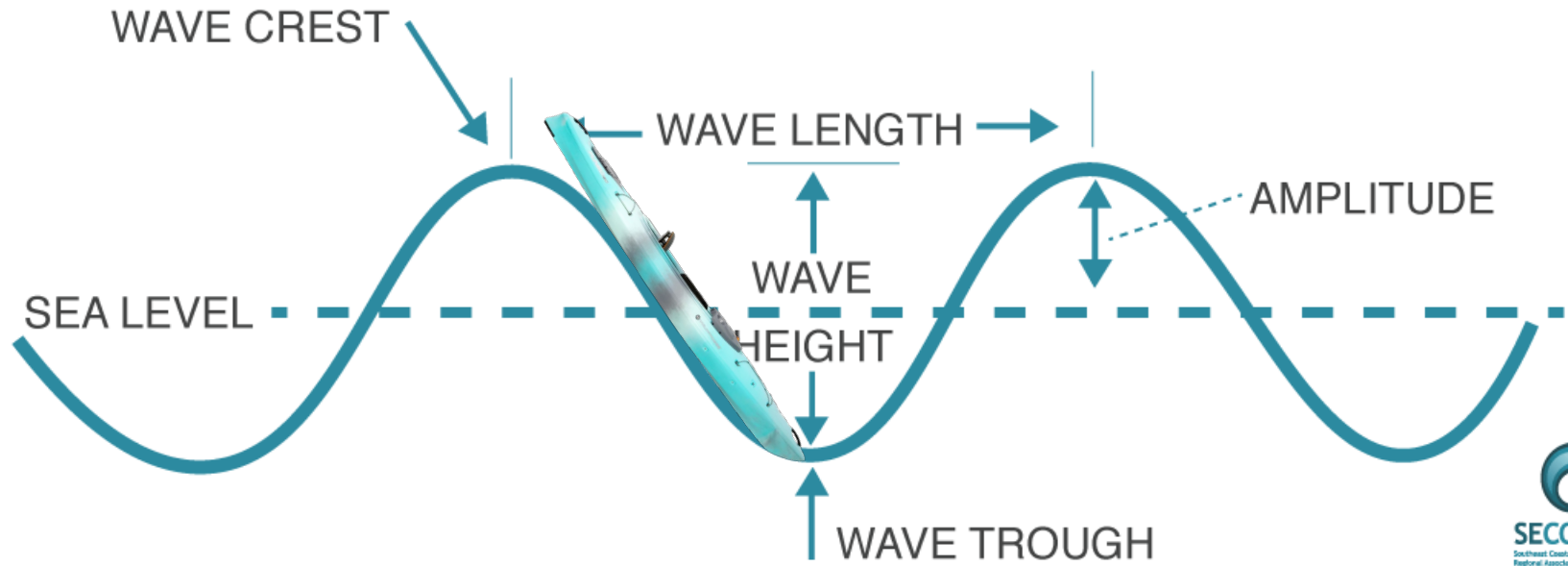


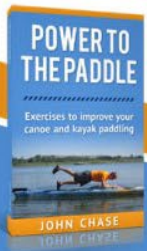


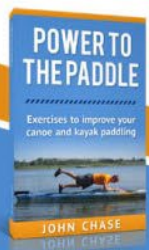
# PARTS OF A WAVE

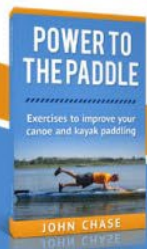


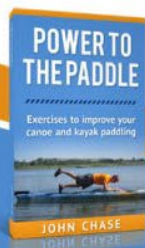
# PARTS OF A WAVE

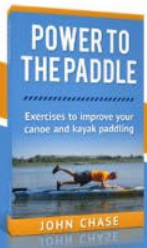


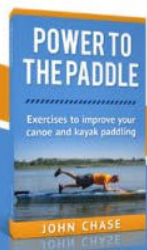










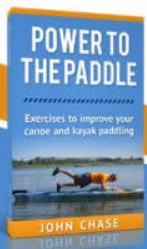




# The budget doesn't end at the boat



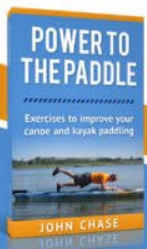
- Wear your (comfortable) PFD
- Buy the better paddle
- Communication device
- Waterproof case
- The right clothing for your environment



# The budget doesn't end at the boat

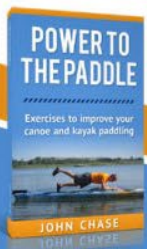


- Wear your (comfortable) PFD
- Buy the better paddle
- Communication device
- Waterproof case
- The right clothing for your environment



# The budget doesn't end at the boat

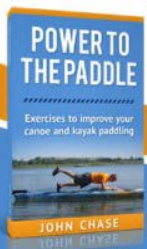
- Wear your (comfortable) PFD
- Buy the better paddle
- Communication device
- Waterproof case
- The right clothing for your environment



# The budget doesn't end at the boat



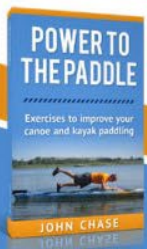
- Wear your (comfortable) PFD
- Buy the better paddle
- Communication device
- Waterproof case
- The right clothing for your environment



# The budget doesn't end at the boat



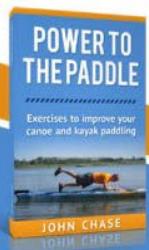
- Wear your (comfortable) PFD
- Buy the better paddle
- Communication device
- Waterproof it!
- The right clothing for your environment



# The budget doesn't end at the boat



- Wear your (comfortable) PFD
- Buy the better paddle
- Communication device
- Waterproof it!
- The right clothing for your environment



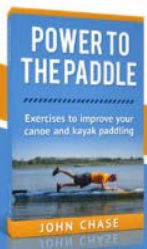
# Count on your Community



Founded in 1971  
[www.prairiestatecanoeists.org](http://www.prairiestatecanoeists.org)



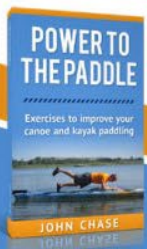
- Local club
- DCSKS
- Paddle with paddlers more skilled than you



# Count on your Community



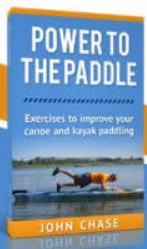
- Local club
- Symposiums
- Paddle with paddlers more skilled than you





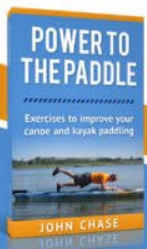
# Community

- You'll have a ride back
  - It's not Mr. Toad's Wild Ride
  - You aren't paddling upriver
  - Uber or a bike



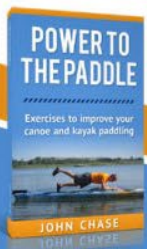
# Crawl, walk, run

- Fundamentals first
- The Internet may not be correct
- Find an ACA instructor



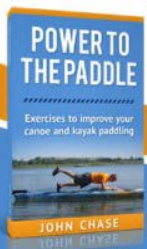
# Crawl, walk, run

- Use the whole body
- Grip lightly
- Loose hips save ships
- Listen to your mother
- Rescue you, rescue me



# Crawl, walk, run

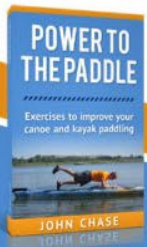
- Use the whole body
- Grip lightly
- Loose hips save ships
- Listen to your mother
- Rescue you, rescue me



# Crawl, walk, run

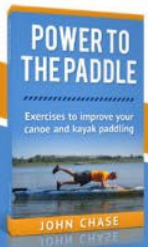


- Use the whole body
- Grip lightly
- Loose hips save ships
- Listen to your mother
- Rescue you, rescue me



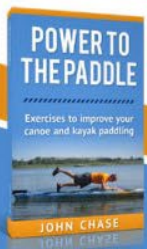
# Crawl, walk, run

- Use the whole body
- Grip lightly
- Loose hips save ships
- Listen to your mother
- Rescue you, rescue me



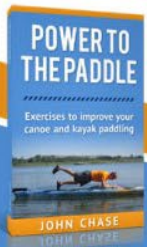
# Crawl, walk, run

- Use the whole body
- Grip lightly
- Loose hips save ships
- Listen to your mother
- Rescue you, rescue me



# Crawl, walk, run

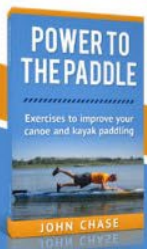
- Use the whole body
- Grip lightly
- Loose hips save ships
- Listen to your mother
- Rescue you, rescue me





# It's a watersport

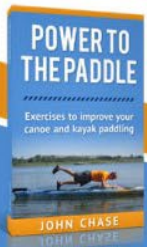
- You will be wet...always
- Bring a change of clothes
- Always dress for the water temperature
- Watch for convective and conductive cooling



# It's a watersport



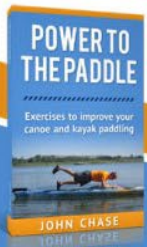
- You will be wet...always
- Bring a change of clothes
- Always dress for the water temperature
- Watch for convective and conductive cooling



# It's a watersport



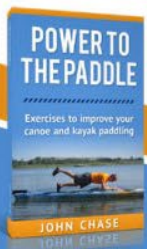
- You will be wet...always
- Bring a change of clothes
- Always dress for the water temperature
- Watch for convective and conductive cooling



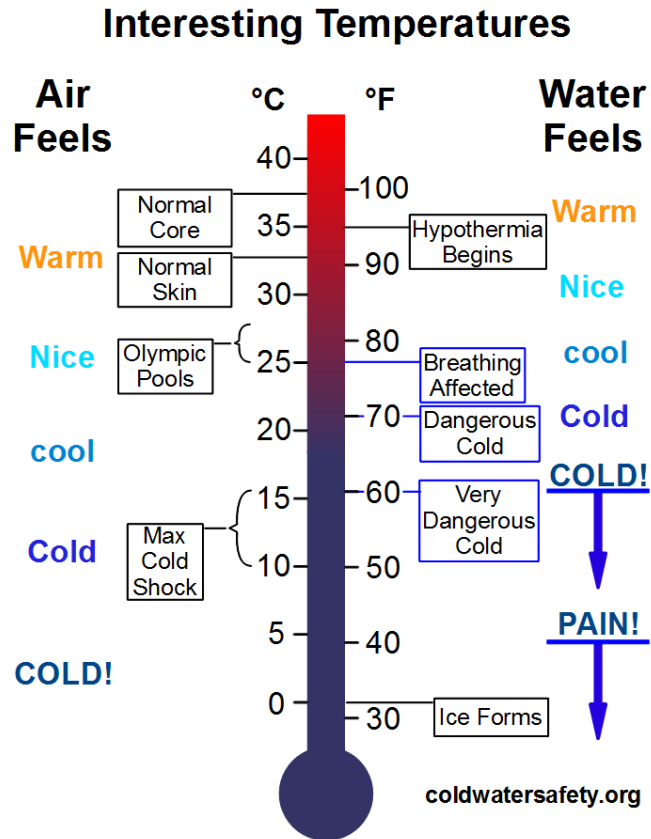
# It's a watersport



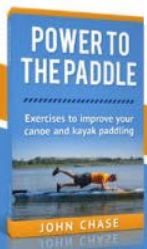
- You will be wet...always
- Bring a change of clothes
- Always dress for the water temperature
- Watch for convective and conductive cooling



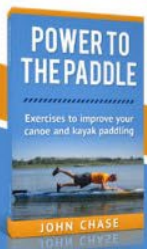
# It's a watersport



- You will be wet...always
- Bring a change of clothes
- Always dress for the water temperature
- Watch for convective and conductive cooling

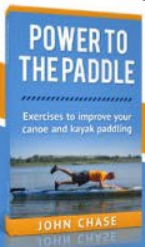
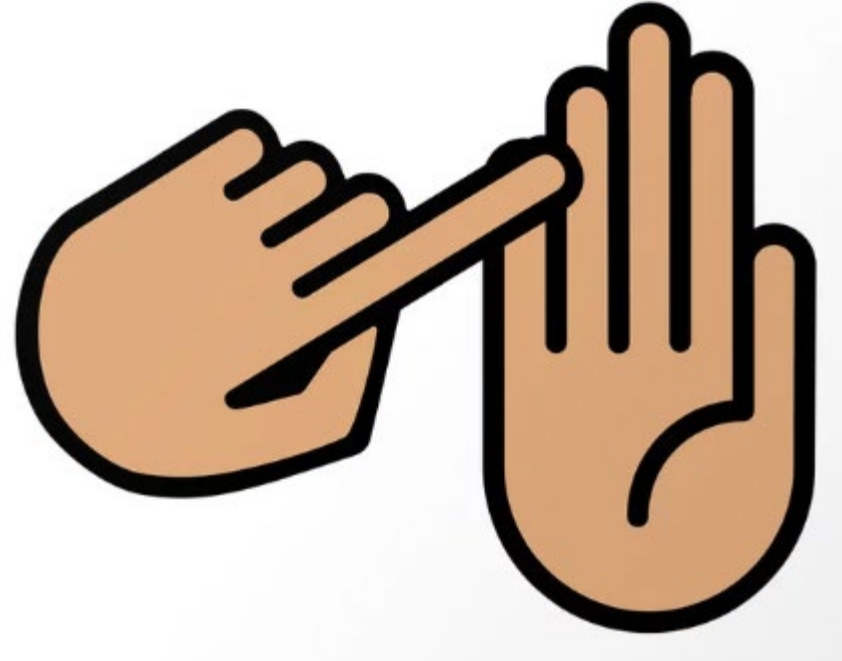


# People > Boats



# High Five

- Finding the right boat
- The budget doesn't end at the boat
- Count on your community
- Crawl, walk, run
- It's a watersport

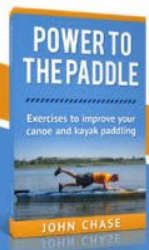




Should I be going paddling today?



[www.paddlingexercises.com/canoecopia](http://www.paddlingexercises.com/canoecopia)



# PaddlingExercises.com

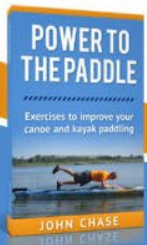
## POWER TO THE PADDLE



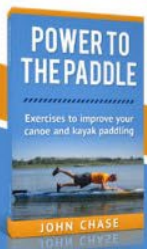
Exercises to improve your  
canoe and kayak paddling



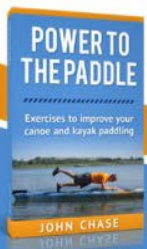
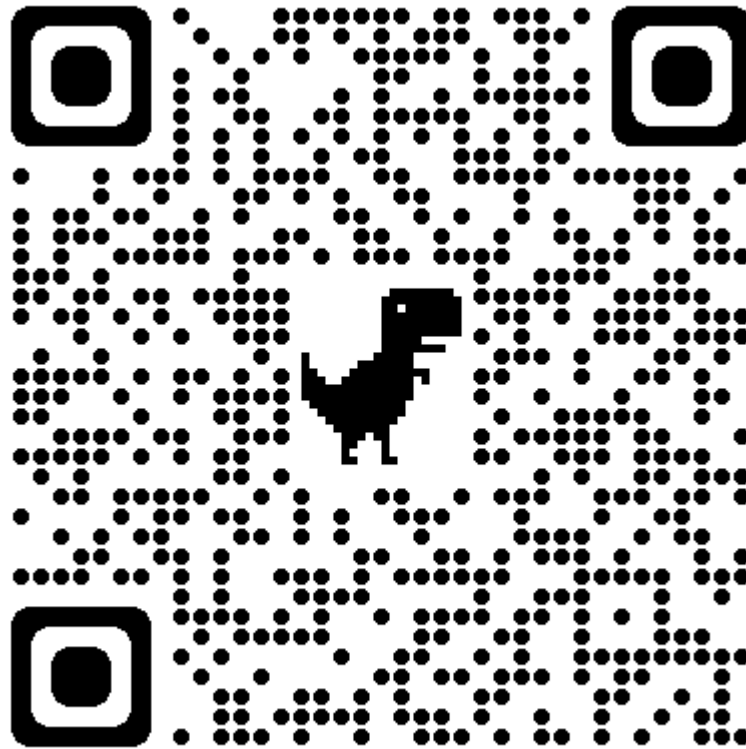
JOHN CHASE



# Paddlingtheblue.com



# Feedback



Canoecopia is presented by



# Speaker Feedback - 2024 Canoecopia

Please let us know what you thought of the Speakers at Canoecopia. We appreciate and thank you for your feedback!

Presenting Sponsor



# TOYOTA



Select the presentation you attended

Chase, John - 5 Things I Wish Someone Told Me When I Started Kayaking

Please rate the following on a scale of 1-5 (5 being highest)

Did this presentation cover the information you expected?:  1  2  3  4  5

Content of the talk:  1  2  3  4  5

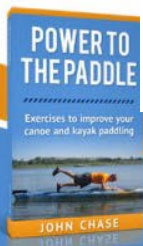
Effectiveness of the speaker:  1  2  3  4  5

Comments about this speaker

Wow! This was an amazing presentation! I learned a lot!

### Location

Alliant Energy Center  
1919 Alliant Energy Way  
Madison, Wisconsin

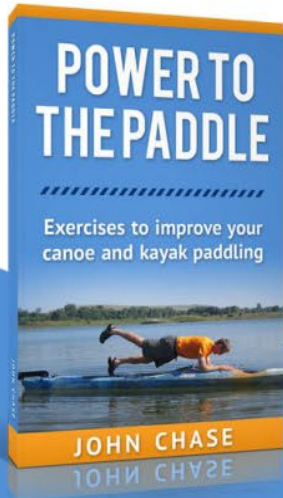


# John Chase

[john@paddlingexercises.com](mailto:john@paddlingexercises.com)

[www.paddlingexercises.com](http://www.paddlingexercises.com)

[www.paddlingtheblue.com](http://www.paddlingtheblue.com)



PaddlingExercises.com