

Westcoast

# OUTDOORS

Super  
Dave  
facts

Check out or join in on the North Shore Spring Triathlon this Canada Day Monday. Details available at: [www.nstc.ca](http://www.nstc.ca) or 604-980-0251. Dave's hot sites this week are: [www.deepcovekayak.com](http://www.deepcovekayak.com), [www.ecomarine.com](http://www.ecomarine.com), [www.frc.com](http://www.frc.com).

METRO VANCOUVER

## Rentals can get you in a kayak

You don't need to own one to get started

By DAVE NORONA  
for Metro Vancouver

This is the time of the year to get out and explore the amazing islands, coves and bays that line the coastal waters of the Lower Mainland.

One of my favourite places to paddle is Deep Cove. This tiny bay is nestled just below Mount Seymour, yet it feels so far away from the giant city Vancouver has become. The Deep Cove Kayak Rental Shop sits right on the shore and offers anyone with a sense of adventure the opportunity to enjoy a breathtaking trip up Indian Arm by canoe or kayak.

If you live closer to the city, you should check out Eco-Marine, which has kayak shops at both Granville Island and Jericho Beach. It also offers excellent areas from which to launch your boat and explore.

You don't need to own a kayak or any gear associated with it to enjoy this sport. Both Deep Cove and Eco-Marine offer rentals, lessons and different programs to get you out on the water.

If you try it and love it, then I suggest getting a season's pass. This will allow you to paddle different boats all season for one low price. This way you can try different designs and equipment before making your purchase. It is also a great alternative for someone who does not have a place to store a huge kayak.

For your first paddle I

suggest renting a double kayak. This will allow you to enjoy the day with a friend and share in the workload that you will experience.

On your first time out don't be concerned with your speed. Instead focus on paddling in synch with your partner and being efficient. Instead of using the small muscles in your arms, work on twisting at your hips and using the bigger muscles of your back. This will allow you to move faster through the water with less energy and go farther.

If you do intend on paddling a lot, then immerse yourself in a solo recovery course. This course will teach you how to perform a self-rescue if you flip your kayak. This way you will be self sufficient out on the water.

Six years ago I, along



Dave paddles the pristine waters in Ucluelet during the Mind Over Mountain Adventure Race.

PHOTO COURTESY DAVE NORONA/FOR METRO VANCOUVER

with Deep Cove, started the Tuesday Night Deep Cove Paddle Race Series. Since then it has grown into the largest paddle sport race series on the

planet.

Eco-Marine also offers tons of weekly programs including a Thursday evening race night. Both events offer cheap rentals,

draw prizes and an after party. They are designed to get new paddlers out on the water so don't worry about being competitive, just join in and have fun.

### GEAR guide

#### EPIC WING PADDLE

**Description:** Any new or seasoned paddler will gain a 10 per cent advantage by using a wing blade. The unique design allows you to pull water more efficiently and encourages use of the bigger muscles in your back, instead of the small muscles in your arms and shoulders.  
**Price range:** \$699  
**Where to find it:** [www.epicpaddles.com](http://www.epicpaddles.com)



#### LOTUS DESIGNS SHERMAN LIFEJACKET

**Description:** A good lifejacket is light, low-cut for mobility and comfortable. The Sherman provides any type of paddler with all these plus internal hand warmer and curved mesh pocket for your keys, whistle or pocket knife.  
**Price range:** \$209  
**Where to find it:** [www.lotus-designs.com](http://www.lotus-designs.com)



#### GARMIN 305 GPS

**Description:** This pint sized personal trainer will help you keep in your target zone while paddling. The 305 will also track your course and provide you with your speed while out on those awesome kayaking trips.  
**Price range:** \$399  
**Where to find it:** [www.garmin.com](http://www.garmin.com)

#### BROOKS POGIES

**Description:** Wearing gloves while sea kayaking causes you to over grip your paddle, which leads to blisters and carpal tunnel syndrome. Pogies protect your hands from the wind and water but allow you to have a natural grip on the paddle shaft.  
**Price range:** \$25  
**Where to find it:** [www.brookspaddlegear.com](http://www.brookspaddlegear.com)



# CFUN

1410 am RADIO

## The number one reason women don't turn in their attacker...

11:15 this morning on CFUN 1410 AM