



Issue: 4

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Dear David,

With our opening date of May 19th fast approaching, there is a lot of activity taking place in our little shop.

We would like to welcome back Tara and Blaire to our office team as they move back in May 3rd. We would also like to welcome back George and Emily as our Kids Camp Directors for 2010!

This is always a very exciting time of year for us as we start our staff training, our docks are now moved back into place, boats, paddles and PFD's are dusted off from their winter's rest, and each day brings another transformation to the area, preparing for the paddling season ahead.

We hope everyone had a fantastic winter break and hope that your just as excited as we are to get back on the water!

All the best!

James, Dave and the gang!




Let the Summer Begin!



Preparing to Paddle!

GETTING INTO PADDLING SHAPE

Since our paddling season is so short , you really want to be able to make the most of it right from the start. What we typically find is that in paddling, like most sports, there is a fitness curve. Now for those of you who have managed to paddle throughout the winter, this does not necessarily apply. For the rest of us, this first time back on the water requires a reacquainting yourself with the equipment, re-discovering of your balance, and,



most noticeably, a rapid muscle fatigue factor when setting out on our inaugural paddle. These first moments back on the water are often described as being very similar to when first learning how to paddle. Although the equipment familiarity and balance come back quite quickly, the muscle stamina/cardio can take a bit longer. It would be similar to taking the winter off from running and wanting to do a 10km run on the first day back. We just don't do that. We ease ourselves back out there with shorter and easier runs. The same should be applied to our approach back into paddling.

So here are some options and suggestions to help get us ready (Please note that before you start into any new fitness routine, its important to speak with your doctor and or trainer to make sure they recommend this activity for you):

- What many have elected to do is start with our pool practice sessions. Although these regularly turn into a great opportunity to practice your rolls, rescues and tricks, its has also provided the paddlers with a chance to 'wake-up' their paddling muscles. Quite a few have elected to swim a few easy laps (with full equipment on) to warm-up the muscles and paddle a few lengths before jumping into any skills.
- Lane swimming. This is a great, low impact, workout to begin with, but additionally, it works a lot of the same muscles you use in paddling. Just like paddling, it is important not to take on too much at the beginning as you're just trying to wake up and start strengthening the muscles you want to use for paddling.
- yoga / core strengthening - if you've ever taken a kayaking course with us, the first item your instructor probably addresses (after safety) is which muscles you use to paddle with. Its not your arms, its your core. That's right. The arms help keep the paddle in position and do facilitate an action on the paddle, but its the core muscles which are used to do the actual paddling. Yoga is great because of the added maintenance of flexibility. Personally, I find that after a period of inactivity, my flexibility diminishes and that sitting in a kayak for extended periods of time becomes tougher, especially as I get older. Although the greatest amount of flexibility is needed when adjusting your foot rests while still seated in the kayak, proper paddling technique suggests that your seated position is not laid back, or even just upright at 0 degree's. Its a slight forward lean into the boat by as much as 10 -15 degrees. This allows for better engagement of the core muscles while paddling. Improved flexibility will allow for more time spent in this optimal position which in turn translates to greater paddling efficiency. If going to a yoga class is not for you, some gentle stretches at home can still very much help.
- If your unable to get into a pool, or a yoga class, try using cans of soup, mimicking the paddling motion for a couple minutes a few times a week will help strengthen and prepare the body for the fun soon to come. If done seated on the floor in front of a mirror, you can take the time to verify your paddling technique so the muscle memory you're enforcing is the correct one.
- Make that first paddle of the season a short one, both in distance and duration. Use this first paddle as the tester, the reminder, and the starting platform for your summer. Dave will take it extra leisurely on the first few group paddles. Give yourself the opportunity to re-adapt to a fresh new paddling year.

In the end, any activity where you're able to exercise your internal engine will aid in getting you prepared to get the most out of our paddling season. The important thing to take away from this is to prepare ahead and ease yourself into it. Think, enjoyment for the entire summer, and not just that first day.

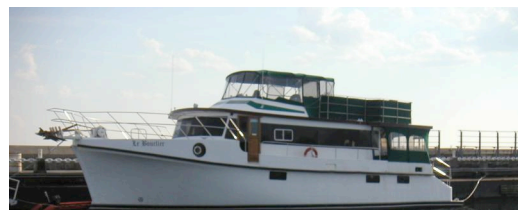
All the best and see you on the water soon!

James

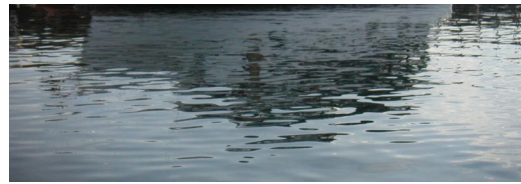
In Our Community

New Boat Bed and Breakfast Moves In!

It is with great pleasure that we welcome a new neighbor to the community. Diane and Ted Greene run a very unique business which essentially is a bed and



...very unique business which essentially is a gourmet breakfast on the water. They call it a "Boatel" and they have made the slip just to the west of us home for the summer.



Boatel

[Making Waves Boatel](#) will be moored at HT0 Park West at 375 Queens Quay West. I had a chance to talk with Diane about her very unique business and asked her to write me a little description about it and here is what she said: "Have you ever dreamed of living on a boat? Now you can! Spend a night, a weekend, or a week dockside aboard a 65 foot private trawler. Enjoy a gourmet breakfast in spacious air-conditioned comfort and privacy. You can expect to receive personalized service from your hosts in a décor of casual elegance surrounded by a postcard view of downtown Toronto. WARNING: Marine life is addictive - your first visit will not be your last."

Diane and Ted will be holding an open-house on the Boatel in May so stay tuned to their website for that information

Transformation Of Queens Quay Into A World Class Waterfront Street Set To Begin!

Approval has been finally granted to Waterfront Toronto and our stretch of Queens Quay is set to get a major "face-lift". This is something we have been waiting for for a very long time. Its a much welcomed change in order to create a more inviting and pedestrian / cycling friendly access and enjoyment around our neighborhood. There is still no date set for when construction is scheduled to start but the current thought is that it wont take place until closer to this fall. As can be imagined, this construction will create some unique traffic issues around our little shop, but its a project we very much welcome, and we will do our best to keep you up to date as the information comes in.

There will be a presentation of all the plans on Wed May 12 at 6pm at our neighbours to the east: the Radisson Admiral Hotel.

In the mean time, check out this short update article/update released by Waterfront Toronto, announcing this latest approval. [Click Here for Waterfront Toronto Article.](#)

Nautical Centre Open House - May 1st and 2nd, 10am - 4pm. No RSVP required.

That's right, we are part of the Harbourfront Nautical Centre and we are having an open house. Come down to our slip and see who makes up the Nautical Centre of Harbourfront! There will be information tables set up for canoeing, kayaking, sailing, disabled sailing and more. Between on-water demonstrations, free voyageur and sailboat tours, and a chance to see old friends from last summer, there will be enough to interest all. Hope to see you there!

James Kowalewski
General Manager

MEC PADDLEFEST APPROACHES!

Once again Harbourfront Canoe and Kayak Centre will be a major sponsor of the 2010 Toronto MEC Paddlefest. This is a two day event of all things that can be paddled, and its held right here in Toronto at Sunnyside Beach. Mountain Equipment Co-op has done a brilliant job of helping to bring the paddling community together into one location to showcase all that is paddling. From the classics like canoeing and dragon boating, to the cutting edge like paddle boarding. For \$5 you can sample just about any dimension of paddle sports you can think of. For more information check out their website: [Toronto MEC Paddlefest](#)

If you wish to get into one of their 1.5 hr clinics, you must register (and register early, these fill up so quickly) at the Toronto Mountain Equipment Co-op store or call in. There is no on-line registration. Registration opens May 26th.

Its an amazing two days and we will see you there!

The Harbourfront Canoe and Kayak Centre is entering into its 31st year! Thank you for making us part of your summer and remember ...group paddles & BBQ's start the beginning of June.

Sincerely,

The Harbourfront Gang!
www.paddletoronto.com

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