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Dear David,

We're not done yet!

Its been such a great paddling season. Best one in years. We had a very early start back in May. As some of you may know, traditionally we have not been able to lift our wetsuit requirement until mid to late June. Its only fair then that we are teeter-tottering on that requirement now. For those of you who check our home page regularly you may have noticed that we went to all blue and wetsuits early last week. What's happening now is a lot of surface water circulation. There is still some warm water out there and as of this newsletter we are enjoying 16C in the top 2 meters of the water column.



Late Season Paddling Magic!
(last Wed's Social Paddle
...taken on Dave's iphone)

Our best advice to you for September is to keep checking in to our [home page](#) for daily updates and water conditions.

In the end, we will be locking the shop and putting the Centre to bed for the winter by 10pm October 8th. That is after the Friday night Social Paddle, and 3 days before Dave & James & Lien head down to Utah to lead another sold-out [harbourfrontadventures.com](#) trip. So enjoy the last 3 weeks of the season.

Over the winter we will continue to put out our e-newsletter and keep you all informed as to our winter Dinner/Socials and In-Pool Courses & practice sessions (starting up again at the end of January). In addition, we are looking into starting a winter paddling club for those of you with dry suits, bomb proof rolls and excellent rescue skills. More on that program still to come. Also be sure to check out the end of this e-newsletter to celebrate!

All the best!

James, Dave and the gang!



Sunset During Social Paddle Last Week
 ...another iphone photo (thanks Michael Connor)

Late Season Paddling

Well, the weather is starting to turn, but there is still some great paddling to be had out there! Our social paddles are now enjoying regular incredible sunsets as our days get shorter.

Eventually the water will cool off, and the winds won't allow for us to keep going, but until that time, here are few tips to allow us to get in some end of season paddling:

- Wednesday, Thursday, and Friday social paddles now leave the docks by 6pm. This means you should arrive by 5:30pm and the sign in is cut off at 5:55pm in order for us to depart on time.
- Bring a warm change of clothes for after the paddle. Once that sun sets, the temperature really drops for our BBQ.
- Bring a rain coat or wind breaker for during the paddle. You always hear about layering on your clothing, using a rain jacket or windbreaker helps to wrap you up and insulate you just like wrapping a potato with aluminum foil. This can even go over top of your PFD to make it easy to put on or remove during the paddle depending on your needs.
- Although wetsuits will be required for our regular rental program, they are not necessary on social paddles as all our guides are well versed in their kayak rescues. This will minimize your exposure time in the event of a capsizing.
- Fleece is your friend, cotton your enemy. One of the many great properties of fleece is that it keeps you warm, even when wet. Cotton on the other hand is constantly stealing away your warmth and then energy. Cotton has such a strong cooling effect even from your perspiration and a gentle "off-the-lake" breeze. Stay comfortable out there and most importantly, stay warm.

These are just a few suggestions to help extend your paddling season with us till Oct 8th.

Cheers!

James



Saturday October 2nd 10:00am - 11:45am

WHERE

FEATURES

ATTRactions



Town of Caledon City Hall
6311 Old Church Road
Caledon East

- Part of Caledon Day Celebration!
- New Flat Run Courses!
- Meet "Today's Heroes" Olympic & International Athletes and Celebrities!

Kinetic Kids 1 Mile Run
K-SWISS 5km Run
K-SWISS 10km Race

Kinetic Kids 1 Mile Run - Free to all kids. "Help us set a new national record with 1,100 kids to race in the free 1 Mile run (Kids of all ages)"

Visit www.c3online.ca for registration details.



In support of Caledon Community Food Bank

A cash or non-perishable food donation will be accepted for the local Food Bank.

James Kowalewski invites you to join Olympic Coach Barrie Shepley at the Oct 2nd C3 Kinetic Running Festival. "Barrie and Kinetic are trying to give away 1100 free race entries in the 1 mile run to kids of any age (2-18 years of age) to try to set a new national record" said James Kowalewski. "Every child will get a free race number, race t-shirt, finishers medal and post-race meal" said Shepley. The day will also include the adult/senior youth 5k and 10k runs. All races are on a new flat, fast course located in Caledon Ontario (20 minutes north of the Toronto Airport). "Our group is committed to helping families get active and stay active and the free race entry for all kids is one way we want to keep things economical for families" said Shepley. Last year C3 had 1008 kids in the 1 mile and the goal is to add another 92 kids to make 1100 kids in the 1 mile fun run. "We hope that all of James' friends/clients will load up their cars and come up to beautiful Caledon for a world-class Saturday morning" said Barrie Shepley. The event will occur between 10am - 11:45am on Saturday Oct 2nd as a part of Caledon Day (with car shows, art-shows, and food-festival).

While the kids all get their race entries for free, everyone (adults and kids) must pre-register so that food/race-shirts can be organized. "We hope that everyone will consider this great fun event for themselves and their families, as well as sending on the details to co-workers and other families" said Kowalewski.

Details are at www.c3online.ca

It's Time To Celebrate

The Harbourfront Canoe and Kayak Centre is entering into it's 31st year! Thank you for making us part of your busy lives and remember ...try to schedule your calendars to make the most of the end of summer, and winter with pool sessions and monthly paddling-related Dinner/Socials (with money going to Daily Food Bank).

Also through your generous support with our summer charity BBQ donation bin, you all have helped little Cesar and his community of Tacuba El Salvador (Harbourfront Canoe's sponsored child) become self sufficient. The community now employs many in the new fruit processing plant, many families are chicken farmers, and 84 families now have proper homes rather than the plastic and cardboard ones from before. 98% of children complete grade 6 rather than 25% a few years ago. There is now improved access to potable water and proper latrines. The list goes on but as Cesar and his community no longer need our support, we now are supporting a new World Vision Child and their community. It's amazing what a few cheesies and a great group of paddlers can do, along with the volunteer staff, and we thank you from the bottom of our hearts.

Sincerely,

The Harbourfront Gang!
www.paddletoronto.com

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