



HELLO SUMMER!!



KAYAKS AND CN TOWER

FIND OUT WHAT'S GOING ON AT HCKC!

JULY, 2014

In This Issue

[Pan Am Games - Paddlers Needed This Weekend!](#)

[NEW: Trip Planning Course](#)

[The Next Steps for Kayaking](#)

[Morning SUP Social Paddle](#)

[SUP Classes Added](#)

[Iceland Trip: Safe Trip GANG!](#)

[Traffic Update](#)

[What's New in Our Community](#)

Greetings!

Winter is but a distant memory, spring, a recent thought, but summer, wow, did you

ever arrive and thank-you for doing so!

We are off and running in full stride down by the waterfront. Our kids camp is heading into week 3, all programs have launched, and we have already seen a few sold out social paddles containing upwards of 70 paddlers on Wednesdays, Thursdays and Fridays!

While the construction is certainly far from over, we have been extremely pleased with their progress and not to mention all the efforts made to keep traffic moving, and notification as to what is closed and when it will be re-opened. We have dedicated our homepage message board to help provide you with up to date information on best ways to reach the waterfront...and remember, once you hit the island by canoe kayak or sup, you leave all that car traffic behind :)

In this e-newsletter we want to let you know of a few items, but a big one is that the **Harbourfront Canoe and Kayak Centre has been invited to be a part of one of the tester events for the 2015 Pan Am Games!** The 2014 Toronto Triathlon Festival has been selected as the tester event for the Pan Am Games Triathlon event for 2015. This weekend is their tester and they have asked for help from any kayaker and SUPer to help guide and keep an eye on the swim portion of this event. If you would like to be a part of this, as well as have the best seat in the house and meet 3 time Olympic and 2 time Olympic medalist Simon Whitfield, please see below for more information or e-mail James@paddletoronto.com.

Last but not least, there are a few new programs coming up that we would like to highlight to you!

Thank-you to all who have already stopped in to say hi, and we look forward to seeing many more of you as the summer continues!

All the best,

James, Dave, Clare, Erik, and the HCKC Crew!

Pan Am Games Tester Event and the Toronto Triathlon Festival!

This weekend Toronto will play host to almost 2000 amateur athletes and roughly 75 pro athletes from around the globe as the Toronto Triathlon Festival takes place at Ontario Place.

2014 is the year for all the venues involved in the 2015 Pan Am Games to run their testing events and make sure that all is ready for the world stage. It is a great honour for us to be invited to have a roll to play in this international event and it is with that, that I reach out to the paddling community now.

The Toronto Triathlon Festival is looking for safety kayakers and SUPers for Saturday and Sunday morning. They have 20x\$20 MEC gift cards to hand out to the safety boats and have arranged for an introduction to 4 time Olympian Simon Whitfield.

WHAT WILL YOU HAVE TO DO?

As a safety boat, you will be positioned along the swim course with lifeguards and asked to watch the swimmers as they go by. If a swimmer is looking tired and asks for a rest, you can provide them with the front of your boat so they can take a little time out. In the event that a swimmer is in distress, you will blow your whistle and notify a lifeguard who will then assist the swimmer. We will also have motor boats on site to help out with this.

There is a swim course director who will be in charge of kayak and SUP placement and who will also go over what to do. Overall, you will have the best seat in the house and it will be an experience like no other. With that said, there is always the possibility that you will be needed to help provide assistance to a swimmer. This will be our 3rd year being involved in this event, and it's an incredible day.

WHAT ARE THE TIMES?

Both days are early ones, but they also end early too.

SATURDAY - July 12, 2014 (PRO Athletes day) - We need at least 5 paddlers. Paddlers meet at HCKC to be on the water for 6:00am. Paddlers need to be in the channel of Ontario Place (at the giant golf ball/Imax) for 6:25am to meet with the swim course director, and get placed on the swim course.

RACE START is 6:50am sharp.

You will be done and heading back to HCKC by 11:00am

SUNDAY - July 13, 2014 (Amateur Athletes Day) - We need at least 15 paddlers. Paddlers meet at HCKC to be on the water for 6:00am. Paddlers need to be in the channel of Ontario Place (at the giant golf ball/Imax) for 6:25am to meet with the swim course director, and get placed on the swim course. There are expected to be 1800 participants, however they will be racing in groups of 150 at a time:)

RACE START is 6:50am sharp.

You will be done and heading back to HCKC by 11:00am

Matt O'Brien, our lead Boat Helper, SUP instructor and Kayak Instructor will be driving our pontoon boat and will be taking the lead on behalf of HCKC on both Saturday and Sunday.

We are looking for individuals who have their own equipment.

If you are willing and able, we can certainly use your help!
Please let James@paddletoronto.com know if you are able to help out!

To learn more about the Toronto Triathlon Festival please visit:
<http://www.torontotriathlonfestival.com>

NEW TRIP PLANNING VALUE PACKAGE

**LEARN HOW TO TRIP PLAN - July 21, 28,
August 11, 18, 25**

This is a great set of evening on-land classes to teach you the tricks to having a safe and fun kayak camping trip. Call the office to sign up for the whole package or certain individual classes



Juniper Springs Florida

Class 1: Weather Forecasting: Find yourself mystified by the weather? This session will focus on near-term weather forecasting so paddlers can make better decisions while out on a day paddle or multi-day expedition.

Class 2: Navigation - Part 1: This clinic will cover the basics of on-water navigation with lots of tips and tricks to staying found-out in the wilderness. We will also become familiar with both nautical charts and topographic maps and how to prep them for your next trip.

Class 3: Navigation - Part 2: The second part of our navigation series will expand on Part 1 and explore more advanced navigation techniques as well as compass use and GPS. We will also learn about identifying ranges, shooting and following bearings, etc. Please note that Navigation Part 1 is a prerequisite for this evening session.

Class 4: Trip Planning: Planning your first kayak trip doesn't have to be overwhelming. In this hands-on session we will talk about the basics of trip planning including planning your route, gear selection, risk management, packing boats, etc.

Class 5: Camp cooking: In this session we will look at the world of cooking in the wilderness for beginners. We will show you everything you ever wanted to know about planning a menu, cooking on a fire vs cooking on stoves, and setting up a safe kitchen, etc. Never settle for canned beans and hot dogs while on a trip again!

Course Runs: 6:00-9:00pm

Prerequisite: None

Cost: \$145 for all 5 classes OR \$35 for an individual class

To learn more or to register please [Click Here.](#)

THE NEXT STEPS FOR KAYAKING

INTERMEDIATE KAYAK VALUE PACKAGE

In the same format as the Beginner Value Package, this five day Intermediate/Advanced Package will take you beyond the Inner Harbour. Another great opportunity to expand your skill level and to gain future paddling buddies. Starts Aug 12th



What To Expect:

- Continued Intermediate Skill Development
- Night Paddling Session
- Navigation Session
- Opportunity to achieve SK1 Certification

Course Runs: Days 1-4 Evenings 5:30 pm-9:00 pm
Day 5 Full Day: 10:00 am - 4:30 pm

Prerequisite: Beginner Value Package or equivalent skills.

Maximum Class Size: 6

To learn more or to register please [Click Here.](#)

WHAT'S NEW IN STAND-UP PADDLEBOARDING!

Morning Sunrise SUP Social

What a great opportunity to wake up the body with some light exercise while the water is calm and before the workday begins. Some simple SUP yoga will be introduced along with some lovely paddles out from the office. Come experience the difference the morning makes.



Like all our social paddles, Frequent Paddlers Card points are accepted for this program!

To learn more or to register please [Click Here.](#)

NEW Block of SUP Classes Opened on Saturday Morning

Due to overwhelming demand, we have opened up an additional day for our Intro to Standup Paddleboarding. In addition to Thursday evening and Sunday mornings we have added in the option for Saturday morning and Sunday afternoon options for classes on certain weeks.



To learn more or to register please [Click Here](#).

TRAVEL AND ADVENTURE - Have a great trip GANG!

Iceland! Kayak, Hike Explore!! - 11 days, July 22nd - August 1 2014

This is our second year to Iceland & this trip has been put together for our dedicated **PaddleToronto** sea kayakers! We wish them a wonderful trip and look forward to hearing about next year's trip location.



The [Hornstrandir Nature Reserve](#) in Northwest Iceland is one of the most remote and unspoiled places left on this planet. The fjords, waterfalls, glaciers, cliffs and midnight sun makes it also a World-Class paddling destination.

This is primarily an expedition kayaking trip which means tenting and living in the open. We have partnered with a local outfitter to put together this custom trip that will blend the care and dedication of a [Harbourfront Adventures](#) trip with the local expert in the region. There is also an additional 5 day hiking option.

Keep an eye on our travel section of our company and if you want to see what the gang is doing on this trip see this Iceland trip Itinerary [HERE!](#)



TRAFFIC UPDATE!

Rees Street/Queens Quay Intersection Opening Soon!

At present Queens Quay West is under construction and is a one-way westerly direction road. There is no through traffic from Lakeshore Blvd to Queens Quay on Rees St (slated to open by early next week) so use Lower Simcoe or Yonge St instead.



You can still access our closest parking lot on the NW corner of Rees St and Queens Quay W from Queens Quay.

The TTC 509 bus presently picks up on the west side of Bay St just north of Front St, and drops you off at Queens Quay and Rees St. Returning to Union Station you take the 509 Bus again from Lakeshore Blvd and Lower Simcoe.

Please note that on Blue Jay home game nights, our closest parking lot across the road fills up. The Blue Jays schedule is on our home page.

WHAT'S NEW IN OUR COMMUNITY

100 in One Day: Island Clean-Up Success

What if hundreds of people united, each putting in place the changes they wish to see in their city, all on the same day? On Sat. June 7, Dave and many Voyageur paddlers and kayakers paddled out from the Harbourfront Canoe & Kayak Centre to collect floating litter



from the bird sanctuaries and channels, and the Snake Island and Wards Island Beaches. Upon arrival back at Harbourfront, they had a BBQ. We want to thank everyone who participated in this wonderful event.

See you on the water! | www.paddletoronto.com

Harbourfront Canoe and Kayak Centre | ask@paddletoronto.com |

<http://www.paddletoronto.com>

283A Queens Quay West

Toronto, Ontario, Canada