

Kayak/Canoe/Stand-Up Paddle Board the St. Louis River



**SATURDAY, MAY 9, 2009
9:00AM-4:00PM**

Have you ever wanted to experience the thrill of white water paddling? The rush of the wild river pushing you along and the spray of cold water in your face. Well you don't have to go far. The outdoor program will be taking a trip to the St Louis River after the spring thaw. It's going to be an all day adventure with skills development as we explore flat water, moving water and whitewater spots on the river.

HERE'S WHAT TO EXPECT:

From UMD, the group will go to the Aquatic Center to pick up wetsuits and other equipment. From there, we will travel to the St. Louis River and get set up at the Outpost next to Thomson Dam. Our on water plan is to travel across the Reservoir and up to the rapids where we can play and eat lunch.

WHERE:

Meet in Sports and Health Center Lobby

WHAT TO BRING:

- synthetic long underwear top and bottoms for under the wet suit
- one or two fleece or wool shirts to wear under the paddling jacket
- fleece or wool hat for under the helmet
- wool socks and close-toed shoes to wear in the river (or neoprene booties if you have them)
- a water bottle
- sack lunch
- towel and set of warm dry clothes to wear after we're done paddling.

WHAT THE OUTDOOR PROGRAM PROVIDES:

- instruction
- wetsuits
- paddling jackets
- life jackets
- helmets
- paddles
- rafts

COST:

\$15 UMD Students Only

GOALS:

- To experience white water paddling, meet members of the UMD Kayak & Canoe Club and have fun!

EXPLORE MORE WITH THE OUTDOOR PROGRAM:

- Check out our summer kayaking, canoeing, and climbing programs. Go to our website below.

GENERAL INFO:

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The Real Classroom is outside...Get into It!