

River Wave Riding in Manitoba, Canada

The Winnipeg River at Sturgeon Falls offers large glassy waves that can be surfed using a variety of equipment. We will bring Stand-Up Paddleboards, Surfboards, Whitewater Kayaks and Canoes or Sea Kayaks. This place permanently alters your view of surfing waves and accelerates your skill development. Head north to discover what 50,000 cfs can do for you!

HERE'S WHAT TO EXPECT:

Fall colors are turning and it's time to surf river waves in the Whiteshell Provincial Park. On Friday we will drive eight hours north to Nutimik Lake Campground. Two days will be spent working on our river wave surfing skills and two nights will offer relaxing conversation around the campfire with new friends. We will break camp Sunday morning, hit the waves for the day before driving back in the late afternoon which allows us to return to Duluth around midnight. The residual stoke from this trip will provide plenty of energy for Monday morning classes. Wandering thoughts and a permanent grin may require explanation upon your return to UMD.

WHEN:

Depart - Friday, September 23, 2011 at 2pm*
Return - Midnight - Sunday, September 25, 2011
Mandatory 40-minute Pre-Trip Meeting:
Tuesday, September 20th at 5pm*
* Meet in the RSOP Conference Room 153 SpHC

PREPARATION:

- *Passport* – you must have one to cross the border.
<http://gocanada.about.com/od/canadatraveloverview/qt/uscitizenborder.htm>
- *Equipment* – attached is an equipment list that includes what we provide and what you need to obtain. Follow this list closely to have an enjoyable fall camping experience.
- *Health & Liability Form* – complete these forms and return them during the Pre-Trip Meeting.
- *Group size* – limited to 6 participants and 4 instructors
- *Trip Leader* – Randy Carlson, call (218) 726-6177 or E-mail rcarlso6@d.umn.edu for more information

THE OUTDOOR PROGRAM PROVIDES:

All group camping gear, quality paddling and surfing equipment, transportation, food and expert instruction.

COST: \$70 for UMD Students Only, must be UMD RSOP Surf Member or Kayak and Canoe Club Member.



GOALS:

- Have Fun
- Explore river wave surfing
- Take some sick photos
- Learn base camping skills
- Meet people who enjoy whitewater and surfing

EXPLORE MORE WITH THE UMD RSOP 2011-12:

- SoCal Surf/SUP Training Trip - March 10-18, 2012
- Surfing Based Strength and Conditioning Pool Sessions on Fridays 8:30-11:00am September 16,30 October 7, 14, 21 and Wednesdays 2:30-4:30pm April 11,18,25
- Become a Surf & Kite Member to save money by combining the action!
- Kayak and surf in the pool with the UMD Kayak & Canoe Club, Thurs. 9-11pm

FOR MORE INFO:

Phone: (218)726-7128 or visit www.umdrsop.org

The Real Classroom is Outside...Get Into It!

Equipment



On this trip the weather may vary from hot and sunny with a high of 70 degrees to cold, rainy, and windy and in the 30 degree range. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers.

WE PROVIDE:

Boards, Kayaks & Canoes	Tarps
Paddling Accessories	Spare rope
Wetsuits & Neo Accessories	First Aid kit
Tents	Matches
Toilet tissue	Saw
Kitchen and cookware	Firewood
Each meal while at camp	Dry bags
All transportation from UMD	Water jugs

YOU NEED TO BRING:

- Money for food on the road
- Heavy duty garbage bags
- Sleeping pad (closed cell foam or Therma-rest style)
- Sleeping bag (rated to 20 degrees F) in a stuff sack
- 2 Pair pants (wool, nylon, supplex, or light cotton)
- 2 Piece rain-suit of durable material
- 1 Pair light tennis shoes for camp use
- 1 Pair long underwear (no cotton)
- 1 Pair shoes or boots which may get wet in the canoe
- 2 Pair underwear
- 3 Pair wool socks
- 1 Long sleeved shirt
- 2 T-shirts
- 1 Pair shorts and 1 swimsuit
- 1 Heavy sweater
- 1 warm jacket
- Toiletries: small towel, toothbrush/paste, soap in plastic bag
- Sunglasses with safety strap Gloves or mittens and a winter hat
- Pocket knife
- Spare prescription glasses with safety strap
- Unbreakable eating utensils (plate, cup, bowl, k,f,s)
- Flashlight w/ fresh batteries
- 1 quart unbreakable plastic water bottle

RENTAL:

If you don't have some of the major items, you can rent from the new UMD RSOP Rental Center. Call 218-726-6134. Open Mon. 9am to 6pm, Tues.-Th. 11am to 6pm and Fri. 11am-7pm.

EQUIPMENT TIPS:

- Fleece and wool are great insulators – they even work when wet.
- Quality rain gear really helps you enjoy inclement weather.
- Long underwear should be a synthetic material, not cotton. If you don't have any, most outdoor stores have appropriate supplies.
- Wool socks work best because they are durable and warm.

EXTRAS YOU CAN BRING:

Camera, Journal, Pencil, book to read, field guides, personal map

DO NOT BRING:

- Tobacco
- Cosmetics
- Valuables
- Recreational drugs or alcohol

If you have equipment questions, contact us

Phone: (218)726-7128

Fax: (218) 726-7188

Email: rsop@d.umn.edu

www.umdrsop.org

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Alternate Surf Trip Plan

(When Winnipeg River volume is too low)

If the Winnipeg River at Sturgeon Falls is below 40,000 cfs we will seek waves and SUP touring locations on Lake Superior. Based on the wind forecast we will drive up the North Shore in Minnesota or down the South Shore in Michigan. Longboard skateboard land paddling tours and Freebord training sessions will also occur on paved surfaces along the way.

HERE'S WHAT TO EXPECT:

Fall colors are turning and it's time to hunt for waves on Lake Superior. On Friday we will drive up to six hours from Duluth to reach our surfing area and set up at a local campground. Two days will be spent working on our surfing skills and two nights will offer relaxing conversation around the campfire with new friends. We will break camp Sunday morning, hit the waves for the day before driving back in the late afternoon which allows us to return to Duluth around midnight. The residual stoke from this trip will provide plenty of energy for Monday morning classes.

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