

SEATREK

The official newsletter of the Victorian Sea Kayak Club Inc. No A17985B

February 1999 Issue 33



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SEATREK

The official newsletter of the Victorian Sea Kayak Club Inc No. A17985B

FEBRUARY 1999 Issue 33

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DEADLINE FOR NEXT ISSUE:

23 APRIL 1999

For those who brought their boats along for our 'Come and try day' - many thanks. I think you would all agree that it was a fantastic success with many 'off the street' people admiring and trying the huge variety of craft on offer.

It's great to hear of a number of people lashing out and getting into double kayaks.

I have received several articles and unfortunately I've misplaced the author's names. If you are one of these writers, please let me know and I will acknowledge your work in the next issue.

GUIDELINES FOR THE USE OF THE CLUB BOAT

Several years ago Club members decided to build a Greenlander for the specific use of Club members on Club trips, and its primary use has been for new members on such trips as the Canadian Bay paddles, where they can experience an outing with us before they have decided to purchase a boat of their own. The Committee has discussed the matter and the following guidelines have been decided:

- (a) The keeper of the Club boat will be Geoff Schirmer, 27 Summit Rd, Burwood 9808-7114.
- (b) A donation of \$10 per day for the use of the boat is expected.
- (c) The boat is to be used on listed Club Trips and is not to be used for private trips or expeditions.

BITS AND PIECES FROM THE SECRETARY'S DESK

Canadian Bay Paddles

We intend to conduct the Canadian Bay paddles on a monthly basis throughout the year and hope they will provide a valuable introduction for new members, as well as providing a regular paddle, meeting and forum for other Club members. If required we will have a separate group for those who are new to the sport, which will be slower and less demanding, but will enable them to learn and improve their skills as we plan to demonstrate and practise various techniques.

It is hoped that as many members as possible will attend a few Canadian Bay paddles during the year. It has been good to be able to use the showers and facilities of Canadian Bay Club afterwards when quite often future Club and private trips can be planned and discussed over a cup of coffee.

Dates For Canadian Bay Paddles

May 16 June 20 July 18 August 15

Electric Pumps

Pumps are a requirement for all boats on Club trips and we had a good article on the pros and cons of the various types of pumps available in the November Sea Trek. The majority of members seem to prefer the electric pump and as I have just installed a pump in my new boat I pass on where I managed to get the bits.

Rule 500 Pump \$36.95

Waterproof Toggle Switch \$10.95

Stainless 3/4" Hose Clamps \$2.50

from Whitworths Marine, 556 Elizabeth St. Melbourne (03) 9347-6511. I found the trip up to Whitworths to be well worthwhile and it was useful to get a catalogue of the wide range of products they sell. They also have a mail order service

Battery--4 Amp/hour 12 volt 'Rocket' \$40.00

from Peninsula Batteries--Frankston (03) 9786-6141

Also it is worth noting that John Hyndman (03) 9499-1084 has a supply of second hand batteries which he can supply to members. They have been used in medical equipment and have had very little use

If you are planning to install an electric pump I can supply copies of John Hyndman's article on the topic and also suggest turning up to a Canadian Bay paddle to see first hand how other members have done it.

Waterproof Phone Cases

Whitworths have a wonderful waterproof plastic phone case for \$14.90 which is waterproof to 20 metres and only has a 3% loss of sound from being in the bag. I believe that a mobile phone is worth carrying if you are in an area which is covered, even if you never have to use it, and now the case makes it practical to do so. It is just another adjunct to safety and doesn't take up all that much room.

Whistles

Whistles are listed as recommended safety equipment by the Club and Whitworths stock the regulation type for attachment to your PFD for 95 cents. I have bought quite a few and supply them to those who require them at the Club paddles.

CHANGES IN LEGISLATION

On the 10th of December 1998, changes to the speed and distance requirement for Personal Water Craft and Power Boat Operators. Distances have been increased from **thirty** metres to **fifty** metres. Five knots is a walking pace and no wash should occur.

A five knot speed limit applies to:

ALL WATERS	- within 50 metres	- swimmer/bather & other vessels
		- jetties, ramps & fixed or floating structures
	- within 100 metres	- diver/ divers flag
INLAND WATERS	- within 50 metres	- waters edge
COASTAL WATERS	- within 200 metres	- waters edge

Grid Chart

The Australian Volunteer Coast Guard Association (Jetty Road Sandringham 3191 (www.coastguard.com.au) phone: 9598 9092) have put out a grid chart of Port Phillip Bay which should not be used for navigation but it is a useful guide, available at a small cost from your local Coast Guard Office.

VF01 Frankston	VF02 St Kilda 9525 3714	VF04 Hastings 5979 3322
VF06 Dromana 5981 4443	VF07 Carrum 9772 7638	VF08 Geelong 5278 8440
VF09 Queenscliff 5258 2222	VF10 Werribee 9742 1502	VF12 Sandringham 9598 9092

FV 05 Lake Eppalock 54392585 - have also made a grid chart up of Lake Eppalock. The Westernport Safety Council are in the process of redrafting a grid chart for Westernport Bay

PADDLING AGENDA

As a matter of courtesy please contact the leader/contact person before the planned trip. He/she will need to know your previous paddling experience. Also, depending on the conditions the time and venue may change. Note - a trip can change dramatically from an easy dawdle to one of extremes in a matter of minutes. All participants must sign the disclaimer before going on a club trip.

Friday night paddle (These continue through the warmer months)

Contact: Rex Brown Phone: 9391 6889 H

If you wish to do an evening paddle, contact Rex. These trips are planned for most Friday nights while the weather is mild and balmy. Trips can be organised to suit the conditions of the night. The Yarra is fantastic, with much activity along the banks and on the river. The city is best appreciated from the kayak, with superb reflections, smells and sounds wafting across the waters. Another must do paddle is around Hobsons Bay across to Williamstown.

March 6 - 7 (LABOUR DAY WEEKEND) Port Albert

Contact: John Hyndman 9499 1084

Where: Port Albert

Time: Meet 9-00am

Explore the waterways and islands between Manns Beach and Port Welshpool. Excellent fishing and campsites. It is the best time of year for such a paddle. Suit intermediate paddlers.

March 13 - 14 March WAS

Hollands Landing - Blond Bay - Banksia Peninsula
NOW

Sperm whale Head - Bunga Arm

Contact: Chris Sewell 51 521 533 H

Time: Meet 8-00am Wilson Point (Sperm whale Head)

The weather should be ideal for such a trip. Due to a very toxic outbreak of Blue Green Algae, much of the lake system is off limits to water users. However, this long arm is unaffected. Hog deer and kangaroos can be seen along some of the sandy beaches. The power boats should be quieter (and rarely travel to the far end) after the long weekend and bird life should be in abundance before duck opening. We'll be camping near the top end where a large sandblow exists.

SUNDAY 21 March Canadian Bay

Contact: Bill Robinson (H) 9787-4704. (W) 9787-3444.

Where: Canadian Bay Boat Club. (Melways 101.D/10.)

Time: Meet 10-00am at club house.

Comments: **Distance:** Depending on the day will head either towards Mornington or Seaford, and return to Canadian Bay. Approx 22 kilometres round trip. This paddle is aimed at novices who wish to pick up a few clues and idea's from other paddlers with a strong emphasis on sea kayaking safety. One of the best ways to learn about sea kayaking is to get out and do it. Forward strokes and support strokes can be shown plus rescues at sea these will be done near the boat club for those wishing to partake. Showers and BBQ facilities are available at the club house at the end of the day.

SUNDAY 28 March Stony Point - Tankerton Jetty - Tortoise Head - Cowes - return via Sandy Point

Contact: Mike Cromie 9878 4582

Where: Stony Point 9-00am

Time: 9-00am

Suitable for paddlers with properly fitted kayaks.

EASTER April 2 - 5 Mallacoota to Wonboyn

Contact: Ian Dunn 9583 7682

An blue water trip from Mallacoota to Wonboyn. This is suited to paddlers with surf experience. Please let Ian know as permits are needed to camp in the Nadgee Wilderness (ASAP). Time should be available to explore the sand dune systems of Cape Howe, and the numerous estuaries along the way. Contact Ian for suitability.

March/April/May Mallacoota to Wonboyn

Contact: Brian Wallace 5156-0544 H

This trip is highly dependent on the prevailing conditions. Please contact me as it also depends on my work commitments. It need not be restricted to time limits and will be very similar to Ian's trip. Please let Brian know as permits are needed to camp in the Nadgee Wilderness. Time should be available to explore the sand dune systems of Cape Howe, and the numerous estuaries along the way. Contact Brian for suitability.

SUNDAY 11 April Sorrento Popes Eye - Mud Islands - South Channel Fort

Contact: John Hyndman 9499 1084

Where: Sorrento

Time: Meet 9-00am

This is always an interesting paddle. Bring snorkelling gear. Suits proficient paddlers. Contact John for suitability.

SUNDAY 18 April Canadian Bay

Contact: Bill Robinson (H) 9787-4704. (W) 9787-3444.

Where: Canadian Bay Boat Club. (Melways 101.D/10.)

Time: Meet 10-00am at club house.

Distance: Depending on the day will head either towards Mornington or Seaford, and return to Canadian Bay. Approx 22 kilometres round trip. See March 21 (above) for further details.

SUNDAY 25 April Warneet to Hastings via Barilier Island

Contact: Mike Cromie 9878 4582

Where: Warneet Jetty **Time:** 9-00am

A trip of about 26 kilometres. suit most paddlers capable of this distance in properly fitted kayaks.

May 1 -2 Lake Tyers

Contact: Chris Sewell 5152 1533 H

Where: 6 The Grange Bairnsdale

Time: Friday night (heaps of room to spread out before paddling on Saturday)

This is suited to all who like paddling in quite waterways, camping on a quite beach with the possibility of a good feed of fish. At the time of writing, the lake is opened to the sea and is more like a huge bay - very different to how we have seen it in the past.

May 7-8-9 Wilsons Prom (Tidal River) Base Camp

Contact: Julian Smith 9776 9583 or Ian Dunn 9583 7682

Where and when: Tidal River Camp Ground 9:00am each day - just look out for the kayaks

Suits most paddlers as there are sheltered waterways and always plenty to see and do around the place.

Suggested paddles include:

Norman Island and/or the Glennie Island Group

Anser Island Group and possibly Fenwick Bight

Surf play on the gently shelving beach

June 12 - 13- 14 (Queens Birthday Long w/e)

Wilsons Prom (Tidal River) Base Camp

Contact: Julian Smith 9776 9583 or Ian Dunn 9583 7682

Where and when: Tidal River Camp Ground 9:00am each day - just look out for the kayaks

Suits most paddlers as there are sheltered waterways and always plenty to see and do around the place.

Suggested paddles include:

Norman Island and/or the Glennie Island Group

Anser Island Group and possibly Fenwick Bight

Surf play on the gently shelving beach

This will be run along similar lines to the above Prom trip.

JULY 3 - 11 Myall Lakes (NSW)

Contact: Chris Sewell 5152 1533 H

A relaxing paddle through the most extensive estuary system of NSW. Pristine beaches (and due to the off season) few visitors and perhaps the odd feed of bream and flathead. Though winter, the weather is often quite mild with few visitors to spoil the tranquillity of the region.

JUNE 25 - JULY 10

North Queensland - Lucinda to Dunk Island via Hinchinbrook Island

Contact: Julian Smith 9776 9583 H

I need to know if you wish to join me on this amazing (some say the best) paddle along the eastern seaboard. Permits are required to camp on Hinchinbrook Island. Please contact me ASAP.

SEPTEMBER 18 - 3 OCTOBER

Central Queensland - Keppel Island Group

Contact: Chris Sewell 5152 1533 H

This paddle encompasses the Keppel Islands, about 6 islands in all. Most islands feature great snorkelling and clear water (these features may have changed since the last cyclones). Water is available on two islands - so you must have the capacity to carry at least 5 days worth. The area is much drier than the southern Whitsundays, so don't go expecting rainforests. Sandflies and mosies can be a problem on some of the islands, though for the most part they are non-existent.

I am also planning on spending two nights on Lady Musgrave Island - a small coral cay that is only accessible by launch or seaplane (about 80 km off Gladstone). The snorkelling is amazing - but the permits are rapidly filling up.

NOTE: Fires are banned on all the islands in this group.

PASSED EVENTS

EILDON 28/29 NOVEMBER 1998 Julian Smith

Tina Rowley - Arctic Raider

Allison Dixon - Scimitar

John Basemore - Helen Mary 2 Ray Lendrum - Greenlander 4

Ian McIntosh - Tasman 19

Nick - Spectrum

Peter Provus - Selkie

Julian Smith - Skua

A 10:00 am departure saw the group set off from Jerusalem Creek on a casual, laid back paddle across the lake and into the Big River Arm. A campsite was made near the first rapid. Peter and I got in some fishing. Peter ended up with a good-sized trout while I had a nice silver perch. There were also many large carp up to 15 kilograms.

Light rain didn't dampen the frivolity of the normal camp fire activities. Ian (on his first overnighter) proved he could mix it with our late-night low-level humour. Sunday saw another cruisy trip back to Jerusalem Creek, this time into a moderate headwind. A fine trip was enjoyed by all.

Thanks John for once again organising a great trip.

Sandridge to Williamstown Beach (Rex & Glenn)

On Friday the 18th of December 1998, Glenn contacted me about an evening paddle. He arrived with his magnificent home made stripped cedar sea kayak. I've thought about it, you've thought about it but Glen is a carpenter.

Whilst driving over the Westgate Bridge I notice the Enterprise - a reconstruction of the wooden sailing ship used by Captain Fawkner, outward bound in the Yarra River.

We departed Sandridge Beach 7.00pm with 10 -15 knot South Westerly, rushed out to the Melbourne Channel and caught up with the Enterprise, with a charter of passengers out for a sail. The sails were full and it was a great sight, one could image being back a century ago.

We enjoyed the view so much we paddling along side for a while, before heading past Breakwater Pier and along the rocky Williamstown back beach and into the Williamstown Beach being able to use out sails and surf on the odd wave into shore.

A brief snack and back onto the water, the light was failing and on went out torches as we took full advantage of the wind and sailed back to Sandridge Beach. An enjoyable trip.

17 January 1999 London Bridge to Portsea Julian Smith

Glen Evans - cedar strip kayak

Peter Provis - Selkie

Tina Rowley - Arctic Raider

Steve Weston - Pittarak

Julian Smith - Skua (leader)

We arrive at London Bridge at 7:30 am in time for a low tide and small surf of around a metre. Soon the surf rose to 2 metres with larger ones building behind.

The designated leader failed to appear, so a quick phone call finds him unable to attend, but will attempt to meet us at the Heads.

Glen got through the surf in a lull and waited for us behind the surf zone. It was hard to get out, with fewer lulls and a building surf. Peter went for it but capsized and took time to swim out of a rip. Not keen to venture out again, Tina and Peter decide to return to the

bay and paddle around to meet us at the Heads. The surf is large now with many waves breaking at once. I had that clenchy-bum feeling but had to go. I couldn't expect Glen to paddle back through this. I got knocked over by a large wave, rolled up, back paddled for a couple of big ones then found a huge one building up. Somehow I punched my way through its fat lip curling on top. The boat sailed through the air and landed in the trough behind but made it out.

It took me 15 minutes to find Glen. We paddled to the Heads on an abating swell. We entered the Heads at slack water. After surfing front and backward, occasionally upside down and cart wheeling, we headed home back into the bay where we met Tina, Peter and Steve on an incoming tide.

29th January 1999

Herring Island to Moonee Ponds Creek & return Gillian Hutchings

Rex Brown likes to sail and paddle his kayak and takes every opportunity to do so. So on the evening of the 29th January, Rex was hoping to meet 5-7 other paddlers for a trip down the Yarra.

We all met at Herring Island and eventually 5 of us paddled out onto the Yarra, to paddle downstream. Three in sea kayaks, and two white water kayaks. The weather was perfect for an evening paddle, very warm and still. We travelled passed the bike track, which looked so different from the river, down under Church Street Bridge, under Hoddle and Swan Street Bridges being passed by the rowers, through Southbank, receiving waves and calls from the people wandering along South Bank. Down to the Polly Woodside and then up the Moonee Ponds Creek, where we had a break. Those with shoes on got out onto the mud and scavenged around looking for bits of treasure!! Unfortunately, all that was there was broken glass, cans, plastic bags, and a water rat.

We then started the trip back to Herring Island. After a brief look at the Polly Woodside, we were entranced by the bolts of flame from the Crown Entertainment Centre flame towers. These actually lit up the sky, and the buildings around. With the sky being overcast the effect was greatly enhanced. After paddling past Southbank, some of us were getting rather weary, but Rex kept up a running commentary along the way which out interest up. It was a long paddle for some of us (18 km approx) but very enjoyable. Quote of the night: "This is something I have dreamed about doing for a very long time"

Friday 5th February

Lorimer Street (West Gate Bridge) to Flinders Street

After the previous weeks paddle down the Yarra, Rex wanted to paddle back to Southbank and to see the flames from the Crown Entertainment Towers from the water.

This time he had a different crew with him. Two of the paddlers were in new boats (well new to them, 2 weeks and 1 week ownership) Some of this group had limited experience in paddling, and it was a perfect opportunity to build up some stamina and just get used to the boats.

We met under the Westgate Bridge this time, and paddled upstream to Southbank, getting there early so we went on up to Flinders Street, and then back to the fire display which erupted on time at 9.00 pm. We were on the opposite side of the river and could feel the heat that came from the towers. It was a magical sight, after that we wandered down to Swanson dock and paddled around the container ships and marvelled at the size of the ships, the amount of containers, how high they were stacked, and just watched as the ships were loaded.

This was a quiet, but very pretty paddle watching the lights come on in the city, and the reflections on the water.

Friday 12th February 1999
Another of Rex's special paddles - Gordon Paterson

Another Friday evening, I wonder what Rex has planned for us tonight? We have to meet at Sandridge Beach at 7.00 pm

Five paddlers assemble and we head south to St. Kilda breakwater to observe the Fairy Penguin colony.

We departed Sandridge, paddled under Princes Pier, paddled past the "Crystal Symphony" Cruise liner, caught up with the Alma Dopel who were treating a boat load of guests to a live jazz band and a night cruise on the bay. Paddling on we made it to St. Kilda after stopping and chatting to the Water Police. At the breakwater we observed water rats, penguins and people enjoying themselves at the restaurant on the pier.

The paddle back was just as enjoyable, with the bay as smooth as glass, the lights and sunset that Rex organised reflecting on the water was just sensational.

We saw the Devil Cat from Tasmania berthing at Princes Pier and we returned to Sandridge after another enjoyable Friday night paddle.

Thanks Rex for another good Friday Night!

COME AND TRY DAY—MOUNT MARTHA 13/02/99
Bill Robinson

An extremely successful Come and Try Day was held at Mount Martha when members, new members and potential members were able to paddle many different types of kayak which had been provided by the membership and also retailers. It was considered to be a much better venue than Ricketts Point where it has been held in the past, as there were no rocks and the access was easy.

It was possible to try all types of craft and the newcomer was faced with a bewildering array of craft ranging from the wooden boats of Bill Robinson and Bob Adams to Julian Smith's beautiful new craft which was built by Club member Steven Vegh of Canoe Innovations at Carrum (03)9776-3001. It is a design that he and Julian have been working on for some time and it was considered by all who paddled it to be a first rate boat. We believe that Steven goes in to production, that we will see a lot more of this design in the future.

Tony Miller from Canoes Plus and CKEA brought down a trailer load of Dagger plastic sea kayaks which were well received by those who paddled them, and it appeared as though a few new members were interested in purchasing some of the boats he supplied. It is good that there is now a dedicated seakayaker working in a major retailer.

Three new members signed up on the day as well as several expressions of interest, so a satisfactory day was had by all.

CLOTHING, FOOD AND FLUIDS FOR THE SEA KAYAKER

by Bill Robinson

I have been asked to write this article because of my practical and theoretical experience with the subject. My theoretical experience is that I have studied nutrition, physiology and biochemistry as part of my training as a veterinarian, and also as my daughter Jane is an Olympic rower. I have spent some time discussing nutrition in particular with Jane and her colleagues at the Australian Institute of Sport. However my greatest practical learning experience has been to compete in 8 Murray Marathons (400 km) and 5 Murray 200s (200 km) in conditions varying from 43 degree heat to 10 degrees with 25 knot winds, as well as my regular training sessions on Port Phillip throughout the year.

I plan to stick to the basic essentials and to describe what has worked well for me. In brief, the main purpose of one's clothing and food is to keep the body in a balanced state of warmth, electrolytes and energy needs in what at times can be a challenging environment. To fail to do this can result in situations that can range from being uncomfortable to life threatening. The dreaded "Hypo Twins" of hypoglycaemia and hypoglycaemia are not to be taken lightly.

CLOTHING

In conjunction with all the following, it is assumed that the paddler has a well fitting spray deck.

HEAD

(a) Warm Weather

Sun protection is vital and the most common options are either a straw hat or a legionnaire hat which has a peaked front and a flap on the back to cover the ears and back of the neck. A chin strap is suggested for either type of hat.

(b) Cold Weather

A very large amount of heat loss can occur from the head, and a good woollen beanie is recommended. It can be covered by the parka hood in wet conditions and is easy to store in the cockpit if it is not required.

EYES

I feel that that it is necessary to carry and wear Polaroid sunglasses at all times, as there is a lot of evidence of the damage that prolonged exposure to sunlight can do to the eyes.

UPPER BODY

I have found through bitter experience that the secret is layering and how to adjust the different layers according to the conditions.

(a) Skin Layer One of the great advances in recent times has been the advent of thermal clothing made of man made fibres. I consider that thermals should be an essential item of clothing for all sea kayakers. Thermals have

the unique ability to retain body heat, to wick sweat away from the skin and to still feel warm even if wet. Many paddlers are not aware of the effectiveness of a thermal singlet in extreme heat, as well as in cold. In the Murray Marathon where the temperature can often exceed 40 degrees most experienced paddlers wear thermal singlets which wick sweat and spray off their skin, as well as providing protection from the sun. The brands of thermals that I have found to be good are Intertrek, Wilderness and Thermax. I feel that cotton has very little place in a sea kayakers paddling wardrobe - I have experienced hypothermia as a result of wearing cotton T shirts and have observed other experienced paddlers do the same on both marathons and Club trips. I am of the opinion that cotton should only be worn when out of the boat.

(b) Intermediate Layer

In cool conditions it is necessary to have one or more layers of clothing on top of the thermals.

Neoprene - I have found that a neoprene wet suit of the Long John type, or a waistcoat can provide excellent heat retention in cold weather. The arms are not covered by the neoprene and are free to move, yet still covered by the thermals and if necessary a parka.

Neoprene is the best thing to prevent immersion hypothermia in the case of capsize or exit.

Fleece Synthetic fleece is a remarkable fabric which has the warmth of wool, yet is much lighter and is able to wick moisture. My preferred fleece layer is a long sleeved jacket of Polartec 100 with a full length front zipper for ventilation as required.

Wool A light woollen jumper is the traditional middle layer. Wool is warm even when wet, but has the disadvantage of being heavier and taking longer to dry when wet, which can be a problem when touring.

(c) Top Layer The purpose of the top layer is to provide an impervious layer to prevent wind and water getting in, yet preferably to allow sweat in the form of water vapour to escape. It should be a parka with a hood and should either be worn or kept in the cockpit or foredeck so that it can be worn when necessary.

Nylon Bike Parka These are cheap and light and provide some wind protection, but are not very waterproof.

Waterproof Parka Several moderately priced brands of waterproof parka are available, such as Rainbird. They are made of proofed nylon or dry waxed japara, but can get very steamy due to sweat buildup.

Breathable Parka These are generally considered to be the best option, but are more expensive. I have used Gore-Tex over the past 3 years with only mediocre results despite following all the manufacturers instructions. It is not totally waterproof and delamination is starting to occur. I am currently trying a Macpac jacket which has a different breathable fabric - Reflex Nova which is reputed to perform well in salt water.

LOWER BODY

Following my avoidance of cotton, I always wear Lycra swimming togs (Speedos) which are then covered by the wetsuit in very cold weather, or

thermal long underwear in less cold conditions. In hot weather I wear baggy nylon board shorts over the Speedos which are great as they dry rapidly and do not absorb water. On my feet I prefer to wear neoprene wetsuit boots in cold weather and bare feet in hot weather with Teva sandals in the cockpit for walking when out of the kayak.

FOOD AND FLUIDS

The choice of the correct food and fluids is vital particularly on a long trip or a marathon and my suggested choices are the result of many good and bad experiences over the years.

Sports Drinks

(eg Power Ade, Iso-Sport and Gatorade) A great deal of research has been carried out on sports drinks and it has been shown that 8--10% carbohydrate combined with sodium and potassium and a small amount of magnesium and calcium is necessary. They are prepared to an Australian Standard. I prefer Gatorade, and buy the powder and mix it with water to the correct dilution. When touring I use a 1.75 litre soft drink bottle fitted with a push/pull top from an old Adams Ale bottle filled with Gatorade which is stored in my mesh foredeck bag. I aim to drink 3-4 times per hour.

During marathons I use two separate 2 litre containers--one with water and the other with Gatorade, in the rear compartment, which are connected to a neck harness by polythene tubes. This enables me to drink at will without taking my hands off the paddle. The volume of fluids required in hot weather can be up to 1 litre per hour.

Alcohol I believe that alcohol should not be drunk for several hours before sea kayaking and never on the water. On the other hand there is nothing like a drop of red on a beautiful beach at sunset after a long days paddle, provided there are several hours before paddling again.

Caffeine Some paddlers swear by flat Coke as a pickup, but I had a spectacular "Hit the wall" when I tried it. Instead I have found that Big M Coffee is excellent for a lift after 5-6 hours paddling. I use the 250 ml packs with UHT milk which does not require refrigeration and are easy to store in the cockpit.

Rehydration Fluids Are what we use after a full day on the water during marathons. Although not listed in the textbooks, I have found V8 vegetable juice and skim milk to be excellent. On a hot day I have found 750 ml of V8 followed soon after by a litre of skim milk to be fantastic.

FOODS

Naturally, we all have different preferences in foods, but the basic requirement is to have adequate carbohydrate intake before, during and after paddling. There are two types of carbohydrate - Simple carbohydrate which is in sugar, glucose tablets and barley sugar. It is not advised to eat simple carbohydrates alone when paddling as they can temporarily raise blood glucose levels, which can then drop later due to the "Rebound effect". It is preferable to eat mainly complex carbohydrates.

Complex carbohydrates are found in starchy foods such as potatoes and

grains which when eaten create a lower but more sustained elevation of blood glucose.

Before paddling

It is wise to carbohydrate load for several days prior to paddling as this lays down extra glycogen in the muscles and liver, which is converted to glucose and energy during exercise. The usual method is to increase your consumption of cereals (particularly oats), pasta, rice, potatoes and bread.

During Paddling

Sports drinks provide some carbohydrate, but I have found solid foods to be also necessary on long paddles - I have found the following foods to be of value:

- (a) Bananas - Either dried or fresh are invaluable for both complex carbohydrate and potassium supplementation. During marathons I carry many under my foredeck elastics where I am able to pick them up and put them in my mouth without even stopping paddling.
- (b) Dried Fruit - We have a food dehydrator and dry our own fruit in to rolls which are very easy to eat when paddling. Also commercial fruit bars such as Uncle Toby's Muesli Bars are very good.
- (c) Boiled Potatoes - Small boiled potatoes are used by several experienced marathon paddlers. I used them in the 1997 Murray Marathon and now am a confirmed convert - I ate one small potato every 30-45 minutes during the race, combined with adequate water intake, and found that I achieved my best result without feeling that I had ever done a marathon. I strongly suggest that fellow members of the VSKC give the spuds a try on a reasonably long paddle and see if it suits their metabolism.
- (d) Parsons Rice Cream - This is one of the most valuable food that I use when paddling. It is widely used by marathon paddlers and can be eaten either on its own or mixed with stewed fruit. It appears to be the ideal mixture of complex and simple carbohydrates and I always carry a tin of it during marathons or several tins on long trips.

After paddling

Pasta, rice, spaghetti or noodles mixed with vegetables, fish, meat or eggs seem to be what most experienced paddlers choose for their recovery diet.

I hope that the above suggestions will, if you will excuse the pun, provide some food for thought.

Bill Robinson

INTERESTING WEB SITES - BILL ROBINSON

Quite a few of us are coming to terms with the marvels of the Internet, and we include a few that we have found to be of interest---if you find a site that you consider could be relevant to Club members, please let us know for the next edition of SeaTrek.

- (a) Chesapeake Light Craft---The largest manufacturer of kits and plans for wood/epoxy sea kayaks in the world. I consider it to be an outstanding web site and recommend to

all even if you own a plastic or glass boat.

<http://www.clcboats.com/>

(b) Pygmy Sea Kayaks--Another wood/epoxy plan and kit supplier.

<http://www.pygmyboats.com/>

(c) Kayak Rolling--Avery good description of the basic physics behind making a successful roll and will clear descriptions of the various types of roll and how to do them. It has good animated diagrams which make it easier to understand the technique. <http://www.bristol.digitalcity.org/org/sports/canoe/kayakrol/rolling.htm>

ADVERTISEMENTS

For Sale

Greenland Mark 3 Sea Kayak - complete with bilge pump, provision for two sails, in very good condition, wheels and trolley. Whilst this boat is heavy, it is a proven performer and handles rough seas well. \$950.00
Rex Brown 9391-6889

For Sale

Skua seakayak designed by Mal Cowell and built locally at Port Albert. 16'4" in length and similar to the iceflow. This one is custom built to my requirements. It is extremely strong, has electric pump, day hatch, carry handles and a retractable skeg, yellow deck and white hull. Can also supply a rudder if required. It is like a new boat.
\$1700

Contact: Julian Smith 03 9776 9583

Julians used seakayak market

We have new members looking to buy used sea kayaks. If you have a seakayak for sale or are looking to buy one yourself, contact me on
03 9776 9583. I might be able to help you.

Wanted

A Nordkapp and/or iceflow in any condition.
Contact: Julian Smith 03 9776 9583