



410 Pittwater Rd, North Manly NSW P: 0414 45 46 48 E: contact@oceanpaddler.com
 Open: Monday to Friday 9am - 5pm and Saturday 10am - 5pm

Welcome to the May issue of Paddle News

FROM THE PRESIDENT: Tony Hystek

President Focus

Another membership year rolls by. As usual, we're moving in new directions in our effort to provide a better service for you, our members.

Website

We are in the process of changing our website, not just the look, but also the entire way it is managed. Up till now, the website has been maintained by one person, with all changes and additions submitted to our Webmaster, Sarah Grant. Also one of Australia's top Slalom paddlers, she has done a wonderful job maintaining the site while training out at Penrith every day, and also undertaking a university degree.

Sarah is off to Europe for 3 months to hone her skills before the World Championships, and so we will now be looking after the site ourselves while transferring our data to the new format. It will be a 'content management system' website, where there are various levels of access allowed for our Technical committees, clubs and even individuals.

And at the heart of the website will be the new On-line Waterways Guide, containing information on all paddleable waterways in Australia. It will be able to be updated by users, so any changes in conditions, or particular issues with access or safety can be immediately notified to subsequent users. Here, you can find current river heights, ocean conditions, best put-in points, which end of the beach to use in a certain wind directions.... a huge amount of essential information. And you, our members, will make this happen with your contributions to the site.

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The website changeover may take up to 6 months, as the major task is designing the way the site itself works. Uploading the information will be much simpler than it is now, so won't take much time once the site is up and running. We have to thank committee member Andrew Mathers for his untiring work on this project.

Boat Insurance

Our first year offering boat insurance has been a great learning experience for both PaddleNSW and our insurers. While we restricted insurance benefits to our members, it has meant that the return for the insurers made the administrative effort of questionable value. In addition, there was a great deal of work required when transferring data between insurers and PNSW.

So now, insurance will be managed entirely by the insurers, and not linked in with PNSW membership renewals. Of course, there will be a reduced price for members, so you will still benefit as you did before (we were close to losing this insurance benefit altogether). Please help us to continue this insurance benefit by taking the opportunity to insure your boats, and now we can offer insurance for boats down to \$2000 in market value.

Membership Cards

Membership cards may become a thing of the past. Most of our previous uses for the card no longer apply, as we have moved to on-line event registrations and membership renewals. Membership numbers are still available on the memberlist of the PNSW website, and indicate current membership status.

Any club membership secretary should check this list to ensure that their members have current PNSW membership. And event organisers can check their status here too. There are other membership certification plans in the pipeline, but we'll announce them when they're ready to go.

Reminder: Renew your membership **before June 30th** and take advantage of reduced rates; after that date, you will have to pay a 'new membership' rate of \$11.00 more.

Administration

I would like to thank Una McKay, who was contracted from Australian Canoeing for her assistance with administrative tasks in the office for the last few months. She has moved on to another job with Mountain Bike Australia, so we are in the process of advertising for a sports administrator to fill a much-needed administrative role in our office.

Constitution

As required by the Dept of Fair Trading, we have revised our constitution to reflect the new format and conditions proposed by the NSW DSR in their Sports Specific Constitutional model. We now need to formally adopt it...there are not many changes from the old 'model rules' standard, but nevertheless we still need to put its adoption to the vote, something we can do by answering a question on the on-line membership renewals form. We hope you will all answer yes to this question, so that we can have a modern and relevant document to refer to as we take the association forward into the future.

It's a very busy time of the year for us, sometimes just a little too much to think about. But when everything else around you turns to mush, there's always the paddling to keep you on the straight and level!

Tony Hystek

President

PaddleNSW Management Committee

Coming Up in June

[Click here](#) for the PaddleNSW calendar:

04-05 Jun Northern Marathon Series - Race 2 Grafton

04-05 Jun Open Water Level 1 Coaching Course

05 Jun PNSW Sprint Series 1

05 Jun Rec Paddle - Akuna Bay to Bobbin Head

11-12 Jun PWS Race 4

19 Jun Marathon 9 Wyong

25 Jun FW Instructor/Guide Assessment (Sydney)

25 Jun Harbor Racing Iceberg series - Pittwater

News

Education, 3,2,1!

3. Open Water Level 1 Coaching Course

When: June 4 & 5

Where: Sydney

Go to [website](#) under Education/current PaddleNSW courses for all details.

2. Flatwater Guide/Instructor Assessment

When: June 25

Where: River Canoe Club, Georges River, Sydney

Go to [website](#) under Education/current PaddleNSW courses for all details.

Contact lynn@paddlensw.org.au after 11/6 to confirm

1. Open Water Surf Ski Coaching Level 1

When: July 16 & 17

Where: Sydney

Go to [website](#) under Education/current PaddleNSW courses for all details.

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For Sale: Blue Earth

Blue Earth has established itself as a leading retailer in the paddlesports industry and the Business offers a prospective purchaser with some marketing expertise great potential for growth. [Click here](#) for more information.

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GST

PaddleNSW is now registered for GST as it is expected that in the 2010/11 financial all sources of income will take us over the \$150,000 threshold.

The Management Committee have determined to hold all memberships fees at the current cost for the remainder of the 2010/11 financial year.

Should you have any queries concerning this matter could you please email David Lunn at david@paddlensw.org.au

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Upcoming Recreation Paddles - add spice to winter kayaking

Upcoming Recreational Paddles – now twice as many to choose from

PNSW's popular Recreational Paddle programme expands this month with more free paddles to fascinating places - from Forster in the north to Ulladulla in the south. Crowds and boat traffic are down so join us and discover it's lovely out there!

A Taste of Sea Kayaking: in search of humpbacks - Sun July 10

Taking in some spectacular shoreline on exposed parts of Sydney Harbour, paddlers are likely to experience the fun of chop and swell, rebound from cliffs, probable beach landings and breakouts through small surf. Level 2 Sea Kayak instructor **Adrian Clayton** will lead the charge over 20kms in search of humpbacks heading north – and more. Genuine sea kayaks only - spray skirts essential. Numbers limited. Medium-hard.



Botany Bay never looked so good! Our paddle to Towra Point's internationally significant wetlands on April 22 made a big impression

Hawkesbury Magic: follow the route of the Classic – Sat July 30

Tim Dodd from Lane Cove River Kayakers, leads a recreational paddle from **Wisemans Ferry to Gunderman**, about 20kms. We'll stop for breaks and make it cruisey (it's not a race, a familiarisation or even a training paddle)! If you've never thought of entering the famous Hawkesbury Canoe Classic, you may want to once you've experienced this magnificent waterway. Car shuffle - the paddle is one way, with the tide. Medium.

THIS PADDLE ORIGINALLY SCHEDULED FOR MAY 1

Forster Frolics on the mid North Coast – August 6&7

Join **Elizabeth Van Reece** and the Just Paddlers team for a great weekend on the pristine, clear waters of the Wallis Lake and Wallambah River areas. Sandy beaches, great wildlife viewing including hopefully some dolphins - and a tour of a working oyster farm. Group barbecue Saturday night. Contact Great Lakes Caravan Park to book accommodation. Easy/Medium.

Lake Macquarie (incl Pulbah Island) – Sat August 27

Experience Australia's largest coastal lake with **Marg and Rob Cook** from Lane Cove River Kayakers. They live there and know the area well. Starting at Cam's Wharf we'll cross the lake to Point Wollostoncraft, Dora Creek, Wangi Wangi and Pulbah Island. Route subject to conditions. Suitable only for sea kayaks – leave the narrow racer at home. Easy to get to on the F3. Medium.

Cooks River Surprise - Saturday September 17

We'll travel upstream with **Stephen Catlin** from the River Canoe Club with commentary from Nell Graham who is very familiar with the river and river rehabilitation. We will return to the club for an optional barbecue lunch. Long thought to be a polluted wasteland, this 23km waterway near the airport is undergoing restoration and revegetation to increase biodiversity and habitat for native species. Much good work has already been done. A tour of Wolli Creek will be available after lunch. Easy.

South Coast Lakes & Inlets – Sat/Sun November 12/13

Here's the perfect weekend away, hosted by independent PaddleNSW member **Helen Moody**. We'll be based at the Beach Haven Holiday Resort at Ulladulla and paddle Burrill Lake on Saturday and Narrawallee Inlet on Sunday, where the bush meets the beach. Travel down late Friday – just under 4 hours from Sydney. Finish Sunday in time to drive back. Easy/Medium (two consecutive days of paddling).

To register for any of these paddles go to the PNSW website, click on Recreational Paddles and follow the prompts. You must register – don't just turn up on the day.

For more information contact Tony Carr, PNSW Recreational Paddle Co-ordinator at tonycarr@ozemail.com.au

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Discounts, discounts

Blue Earth Paddlesports in Drummoyne is now offering an 'across the board' 10% discount to all card-carrying members of PaddleNSW.

It is a great incentive; you could easily recoup your membership fees in a single boat purchase. You have to be there in person, and you must have your membership card with you.

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Its easy. \$\$\$ for your club!

DSR Facility grant program now open

<http://sportandrecreation.createsend2.com/t/y/e/fikujt/bldjhdjiv/>.

The primary focus of this program is to assist with the funding for the development of local and regional level sport and recreation facilities. The aim of this program is to increase the availability, standard and quality of sport and recreation facilities in NSW.

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Regulars

Trip Profile - Return to the Snowy River

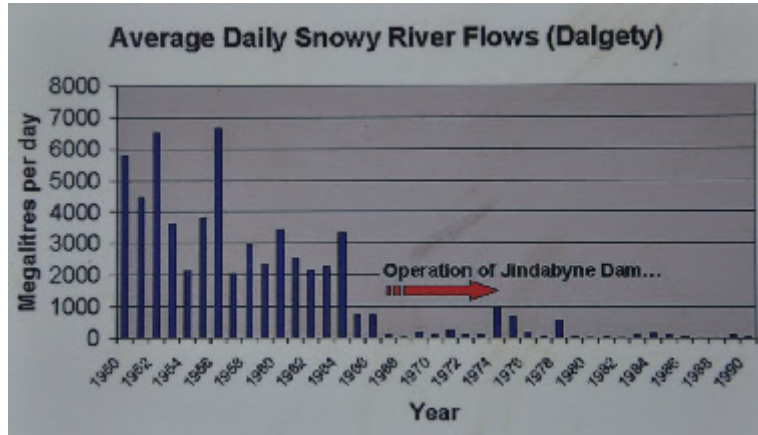


Jindabyne dam releasing water – and making friends with the Snowy River Alliance (photo: Kevin Songberg)

It started initially through some whispers on email, then a public government press announcement. The news? The Snowy

River would flow again. I spoke to many rivers people and the answer was the same - no matter what's down there - when they release the water we have to be on it. Rivers Canoe club has a long history with this river and the original footage of a 1949 decent can be seen on the 75th DVD. After a week of studying maps, calculating gradients, watching old archive RCC 1949 footage, and phoning local contact - it was on.

The rarity, and historic significance of this event cannot be downplayed as seen on the graph to the left – this was the first time this section would be paddleable since 1967! Years of lobbying by various groups including the Snowy River Alliance, finally convinced the governments to force a release



We settled on a plan of action where we would paddle the most accessible section from Jindabyne Dam to Dalgety on Saturday, then take it from there. A small group assembled on Saturday morning - not knowing what to expect. One thing was for sure - there was water and lots of it. Would there be trees, sieves, or even rapids?

The river report follows but suffice to say it's a brilliant section of whitewater with great rapids and stunning scenery. For those dedicated enough to take the gamble - it was well worth it, as 13 paddlers went down on Sunday

while others scouted sections downstream for Monday. After the paddle Lynn was heard to say " *you don't need to take me down rapids that big again*", while reports from Penrith are that that Glenn had a distant stare for the next week muttering to himself, " *it was big...it was really big...*"

Three paddlers managed to delay work for a day to paddle a further downstream section on Monday. Reports are that this was brilliant too but a lot harder, and more remote.

Thanks to Ali, Rob, Gary, Scott, Matt, Kevin, for helping the group get down the river safely and scouting new possibilities downstream.

One thing is for sure when they release again - we will be on it again!

To read the complete article go to [http://www.paddlensw.org.au/articles/Snowy River - Jindabyne to Dalgety.pdf](http://www.paddlensw.org.au/articles/Snowy_River_-_Jindabyne_to_Dalgety.pdf)

(Tim Sindle)

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Athlete Assistance - Shane Ison

Shane Ison is an under 14 paddler from the South Coast. He recently came away from the Marathon Nationals with a 3rd in his age group. He was the only junior from NSW. Here is his story:

I paddle in a K1 on the Clyde River with Bay Adventure Kayakers. I started when my family joined the local club 2 years ago. I do Saturday morning time trials with the club and train after school with my dad. Each year I aim to get a better PB in the clubs time trials and in the marathon 10 and 9 series. This year I am having a go at the NSW Interschool's sprints. I am also competing in the Australian Marathon Championships in Geelong in April. I am very grateful for the athlete assistance grant which will go towards my travel expenses. Last year I travelled over 2000km to attend competitions and this year will most likely be more than double that.

(shane Ison)

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Reading The River

The second half of the year sees a number of marathon races in river water that is moving. In particular, The Murray 200, The Murray 400, The Wagga Marathon and The Hawkesbury Classic.

Both the Hawkesbury Classic and The Wagga marathon involve racing against the current as well as with it. Even if the current is travelling at only one kilometre per hour, if you are in a slower boat, averaging say eight kilometres per hour, the current is a high percentage of your total speed. The faster the boat the less important it is but it is just what you need to give you that edge.

A lot can be gained in these races if you can read the river and take advantage of the faster current and back eddies.

How the river flows;

Generally the water is faster on the outside of a bend. The current sweeps across to the outside with often a back on the inside immediately after the bend. On straighter sections it is faster in the middle and slower on the sides. Faster where it is deep, slower where it is shallow. But it is always surprising how fast the current is close to the bank. When working against the current you have to be right against the bank, particularly if the bank is steep.

Signs of where the current is;

While a GPS helps, it will only tell you how fast you are going now or rather 3 seconds ago, and is not necessarily telling you how fast you are going in the direction you want to go. There may be a sideways component, so it is very important to be able to read the river.

Look for the signs;

If there is a slight breeze against the current the little wavelets will be bigger where the current is.

If there is no breeze at all the current moving will make it seem like there is a slight breeze down a path in the river, the rest will be glassy.

If there is a breeze with the current, where the current is it will be glassy, so follow that line.

Flotsam and debris in the river, leaves and twigs etc are all bunched up together on the edge of the current.

Where the bank is eroded or rocky, that is where the current is.

Where it is shallow sandy and the water has slowed down to drop the sand and allow the weed to grow.

The faster current is always on the outside of a bend, but also pretty fast on the inside just before the bend.

There will be a back eddy on the inside just around a bend, the tighter the bend the bigger the back eddy. If you turn too quickly you can get your bow in the back eddy and it can spin you around.

But all corners are different and often it pays to cut the corner.

Paddling down river with the current.

As you approach the corner, head toward the inside of the bend, you should be in the faster water. Just as you reach the corner and can just see round, decide if it is better to cut the corner or stay in the fast water and cross to the other bank. If you decide to cut the corner be careful of the back eddy against the bank, you can get your bow caught in that and the fast current on your stern will spin you round.

Once just round the corner see what the river is doing next. Most often the river will swing the other way. I aim for well inside the next bend, judging the speed of the current cross to the other bank and again get in the fast water just before the next bend.

If the bend is a long sweeping one, then the current will most likely be on the outside, but you must look for the signs.

Paddling against the current.

This is when you need to be right on the bank, as close as possible, but be careful of the very shallow spots and judge the optimum depth. Best just outside the reeds.

Now you must sneak up in behind the bend and see if you can pick up a back eddy. When you get to the corner the current will be fast against you, so head for the other bank. Get across the river as quick as you can, head well inside the next corner.

On long wide corners, you can stay for longer on the inside bank and judge when best to cross the river.

Practice.

When you are out training or just for a paddle, look for the signs, see how you are going against other paddlers.

Every bend is different, there is a lot to look for and think about, and think ahead when you are racing. In a long dark race like the Hawkesbury Classic, apart from getting there quicker it makes the time go much faster.

So even if there is no current on the inside course and you can maintain a respectable 8 kilometres per hour. To get around the corner at the same time the outside kayak has to travel an impossible 24 kilometres per hour.

So on sharp bends in the river, always cut the corner. But again watch the back eddy immediately around the corner it will send you into the bank.

The differential diameter between the inside course and outside course on long wide corners is less significant and that is when it is better to stay in the fast current, then, as you approach the corner look for the fast current just near the inside bank. As soon as you can see how sharp the corner is and what obstacles prevent you taking a short cut, let the current sweep you out wide, then head over toward the far bank. Aim for just before the next corner, the current will keep you on a straight line.

Paddling up wind.

If there is a strong current pushing you from behind and a wind in your face and a long wide stretch of river, chances are there is quite a wave chop to battle through and a chance to catch those in front.

Firstly you must grab the water at the back of the wave so you get a full paddle blade. If you try and grab the trough between waves, or on the front of the wave chances are you will pull the blade out too early and lose power and stability.

So this requires you to alter your paddle rating a bit to be in tune with the wave frequency.

Look for any assistance you can find, like the back wash off a rocky cliff and when you can, tuck yourself in behind someone else, preferably a double, for a bit of a rest, then pull yourself past them.

On bigger water like the harbour or in the ocean the same applies. There will be wind waves on top of an ocean swell. As you come up to the top of the swell grab the back of the top of the wave and pull yourself through it, add an extra stroke and for a fraction of a second you can accelerate down the wave back.

The worst thing you can do when you come to the top of a breaking wave is put your paddle in the air as you go through it.

You will have no traction on the water, the wave will crash into your chest and stop you dead or push you backwards. Even if the water is broken reach forward and grab the back of the wave and pull yourself through.

(Tom Simmat)

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Memberships

Best wishes to all our paddlers representing Australia in 2011. All overseas athletes are required to renew their PaddleNSW membership before/during traveling in May- June.

If you lose your membership card, worry no more! Go to www.paddlensw.org.au and click on MEMBERSHIP and you will find the membership list for 2010/2011. Let admin know if you change your details and let your paddling friends know if their name is missing.

Please note all memberships are up for renewal from June 30th 2011. Membership renewals for 2011-12 are now open, so please renew online at [register now](#). For Boat insurance enquiries for PaddleNSW members contact admin@paddlensw.org.au.

For more details, checkout <http://www.paddlensw.org.au> or call PaddleNSW on 02 8116 9730.

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General Positions

Thanks to all of our volunteers and their tremendous efforts over the season..

We are currently looking for a number of members who would be interested in assisting with the conversion of the Canoeing Guide to NSW to an electronic format. This would involve validating part of a scanned copy of the Guide Book and copying the information into an online system.

Does anyone have any experience in developing a content management system using a product called Drupal.

Please contact us at PaddleNSW if you can help with either of these tasks.

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Useful Links

You Tube on the water action on <http://www.youtube.com/user/AustralianCanoeing>

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