

## THE HAW RIVER PADDLER

July 2010

*“Those who dwell among the beauties and mysteries of the earth are never alone or weary of life.”*

Rachel Carson

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### How to Beat the Summertime Heat

How to beat the summertime heat? Of course our answer is to go paddling. It is always about 10 degrees cooler on the river than it is up on land. You do need to be prepared. Make sure you cover up or use sunscreen, wear a hat and bring plenty of water to drink to avoid dehydration. The sugar in sodas only makes you thirsty, so avoid them.

Ever noticed that farmers wear long sleeve shirts and long pants during the summer? They are smart. Their body sweat wets their clothes and helps to keep them cool. Those of us that make our living in the sun try to avoid using too much sunscreen. Sweating is not only cooling, but also healthy. It rids the body of toxins.

Every now and then while paddling, dip your feet in the water. You will be surprised at how cooling wet feet can be. If you bring a handkerchief with you, dip it in the water, too, and wrap it around your neck.

### Some Old Faces and Some New Faces

If you have paddled with us before this year, you will recognize some familiar faces and some new faces if you paddle again with us this year. Back again are Jake Matheny, Craig Smith and Casey Hayes. Matt Steible is back in Alaska fishing for salmon and Monique de Latour is in Jamaica putting her artistic talents into some music endeavors.

New to the group this year are Tom Lacey, Carolyn Byrne, Kyla Basher and Cody Terrell. Tom is an ole salty dog from New Hampshire. Carolyn works full time at UNC in service learning. Kyla is an environmental educator who will help us put together an after school and summer camp program. Cody is a high school student and whitewater kayaker who just loves being around a paddlesports business.

Back with us after a two-year absence is Jessie Lieberman who helped us get The Haw River Canoe & Kayak Co. off the ground. We are glad to have him back.

The glue that holds it all together is Lawrence Petersen who is back for his third year. Where would we be without Lawrence's calm, friendly voice on the phone and smiling face on the river?

### Are You Following Us on Facebook?

Are you following us on Facebook? We hope you are. If not, check us out. You can click on the facebook button at the end of the newsletter. By becoming a fan, you can keep up with all of the upcoming events that seem to materialize each week. We also keep the schedule page on our website updated, so you could check there. [www.hawrivercanoe.com/calendar.htm](http://www.hawrivercanoe.com/calendar.htm)

If you take any images while paddling with us, please consider sharing them on our Facebook site for others to enjoy. We have been adding some images, but we are usually too busy getting you on and off the river in a timely manner that we can't always get those great shots.

### Schedule of Courses & Trips – July & August

The **2010 Schedule** of all our guided paddle trips and paddling courses can be found under both the **Instruction** and **Guided Trips** headings on our website. **Don't forget, you can rent a canoe or kayak and do a self-guided trip.**

We will update the HRCK schedule with **Rental Trips** as they are requested.

#### July

3	Paddle & Potluck
10	Paddle Dinner – Benjamin Vineyards & Winery Stargazing Float
11	Sunset Paddle
17	Owl Prowl Canoe & Kayak Classes Quick Start for Canoe (3 hours) Quick Start for Kayak (3 hours) Introduction to River Canoeing (8 hours) Introduction to River Kayaking (8 hours)
18	Picnic & Paddle
24	Full Moon Paddle
31	Sweptonville River Park to Saxapahaw Lake

#### August

7	Paddle Dinner – Pittsboro General Store Café
8	Stargazing Float
14	Sweptonville River Park to Saxapahaw Lake Sunset Paddle
15	Paddle Dinner – The Grove Vineyards & Winery
21	Water, Wine & Hors D'oeuvres – Benjamin Vineyards Canoe & Kayak Classes Quick Start for Canoe (3 hours) Quick Start for Kayak (3 hours) Introduction to River Canoeing (8 hours) Introduction to River Kayaking (8 hours)
22	Picnic & Paddle
28	Paddle & Potluck

### A New Canoe/Kayak Slide at Puryear Portage

Thanks for all of your compliments on the landing dock we built at the Puryear Portage downriver from Sweptonville and Big Alamance Creek. Please be careful when you use it. Don't go beyond the dock and get too close to the powerhouse sluice. You do not want to get trapped in it.

We also "refined" the canoe/kayak slide by placing treated 4 X 4 timbers under the rails we had temporarily installed as the slide. We have a little more work to do to make it "bomb proof". Please just use the slide to slide your boat and stay off of it yourself. For now, use the nearby ladder. We will be building steps at some point this summer.

### Saxapahaw Riverside Park Planning & Construction

We are pretty excited that the plans for a riverside park next to our office in Saxapahaw are pretty close to being finalized. The ole tennis court is now being used for parking and an area has been fenced in so that we can store some of our vehicles, trailers and boats.

Before the end of the summer, work will begin on putting in steps so that we don't have to slide down the bank to access the river. Some benches and a gazebo are also being planned along with a trail along the raceway. A six-acre island on the opposite side of the raceway from our office will also be accessible for public use.

We have the Jordan Family of Saxapahaw to thank for the recreational easement they gave to Alamance County Parks & Recreation and the Haw River Trail for obtaining the developmental funds.

*Reconnect with nature, have fun paddling.*

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