

Wayne Horodowich is the founder of the University of Sea Kayaking. He has been teaching sea kayaking since the mid-1980s, and is the producer of the *In Depth* instructional video series on sea kayaking.

After years as Director of Outdoor Education at the University of California, Santa Barbara, he is now located in the Pacific Northwest, although he travels a good portion of the year teaching and presenting at symposiums.

## WAYNE HORODOWICH'S 2019 CLINICS JULY 27 AND JULY 28



2019 was Wayne's second year teaching for RMSCK members. He outlined a course he called *Boat, Body, and Blade*. He said, "Just about anyone can get into a kayak, grab a paddle and move that kayak on the water with that paddle. However, if you want to get the most from your boat, your body and your blade, they need to be working in unison whenever you take a stroke. The purpose of this clinic is to focus on those three components separately, and then on how to put them together for greatest efficiency."

His proposed topics were:

- Stability and edging your boat
- The three paddling engines in your body
- Choosing the forward stroke style that works best for you, your paddle and the situation
- Exploring reverse strokes for greatest support and control
- Extended paddle techniques for optimum leverage and support
- Momentum turns vs. decelerating turns
- Sculling, sculling braces, sculling draws, shifts, blade manipulations.

The clinics were held at Chatfield's Kingfisher Cove. Saturday the participants were Rena Bloom and Jacob Schor, Tena and Fred Engleman, Von Fransen, Jud Hurd, Sue Hughes, Andy McKenna, Julie Pfannenstien, Phil Sidoff and Eileen Yelverton. On Sunday the attendees were Gail Denton and Dan Downs, Marsha Dougherty, Joy Farquhar, Brian Hunter and Clark Strickland.



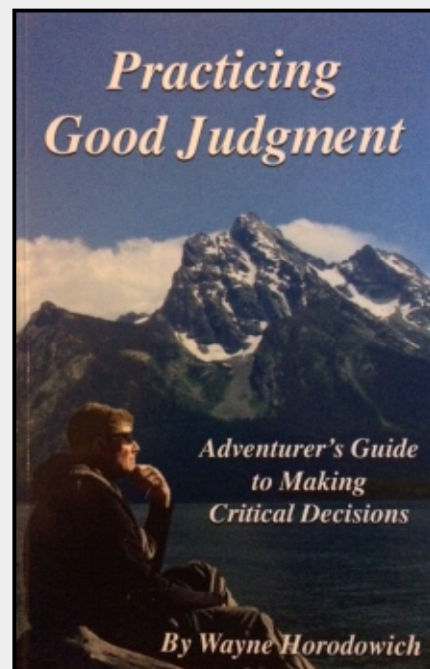
Brian said he was sure to remember: "Palms up is high brace position, palms down is low brace position." Sue will try this: "If you want to turn upwind, go forward but if you want to turn downwind, paddle backwards."

SATURDAY'S LUNCH



Seated: Eileen, Jacob, Sue, Von, Jud  
Standing: Rena, Fred, Tena, Wayne, Julie, Andy

The Thursday evening before his clinics he gave a presentation at the REI flagship in Denver. The traffic made getting there a nightmare, and the REI parking lot kept several of us locked in almost half an hour after his lecture was over. But we all found his topic, *Practicing Good Judgment for Adventurers*, very informative and well worth the urban hassles we had encountered.



He had his book about the same topic for sale. It reviews the lenses through which we all make our judgments, and said that if you know about them you can monitor your thought processes more clearly.

The descriptions of emergency situations Wayne included in the book are the best part. Each is presented with a variety of possible actions, followed by an analysis of which would be more likely to have positive outcomes. The book can be ordered from his website: [www.useakayak.org](http://www.useakayak.org)



RMSKC members were more than half the audience; too bad we didn't bring our banner!

In the back row of the photo: Jud Hurd, Sandy Carlsen and Harold Christopher, Wayne, Brian Hunter and Clark Strickland.

In the front are Marsha Dougherty, Sue Hughes, Joy Farquhar and Von Fransen.

