



Rocky Mountain Sea Kayak Club Founded 1989

We welcome your comments and questions. Let us hear from you!
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Membership: Individual \$40 - one year Family \$50 - one year
(Membership includes both ACA and RMSKC.)

FROM THE COCKPIT

By our president, Matt Lutkus
To roll or not to roll?



Many folks new to paddling wonder whether it is worth the time, effort and psychological challenge to learn the Eskimo roll. For whitewater paddlers, it's considered a necessity. For those of us who paddle touring kayaks, it's very much an optional skill. As a matter of fact, most sea kayakers never learn to roll and will never have a need to use this skill. So why go through the mental trauma of facing our innate fear of drowning while hanging upside down and using just the right counter-intuitive body motions to bring kayak and paddler back into the upright position?

Here are some thoughts on why sea kayakers might want to take a kayak roll class:

Safety: A wet exit and reentry, the alternative to a roll, can be exhausting if you find yourself in the middle of a choppy body of water far from the shore. Getting yourself back into the boat can be especially tiring if you are by yourself or with a paddler who is unfamiliar with rescues. The roll has you back up and paddling in the direction of a safe beach in seconds.

Skill building: Rolling is one way to get a very good feel for your boat and its limits. You'll also be much better at doing a high brace, a skill that, down the road, may help you avoid an unintended capsized.

Confidence: Acquiring paddling skills can give you more self-confidence in your own abilities and consequently more enjoyment of the sport. You'll want to start with the basic strokes, braces and rescues. After you have gained a fair amount of experience with basic skills, learning to roll is a logical step.

Finally, can you think of a better way to cool off during those hot August days on flat water?

With this issue, we begin our new email version of the RMSKC Newsletter. One of the advantages to this format is the ability to add color photos. So be sure to take your camera on your floating adventures, and send your best pictures to the newsletter editor. Please be sure to add a caption for each photo.

See you out on the water, Matt

HELP

We need volunteers to help out at PaddleFest:
cook, register, set up or take down shelters.
Contact Matt: 720-480-2719
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