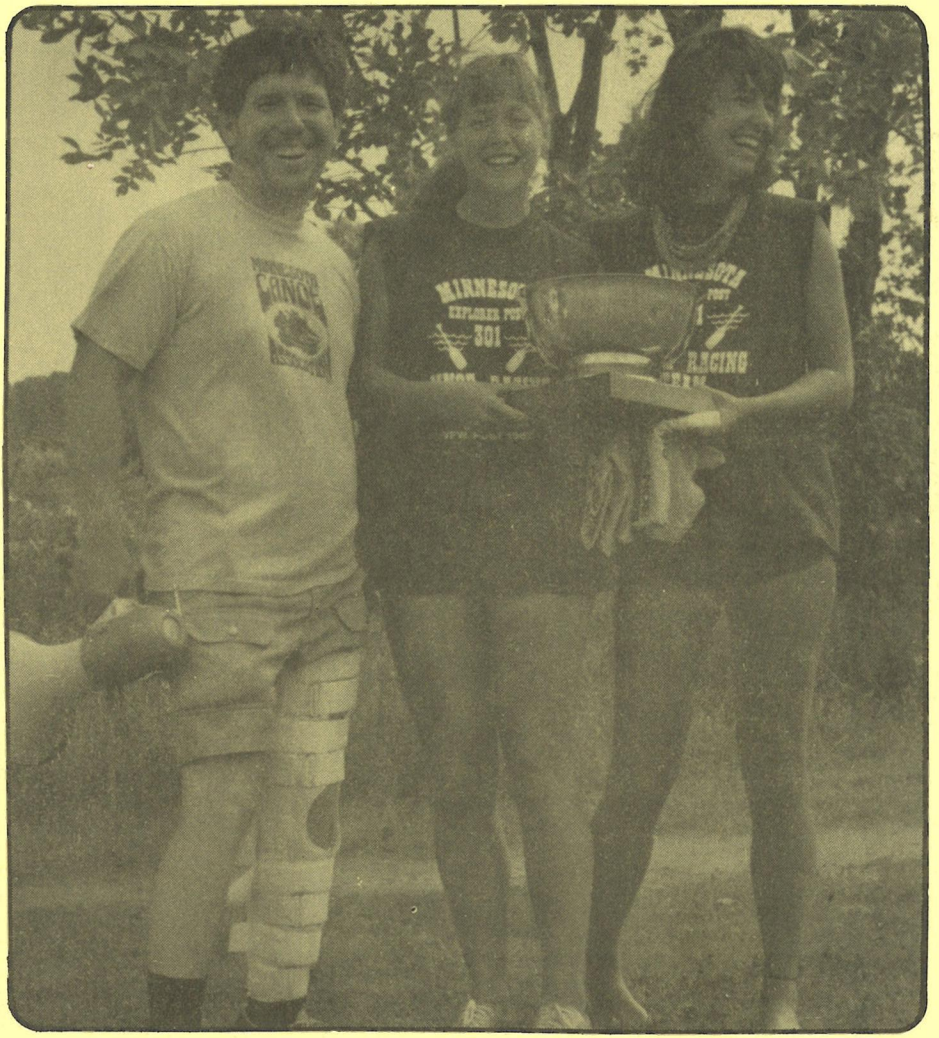
MINNESOTA CANOE ASSOCIATION

HUT!

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HUT! Editor John Wexler with first place women's team Kelly Stanton and Bev Sumner at the Junior Classic as they are awarded silver bowl. (Photo courtesy of Marlene Tatman.)

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HUT! is the signal on which paddlers change sides. It was first used by Tom Estes and Eugene Jensen in the 1940s as they won four Aquatennial canoe races. It was adopted as the title of the MCA magazine because it symbolizes the teamwork and coordination necessary for effective canoeing.

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Deadline for Each Issue: Submit articles to the Editor no later than the 10th of the month preceding publication. Send submissions to: John Wexler, 5341 Harriet Avenue South, Minneapolis, MN 55419.

KETTER CANOEING

KETTER CANOEING
(612) 561-2208

101 79th Avenue North
Minneapolis, Minnesota 55444

Before we sold any canoes, we paddled them. Before you buy any canoe, you paddle it.

Canoes: We-no-nah, Sawyer, Peterson, Jensen Racing. Training, touring, solo, tandem.

Paddles: Cadorette, Peterson, Waddel, Hidde, Clement, Grey Owl. Bents, straights, lightweights, laminated.

Equipment: Custom canoe covers, sliding seats, footbraces, yokes, Quick 'n Easy carriers.

Accessories: Paddle covers, grey tape, t-shirts, hats, Seda and Omega life vests.

Materials: Resin and fiberglass, thwarts, gunwales, foams, wood and aluminum parts, strips.

Source: MCA Resin Depot, gathering place for Minnesota's long distance racers. Lessons and coaching in canoeing, racing and building. Free catalogues and magazines.

FROM THE BOW

Last month I missed the HUT! deadline because of the press of too many other commitments. (Read as: I was too busy having fun on the river!)

Our excellent conservation director is no longer a resident of Minnesota, having escaped to Wisconsin to continue his/their education. His last act before departing was to lead a highly successful cruise on the Mississippi that was enjoyed by all in attendance. John will keep his monthly HUT! column for the remainder of his term, but all you aspiring conservation types should know that there now exists a vacancy on our Board.

In that vein—our Annual Meeting will be October 16th this year at the Brooklyn Center Community Center. Watch for your official notice, slate of officers, and proxy slips in your mail.

A few of our members have been lucky enough to take trips this season with the Wilderness Inquiry folks. Both Penny Mielke and Jim Robinson went into Ontario, and Paul Rem spent a couple of cold, wet weeks in the Northwest Territories just west of the McKenzie River.

We are making plans for big happenings this fall and winter that you will want to note on your calendars:

Sept. 7	"Mississippi Classic," Minnesota's championship race—world class canoeists duke it out on "our river."
Sept. 14	"Mississippi Enduro." How far can you paddle in 12 hours?
Sept. 21	"President's Cruise," Rum River, and equipment swap/sale. Cambridge to St. Francis. This is where "Quickie Cruisers" pays off. FMI call me.
Oct. 12-13	"Color Cruise/Builders Contest." License stickers will be required . . . remember last year.
Oct. 16	Annual Meeting, "The People Speak." Help select a whole new crew for 1986.
	Proposed MCA events (tentative):
Jan. 18	"Whitewater Expo," the BIGGEST whitewater show around. Watch MCA'ers roll their own! Ladies in latex, plus much more!
Feb. 8	"Builders Show & Annual Banquet." The MCA's biggest event! Titanic rounds of roast beef! Canoes and camaradrie!
Mar. 15	BWCA Program, or "The Axe Man Returns." Jacobson takes on all comers in this long awaited rematch!

We're trying to keep up to the pack—so help us out by supporting all the MCA events that you can, attend the annual meeting, vote, and come paddle with us! — **Al Gustaveson, President**



CANOE CANYONLANDS NATIONAL PARK. Experience family wilderness canoeing of 4 to 10 days down the Green River, on calm water, into the heart of the Park, returning by Jet Boat up the Colorado River to Moab, Utah. Send for free brochure.

TEX'S RIVERWAYS, Box 67M, Moab, UT 84532 Phone: 801-259-5101

PRESIDENT'S CRUISE

All right you Friday nighters, Quickie Cruisers, efficient paddlers, bon vivants and others of your ilk—this is it. Your chance to vent pent up frustrations, aggressions and all sorts of ill will while enjoying the scenic Rum River with your erstwhile president. That's right, get it off your chest. Quit calling me at 4 a.m. after a sleepless night of one-sided conversations with yourself about the ills of Minnesota canoeing.

And, as an added incentive, bring along all your used canoe junk for an informal flea market/swap to be conducted en route, at lunch, at the take out, or wherever you can talk some sucker into that 72" straight shaft, solid ash paddle you've been toting around for years.

Where: Rum River
Start: East park landing, Cambridge, MN
End: St. Francis, MN
Shuttle: Leaves St. Francis at 8:00 a.m. Saturday, September 21
Call me at 778-8525 FMI. — **Al Gustaveson**

FROM THE STERN

In this issue, you will find three recommendations made by Karl Ketter to the MCA. His recommendations are well thought out and well considered ideas. Mr. Ketter has impeccable credentials as a canoe instructor, designer, and philosopher, and as a canoe race training coach he is second to none. More good canoe racers and paddlers come out of Minnesota than any other state or province in North America. I believe that this is because of the things Mr. Ketter has done over the past 25 years in canoeing. I hope that the current MCA directors and the future ones will use these ideas Karl Ketter is proposing.

I suggest you call MCA President Al Gustaveson and attend one of the rookie cruiser paddling sessions. This is a good place to improve your paddling skills. These are geared more to the intermediate level or beginner level of canoeist. This is one of Karl's ideas that I am happy to see MCA has adopted.

I recently ran into Margarita Dwyer, who told me that she paddled in a canoe race in Nebraska on the Missouri River with her sister. They started out leading the pack and finished in just under three hours. Hooray for Margarita! She says she is looking for partners, so give her a call.

I have just received word from St. Cloud canoe race organizer Dan Hunstiger that next year's race will be even bigger. Prize money is already being pledged by resorts around Little Rock Lake. This year's race was a well organized event.

I need help with HUT! . . . call me.

Coming soon: the first MCA phone directory in 12 years. If you do not want your name in it, contact the Membership Director.

Keep those articles and pictures coming in! — **John Wexler, Editor**

August 14	SOLO CANOE NIGHT
September 7	MISSISSIPPI CLASSIC
October 12-13	COLOR CRUISE

JULY BOARD MINUTES

The meeting was called to order at 7:40 p.m. by Al Gustaveson, President. The minutes were approved as read.

Lare Strom, Membership: Winnie DauSchmidt called Lare about binding the Huts. Al will contact the bindery company.

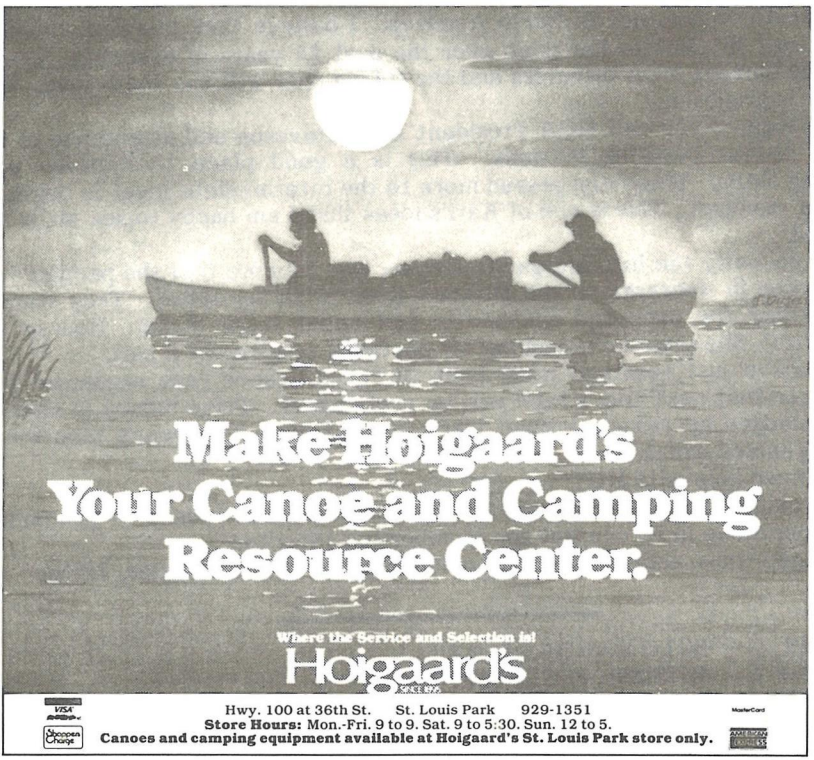
Jim Robinson, Cruising: We had a great cruise on the Namekogan and St. Croix Fourth of July weekend. The Minnehaha Creek cruise will probably be cancelled; the water is too low. The cruises that are scheduled for July are the Canoe-A-Brunch on the Mississippi on July 14 led by Harlan and Darla Nickerson; a "smell the roses" cruise in Winona on Saturday, July 20, led by John Nosek and his former professor; and a canoe night on Lake Nokomis on Wednesday, July 24.

George Skinner, Guest: REI is having a show on August 7 at 7:00 p.m. George is going to try to be there to represent the MCA. George and Burt are working on a slide program.

Bob Brown, Building Director: The resin sales are going well, but resin distribution is a problem. It seems as though the depots don't always have enough of a supply on hand. Bob is trying to keep track of building plans, and what types of canoes people build, etc.

Warren Roundy, Public Relations: Warren offered to put an article in HUT! asking for slides and pictures that people could contribute or loan for the slide program that George and Burt are working on.

There was no further business, and the meeting was adjourned at 9:00 p.m. — **Verna Robinson, Secretary**



THE MISSISSIPPI CANOE CHALLENGE

Test yourself at the Mississippi Canoe Enduro sponsored by Ketter Canoeing. How far can you paddle in twelve hours? My partner, Marlene Tatman, and I have come in last in all the MCA races this year. We think that we will be able to paddle the entire 75 miles from St. Cloud to the Broadway Bridge in Minneapolis in 12 hours. Can you? This is not a race but a challenge. The challenge is not the other canoe but yourself. You can look for our team at the Broadway Bridge.

I have just talked to Betty Ketter, the race organizer for the Canoe Endurance Challenge. Betty says 50 entrants have already decided to participate. According to Betty, "I haven't even advertised it." If you are lucky enough to make it to Elk River, Minnesota, you will be greeted by the Elk River Marching Band, the local radio station and newspaper. Minneapolis has not indicated whether they will be doing anything as of yet.

Participants, make sure you have a shore runner who will follow you down the river. You may decide to quit earlier than you think, so don't have your shore runner go to the end and wait there. Shore runners should have food and refreshments at each town along the route. Please note that there will be no shuttle service for participants. You must plan ahead. Betty Ketter could use some help also, so please call her at 561-2208 and volunteer some of your time to help out.

One team is coming all the way from Michigan to train the week before the challenge. Everyone is invited. Bring your Grumman canoes and your woodstrips. Be you old or young, new or an oldtimer to canoeing, test yourself and see how far you can go in twelve hours. Give yourself a target to shoot for next year by attending this year. There will be T-shirts for everyone and lots of prizes. Let's give this race a try. You only need to compete against yourself.

The Enduro starts at 7 a.m. in St. Cloud on Saturday, September 14. — **John Wexler**



Junior canoe racers tape spare paddle in before race starts. (Photo courtesy of John Wexler.)

Mississippi Mud

NEWSLETTER OF THE LONG DISTANCE CANOE RACERS

President: Karl Ketter, (612) 636-8116
Race Calendar: Warren Thunstrom, (612) 780-3284/522-3395
Coordinator: Betty Ketter, (612) 561-2208

MISSISSIPPI CANOE CLASSIC

The annual Canoe Classic sponsored by Ketter Canoeing will again ignite a furious wave as the contestants begin their paddle at 11 a.m. on Saturday, September 7. Contestants from all over the United States and Canada will be attending this well run event. What's at stake? Prize money, a canoe that will be raffled off to one of the 40 or more participating teams, and canoe paddles donated by the paddle manufacturers. Who is eligible? Everybody! All you need to do is register. The course is only 19 miles long with one portage at the Coon Rapids dam that will make for a nice break and a good sprint. FMI call Betty Ketter, 561-2208.

LITCHFIELD DEFEATS WIND TO CAPTURE GITCHI GUMEE CANOE CLASSIC

Dan Litchfield of Ely battled the wind for nearly two hours in Duluth Sunday, July 21, but that was all he had to worry about as he smoked the rest of the field to win the 6th Annual Gitchi Gumee Canoe Classic 10 mile race. The winds gusted at 35 miles per hour for much of the day, and more than a dozen canoes swamped in the three foot rollers.

Many of the amateur paddlers emptied their canoes at Hearding Island, the halfway point in the race. Jack Nickolson and Barry Marjala did exactly that and won by more than three minutes in the 5 mile race.

In the pro division, Stuart Bastian and Dave Sipe came away with victory. Cary Bush and Mike Bohanon led for much of the way, in the calmer river portion of the race. When the pros paddled out onto St. Louis Bay, however, things got a little stickier. Bush and Bohanon swamped twice before finishing but still managed second place. Stuart Bastian and Dave Sipe managed to keep their boat upright and won easily. Walt Herschey and Warren Thunstrom came in third. — **Scott Neustel**

RESULTS OF MINNESOTA JUNIOR CANOE RACING CHAMPIONSHIP

Eric Canny/Tony Pasma	1:18:52
Ken Buryska/Scott Nesvold	1:20:57
A. Cichanowski/C. Walders	1:27:03
Chris Morgan/Mark Morgan	1:27:26
Dave Morgan/Dave Pasma	1:32:27
Kelly Stanton/Bev Sumner	1:33:15
Arlo Bettinger/Greg Sumner	1:33:32
Ron Hammann/Jim Johnson	1:37:14
Jeff Hammann/Jason Buryska	1:41:05
Kelly Kenow/Alen Booe	1:41:06
Laura Bonkoski/P. Summon	1:45:23
H. Cichanowski/L. Thoreson	1:54:11
Tim Landro/Chris Larson	

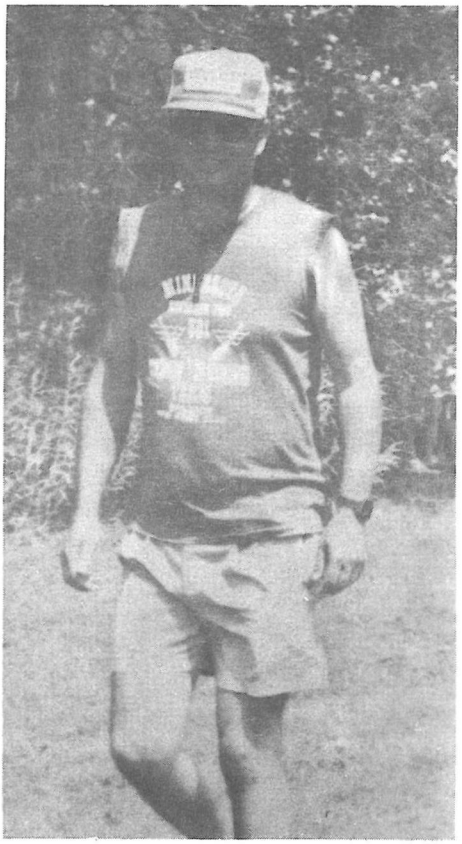
GITCHI GUMEE CANOE CLASSIC RESULTS 1985

Pro Race

Stuart Bastian/Dave Sipe	2:28:34
Cary Bush/Mike Bohanon	2:44:15
W. Herschey/W. Thunstrom	2:46:17
Al Dubois/Jeff Dubois	2:49:37
Brett Thunstrom/Chris Berne	2:50:15
Eric Canny/Tony Pasma	3:31:57
Marlene Tatman/John Wexler	3:33:05



Barb Hancock gets ready to paddle. (Photo courtesy of Marlene Tatman.)



Doug Sumner, junior racing coach and organizer, heads for one of his seven participating teams. (Photo courtesy of John Wexler.)



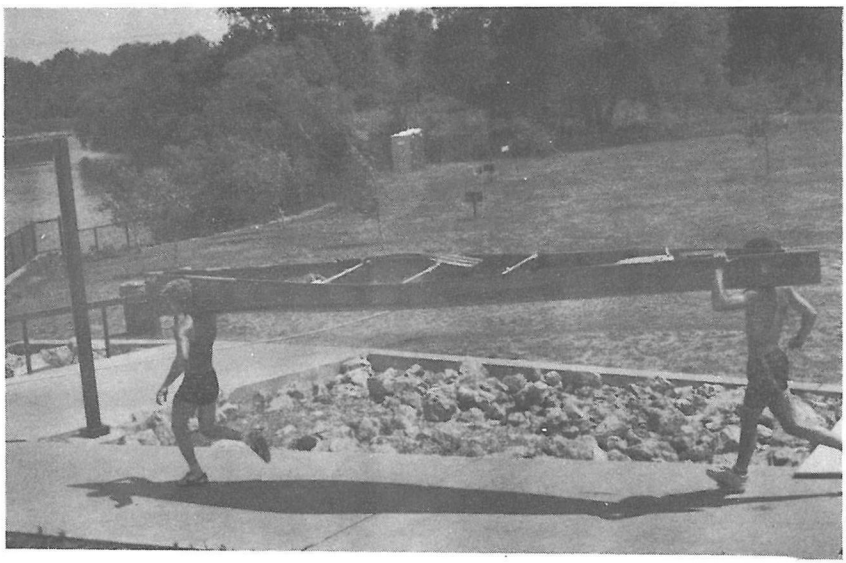
State Junior Canoe Race competitors listen to Warren Thunstrom as he gives final instructions before canoe race. (Photo courtesy of John Wexler.)



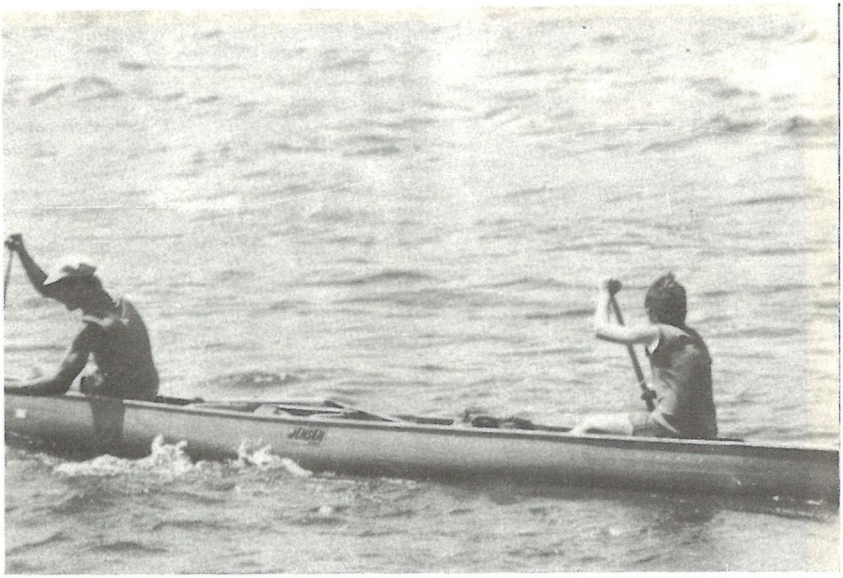
Winning canoe race team of Eric Canny and Tony Pasma maneuver canoe before race. (Photo courtesy of John Wexler.)



Junior racing team portages across Coon Rapids dam. (Photo courtesy of Marlene Tatman.)



Junior racers sprint across portage. (Photo courtesy of Marlene Tatman.)



Junior canoe racers paddle like crazy. (Photo courtesy of John Wexler.)



Turn hard! (Photo courtesy of John Wexler.)

ROOKIE RACING TUTELAGE

Advice to the Rookies

If you find the Rookie sessions very, very difficult, you are right on target. Long distance canoe racing is a challenge. At these sessions, you are competing with the other rookies, with other teams, with the river, with yourself. You should not, however, compete with your canoe or your partner. Your purpose here is to learn the knowledge and develop the skills to make canoes move! You are on your way to success when you are given a rookie of your own. There are some things you need to keep in mind to continue in our sport:

1. You and your partner and canoe weigh between 300 and 500 pounds. You only have ¼ to ½ horsepower to travel at 7 miles/hour for as long as the training run or race takes. Therefore, strength is less crucial to success than skill. Skill takes paddling time to develop. In a thousand hours you'll understand.

2. At Rookies, your partner is a canoe racer. He is using all his strength, knowledge, skill, determination, concentration and personality to move the canoe forward. Although he is NOT a teacher, he wants you to learn. He'll show you, and explain if he can, how HE makes canoes go. He expects you to pay attention, watch ahead, think about what actions lead to what results, and try your best. His goals at this session are to show you everything he knows and to beat his regular partner paddling with another rookie. Each of your partners at Rookies will behave quite differently. Notice and appreciate how each of them solves the problems of propelling and controlling fragile little boats.

3. You will learn much of the following in order to continue with competence and enjoyment: launching, hut, strokes, draws, pushes, cruise or glide, sprint, passing, how not to pass, river currents, river banks, river bottoms, river traffic, packs, following, leading, canoe etiquette, head winds, tail winds, side winds, quartering winds, bow and stern skills, "targeting," hydroplaning, offside leans, onside leans, trim, tempo, landing a canoe, portaging, telling a tall tale.

4. Regardless of your paddling performance, all the racers want you to do is continue paddling with us. The racer helping you started right where you are now.

5. Rookies is an educational experience. It is not a complete canoe race training program. Rookies should also train to develop stamina and improve on skills learned at Rookies. Many other racing and training events are available in the Twin Cities area from March through October. Your participation in these other races and events is also your contribution to the sport.

Instructions to Old Racers

You are at Rookies to interest beginners in our sport. Do not rate, grade, or discourage them. You will show them how YOU make canoes move. Tell them what you can. Encourage them to ask questions, because in answering you will also learn. You are not at a training run, and your paddling desires are secondary to the learning the Rookies are doing.

Old racers should NOT come to Rookies if they can't or won't show a beginner how to paddle better; if they won't paddle with any rookie available; if they want a training run with their regular partner; if they do not intend to stay with the pack; if their example will discourage a beginning racer. *(cont. pg. 14)*

The rookies desire and expect to get examples and information on the following topics:

RACING ETIQUETTE: Learn rookie's name. Don't intentionally bump (gunnel contact) other canoes. Never ram (bow contact) another canoe. Paddle as close to other canoes as possible and make efforts to avoid contact. If contact occurs, separate canoes with the least loss of momentum to both. When gaining on a stern, warn the other canoe's sternman about his paddle blade. When canoes are very close, paddle in unison with the other canoe to avoid paddle dueling. Be polite when addressing partners or other teams. Explain to a rookie if your anger is directed elsewhere. Thank the rookie for paddling with you. Invite all rookies to paddle again. Talk to and get names and addresses of all new people as soon as they arrive at the parking lot.

FORMAT: At or before 6:00, each racer should ask one of the rookies to paddle. Try to pick a new one each week. Since rookies and racers differ in potential and experience, teams should be adjusted to avoid very slow or very fast combinations. The racer should supply his racing canoe and a paddle for the rookie, who should have his own PFD. If a racer is without a canoe, HE should request to borrow an "extra" one from its OWNER. Do not paddle C-1's unless no one else is available.

As soon as a partner is chosen, launch, paddle upstream to the 35W bridge and wait. Use that 10 minute paddle to teach your rookie the basics of stroke, hut, and upstream steering.

When most teams have arrived at 35W (adjust any mismatched teams), turn downstream and paddle slowly in a group to the starting beach; stop paddling to regroup and get straggling teams from shore. Paddle in a pack to the I-94 bridge and pause to take up gaps.

Paddle to the Lake Street Bridge and wait for all canoes to arrive. The slower canoes that arrive last should cruise to the front of the pack at each rest stop.

Paddle in a pack to the Ford Bridge and wait.

Paddle upstream to the Lake Street Bridge and wait.

Paddle to the take out point and portage to cars. (Have the rookie help tie the canoe down, especially if it's a borrowed boat.)

Sprint to the restaurant chosen by a vote of the survivors. (Avoid consecutive weeks at the same restaurant.) Be sure to invite your rookie and others who may have been overlooked. Check that all teams finished and check for any equipment left by parking lot.

THE HUT: Call hut at the beginning of a stroke and complete the entire stroke; 8 to 10 strokes per side. This is a steering technique that eliminates energy absorbing paddle dragging. Invented in early '40s in 10-day Minneapolis Aquatennial Derby. "Hut" phrase coined by Gene Jensen about 1948.

THE STROKE: Use rotation of the shoulders around the spine rather than arm motion to carry the load. Reach forward with the tip of the paddle, not with body or top shoulders. Top hand low and is weighted ("push down"). Top elbow may flex but bottom elbow never flexes. Avoid "locking" elbows. The stroke has rhythm in that the "pull" takes longer than the "recovery". 60 strokes per minute is normal and easy if the canoe is up to speed. Explain when and why the stroke rate is varied. The stroke can be adjusted for rate ("quicker, slower"), speed, depth, length, forward reach, rear reach, and power ("harder, easier"). The rookie should watch a racer in a nearby canoe as an example, but tell the rookie what part of the racer's

stroke to watch (i.e. top hand, top elbow, head, shoulders, bottom elbow, bottom hand, back, feet).

OTHER ITEMS: Bow draws and the various angles to help turn a canoe.
Bow pushes and offside leans.
The cruising pace or glide of a good hull and stroke.
Sprinting to be done for 30 to 60 seconds before rest stops.
Rear wave riding.
Side wave riding. Include the bow's corrective strokes.
Passing and being passed. The philosophy of best expended effort.
The currents and shallows of the river. Why are we paddling over here.
Launching, landing and portaging a canoe.
Bow and stern control of canoes.
Targeting to plan upstream route.
Hydroplaning.
Trimming the canoe and its importance.
Tying a canoe to a car.
Canoe and equipment: types of canoe construction; purpose of bracing; seat and foot brace placement.
Why you are a canoe racer. — **Karl Ketter**



Junior racing team paddles to finish. (Photo courtesy of Marlene Tatman.)

SEPTEMBER

7 MISSISSIPPI CANOE CLASSIC. Saturday at Coon Rapids Dam. Pre-registration is $25. Race day registration is $30. Call Ketter Canoeing at 561-2208.

7 RAPID RIDERS CANOE & KAYAK CHAPTER. Saturday Burt Levy will lead a whitewater trip to a river based on current water levels. Call Burt at 823-4533.

7, 8 SPERRY CANOE CHAPTER CRUISE ON ROOT RIVER Saturday & Sunday. Led by Bob Breeden. Call 454-2440. This is a beginners canoe cruise.

14 MISSISSIPPI ENDURANCE PADDLE. Saturday 7:00 A.M. to 7:00 P.M. in St. Cloud. $25 pre-registration, $30 day of event. FMI call Betty Ketter 561-2208.

21 RAPID RIDERS CANOE & KAYAK CHAPTER. Saturday. Gary Nagel will lead a whitewater trip to a river based on current water levels. Call Gary, 633-2994.

21 MIXED CANOE RACE. Saturday, 1 P.M. on Rum River. Call Betty Ketter for more info at 561-2208.

21 MCA PRESIDENT'S CRUISE. Saturday on the Rum River. Meet at 8 A.M. in St. Francis for shuttle. Cruise will start at East Park Landing in Cambridge. Call MCA President Al Gustaveson at 778-8525.

22 WOMEN'S CANOE RACE on Sunday at Lowell Park just north of Stillwater bridge. Eight mile paddle around boomsite and back. $8.00 register before day of race or $10.00 day of race. Sponsored by St. Croix Canoe Club. Call 430-2280.

23 DULUTH TRAVELERS annual club elections will be held Monday at 7:00 P.M. at Godfather Pizza. A slide show on Canadian canoeing will be presented. Call Greg 727-7242.

24 HUT WRITING MEETING, come and contribute your ideas for HUT. Everyone and all input wanted!! 7:00 p.m. at John Wexler's house, 5341 South Harriet Avenue, Minneapolis. FMI call John at 827-6693.

27-29 TWIN PORTS TRAVELERS. Travel to Flambeau or Nebagamon Rivers. Scenic, quiet water & Class I-II whitewater, some experience necessary. Contact Greg Furtman (218) 727-7242.

28 RAPID RIDERS CANOE & KAYAK CHAPTER. Cruise down Hell's Gate Section. Class III whitewater on Sunday in the Kettle River. Call Dave Hoiland at 377-5253.

28-29 SPERRY CHAPTER CANOE CRUISE ON THE KICKAPOO RIVER. Great beginning canoe cruise. Call Winnie Dauschmidt at 644-6115 or 696-6792.

28-29 RENDEZVOUS FOLLE AVOINE - North West Company, Pine City. Competitions, canoe events, voyageurs camps, and much more will highlight this annual gathering of fur trade brigades in a "living history" extravaganza. FYI MN Hist. Soc. 296-6126.

OCTOBER

12-13 ANNUAL COLOR CRUISE AND BUILDERS CONTEST. Saturday and Sunday. St. Croix River. Wild River State Park to St. Croix Falls. Second day Taylors Falls to William O'Brien State Park. FMI Jim Robinson 588-5402.

13 SNAKE RIVER CANOE TRIP - North West Company, Pine City. Voyageur guide Jacques Deseve will lead a canoe brigade along the winding Snake River and present an interpretation program en route. Pre-registration is required. FYI MN Hist. Soc. 296-6126.

16 MCA ANNUAL MEETING, "The People Speak". Help select a whole new crew for 1986.

29 HUT WRITING MEETING, Come and contribute your ideas for HUT. Everyone and all input wanted!! 7:00 p.m. at John Wexler's house, 5341 South Harriet Avenue, Minneapolis. FMI call John at 827-6693.

NOVEMBER

26 HUT WRITING MEETING, Come and contribute your ideas for HUT. Everyone and all input wanted!! 7:00 p.m. at John Wexler's house, 5341 South Harriet Avenue, Minneapolis. FMI call John at 827-6693.

THE DULUTH TRAVELER



Newsletter of the Twin Ports Chapter
President: David Spencer, (218) 624-3413
9 St. Louis Court, Duluth, MN 55808
Cruising: Gardner Ellis, (218) 728-5304
Whitewater & Membership: Rick Luck, (218) 724-7992
Racing: Jim Wheeler, (218) 728-3368
Building: Greg Furtman, (218) 727-7242

July and August have provided some interesting tales for Duluth Travelers. Gardner and Patty took off with their 18' Old Town Guide Model back to Old Town, Maine and other corners of river interest. Gardner is in search of the Holy Grail of paddling. Another far out trip was Rick Luck's journey to the Northwest Territories. Another expedition in the style of Verlen Kruger? — No, Republic Airlines and a charter for some lake trout fishing. At least it sounds exciting.

A group of experienced and less experienced rafters and deck boaters from Duluth took on the Green River the last week in July. Highlights were champagne and a German operetta solo to celebrate Liz Freeman's birthday. The weather showed its stuff with hail, flash floods, searing temperatures and cool nights. The folks from Minnesota were very impressed.

It was rumored that one of the Twin Ports travelers took off for a Canadian river in early August accompanied by a crew from a prominent Midwestern newspaper. No details were available at press time, so we'll all have to keep our eyes open for news of Duluth paddlers wandering down northern rivers.

The moonlight cruise this year was a great success thanks to Fred Freeman's decision that our own St. Louis Bay is as great a spot to canoe at night as the Moose Horn River. So with ore docks and grain elevators silhouetted in the darkness, a small group of five canoes paddled through the night, joked around a camp fire, and marvelled at Jerry Challman's new portable gas barbeque cooker. What a true outdoorsman has to have these days.

There will be a report on the Superior National Forest trip and the Apostle Islands cruise in the October HUT! as they hadn't taken place by press time.

The annual fall Color Cruise will take place on the Namekagon or Flambeau River September 27-29th. Trip leader is Greg Furtman. FMI call Greg at 727-7242.

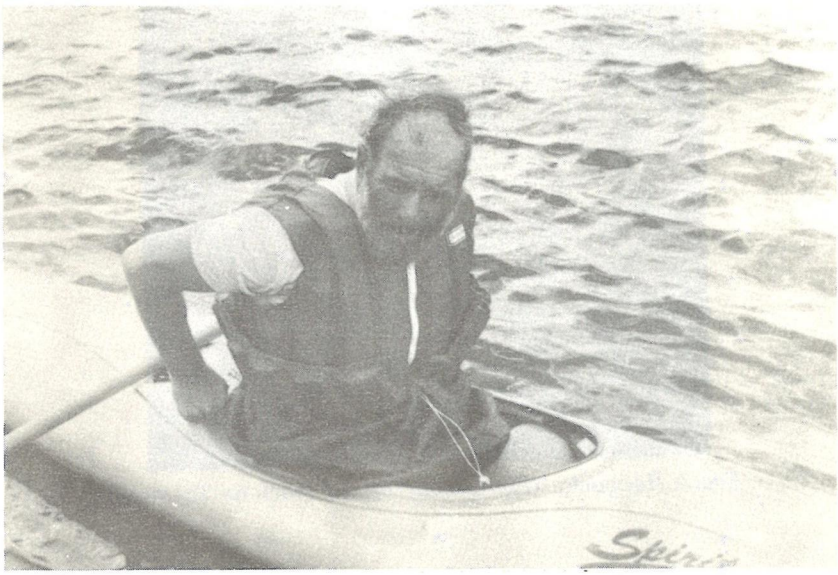
The annual club elections will be held September 23 at 7:00 p.m. at Godfather's Pizza. A slide show of Canadian canoeing will also be presented. Until then, good paddling. — **David Spencer**

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You're working your way down a technical rapids, feeling proud, when you find yourself on a collision course with a rock just below the surface! Mere mortal power is not enough to avoid collision. You need "Jerry's Boulder Blaster"!

A single burst releases enough stored power to disintegrate a cubic yard of rock, if needed. It's automatic, so none is wasted. Factory set to discharge only when collision is unavoidable, making it environmentally sound—no indiscriminate blasting. Operates in a pH of 4.8 so it can be used in Minnesota waters.

Don't be thrown when help is available. Call 1-800-BLO-ROCK and ask for Jerry! — **A Fred Freeman Fiction**



Frank Hancock gets ready to paddle. (Photo courtesy of John Wexler.)

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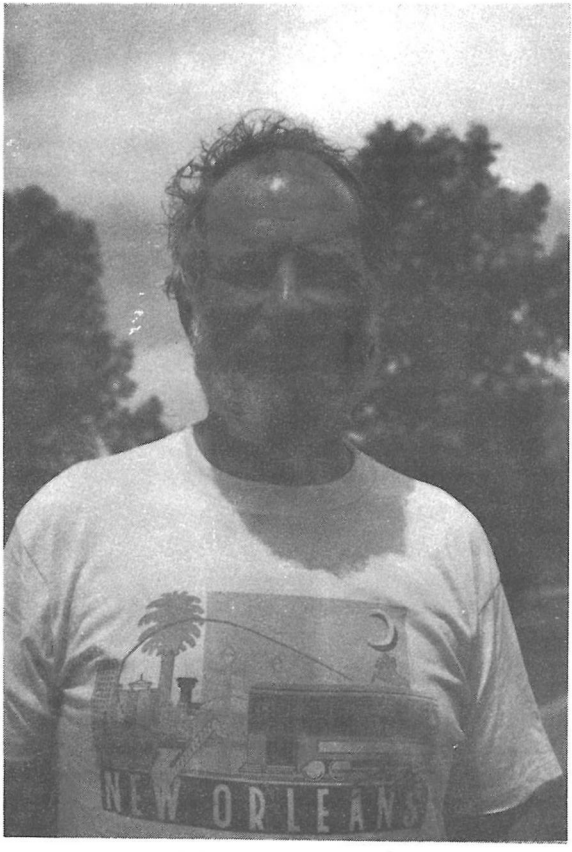
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Frank Hancock. (Photo courtesy of Marlene Tatman.)



Junior canoe racers turn around buoy Marlene Tatman. (Photo courtesy of John Wexler.)



Burke Hancock gets ready to paddle. (Photo courtesy of John Wexler.)

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Newsletter of the Whitewater Canoe and Kayak Chapter
Membership: Paul Rem, (612) 645-3538
Safety/Education: Burt Levy, (612) 729-8874
Liaison to the MCA Board: Bek Kragh, (612) 929-9454
Cruising: Mike Pease, (612) 222-3191
Publicity: Rhonda Kuehl, (612) 377-5253

RAPID RIDERS NEWS

Fall paddling can be beautiful; sunny days, cool, crisp nights and colorful leaves. The whitewater addicts also note that the rivers often start rising in the fall for some fun whitewater weekends.

The Rapid Riders will be offering Class II-III whitewater trips the following days in September. Interested paddlers should contact the trip leader at least two days before the trip. — **Bek Kragh**

Sept. 7 Burt Levy, trip leader, 823-4533. River to be selected based on current water levels.

Sept. 21 Gary Nagel, trip leader, 633-2994. River to be selected based on current water levels.

Sept. 28 Dave Hoiland, trip leader, 377-5253. Cruise down the Hell's Gate section of the Kettle River.

IN CASE OF UPSET

1. EVACUATE YOUR BOAT IMMEDIATELY if there is imminent danger of being trapped against logs, brush, or any other form of strainer.

2. RECOVER WITH AN ESKIMO ROLL IF POSSIBLE.

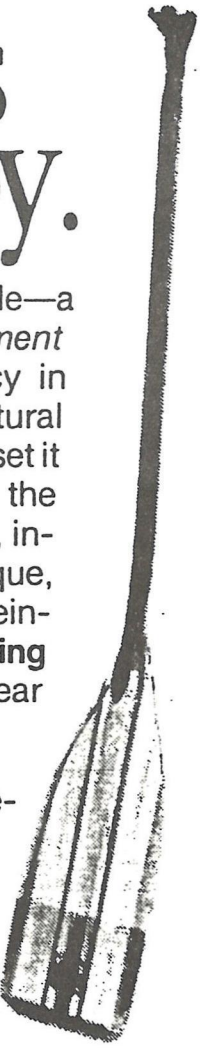
3. IF YOU SWIM, HOLD ONTO YOUR CRAFT. It has much flotation and is easy for rescuers to spot. Get to the upstream end so craft cannot crush you against obstacles.

4. RELEASE YOUR CRAFT IF THIS IMPROVES YOUR SAFETY. If rescue is not imminent and water is numbing cold, or if worse rapids follow, then strike out for the nearest shore.

5. WHEN SWIMMING ROCKY RAPIDS, use backstroke with legs downstream and FEET NEAR THE SURFACE. If your foot wedges on the bottom, fast water will push you under and hold you there. GET TO SLOW OR VERY SHALLOW WATER BEFORE TRYING TO STAND OR WALK. LOOK AHEAD. Avoid possible entrapment situations: rock wedges, fissures, strainers, brush, logs, weirs, reversals and souse holes. Watch for eddies and slackwater so that you can be ready to use these when you approach. Use every opportunity to work your way toward shore.

6. If others spill, GO AFTER THE BOATERS. Rescue boats and equipment only if this can be done safely.

This is not a toy.

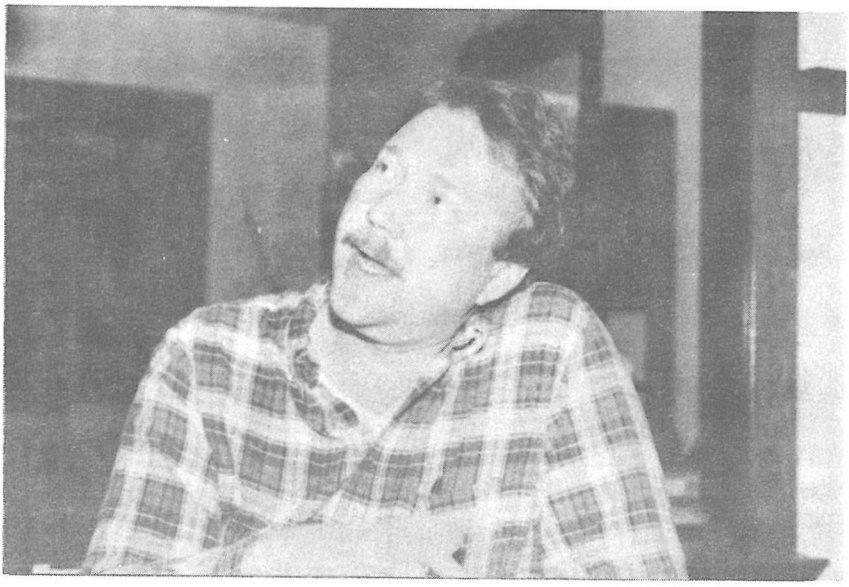


This is a **Bending Branches** paddle—a responsive, *precision instrument* designed for technical accuracy in the water. Its high-polish natural beauty and hardwood durability set it apart from ordinary paddles on the market. Choose bent or straight, inserted hardwood tip or our unique, exceptionally rugged Kevlar® reinforced tip. Every paddle by **Bending Branches** is covered by our 1-year warranty, of course.

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Rapid Rider Dave Nelson at planning meeting. (Photo courtesy of John Wexler.)



Marlene Tatman gets ready to paddle. (Photo courtesy of John Wexler.)

DESERT CANOE CLUB

Newsletter of the Austin Chapter
President: Ardell Gorman, (507) 433-7465
Vice President: Jerry Novak, (507) 433-1392

ST. CLOUD CANOE CLUB

Newsletter of the St. Cloud Chapter
President: Dale Schleppenbach, (612) 685-8490
216 South Third Avenue, Cold Spring, MN 56320
Vice President: Bob Ellinbecker, (612) 251-7967
Cruise Director: Elaine Thrune
Chapter Publicity: Mike Zapf, (612) 251-5807

SPERRY CANOE CLUB

Newsletter of the Sperry Chapter
President: Ron Dahl, (612) 888-4797 (h), 635-5598 (w)
Secretary: Tom Olson, (612) 786-9076 (h), 635-6278 (w)
Treasurer: Bob Breeden, (612) 454-2440 (h), 456-2094 (w)

"It was dusk now, but a faint clear light still held. As we drifted back through the high reeds, great horizontal ripples came slowly toward us through the crystal water. It gave me the oddest sensation—our canoe seemed to be rising straight up into the twilight air. But that would not have been unnatural, after all, in this strange place." — From "Canoe Country" by Florence Jaques

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"We slipped without a sound through the tranquility. The rushes slanted above our heads as we floated by. We came to the channel of an ethereal river, vanishing amoung the reeds. There was no breath of sound. Great white boulders gleamed here and there in the clear waterway. The rushes massed around us. Along silent curves we slid, on and on, until at last a small rapids rushed down from the black sanctuary of the forest. Its foamy course broke the silence; we took a breath, and turned our canoe homeward." — From "Canoe Country" by Florence Jaques

SIMPLE FORMULA DETERMINES BOW SEAT PLACEMENT

Undoubtedly, the biggest problem with the factory-produced canoe is the placement of the front seat. It just does not belong in the middle of the canoe. Most canoes are designed and built by boat builders whose preoccupation with stability under horsepower does not allow for the lightness or maneuverability of the man-powered canoe.

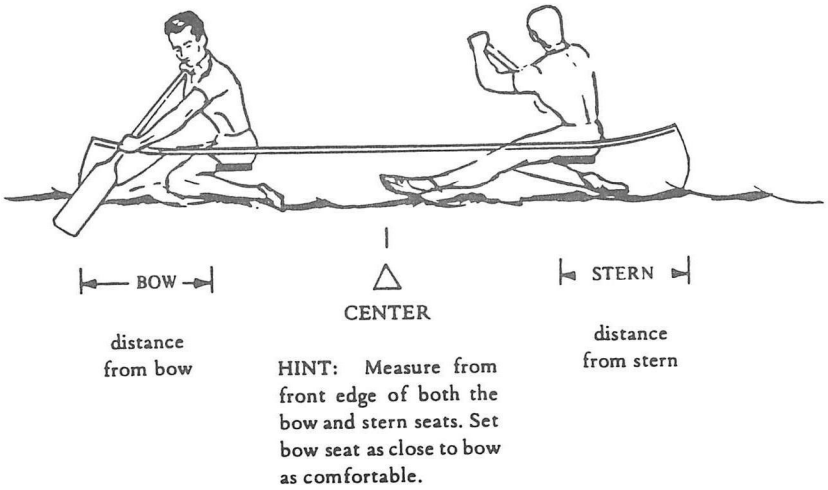
Seats should be positioned as close as possible to the ends of the canoe. Generally, the bow seat is placed first, then the rear seat is mounted so that both the bow and stern draw the same depth. Some time ago in HUT!, Janice and Janet Robidoux mentioned the simple proportion that can be used to position seats. The formula still holds firm as long as care is taken to keep the bowman as close to the bow as his legs will allow. (Note: measurements are to the front edge of the seat, as an approximation of the center of mass of a paddler.) Here is the formula:

$$\frac{\text{bowman's weight}}{\text{distance from bow}} = \frac{\text{sternman's weight}}{\text{(unknown) distance from stern}}$$

or simply:

$$\text{distance from stern} = \frac{\text{sternman's weight times the distance from the bow}}{\text{bowman's weight}}$$

A properly-set bow seat makes a draw stroke more effective and less ridiculous than one done from the center of the canoe. And, obviously, every stroke becomes less painful as the gunnels are moved out of the way.
— **Karl N. Ketter**



SUGGESTIONS TO MCA

1. MCA Canoe Cruise Rating System

In order to indicate the relative difficulty of a planned canoe trip to potential trippers, a rating system could indicate the pace and endurance level of the trip. It would be used in addition to the whitewater rating system (I-VI) and hazard warnings. Following is an example (not complete):

FLOAT—1-5 miles/day (4 hours), no portages, unlimited rest stops and floating encouraged, special refreshments.

PADDLE—5-8 miles/day (8 hours), no portages.

CRUISE—8-15 miles/day (8 hours), only one short, easy portage.

HARD CRUISE—15-25 miles/day (8 hours), 2 hours between rests, several portages.

TRIP—8-15 miles/day, 2 or more days, up to 4 hiking portages.

LONG TRIP—15-25 miles/day, 5 or more days.

EXPEDITION—25-50 miles/day, unlimited portages, at least 15 days.

2. Canoe Life Maps (Journals)

In an effort to promote canoeing by encouraging people to expand their canoeing horizons and in consequence draw attention to the MCA, a Life Map program could be adopted. Similar to the bird life lists that ornithologists keep, a paddler could keep a map (state or region) and indicate on it the portions of river and lake routes he has canoed. Years later this map can be a memory jogger, trip planning aid, or boasting material. With all the wonderful places to canoe, it is wise to do a little planning so you can see as many as possible. The "completeness" of one's map increases as we paddle "new" waterways. More detailed information as to date, partner, canoe, time, weather, etc., may be kept in a canoe trip journal if desired.

The MCA should secure maps and journal books suitable for this and sell them to canoeists. It may be appropriate to give recognition to paddlers for outstanding life map achievements.

This program would be in addition to the current cruise program in the hopes it would increase. — **Karl Ketter**

HUT! AD RATES

Page Size	Monthly Cost *	Width/ Height
1/4	$20	5.6"/2.25"
1/4	$20	2.6"/4.3"
1/2	$30	5.6"/4.3"
Full	$50	5.6"/9"
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By the 10th of each month, send photo-ready copy with payment to:

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*Monthly cost will be reduced by 5%, 10%, and 15% when ads are run consecutively for three, six, or twelve months, respectively.

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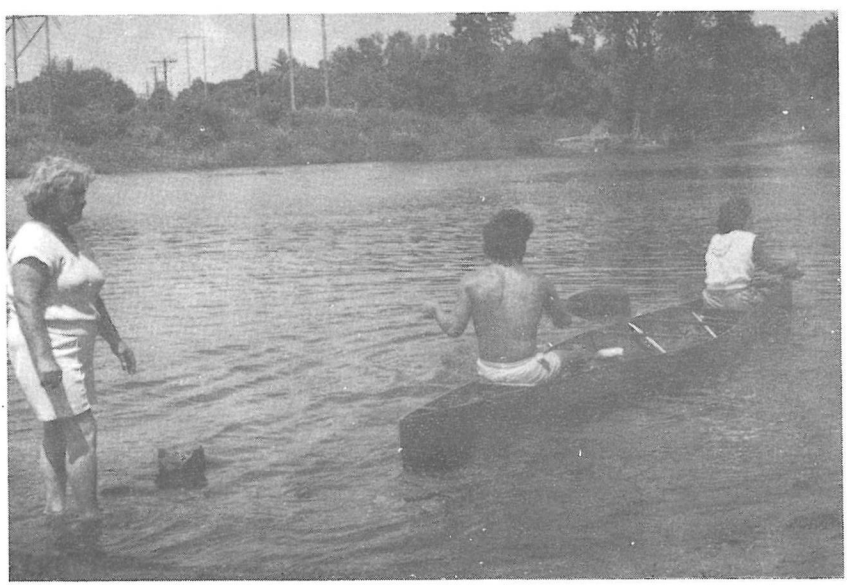
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Karl Ketter makes sure John Wexler can hear him. (Photo courtesy of Marlene Tatman.)



Junior racing team gets ready to paddle after portage. (Photo courtesy of Marlene Tatman.)

DEAR MCA:

We spent a fabulous weekend (July 13 and 14) kayaking the Bois Brule. We would like to thank the Sperry Canoe Club, Ron Dahl and Winnie Dauschmidt for allowing us, Duluth club members, to join them. The kayaking program was well organized from rentals to direction (at the ledges) to the final take out. We would also like to thank HUT! for publishing the upcoming events of each club. Because of HUT! and Sperry, we shared a rich weekend with a fun-loving group of kayakers. — **Barb, Frank and Burke Hancock**

NEW MCA MEMBERS—JULY 1985

Out of State

G. Bourassa, Calgary, Alberta, Canada
Dave Carroll, Calmar, IA
Leonard N. Johnson, London, Ont., Canada
Jerrold K. Schneider, Rice Lake, WI
Allen Taylor, Kenova, WV
Waldemar Zastrow, Superior, WI

Minnesota

Terry C. Barter, Princeton
Frank & Barb Hancock, Duluth
Harold G. Klein, Circle Pines
Donald G. Olson, Proctor
Steve Thompson, Cold Spring
Chris Wells, Stillwater

Twin Cities

Susan Ahbe
Doug Aretz
Clarence A. Berg
Frank Bouma
Gerald & Dianne Casey
David L. Cigan
Dodge Nature Center
Marna Duxbury
John D. Elholm
Bryan Jennings
Carol E. Johnson
Jane Morrow-Hauer
Paul Shepardson
Bill Standke
Jean Swanson
Tom Tempel
David Thatcher
Richard Twedt

MCA BUILDING SUPPLIES

For Sale: MCA resin and fiberglass cloth. Polyester resin with catalyst and wax (if required) is $13.00 per gallon. Four ounce cloth, 50 inches wide, is $2.90 per yard; 7½ ounce cheesecloth, 60 inches wide, is $4.10 per yard.

Rules for Purchase: Call ahead and schedule pick-up time. Payment must be by check or money order to Minnesota Canoe Association. **No cash. Bring a valid membership card.**

Depots:	Betty Ketter	561-2208	North Minneapolis
	Bruce Kunz	454-7207	Eagan

TRADING POST

Free personal ads to MCA members

The Trading Post is a free service for MCA members only. Members may place up to 30 words in an issue of HUT! for each canoe for sale, partner wanted, or other message. This service is not available for advertising or solicitation of commercial operations.

WANTED

Old (cheap) **canoes**, prefer shallow sides and keelless, for ricing. Call Judith Niemi, 824-8583 or 870-8291.

Space for canoe building this winter, Minneapolis area. Call Judith Niemi at Woodswomen, 870-8291, or 824-8583.

Shore runners wanted: Assist up and coming canoe racers with food, water, and encouragement during the forthcoming Mississippi Classic and the Mississippi Canoe Challenge. Call 827-6693.

Donations of beat-up aluminum or plastic canoes or kayaks to the Education Safety Committee for use in setting up accident scenarios for the River Rescue Clinics. Call Bek Kragh at 929-9454.

Trip leaders for one day cruises. Choose river of your choice. Show it to a few other MCA'ers. Call Jim at 588-5402.

Photos. HUT! needs photos of current and past canoe trips, cruises, races, meetings, canoes, people, etc. Black and white or color photos okay. Photos will be returned. Call John at 827-6693.

Interested in purchasing **C-1 or C-2 decked canoe.** Call Ken Kapp at 699-2969 (late evenings).

FOR SALE

2 Noah Helmets (excellent shape), 1 medium and 1 large. $30 each. Call Tom Nolz in Cambridge 689-5719 or in Minneapolis 221-7377.

Cross country ski boots, men's 9, $25. Call 827-6693.

17' Seliga cedar strip canvas canoe. Excellent condition. $800. Call Bob Banks, Jr. at (715) 394-7550 or 1709 Weeks Avenue, Superior, WI 54880.

Whitewater kayaks. Fiberglass (S-glass, CAP) with outside seams, pillars, Yakima footbraces. 1) Prijon Special, 13'2" long with cockpit cover, $210. 2) Noah Jeti, 10'6" long, $265. Both have red decks and natural hulls. Call Pam Blixt at 724-2484 (anytime).

Lettman Mark V. $135. Call Walt Hirschey at 437-7424.

16' Old Town Wood/Canvas. Serial #167493. Needs minor repair, may inspect at Minneapolis or Eau Claire. $500, firm. Venice Barsness, 500 E. 15th St., Minneapolis, MN 55404.

MINNESOTA CANOE ASSOCIATION MEMBERSHIP/ORDER FORM

I would like to join the MCA as a ☐ New ☐ Renewal member. Please check:

- ☐ Regular Member—1 Year . . . . $ 10
- ☐ Regular Member—2 Years . . . $ 19
- ☐ Regular Member—3 Years . . . $ 27
- ☐ Supportive Member—1 Year . . $ 25
- ☐ Life Member. $100

Fill in name, address and phone number below:

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Canoe Building Plans, $5.00 each (SALES TO MEMBERS ONLY)

- ☐ Woodstrip canoe building manual with Explorer and Guide plans
- ☐ BWCA Cruiser
- ☐ MCA 14' Solo
- ☐ Free Spirit (Brown)
- ☐ 17' Osprey (Zapf)
- ☐ 15'6" Solo Canoe Pirate (Brown)
- ☐ 15' Solo (Ketter)
- ☐ Griffen II Kayak (Brown)
- ☐ 18'6" 4&32 USCA Racer (Burley)
- ☐ 18'6" 3&27 Racer (Ketter)

T-Shirts — Light blue shirt with navy MCA graphic, 50/50 blend. $5.00 each, plus $1.00 postage.

Stickers — Blue on a reflectorized background, great for canoe or car. $1.00 each.

Sew-On Patches — Gold paddles over a silver canoe, $2.00 each.

To order fill in name and address above. Indicate quantity desired in each size:

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____ Shirts @ $5.00 plus $1.00 postage

____ Stickers @ $1.00

____ Patches @ $2.00

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