

Canoecopia Speakers and Topics

This year we’ve got 129 different topics from invasive species to Isle Royale, the San Juan to Superior, Baraboo to the BWCA, and foraging to ancient finds.

I have very few regrets working Canoecopia for 29 years. It’s been an incredibly rewarding professional challenge. I help a crew of 6-8 people set up a network and do what I can to solve whatever problems inevitably arrive.

Okay, *one* regret. Working the show means I’m always on-call. Being always on-call means that I can’t spend all of my time sitting in to the speaker rooms soaking in all of the information.

I remember when I finally felt like the network was stable enough that I could wander into a speaker room and take photos for next year’s Show Guide. It was incredible. The room was filled with interested, excited people asking brilliant questions and getting fantastic answers. I moved to the next room. Different topics, same result.

At the end of the period, the room emptied out and more people arrived for the next speaker. I hung around and learned new tips on where to pitch a tent, and how to manage wildlife.

Folks who make Canoecopia a yearly pilgrimage tell me how much they value our speakers. Their biggest complaint is trying to manage their time so they can see everything they want to see.

As someone who’s never been able to really sit and soak it all in, I fully understand. Come and sit in the presentations you’ve got earmarked, but also sit in a few of the ones you are pretty sure are for someone else. I think you’ll be pleasantly surprised at how much you get out of it.

Jim Pippitt, Show Guide Editor & Tech Nerd.

Christopher Amidon

Paddling Isle Royale National Park

Fri 5:30p, Quetico

Isle Royale National Park offers unique opportunities for paddling in and around a wilderness island in Lake Superior. There are many challenges facing paddlers, from the logistics of transporting paddling equipment to the unpredictable and cold waters of Lake Superior. Join Ranger Chris Amidon to explore the paddling options and the paddling challenges of Isle Royale National Park.



Jake Anderson

Wilderness Cuisine: Elevating Cooking in Canoe Country

Fri 3:30p, Atrium

Discover the art of crafting gourmet meals in the Boundary Waters! This talk will take you beyond traditional campfire fare, revealing techniques for preparing exquisite dishes with limited resources. From selecting the right ingredients to mastering cooking methods in a remote wilderness setting, you’ll learn how to transform your campsite into a kitchen worthy of fine dining. Whether you’re a seasoned



adventurer or a newcomer to outdoor cooking, this session will inspire you to elevate your wilderness culinary experience with creativity, preparation, and a touch of gourmet flair.

Jeff Bach

Cut, Bend, Glue, Shape. DIY Paddlebuilding

Sat 1:00-4:00p, Atrium

Straight. Bent. Long. Short. Artisan. AND a new style. They are all wood and all built by hand. If bending wood is your thing, or you like it straight, come and join the drop-in group. Topics like the dark art of fiberglass and epoxy, the essence of spokeshaves, and art vs. function are in the mix. Lots more to show and share, including the reveal of that new (to me) style.



Stephen Ballou

Kayaking the Apostle Islands

Sat 1:30p, Bear

For 54 years, Apostle Islands National Lakeshore has drawn people from all over the world to experience the beauty and rugged wilderness of the Apostle Islands.

Last minute change. Replaced by Al Pace’s Art of Adventure talk

What does it take to paddle and camp in this special place? Are you prepared to travel the waters of Lake Superior safely? With proper planning and preparation, you can paddle through sea caves, sleep under the stars, and navigate this inland sea. Join Ranger Steve Ballou to celebrate 54 years of caring for our place on Gitchigami, and start planning your next trip to the Apostle Islands.



John Bates

Hidden Gems: Paddling Northern Wisconsin State Natural Areas

Fri 4:30p, Caribou

Sat 4:30p, Bear

Wisconsin's State Natural Areas

Program was created in 1951, the first such state-sponsored

program in the United States. Today, 687 sites have been protected for their outstanding ecological, geological, or archaeological qualities, some of which are wild lakes and their surrounding woodlands. Come hear about many of the best SNAs to paddle and explore in northern Wisconsin.



Writings on Water: A Feast of Essays and Poems about Why We Love to Be on, in, and Around Water

Fri 5:30p, Caribou

Sat 3:30p, Bear

Yes, Canoeopia is all about where to paddle and the best gear to use in getting to those places. But it's also about why we love paddling - the wildlife we see, the pines we listen to and camp under, the clear waters, the joy of the adventures and explorations, and the peace we experience that allows us to breathe deep and long. From the masters—Leopold, Olson, Oliver—to writers you may not know, we'll revel in words. And, hey, bring along a reading you might want to share, too.

Timothy Bauer

May the Forests Be With You

Sat 2:30p, Superior

Sun 12:30p, Quetico

While forests make for great getaways to camp, hike, hunt, and fish, they also provide the setting for some very pretty and pristine excursions to paddle. Here in Wisconsin, we have over 6800 square

miles of public forests - bigger than all of Hawaii (though with fewer hulas or Alohas). While most of these federal, state, and county lands are located in the northern half of the state, some are only 1-2 hours away from Canoeopia itself! Our forests offer wild and scenic rivers as well as bittersweet lakes, but also (and maybe most importantly) a welcome break from the mundane.

Paddlers seeking solace and solitude will find therapy away from houses and farms, cattle and crops, lawnmowers and motor boats, barrage and garbage. Sitting, kneeling, or standing up, you'll see the forest AND the trees—plus a whole lot of natural beauty. So, let yourself be a tourist in the forests and join Timothy Bauer, local author and member of MilesPaddled.com, as he travels around the room from the northwoods to the northwest, and Eau Claire County to Kettle Moraine country.



The Outdoors Smorgasbord of Jackson County, WI

Sun 2:30p, Quetico

Only two hours from Madison, Jackson County is arguably the most rugged and beautiful part of southern Wisconsin. Forged by ancient volcanoes and later bathed in the nippy waters of glacial Lake Wisconsin, the Black River crosses the divide and provides a through-line between the glaciated and unglaciated parts of the state. Providing critical habitat to rare species like elk and wolves, it is also the ancestral home of the Ho-Chunk and where their tribal

government is seated today. The Black River Falls area, at the center of it all, is considered by some to be “the Moab of the Midwest” because it fosters a smorgasbord of silent sport opportunities from paddling, hiking, mountain-biking, downhill and cross-country skiing—even scuba diving! For paddlers in particular, it's Mecca. Whether it's a flat flowage left by a glacier, the state's deepest lake made by an iron mine, or a lazy float down a slow river to canoe-camp on a sandbar, quietwater enthusiasts have a lot to choose from. But for those who like their water white, the options range from a taste-test of Class II rapids to a raging cauldron of Class IV whitewater. Timothy Bauer, self-described Jackson County zealot (who has yet to receive a single cent from the chamber of commerce), will happily share his wisdom and crack wise about campsites, best hikes, ticks, trips, hidden canyons, and water levels. Want to know about the East Fork? Or the triple crown “creekness” of Halls, Morrison, and Robinson? Come find out.



Erin Bjorklund, Jasmine Wyant

Protect Where You Paddle: Aquatic Invasives Talk Show & Trivia

Sat 11:30a, Voyageur

Join us for an interactive discussion about the impacts of aquatic invasive species (AIS) in Wisconsin and beyond. We'll be bringing up expert guest

Speaker Presentations

speaker Jasmine Wyant from Upper Sugar River Watershed Association to answer all of your questions about AIS and teach you how to protect the places you paddle. Following our guest speaker, test your knowledge for a chance to win prizes during our AIS trivia competition!

Barry Brahier, Erik Detzler

Sea Kayaking Voyageurs National Park: Routes and Park Update

Sat 12:30p, Voyageur

Voyageurs National Park offers a “just right” sea kayaking experience for novice paddlers, challenge seekers, and everyone in between. Located in the far north of Minnesota, it has BIG lakes, Taj Mahal campsites reserved just for you, and only two (optional) portages! Learn the best routes for your ability, what matters when selecting a campsite, and get a park update from an NPS Park Ranger.



Kevin Callan

A Mystery Canoe Trip to Remote Opasquia Park

Sat 9:30a, Quetico

Kevin and his buddy Andy had two weeks, three packs, a barrel full of dehydrated food, and two litres of whisky—two old guys who just turned 60 couldn't

be happier. Opasquia is located in the far northern corner of Ontario, hugging the Manitoba border, and measures approximately 1,170,000 acres in size. It's also darn remote—it took a bush plane two and a half hours to fly the 150 miles north (and flying is the only way to get there). Forest fires burned around them and the first six days they could only travel 2.5 miles. You won't want to miss this presentation!

The Happy Camper's Ultimate Top Ten Canoe Trips

Fri 6:30p, Quetico

Sat 2:30p, Quetico

Author Kevin Callan will present on his top ten ultimate canoe trips he has done over decades of paddling. Check out his favorite places he's paddled and portaged—from places across the province of Ontario, to northern Quebec, to the highlands of Scotland, and to the interior of eastern Canada's Nova Scotia.

Camper Christina

Camper Christina Capsizes

Sun 1:30p, Superior

After 6 hours of canoe tripping in a remote area of Quebec, it happened! There she was, all alone, yelling out instructions to herself like a drill sergeant. The canoe was filling up with water, her paddle was about to shoot down the rapids, and she fumbled to grasp her rapidly sinking phone. How did she get there? What happened next? Find out during Christina's presentation, Camper Christina Capsizes.



Camping With a Bear

Sat 12:30p, Quetico

Swallowing her anxiety, Christina booked her first backcountry canoe trip in Quebec, with no idea what would happen. She discovered stunning scenery, a challenging route, and a campsite

inhabited by a bear that didn't scare easily. Find out exactly what happened on that epic adventure, during Christina's presentation, Camping With a Bear.



Cynthia Cavanagh, Sue Wiley

Paddle More—A Challenge!

Sat 9:30a, Sylvania

Paddling time is good time. Still, it can seem hard to find the perfect weather, the ideal water, the best time of day, and the ultimate alignment of the stars in the universe before you plan to get on the water. Time passes quickly and before you know it, your boat can remain stowed all summer.

Get ready to be on the water! Join this fast-paced presentation to see how the presenters challenged themselves to paddling every month of 2024. Learn about the preparations and planning, the successes, failures, joys, and the work-arounds of paddling in winter, spring, summer, and fall in the Midwest. You will leave the session with a guide and checklists to use in your own challenge, whether that will be 12 days, 12 weeks, or 12 months of paddling. We hope you leave with a plan and enthusiasm for paddling more each year!

John Chase

5 Things I Wish Someone Told Me When I Started Kayaking

Fri 6:30p, Superior

Sun 12:30p, Superior

It sounds easy... buy a boat, put it in the water, start paddling. Let's talk about what you need, what you

don't, and more to make a paddler's first or 50th day on the water full of smiles. Come to this safe space where we'll explore all those questions that you've been afraid to ask but need to know.



Navigating the Seas with Nautical Charts

Sat 11:30a, Sylvania

Dive into the art and science of interpreting navigation charts and learn essential tools to navigate open waters. Explore scale and symbols for accurate distance and direction measurements, and hazard identification. We will also walk through real-life scenarios to apply chart-reading skills.

Paddling Alaska's Prince William Sound

Sat 3:30p, BWCA

Prince William Sound is filled with towering peaks and flowing glaciers that make for an unforgettable experience. Join us as we explore a route through the west portion of the Sound and share some of the must-see places and campsites along the way.

Perfectly Pack your Kayak for a Multi-Day Trip

Sat 4:30p, Atrium

Loading personal and shared group gear in your boat is both art and science. This hands-on workshop will equip you with tips and tricks to pack your kit for a dry, safe, and enjoyable multi-day journey without having to cut the handle off your toothbrush.

Power to the Paddle: Exercises to Improve Your Paddling

Fri 5:30p, Atrium

Get ready to move in this fun, hands-on session where you'll learn and practice functional exercises to help you paddle longer, faster, and stronger. Learn simple exercises requiring little or no equipment that will make you a better paddler, build endurance, and prevent injury. Join us to improve your outdoor experience and become the best paddler you can be.

Sand Dunes, Lighthouses, and Cherry Pie: Sea Kayaking Michigan's Grand Traverse Region

Sat 9:30a, Caribou

Enjoy bluebird days with Caribbean-blue water while visiting lighthouses, towering dunes, and shipwrecks by day and breweries, wineries, and great restaurants by night. We will explore some of the most intriguing sea kayaking destinations in northwest lower Michigan along with historical and cultural resources of the area.

Lili Colby

Inflatable Life Jacket Maintenance Workshop

Sat 1:00-4:00p, Atrium

Do you want to extend the life of your life jacket? Is yours still good to go or is it past its prime? Lili Colby will share both daily and annual

maintenance tips and best practices for a range of inflatable devices that boaters use—hydrostatic (HIT), water-activated automatic, auto/man, and manual. Bring your own device and have Lili show you how to do a self-inspection to determine its condition for the season ahead. Come to this hands-on, drop-in workshop to learn more about the most essential safety equipment onboard your vessel.



Dan Dueweke

After the Storm: Clearing Trail in the BWCA Following the 2021 Tornado

Sat 1:30p, Voyageur

On October 11th,

2021, an EF-2 tornado ripped through the Boundary Waters Canoe Area and laid

waste to a mile of the Border Route/North Country Trail (NCT). Trail closed, ye shall not pass. Knowing that the NCT would be sending in a wilderness crew to reopen the trail after ice-out the following spring, Dan volunteered his time, experience, and tools for the job. This presentation follows a joint NCT/USFS trail crew as it confronted stacks and jackstrawed piles of downed trees with only axes and crosscut saws (per Wilderness regulations) and finished the job during their four-day work window.



Rick Eilertson, Bev Vaillancourt

Baraboo River Restoration—30 Years since the Waterworks Dam Removal

Sat 10:30a, Voyageur

Rick Eilertson will cover the Dam history of the Baraboo River from 1846, when the first dam was constructed, to 2001, when the last dam was removed. This gave the Baraboo River its national significance as the longest stretch (120

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miles) of river ever returned to its natural, free-flowing condition. Learn about the controversial fights over the Baraboo Waterworks Dam removal in 1994, which created a domino effect eventually removing the private dams from La Valle all the way to the Glenville Dam downstream of Baraboo. The video, “Running Free: The Baraboo River Restoration Story” (<https://youtu.be/GmlJ3K7U-c>), prepared in 2021 to commemorate the 20-year anniversary of the last dam being removed, will be highlighted. They will discuss the improved fishery habitat, paddling opportunities, river access, Riverwalk connections, collaborative partnership, and scientific studies of river restoration. Bev Vaillancourt will describe the creation of the Friends of the Baraboo River and their ongoing efforts to promote the appreciation and stewardship of the river through education, outreach, and community involvement.

Andrew Elkins

Bear Prevention Gear and Techniques

Sat 9:30a, Bear

Gain confidence when venturing into bear country. There will be live demonstrations of different forms of bear barrels and hanging techniques. This will also cover good camp practices to help prevent critters from spoiling food and gear. Learn techniques allowed under the new Boundary Waters food storage rules.



Al & Marsha Fairfield

Northern Wisconsin as a Paddle Destination for ALL Paddlers

Fri 6:30p, BWCA

Sat 10:30a, Sylvania

Northern Wisconsin has an abundance of lakes and rivers suitable for every paddler. From wilderness waters to waters big enough to stretch your legs, there is something here for everyone. Recreation boats, canoes, and sea kayaks all have a place here. Why settle for one style of paddle craft? Come discover some of our favorite places to explore.

Wisconsin's Paddle-Camping Rivers

Sat 1:30p, Algonquin

Wisconsin is blessed to have a number of scenic rivers with established campsites. River paddling trips allow you to see miles of new scenery every day and enjoy the wildlife that will share the river corridor with you. It's a great way to have a wilderness experience with simplified logistics that novices and experts can enjoy.

Vernon Fish

Explore the Wabakimi Area

Sat 1:30p, Sylvania

The Wabakimi Area is a vast, virtually roadless wilderness the size of Vermont (9,934 sq. miles), located three hours north of Thunder Bay, Ontario.



It can be accessed by more than 4,000 miles of historically and culturally significant canoe routes. Learn how you can access this huge network of rivers and lakes and help the Friends of Wabakimi protect its wilderness values.

Gillian Fitzgerald, Mona Gauthier, Doris Kolodji, Sue Sullivan, Sam Chadwick

Women's Q+A Panel: BWCA Trippers

Sat 10:30a, Superior

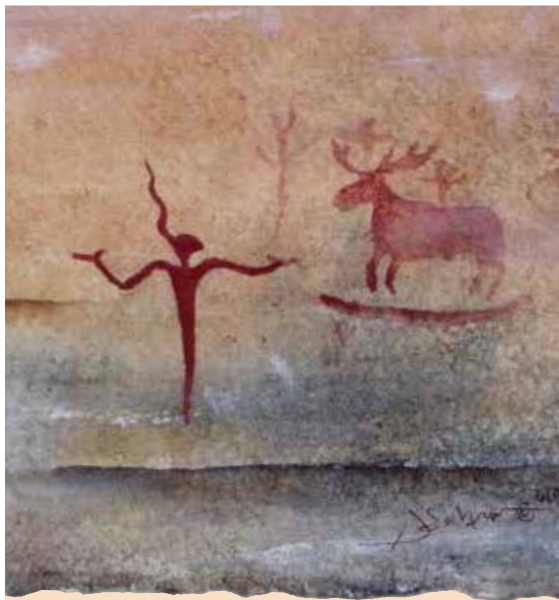
Adventuring in the BWCA comes with unique considerations for women that aren't (always) widely discussed. From choosing the right clothing, to navigating physical challenges and emotional barriers, there is much to learn—like what is a Kula Cloth, and why is it a game-changer? Join this inspiring, multi-generational panel of women with extensive paddling experience as they share their insights and invite your questions! While the outdoors has often been shaped by a male-dominated perspective, this conversation highlights

Last-Minute Changes

About two days before this went to print we learned that a speaker had to cancel at the very last moment. If the past is any predictor of the present, that will (probably) happen a once or twice more before Canoeecopia Weekend. Sorry.

Where the most current, up-to-date information about Canoeecopia kept? Well, we recommend pointing your browser to www.canoeecopia.com

Changes will also be visible on the large speaker schedule poster board that is found near the Help Desk in the lobby area. Thanks for your understanding.



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Speaker Presentations

the experiences and expertise of women in the wilderness.

Joe Friedrichs

Last Entry Point: Stories of Danger and Death in the Boundary Waters

Sat 9:30a, BWCA

Even those who are thoroughly prepared may still encounter the unexpected. In those cases, being ready for anything can mean the difference between a memorable trip and a life-changing, or life-ending, event. In Last Entry Point, experienced paddler and longtime regional journalist Joe Friedrichs gathers tales that involve tragedy or near-misses, interviewing people who confronted danger and walked away, as well as those whose loved ones died in the wilderness. In this presentation, Friedrichs shares real-life accounts of those who have faced life-threatening situations and tragically lost their lives in the serene yet unforgiving Boundary Waters Canoe Area Wilderness.



Zach Fritz

The Route Less Paddled: A 4,400km Canoe Expedition from Minnesota to the Arctic Ocean

Sun 2:30p, Bear

In the summer of 2024, Zach Fritz and Taylor Rau spent 106 days paddling over 4,400 km from Zach's family's hunting cabin in northern Minnesota to the Arctic Ocean in the Far North of Canada. A lifelong dream for Zach that was years in the making, they traveled through some of the most remote places left in North America.



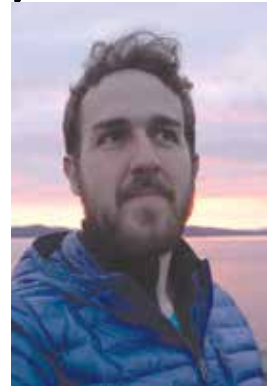
Facing lakes hundreds of miles long, unfathomable swarms of bugs, relentless weather, and wild rivers, they left the "real world" behind for the adventure of a lifetime. With photos and videos, come experience the gripping story about what it means to chase your dreams and what it takes to paddle across Canada.

Tim Gallaway

Solo Kayaking the Maine Island Trail

Sat 2:30p, Killarney

With a rugged coast, large tides, and dramatic island archipelagos, Maine is a world-class sea-kayaking destination. In the summer of 2024, Michigan-based sea-kayak coach Tim Gallaway headed for the Atlantic to challenge himself in the strong tidal currents, thick fog, and dynamic seas. Come along on Tim's adventure as he learns the tides and character of the sea on his three-week-long solo adventure from Portland to Machias, Maine.



Miguel Garcia-Gosálvez

Safety Electronics for the BWCA (or Other Trips to the Wilderness)

Fri 5:30p, Bear

There are lots of electronic gadgets on the market for communicating in the wilderness. It is important to understand the positives and negatives of them so that you can unplug from the wired world while maintaining contact if needed.

Do you know what SOS on the top of your mobile phone top screen means when your cellphone company name



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or 5G/LTE is not on the screen? Do you know what you can or cannot do with your newest smartphones that have satellite capabilities? Do you understand the implications of pressing SOS on your satellite communicator? How much capacity does your battery pack need? Will a solar charger be useful? What kind of lantern/lights do you need? What kind of two-way radios might be useful? Do you know the advantages of a HAM radio license?

This presentation will cover all of these topics, but will also provide plenty of interaction with the audience to answer questions, concerns, etc. to ensure that you make the right choices for your specific needs.



Marcos Garcia-Norris **So You Want to Start Sea Kayaking?**

Sat 10:30a, BWCA

Marcos arrived to kayaking accidentally on his 50th birthday. Starting with zero experience, he launched himself into the Des Plaines River (IL) on a sturdy recreational kayak, paddling many mornings and falling in love with the opportunities of escape it gave him. Thinking he was God's gift to kayaking, Marcos soon adventured out into the open waters of Lake Michigan and was immediately humbled by the risks and dangers of not really knowing what he was doing. Ever since that awakening in the Lake, Marcos has joined courses, geared up, joined symposia, paddled several places around

the world, got injured, certified as an ACA Level 3 Coastal Kayak Instructor and Rolling Instructor, and taught a ton of lessons—all in the the last three years.

If there is one thing that Marcos has not gotten tired of doing, it is sharing the good and the bad sides of getting involved in sea kayaking. During this presentation, Marcos will share a few stories and tips for paddlers looking to start sea kayaking or jump from the river to the open waters. The presentation will be of interest to any person (of any age) wanting to start sea kayaking in open waters.

Mona Gauthier

Food Dehydration Beyond the Basics

Sat 1:30p, BWCA

Be bold. Be safe.

You can dehydrate anything... but should you? Mona will share advanced dehydration techniques, including video clips of dehydrating eggs, sour cream, and guacamole. Once dehydrated, preservation of these items is critical. Develop confidence as you dehydrate and apply methods to ward off the five enemies that impact the shelf life of your food. There will be time allotted for Q & A at the end of the presentation.



Food Dehydration for Beginners

Sat 12:30p, BWCA

Sun 12:30p, Caribou

Dehydrating food is an ancient, effective, and nutritious way of preserving food. However, it can be a bit intimidating if you have never done it before or had unsuccessful attempts. Learn about different methods of dehydrating, easy items to dehydrate, wilderness trip menus using dehydrated food, preserving the food, and an overview of different dehydrators. Questions? Don't worry. There will be time for Q & A at

the end of the presentation.

Chris Gavin

Foraging at the Water's Edge

Sat 12:30p, Bear

Sat 4:30p, BWCA

Join Chris Gavin as he explores the cornucopia of wild edible foods that can be encountered at the water's edge on your next paddle.

Whether encountering an edible wild mushroom on a stream-side log by chance, or gearing up to head out in your watercraft to gather wild rice, Chris will cover the basics of getting into wild foods that you can commonly encounter while paddling, recommend resources to increase your knowledge and confidence, and answer your questions about how to harvest wild food safely and ethically.



Nathaniel Gueltzau

Surviving the Distance: A Veteran's Journey through Long- Distance Paddling

Sat 2:30p, Voyageur

Join Nate, an Army veteran and long-distance paddler, as he shares his personal journey of endurance,

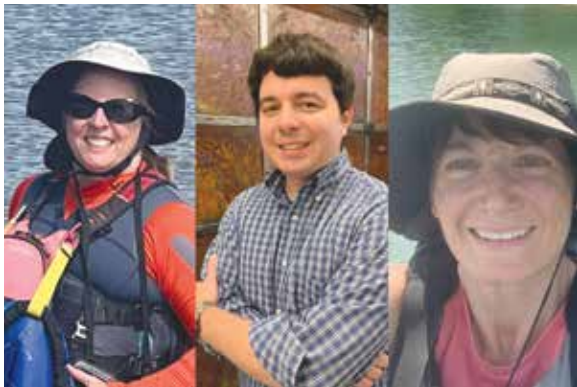
resilience, and survival on the water.

As a bigger guy, Nate brings a unique perspective to the world of long-distance paddling, tackling not only the physical challenges but also the mental and emotional hurdles that come with pushing through the limits of what the body and mind can endure if you have a sense of humor. Nate will recount his experiences paddling some of the most grueling races and expeditions, including the Alabama 650, MR 340 and Operation



Deep Blue.

Nate's journey is about more than just paddling; it's a testament to the idea that long-distance paddling races aren't just for elite athletes, but for anyone with the will to persevere. As someone who doesn't fit the mold of a typical paddling athlete, Nate shows how endurance paddling can be for the "average Joe," offering both physical exercise and emotional healing.



Anthea Halpryn, James Tracy, Christine Chabot

When a Good Trip Goes Wrong

Sat 3:30p, Sylvania

In May of 2022, three friends embarked on an exciting kayak camping adventure along the Upper Iowa River, paddling 126 miles from Lime Springs, IA, to Lansing, IA. After extensive planning and preparation, equipped with the necessary gear and a shared enthusiasm for adventure, they were ready for a memorable journey. However, as often happens in outdoor excursions, a series of events unfolded, leading to challenges that transformed the adventure into a series of unfortunate events, culminating in a dramatic river rescue.

This presentation aims to explore the sequence of events that led to difficulties on the trip, as well as the successes we encountered. We will review essential kayak camping gear, highlighting the

equipment that proved crucial to our safety. You'll learn what to bring on similar adventures and what items are better left behind. We'll reflect on our decisions—what we executed successfully and what we might have approached differently.

Additionally, we will share recorded footage of our rescuers in action and recount our return to the scene of the incident to assess what went awry. By analyzing our experience, we hope to provide valuable insights for fellow adventurers and enhance safety awareness for future trips.



Rachel Hedlund, Izzie Smith

Paddling on a Budget—Tips and Tricks for Enjoying Your Adventure While Saving \$\$\$

Fri 6:30p, Atrium

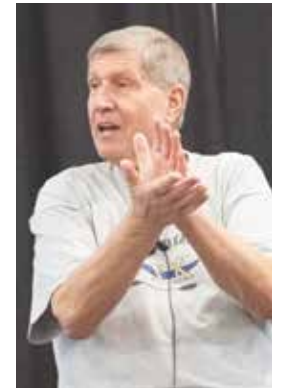
Anyone can embark on a paddling adventure, but there are often some barriers to entry, particularly in the form of expensive gear. Izzie and Rachel, two Education Team staff from Friends of the Boundary Waters, will walk you through how to outfit your trip for cheap! Their expertise comes from years of guiding expeditions through Wilderness Inquiry and Outward Bound. They now support getting underserved youth to the BWCA through Friends of the BWCA, and feel even more skilled in hacks to save cash and still support an incredible adventure.

Wayne Horodowich

Capsize Recoveries: Which Ones Work Best?

Sun 10:30a, Algonquin

Every sea-kayaking instructional book has at least one chapter devoted to capsize recoveries. Which recovery method should you use in which situation? Are all recovery techniques reliable? Which rescue works best for me?



Since getting back in your kayak is a necessary skill for survival, this presentation could be very helpful for a long and happy paddling career. At the end of the presentation, you will have the necessary information to answer these questions for yourself and how to best spend your practice time with capsize recoveries.

How To Choose The Kayak That Works Best For You

Sat 10:30a, Algonquin

Trying to choose a kayak from the seemingly endless variety of boats available in the marketplace can be overwhelming. Your goal is to find the boat that fits your needs and your budget. If you want a step-by-step approach to finding the kayak that works best for you, then join Wayne Horodowich for a dynamic and detailed discussion. Wayne will draw upon his 45 years of teaching kayaking and fitting paddlers into kayaks so they can have an enjoyable experience.

The Art of Staying Upright in Your Kayak

Fri 3:30p, Superior

Staying upright is far better than risking exposure and expending energy getting upright. Having a roll and/or knowing recovery techniques are important. However, if you have good paddle support skills you minimize your chance

of capsizing. When the wind picks up and the water gets rough your need for support increases. In addition, you also need to be able to maneuver against that wind while the water around you is bouncing your kayak around.

Using Your Boat, Body And Blade For Efficient Paddling

Sat 2:30p, Algonquin

Paddling a kayak is more than just taking strokes with your paddle. Kayaking is a true marriage of your boat, body, and blade. All three must be working together during all aspects of kayaking to get the most out of your equipment. We will discuss body position and movements, boat positions and movements, and closely view how to properly use and manipulate your paddle to get the results you want when kayaking to get the most out of your equipment.



Cliff Jacobson
Camping's Top Secrets

Fri 4:30p, Quetico

Sat 10:30a, Quetico

This whirlwind seminar focuses on camping tricks that only the experts know—practical procedures that increase your comfort and safety. Learn how to: stormproof your tent, bug-proof your body and camp, choose edged tools and make fire in the rain, cook with “cozies” to save stove fuel,

inexpensively waterproof your sleeping bag and gear, sleep comfortably on a bad site, and much more. You won't find this information in ordinary camping books or videos. Cliff will lean on his book, *Camping's Top Secrets*.

Canoeing the Boundary Waters with Style!

Sat 1:30p, Quetico

If you've ever been to the Boundary Waters and competed for campsites on a popular lake, fussed with fire on a rainy day, slept in a wet tent, or been bugged by bugs, bears, or rodents, this fast-paced session is for you. You'll learn how to get away from the crowd, choose essential gear, stay dry when it rains all day, bear-proof your camp while complying with the new federal law, make a one-match fire when the woods are wet with rain, and more. We'll check out equipment that works, and that which doesn't. Included is a brief description of the UTM (Universal Trans Mercator) system of navigation and the Boundary Waters Canoe Area maps that utilize this system. Based on Cliff's book, *Boundary Waters Canoe Camping*.

My Last Picture Show: Remembering a Lifetime of Canoeing Wild Rivers

Sun 10:30a - 11:15a, Quetico

Cliff discovered canoes at the age of 12, in a rustic Scout camp set deep in the Michigan woods. He became hooked on the wild outdoors, and by age 14, he had read every book in print on wilderness travel. He went camping (with friends or alone) nearly every weekend. When he got bored in school, he drew pictures of canoes, tents, knives, rifles, and axes in his notebook. Cliff kept doing and learning. He discovered that many of the camping procedures he'd read about in books were wrong. If you've read Cliff's books, you know his advice often clashes with “accepted ways.” My Last Picture Show is the story of Cliff Jacobson's amazing wilderness life. It'll make you smile, laugh, and maybe cry. You won't be bored!

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David Johnston

An Introduction to Tides and Currents for Freshwater Paddlers

Sat 9:30a, Voyageur

Does figuring out when low tide will happen during your first ocean kayak trip still get you down? That's ok, it can get confusing. This presentation will cover how tides and currents work, and how to work them into the planning of your kayak trip. Don't fret, David promises not to get bogged down in to a lot of complex math.

Ancient Finds of Lake Superior

Sat 11:30a, Superior

If you know where to look, the Lake Superior shoreline is filled with ancient and old finds for you to discover. The hard part is that you can easily paddle right by, not knowing about what you just missed. In this presentation, David will introduce you to some of the cool stuff out there including pictographs, Pukaskwa Pits, voyageur trading posts, shipwrecks, trainwrecks, and ghost towns. He will also cover places to start your research so you can discover them on your own journeys.

Best Paddling Trips of the Canadian Side of Lake Superior

Fri 5:30p, Superior

The Canadian side of Lake Superior has 1,549 miles of wilderness shoreline for you to paddle. Like every good fishing hole, many of the routes are kept kind of secret. David's been paddling on Lake Superior for almost 25 years and that's

all going to change as he's spilling the beans on where to go, how to get there, what you'll see, and what makes that route...superior. This will be appealing for both beginners and experienced campers alike.

Introduction to Weather for Paddlers

Sun 1:30p, Quetico

If you find yourself confused by the weird, wonderful, and often windy world of weather, then join us. In this clinic David will demystify where weather comes from and will teach you how to make your own daily forecasts. This is perfect for anyone looking to understand what's going on in the sky above while paddling below.

Navigation 101 for Paddlers: The Art of Staying Found

Sun 11:30a, Bear

Do you find yourself getting intimidated, confused, or turned around while trying to navigate on a canoe or sea kayak trip? If so, find your way to this presentation where David will introduce you to the tips and tricks to help keep from getting misplaced. We will cover the basics of how to read the land and how to follow along via your topographic map, playing with a compass, as well as what happens when things go wrong.

Navigation 102 for Paddlers

Sun 12:30p, Bear

Picking up where he left off in Navigation 101, David will cover more "intermediate(ish)" navigation techniques that paddlers can use to travel confidently on their next adventure. For example, we will look at several things including: how to make use of nautical charts, shooting bearings on a map or chart, using lines of position, and tips and tricks for estimating speed and distance. Celestial navigation? That's for another year.

The Weird History of Sea Kayaking

Fri 3:30p, Quetico

Sat 12:30p, Superior

Did you know that Pope John Paul II

was an avid kayaker? What happened to the prisoners who built that kayak and escaped from San Quentin Prison?

Come join David Johnston as he explores the fascinating history of modern sea kayaking in North America. Along the way we will discover the humble origins of the sport and learn about why the Great Lakes were the center of the kayaking universe for nearly 15 years starting in the mid-80's.

Karla "With a K"

Day Paddling Trips & Paddle-in campsites & around Wisconsin State Parks

Sat 3:30p, Caribou

Did you know some of our Wisconsin State Parks have water trails for you to paddle? And paddle-in sites to camp at? If not, then this is the session for you! Take a journey with me around the state to learn which state parks have great day water trips and paddle-in campsites. Karla will talk about location, entry points, notable facts, and learned hacks.

Hammocks & Paddling trips discussion panel

Sun 11:30a, Algonquin

Join four experienced hammock campers who also paddle for a panel discussion on hammock camping and paddling trips. We will have hammockers from Michigan (Stacie Longwell Sadowski), Wisconsin (Canoeski & Karla), and Minnesota (Chad Nelson) on the panel. We have experienced and newbies to paddling who will bring a lot of perspectives to the talk. We've got a bit of everything to answer any question you bring our way. Come and learn how hammock camping can greatly increase your comfort after a long day of paddling!



Andrea Knepper, Patricia Broughton, Noah Viner

Paddling While White: Creating Equity in the Outdoors

Sat 4:30p, Caribou

We know that racism is a problem that white people need to address. We know that we as white people need to talk with each other about racism. We know racism exists in the outdoors, and in the sport and community of paddling that we love so much.

What does it look like in real life to take steps to make spaces where we recreate truly welcoming and comfortable for black and brown people? We know not a single one of us can “fix” the problem ourselves or create the perfect space alone. Are there practical steps we CAN take that have real effect, that are small enough that one person can do them? Are there things we can do together? How can we use our privilege to make the paddling world more comfortable and welcoming for people of color?

This is a session where we’ll get real. We won’t sugar-coat anything. But we also won’t blame. If you want to be part of the solution, and you’re not sure how, but you’re willing to be honest, vulnerable, and take action, come join us.

Martin Koch

Basic River Safety For The Casual Paddler

Sat 12:30p, Caribou

While paddle sports are generally a safe outdoor activity, bad things can happen.

The presentation will give you the basics of river safety. You will learn how to: read the river, identify and avoid dangerous obstacles, basic paddle



skills, and much more. This information will ensure your paddle trips will be safe and enjoyable.

Bear Safety

Sat 2:30p, Bear

Bears can pose a serious threat to you and your equipment. Learn the essential skills and techniques to protect you in your outdoor activities. This presentation will show you how to select a campsite, maintain a clean camp, as well as avoidance techniques while hiking in bear country. These skills will keep you safe in the outdoors.

Ten Steps to Amazing Photography

Fri 6:30p, Sylvania

Do your outdoor photographs lack the pizzazz of professional nature photographers? The presentation will show you ten ways you can easily improve your photography skills. Learn about the basic elements of: composition, using light, and how to process your shots.

The Amazing Ozarks

Sun 10:30a, Sylvania

Located in southern Missouri and Northern Arkansas, the Ozarks offers thousands of miles of streams to paddle. Ranging from gentle, family-friendly streams to class III and IV whitewater, the Ozarks has it all. This presentation will take you on a journey to famous streams like the Current, Jack’s Fork, and Buffalo Rivers, as well as some of the lesser-known rivers of the Ozark region.

Doris Kolodji

Power To The Pipsqueaks: Anyone Can Pack, Paddle, & Portage

Sat 11:30a, Atrium

If you’ve always wanted to pick up a canoe and portage like the “big boys,” then this energetic, hands-on workshop



is for you. Don’t let the idea of picking up and carrying your own canoe be a barrier! For decades, Northern Lakes Girl Scout Canoe Base has been training women and girls to travel through the BWCAW. They specialize in teaching novices to feel like pros regardless of size or experience. Learn tips and tricks for women and youth in the wilderness, and practice specific techniques to flip up and portage canoes. A team of 4-6 young women canoe guides will facilitate.

Zack Kruzins

The Forgotten Canadian Coast: Lake Superior’s True Northern Island Paddlers Paradise

Fri 6:30p, Bear

In this talk we will explore the human and natural history of the past, present, and future of the Canadian north shore of Lake Superior. Zack explains how his 50-day sea kayak research expedition here inspired a lifelong love and connection to the area. We will focus on the idea of slow travel by watercraft as a unique way to experience the region, gain an appreciation and zest for life, and a desire to protect this special place.



Terry Kent

Great Paddling Technique Made Easy

Sun 2:30p, Superior

Terry will lead a discussion on how the knowledge gained from a lifetime of canoe, kayak, and SUP racing can help all paddlers, from casual day trippers to dedicated adventure racers. He’ll talk about ways to improve



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your technique to give you more power and control in all of your strokes. Learn the basics of paddle mechanics and the importance of core muscles as well as finding a better catch. Discover how the Tahitian hinge will give you the ability to self-coach when you're paddling miles from other people. This session will focus on canoeing, but the lessons are easily applicable to kayak paddling.

Pete Kuhn **The Perfect Kayak Fit**

Sun 11:30a, Atrium

This talk/demonstration will cover how to make adjustments to the inside of a kayak cockpit. These will cover: seat and foot peg adjustments/modifications, and customizing thigh braces with foam. Pete will use a cutaway kayak to show possible placement of modifications. Materials and shaping techniques will also be discussed.



Mary Langlie **Fitness, Flexibility, and Fun**

Sun 1:30p, Atrium

This is a participatory presentation where everyone is invited to take a break in their day and learn some things they can do to get ready for the paddling season now. Gain strength, flexibility, and mobility to keep yourself healthy and avoid injuries so that you can truly enjoy a full season on the water! All ages are welcome and accommodations will be made for anyone experiencing limited range of motion or physical challenges.



Morgan Lirette

Whitewater Kids: How and Why You Should Start Them Early

Sat 9:30a, Killarney

Kids are naturally curious and eager for new experiences, which can feel daunting for them (and their adults).

Whitewater paddling evokes excitement and fear—often simultaneously—making developing emotional strength and physical skills essential. Finding a balance between these emotions is key to supporting a child's growth. We can encourage personal development and independence beyond the water with a personalized approach to learning about whitewater. Join us as we explore learning from a child's perspective and practical ways to bring it to life. Let's spark a lifelong love of adventure.

Women in the Outdoor Paddling Sphere: How to Adapt and Adventure to your Full Potential

Sat 12:30p, Sylvania

Being a woman is great, but there are some things we need to do differently! From finding or adapting gear to meet your needs, balancing personal expectations, emotions, and physical challenges, or learning how to manage performance while on your period or pregnant, this presentation will discuss the unique challenges and benefits of being a woman who loves to paddle. We will also reflect on the larger themes of gender in the paddling community, including inclusivity, sexism, and activism while leaving with a sense of empowerment and pride.



Cody Little **Paddling Indigenous Waters**

Fri 3:30p, Algonquin

This session covers the story of Cody's life—growing up on the San Juan River, raised by river guides and today owning his very own commercial outfit on the river that

has shaped every aspect of his life. Most importantly, the presentation will cover his story of cultural bridge-building with local Diné Communities and the level of respect and humility that it takes to paddle Native Lands.

Over the last five years, Cody's earned his spot as the only Bilágaana with a Backcountry Waterways Permit for Diné Bikéyah, aka The Navajo Nation. He will share the lessons learned from years of collaborating with the Natives Cultures whose ancestral lands he floats and hikes.



Blake Longworth **Understanding the Vast Options in Paddling Clothing**

Sat 11:30a, Algonquin

Have you ever dealt with cold feet, cold hands, just been plain cold? Sweaty and/or sun burnt? What's the difference between neoprene and dry suits? Is it really a ladies' fit, or is it just purple? Is this a splash or rain jacket? The amount of paddle gear at Canoecopia is incredible, but it's a lot to digest. Take some time to relax, bring a snack or a beverage, and hang out with Canoecopia veteran Blake Longworth. In this open discussion, he will address everything above and then some, and he will make sure to answer all your questions, even the weird ones. You will walk away with a better understanding of what to wear paddling during any season.

**Lani Love,
Chip
Cochrane**
**Allagash Wilderness
Waterway**

Sun 2:30p, BWCA
Explore the legendary Allagash Wilderness Waterway with us! Lani and Chip are Allagash Canoe Trips, founded in 1953 by Herb Cochrane. They are Maine’s oldest continuously-running guided canoe trip service. Chip is the third-generation guide, and his wife, Lani, have over 400 trips down the Allagash and the family collectively has over 700. The 92-mile Allagash Wilderness Waterway in northern Maine is one of America’s preeminent canoe trips. Join



them for breathtaking pictures of the stunning waterway, animals, and learn the history of the waterway.

Peter Marshall
**25 Tips for a Better
Boundary Waters
Trip**

Sat 11:30a, Quetico
Drawing from his experience of paddling hundreds of days through the Northwoods, Pete Marshall, Communications Director at Friends of the Boundary Waters Wilderness, will go over 25 tips for a better Boundary Waters canoe trip. This presentation has a bit of everything in it, from how to travel more efficiently, to simple niceties



that make any canoe trip just a little bit better. You will be sure to leave with valuable ideas for your summer trip.

How to Quetico

Sat 3:30p, Quetico
Sun 10:30a, Superior
Larger than the Boundary Waters with only a fraction of the visitors, Quetico is a canoeist’s paradise. Sadly, the logistics of international travel—as well as an intimidating reputation—keeps many would-be Quetico paddlers away. In this practical presentation, we’ll go over the nuts and bolts of how to reserve a permit and reach your entry point, what makes travel in Quetico different, highlight some iconic areas in the park, and discuss a few routes.

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Andrea Knepper Making Decisions About Risk

Sun 11:30a, Algonquin

Risk. We talk about it all the time. How do we make responsible, informed, reasonable decisions about real risk?

Andrea Knepper has made decisions about risk in a variety of contexts, from a 1500 mile solo expedition along the Pacific Coast, to coaching beginners who don't know how to swim to advanced paddlers, to leading groups on day paddles and overnight trips in advanced conditions, to making decisions for an organization working with over 1200 people a year with varying levels of experience in a variety of outdoor sports and trips ranging from sea kayaking to ice climbing.

Andrea uses the same model for all of her risk assessments. Learn about it and try it out yourself. After learning and using the model, then you have to make and execute decisions, based on the best information you can gather. Come ready to grapple with fascinating, challenging decisions, be part of the conversations, maybe disagree with other people in the group, and walk away with a deeper understanding about risk and what your tolerance for it is.

David Meier

Leave No Trace Basics for Boundary Waters Newbies

Sat 4:30p, Sylvania

Planning your first Boundary Waters adventure? Leading newcomers into canoe country?

David will cover fundamentals every BWCA beginner needs to know, from fishing to fire to food safety. Through practical tips and a few head-shaking real-life stories, you'll learn essential skills to grow an appreciation for wilderness



and make that first trip extra-special.

These helpful guidelines are perfect for first-timers and group leaders alike. Bring your questions and leave (no trace) with confidence!

Danny Mongno Selecting the Perfect Kayak Paddle

Sat 10:30a, Atrium

Sun 10:30a, Atrium

Kayaking efficiently is important. The less energy we use, the longer we can stay out, and therefore the more fun we will have. The paddle is your connection to the water, so making sure you have a properly designed and fitted one will pay efficiency dividends with every stroke. Danny is a veteran Canoeconia presenter of 20 years, and he explains the aspects of selecting the perfect kayak paddle as well as anyone in the business. The remainder of the class will be spent working on some exercises for you to take home and get you ready for the paddling season.



Understanding the Forward Stroke: Efficiency Matters

Fri 4:30p, Atrium

Sat 9:30a, Atrium

Behold the Forward Stroke! It's the one we use most often. An efficient stroke will use less energy, allowing the paddler to stay out longer, maybe go faster, and protect the joints. You can see why the forward stroke gets so much attention from students and coaches alike. Join Danny Mongno, with 30+ years of paddlesports coaching experience, as he breaks things down in a very easy-to-follow, step-by-step process. This is an interactive class, so be ready to participate and have fun. To wrap things up, Danny will send you off with exercises to do at home. This class will focus on skills for kayakers but also addresses

how those skills cross over to stand-up paddlers and canoeists.



Michael Neiger

Assembling and Wearing an In-Pocket Survival Kit for a Wilderness Adventure

Sat 4:30a, Superior

Mike will discuss how to assemble and wear an in-pocket survival kit for a wilderness adventure by canoe, kayak, paddleboard, mountain bike, ski, snowshoe, or foot. If you ever become lost in the bush, these items will help you survive until rescuers reach you. It will cover sheath knives; pocket knives; whistles; signal mirrors; butane lighters; waterproof, windproof lifeboat matches; spark-ignitable waterproof firestarters; ferro sparking rods; magnesium tinder rods; scrapers/strikers; waterproof flashlights; emergency blankets; compasses; and maps.

How to Ensure Your Child Will Be a Survivor When Lost in the Wilderness

Sat 12:30p, Algonquin

This presentation will help parents teach their young children how to survive when lost in the wilderness—what to carry, what to do, and what not to do—and includes two free instructional coloring books (downloadable online) and two free videos to watch (online) with their children. It draws on the lost-person best practices of the National Association for Search & Rescue (NA-SAR); Royal Canadian Mounted Police (RCMP); Search & Rescue Volunteer Association of Canada (SRVCAC); Adventure Smart Canada (ASC); Michigan

State Police (MSP); Federal Bureau of Investigation (FBI); and the free 23-chapter, *Missing-Person Sourcebook: A How-To Manual for Families Searching for a Missing or Murdered Loved One* by the presenter.

Ginny Nelson

Talking Boundary Waters Permits With an Outfitter

Sat 1:30p, Caribou

Sun 1:30p, BWCA

Join Ginny Nelson, co-owner of an Ely, MN, area outfitter as she talks about how Boundary Waters Canoe Area Wilderness permits work. She will make sure you understand the details in reserving a BWCAW permit, getting it issued, and rules and regulations you will need to follow when you travel the BWCAW. There are lots of myths floating around online about permits. Come find out more about what you need to know for your next BWCA canoe trip.



Kathy Nelson

How to Enjoy the BWCA as a Senior (ver. 2)

Sat 2:30p, Caribou

Traveling the Boundary Waters (BWCAW) is an experience that makes lifetime memories. As a senior citizen is this still possible? Join Kathy Nelson,

co-owner of an Ely, MN, outfitter and senior citizen wilderness traveler, as she shares how to plan a successful canoe trip, what to pack, what NOT to take, how to handle limited mobility and strength concerns, best time to experience the BWCA, preferred routes, and more. Kathy has revised her popular presentation with new information, commentary, and stories to keep you wanting to travel the BWCA and Ontario Quetico Park.

Steven Nelson

Boundary Waters Trip Routes: Details for Central & Western Area

Sun 12:30p, BWCA

A Boundary Waters Canoe Area Wilderness (BWCA) trip can be a wonderful adventure. Knowing details of your route before you enter the BWCA will enhance your experience. Steve is an Ely, MN-based outfitter and will review multiple 3-5 day routes you should consider for your next trip. He will include what to expect, range of difficulty, sites to visit along the way, and share entertaining stories he & his outfitting guests have experienced and more.



Taylor Pace

Above the Arctic Circle—The Anderson River

Fri 3:30p, Caribou

In July, 2024, Taylor led an exploratory trip on the remote Upper Anderson River, Northwest Territories, which flows in a northwesterly direction from Colville Lake to Liverpool Bay and the Beaufort Sea east of Tuk-



toyaktuk. This is one of the most remote northern rivers in mainland Canada and only accessible by floatplane. The taiga forest dominated the first few days of the trip—a bull moose strutted across the river, and a barren ground grizzly was startled during an evening hike. At Eagle, Ross, and Falcon Canyons, fantastic rapids sprang up amongst the limestone ledges, and a herd of twenty-one musk-oxen strolled casually along the shoreline in full view. Taylor shares his favorite stories and stunning photos from this remarkable trip and shares his sense of privilege that is inherent when canoeing a wild river for the very first time. He will also explain his process of scouting challenging Class III+ rapids and then coaching and guiding canoe-trippers of varying skill levels safely through these rapids.

Kyle Parker

Keep on Stroking... The Wisconsin River

Sat 1:30p, Superior

Get behind the paddle with Kyle Parker as he set a record for the fastest known time solo canoeing the entire Wisconsin River. Despite overwhelming support and skepticism from friends and family, he was determined to succeed, pushing through countless physical and mental challenges. Throughout months of preparation and training, he faced fatigue, loneliness, harsh weather, and equipment issues, but his unwavering focus and the support of his close friend, Dylan, helped him persevere. Along the way, he encountered unexpected kindnesses from strangers and the advice of previous record-holder Joe, who became an invaluable mentor. After days of consistent effort to the point of exhaustion, he completed the journey,



surpassing the record and discovering the true reward!

Forest Paukert

A Paddler's Guide to the Sylvania Wilderness

Fri 3:30p, Sylvania

Sat 2:30p, Sylvania

You can have big experiences in a small wilderness. The Sylvania Wilderness is part of the Ottawa National Forest and located in the western Upper Peninsula of Michigan on the Wisconsin border. Learn what it takes to plan a successful adventure along with tips to improve your trip. Learn about an often overlooked gem that's easy to get to and a great place to hone your canoeing skills.



Bear Paulsen

BWCA: Permits, Planning, Packing, Paddling, Portaging, & Protecting

Sun 10:30a, BWCA

In this information-packed talk, Bear will cover the 6 P's of the Boundary Waters Canoe Area Wilderness, starting with the all-important pre-trip items of permits and planning, along with hints on avoiding crowds. Come to delve into packing strategies for portaging and paddling, as well as a wealth of wilderness tripping techniques. Learn ways to protect yourselves from bugs and your food from bears.

Paddle In—Ski Out

Fri 3:30p, Bear

For two decades, Bear dreamed about a long winter camping trip. He wanted to experience the arc of winter. The year before his son entered kindergarten, the dream came true. Bear, his wife, Claire, and son, Dashwa, paddled into the BWCA in October. They travelled slowly, exploring, and living in a 10x10 tent warmed by a wood stove. They skied out 130 days later having not seen another person.

Travels with Dan Cooke

Fri 4:30p, Bear

Known throughout the canoe world as the engineering genius behind Cooke Custom Sewing for 40 years, Dan was Bear's very close friend and travelling partner. Together they spent over 100 nights canoeing and winter camping from the BWCA to the Arctic. When invited to be a special person in Bear's son's life, Dan anointed himself Grandpa Dan. Join Bear for stories about his long friendship and many travels with the canoeing legend.

Paddle and Portage Podcast Team: Erin Walker, Joe Friedrichs, M Baxley

Using Stories to Document Your Paddling Adventures

Sat 11:30a, Bear

Joe Friedrichs and M Baxley have been sharing stories on award-winning podcasts and writing about the Boundary Waters for the past decade. In this presentation, Joe and M are joined by Erin Walker from the Lost Lakes YouTube Channel to discuss how you can share your paddling adventures with a wider audience. Using an August 2024 trip to Nunavut as the centerpiece, Joe, M, and Erin will discuss writing articles, producing a podcast, and creating a YouTube film as platforms to share

2025 CanoeCopia Show Guide

trip reports using stories to guide the narrative.

Kate Prince, Vern Fish

Paddling for Boreal Caribou: Canoeing, Citizen Science, and Conservation in Wabakimi

Fri 5:30p, Sylvania

Friends of Wabakimi will launch the second year of the Wabakimi Boreal Caribou Citizen Monitoring Project this summer, a unique initiative that combines canoe tripping with citizen science to support conservation of at-risk boreal caribou in Northern Ontario's Wabakimi Area. Kate Prince will share captivating photos, videos, and firsthand accounts from volunteers, highlighting the activities and achievements of Year 1. Learn how you can contribute as a paddler—whether by joining a survey trip or sharing your own observations from personal canoe trips in Wabakimi. Your participation can make a meaningful difference in protecting this species and its habitat. Join us to find out how you can help safeguard the future of boreal caribou in Wabakimi.



Michael Raymonds

Paddling the Saint Croix and Namekagon Rivers

Fri 6:30p, Caribou

Even before being protected as part of a unique National Park in 1968, the St. Croix and Namekagon rivers were well-known paddling and fishing destinations. Over 50 years later, these waters continue to create memories. Whether you are a beginner kayaker looking for an easy day paddle or an experienced canoeist searching for a



weeklong adventure, over 200 miles of protected waters of the St. Croix National Scenic Riverway await your discovery.

**Jonathan Ringdahl,
Al Fairfield**
**Discovering the
Geology of Door
County and the
Apostle Islands**

Sun 12:30p, Sylvania
We get it, a lot of us struggle with trying to understand how to make rocks cool or interesting. The truth is everyone loves paddling along scenic cliffs and among islands. The story in those rocks can enhance our appreciation of our favorite paddling destinations. Come explore the geology of Door County and the Apostle Islands with Johnathan and Al to discover how geology is the foundation



of what makes these destinations unique. It took hundreds of millions of years to create these rocks. There is a story there beyond what we see from the water.



**Stacie & Vince
Sadowski**
**A Beginner's Guide to Outdoor
Adventuring**
Sat 4:30p, Algonquin
What does it take to get out and have

adventures? This beginner's presentation will answer (most or all of) your questions. Vince and Stacie will take you from safety and comfort to Leave No Trace, sharing their simple approach to getting started and get you ready for fun. Outdoor recreation has proven health and wellness benefits, so don't miss out. Starting with day hikes and paddles, up to planning overnight excursions, you will be equipped with a practical can-do philosophy for gaining experience and confidence outdoors. Also included will be tips for encouraging your non-adventurous partner or friends to join you on your journeys.

**All the Bad Advice I've Ever Been
Given: Paddling and Camping Edition**
Sat 2:30p, BWCA
What is the worst advice you have ever received, and what happened? This presentation will explore common misconceptions, risky choices, and best

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practices along with personal stories to consider. If “common knowledge” has ever steered you in the wrong direction, you are in good company.

Everyone has an opinion to share on gear, shelter, food, clothing, or trip planning, and some are not good. Vince and Stacie will explore the spectrum of overpacking heavy gear to going too ultralight, and help discern what works for you and what doesn't, encouraging you to hike your own hike, and paddle your own paddle.

Introduction to Hammocks: Hanging out in the Woods

Sun 1:30p, Caribou

Curious about how to get started hammock camping? This presentation will introduce you to the comfort and ease of hammocking. We will share the advantages and disadvantages to: hammocks, equipment that you can buy or make, safety tips, and Leave No Trace principles. Either for use as a primary shelter, or just an occasional add-on, hammock camping will expand your fun and comfort outdoors. They will show you common mistakes and misconceptions people have about hammocks. You will learn about different hammock styles, sleeping positions, and yes... even sleeping with two people or pets. Get a good night's sleep on your next outdoor adventure!

Nick Schade

Why Would I Build My Own Wooden Boat?

Sun 1:30p, Sylvania

“I would be afraid to put it in the water.” You hear it all the time. While there is a long tradition of using wood in canoes and kayaks, there remains a streak of skepticism regarding using wood for serious paddling.

Discover the benefits and joys of building your own kayak, canoe, or other small boat. In a world where you can get just about anything while sitting at your

desk and have it delivered to your door within a couple of days, there is something very therapeutic to transforming a pile of wood into a capable vessel for adventure. While it takes time, it is not wasted. The activity of building your own watercraft is an integral part of the experience. It is one thing to paddle your own canoe, but it deepens the experience to paddle the canoe you made yourself. The presentation will cover: techniques for building your own boat, how to choose a design, how durable are DIY boats, and how to get started building.

Jodie Schillinger

Outdoors Flow: Hike, Camp, Paddle, Pose, & Breathe

Sun 12:30p, Atrium

Jodie's offerings are centered around slow, compassionate movements designed to support bodies that may not typically engage in yoga. Think of it as Light Yoga for Everyday Living, with a focus on gentle micromovements that flow into real life, whether it's through stress relief, integration of energy, or simply a way to connect with your body & grow your mental harmony.

Understanding the unique physical demands paddlers, campers, and hikers face, her session will focus on improving flexibility in between paddles and hikes, enhancing core strength, and promoting relaxation through the art of breathwork. These elements are essential for canoeists, hikers, campers, and kayakers to perform optimally and recover effectively, and simply to enjoy the Art of Moments while exploring nature!



Neal Schroeter

Apostle Islands—One of the Best Places to Paddle in the World!

Sun 1:30p, Algonquin

The Apostle Islands are one of the best places in the world to sea kayak! Some of the history and wonderful wilderness landscape will be reviewed. Photos & videos, & some secrets, will be shared from extensive personal trips, as well as arranging countless guided trips for others. We'll center on what it's like & what it takes to be safe & prepared to paddle in this special National Lakeshore Park.

What Everyone Should Know About Cold Water Paddling

Sun 11:30a, BWCA

“So, you say you'll stay warm & dry?” Famous last words! Cold water goes with paddling in the Midwest. Cold water immersion and hypothermia is one of the biggest dangers paddlers face. To stay safe, it's necessary to have a healthy respect for the cold waters we paddle. We will consider how to prevent, recognize, and potentially treat cold water injuries. This presentation could save your life!



Neal & LeaAnn Schroeter

How and Why to Engage Youth in the Sport of Paddling

Sat 1:30p, Killarney

It's a no-brainer: today's youth are

Aluminum Chef Competition

For over thirteen years we've had our own homage to a particular reality-TV competition that we call The Aluminum Chef. Our three Aluminum Chefs will test their camp culinary skills against each other in true outdoor style. Kevin Callan returns as our unstoppable emcee/chaos agent in this fast-paced event. Woods-woman and dried-food aficionado Mona Gauthier and former park ranger Marty Koch go up against presenter of WPT's Emmy-Award-Winning *Wisconsin Foodie* (and owner of the of the Driftless Cafe) Luke Zahm. Our trio of cooks use donated MSR stoves and cook kits, and a pantry of simple ingredients you might have on your next camping trip. There are three competitions to determine the best: appetizer, entree, and dessert. Perhaps you can be part of the judging panel from the audience?



Cliff's Last Canoecopia

Cliff Jacobson has been coming to Canoecopia for over 40 years, missing only one since he started giving his room-packing lectures.



Known and loved for his real-world, battle-tested, old-school-influenced opinions on how to enjoy the outdoors, Cliff has always tried to remind people of his mantra: *skills are more important than things*. He's always maintained his fierce independence, declining offers to become a manufacturer's representative. "My take has



always been: "If it's great, I tell the world," and untold numbers of people have respected his opinions.

Cliff is hanging up is prodigious pen after writing over 20 best-selling books. He's not retiring from paddling, though. He's still going to be going out in one of his two solo canoes, staying nearer his home in Minnesota. As he so characteristically said, "I'm not sad about hanging up my spurs. Best to do that when one can still ride the horse rather than when you need friends to hoist you into the saddle." He also has lots of other joys he'll be indulging in, including sport shooting and driving about in his vintage roadster.

His last-ever Canoecopia session, "My Last Picture Show" (Sunday, 10:30, Quetico) will be a 1:45 long presentation. Come early. It will be packed.

		Canoecopia Speaker Schedule			upstairs rooms		main level	
		Atrium	Bear	Caribou	Sylvania			
Friday	3:30	Jake Anderson: Wilderness Cuisine: Elevating Cooking in Canoe Country	Bear Paulsen: Paddle In—Ski Out	Taylor Pace: Above the Arctic Circle—The Anderson River	Forest Paukert: A Paddler’s Guide to the Sylvania Wilderness			
	4:30	Danny Mongno: The Forward Stroke: Efficiency Matters	Bear Paulsen: Travels with Dan Cooke	John Bates: Hidden Gems: Paddling Northern WI State Natural Areas	Constance Simes: Solo Circumnavigation of Lake Superior via Sea Kayak			
	5:30	John Chase: Power to the Paddle: Exercises to Improve Your Paddling	Miguel Garcia-Gosalvez: Safety Electronics for the BWCA (Other Trips)	John Bates: Writings on Water: A Feast of Essays and Poems	Kate Prince: Paddling for Boreal Caribou			
	6:30	Rachel Hedlund: Paddling on a Budget—Tips and Tricks to Save \$\$\$	Zack Kruzins: The Forgotten Canadian Coast: Lk Superior, Paddlers Paradise	Michael Raymonds: Paddling the St. Croix and Namekagon Rivers	Martin Koch: Ten Steps to Amazing Photography			
Saturday—MORE TALKS ON SATURDAY. SEE PG. 42	9:30	Danny Mongno: The Forward Stroke: Efficiency Matters	Andrew Elkins: Bear Prevention Gear and Techniques	John Chase: Sea Kayaking Michigan’s Grand Traverse Region	Cynthia Cavanagh: Paddle More—A Challenge!			
	10:30	Danny Mongno: Selecting the Perfect Kayak Paddle	Jared Wold: Using Google Maps to Plan and Enrich Paddling Trips	Dan York: Kayaking the Lofoten Islands: Norway’s Craggy Crown Jewels	Al & Marsha Fairfield: N. Wisconsin as a Paddle Destination for ALL Paddlers			
	11:30	Doris Kolodji: Power To The Pipsqueaks: Anyone Can Pack, Paddle, & Portage	Paddle and Portage Podcast Team: Using Stories to Document Adventures	Pete Swiggum: Quetico Provincial Park: Your Next Canoe Trip	John Chase: Navigating the Seas with Nautical Charts			
	12:30	DROP-IN CLINICS 1:00-4:00 Jeff Bach: Cut, Bend, Glue, Shape. DIY Paddlebuilding Lili Colby: Inflatable Life Jacket Maintaince Workshop Dave Shapiro: Knot Clinic	Chris Gavin: Foraging at the Water’s Edge	Martin Koch: Basic River Safety For The Casual Paddler	Morgan Lirette: Women in the Outdoor Paddling Sphere			
	1:30		Al Pace: The Art of Adventure	Ginny Nelson: Talking Boundary Waters Permits With an Outfitter	Vernon Fish: Explore the Wabakimi Area			
	2:30		Martin Koch: Bear Safety	Kathy Nelson: How to Enjoy the BWCA as a Senior (ver. 2)	Forest Paukert: A Paddler’s Guide to the Sylvania Wilderness			
	3:30		John Bates: Writings on Water: A Feast of Essays and Poems	Karla With a K: Day Paddling Trips & Paddle-in Campsites Near WI SP	Anthea Halpryn: When a Good Trip Goes Wrong			
	4:30	John Chase: Perfectly Pack your Kayak for a Multi-Day Trip	John Bates: Hidden Gems: Paddling Northern Wisconsin State Natural Areas	Andrea Knepper: Paddling While White: Help Create Equity in the Outdoors	David Meier: Leave No Trace Basics for Boundary Waters Newbies			
	Sunday	10:30	Danny Mongno: Selecting the Perfect Kayak Paddle	Richard Williamson: Experience the Alaska Highway!	Dan York: Running Idaho’s WW Paddling Paragons: Selway & Salmon Rivers	Martin Koch: The Amazing Ozarks		
		11:30	Pete Kuhn: The Perfect Kayak Fit	David Johnston: Navigation 101 for Paddlers: The Art of Staying Found	Tom Watson: Seven Steps to Survival: Self-Reliance Skills in Emergencies	Danielle Steffey: Make the Time		
12:30		Jodie Schillinger: Outdoors Flow: Hike, Camp, Paddle, Pose, & Breathe	David Johnston: Navigation 102 for Paddlers	Mona Gauthier: Food Dehydration for Beginners	Jonathan Ringdahl: Discovering Geology of Door County & Apostle Islands			
1:30		Mary Langlie: Fitness, Flexibility, and Fun	Tamara Thomsen: Ancient Canoe Caches of Wisconsin	Stacie Longwell Sadowski: Introduction to Hammocks: Hanging out in the Woods	Nick Schade: Why Would I Build My Own Wooden Boat?			
2:30			Zach Fritz: A 4,400km Canoe Expedition from MN to the Arctic Ocean	Kevin Wegner: Kruger Waddell Minnesota Border Challenge	Sally Turpin: Keeping Soil in the Field and Not in the River			

main level		Canoecopia Speaker Schedule				
Algonquin	BWCA	Superior	Quetico			
Cody Little: Paddling Indigenous Waters	Lenore Sobota: Overcoming Fear One Stroke at a Time	Wayne Horodowich: The Art of Staying Upright in Your Kayak	David Johnston: The Weird History of Sea Kayaking	3:30	Friday	
Tamara Thomsen: Ancient Canoe Caches of Wisconsin	Craig Zarley: Catching Canoe Country Walleyes: Old Tricks. New Secrets.	Jared Wold: Planning Overnight River Camping Trips	Cliff Jacobson: Camping's Top Secrets	4:30		
Ken Whiting: How to Film Your Own Paddling Adventure	Karin Stapleton Smith: Greenland Kayaking	David Johnston: Paddling Trips on the Canadian Side of Lake Superior	Christopher Amidon: Paddling Isle Royale National Park	5:30		
Jerry Vandiver: Songs About Paddling and All Things Outdoors!	Al & Marsha Fairfield: N. Wisconsin as a Paddle Destination for ALL Paddlers	John Chase: 5 Things I Wish Someone Told Me When I Started Kayaking	Kevin Callan: The Happy Camper's Ultimate Top Ten Canoe Trips	6:30		
Lisa Tussey Yoder: How To Find People to Kayak With	Joe Friedrichs: Last Entry Point: Stories of Danger and Death in the BWCA	Ken Whiting: Rough Water Paddling on Lake Superior	Kevin Callan: A Mystery Canoe Trip to Remote Opasquia Park	9:30	Saturday—MORE TALKS ON SATURDAY SEE PG. 42	
Wayne Horodowich: How To Choose The Kayak That Works Best For You	Marcos Garcia-Norris: So You Want to Start Sea Kayaking?	Gillian Fitzgerald: Women's Q+A Panel: BWCA Trippers	Cliff Jacobson: Camping's Top Secrets	10:30		
Blake Longworth: Understanding the Vast Options in Paddling Clothing	Bill Schultz: Kayaking Fishing for Smallmouth Bass: Simple & Productive	David Johnston: Ancient Finds of Lake Superior	Peter Marshall: 25 Tips for a Better Boundary Waters Trip	11:30		
Michael Neiger: How to Ensure Your Child Will Be a Survivor When Lost	Mona Gauthier: Food Dehydration for Beginners	David Johnston: The Weird History of Sea Kayaking	Camper Christina: Camping With a Bear	12:30		
Al & Marsha Fairfield: Wisconsin's Paddle-Camping Rivers	Mona Gauthier: Food Dehydration Beyond the Basics	Kyle Parker: Keep on Stroking... The Wisconsin River	Cliff Jacobson: Canoeing the Boundary Waters with Style	1:30		
Wayne Horodowich: Using Your Boat, Body And Blade For Efficient Paddling	Stacie Longwell Sadowski: Bad Advice I've Been Given: Paddling & Camping Edition	Timothy Bauer: May the Forests Be With You	Kevin Callan: The Happy Camper's Ultimate Top Ten Canoe Trips	2:30		
Jerry Vandiver: Songs About Paddling and All Things Outdoors	John Chase: Paddling Alaska's Prince William Sound	John Stofflet: How Kayaking Preserved a News Anchor's Sanity	Peter Marshall: How to Quetico	3:30		
Stacie Longwell Sadowski: A Beginner's Guide to Outdoor Adventuring	Chris Gavin: Foraging at the Water's Edge	Michael Neiger: Assembling & Wearing In-Pocket Survival Kit for Wilderness	Aluminum Chef (ends ~5:30)	4:30		
Wayne Horodowich: Capsize Recoveries—Which Ones Work Best?	Bear Paulsen: BWCA: Permits, Packing, Paddling, Portaging, & Protecting	Peter Marshall: How to Quetico	Cliff Jacobson: My Last Picture Show: Remembering a Lifetime of Canoeing Wild Rivers	10:30		
Andrea Knepper: Making Decisions About Risk: The Art, The Science	Neal Schroeter: What Everyone Should Know About Cold Water Paddling	Karla With a K: Hammocks & Paddling Trips Discussion Panel		11:30		
Pete Swiggum: Quetico Provincial Park: Your Next Canoe Trip	Steven Nelson: Boundary Waters Trip Routes: Details for Central & Western Area	John Chase: 5 Things I Wish Someone Told Me When I Started Kayaking	Timothy Bauer: May the Forests Be With You	12:30	Sunday	
Neal Schroeter: Apostle Islands are some of Best Places to Paddle	Ginny Nelson: Talking Boundary Waters Permits With an Outfitter	Camper Christina: Camper Christina Capsizes	David Johnston: Introduction to Weather for Paddlers	1:30		
Jerry Vandiver: Songs About Paddling and All Things Outdoors	Lani Love: Allagash Wilderness Waterway	Terry Kent: Great Paddling Technique Made Easy	Timothy Bauer: The Outdoors Smorgasbord of Jackson County, WI	2:30		

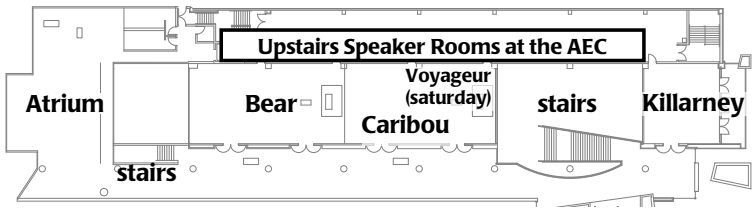
		Saturday Additional Rooms (UPDATE: Now Upstairs!)	
		Voyageur	Killarney
Saturday—ADDITIONAL ROOMS UPSTAIRS	9:30	David Johnston: Introduction to Tides and Currents for Freshwater Paddlers	Morgan Lirette: Whitewater Kids: How and Why to Start Them Early
	10:30	Rick Eilertson: 30 Years Since the Baraboo Dam Removal	Deborah Winchell: A Lake Superior Tale: Rock of Ages Lighthouse Adventures
	11:30	Erin Bjorklund: Protect Where You Paddle: Aquatic Invasives Talk Show & Trivia	Dave Tobey: Paddling the Upper Jacks Fork in the Ozark Nat. Scenic Riverways
	12:30	Barry Brahier: Sea Kayaking Voyageurs National Park: Routes and Park Update	Lenore Sobota: Overcoming Fear One Stroke at a Time
	1:30	Dan Dueweke: Clearing Trail in the BWCA Following the 2021 Tornado	Neal & LeaAnn Schroeter: How & Why to Engage Youth in Paddling
	2:30	Nathaniel Gueltzau: A Veteran's Journey through Long-Distance Paddling	Tim Gallaway: Solo Kayaking the Maine Island Trail
	3:30	Babs Smith: Exploring the Big and Little Bay de Noc in MI's Upper Peninsula	Ellen Voss: Lower Wisconsin Riverway Native Mussel Rescue
	4:30	Lisa Tussey Yoder: How To Find People to Kayak With	Joe Winston: Operation Early Impact—Therapeutic Benefits of Paddlesports

Last Minute Room Changes

Look at you, smart person. Checking out the Show Guide on the internet. Good call.

For... [long pause] reasons, the Voyageur and Killarney rooms have moved to the upstairs conference rooms of the Alliant Energy Center. If you see anything that talks about the Clarion Hotel, know that you should instead head upstairs inside the AEC. We're sorry about that, but things change, and we all have to adapt to changing circumstances.

Anyway, here's the *new! upgraded!* map for where to find the Voyageur and Killarney rooms. Be sure to check back here or at the help desk during the show for anything else.



Rutabaga's Olbrich Park Boat Rentals



Did you know that Rutabaga rents boats at Olbrich Park? We do! It's one of the easiest tickets to your Best Summer Day of 2025. From Memorial Day through Labor day, you can explore Lake Monona using one of our great canoes, kayaks, and stand-up paddle boards. Check out the lovely shoreline, including the Frank Lloyd Wright Convention Center at your own pace.

We're also looking for happy faces to help out. If you're interested go to rutabaga.com/employment



the future of paddlesports. How do we engage and enlist younger people? Whitecap Kayak has been mentoring teenagers in the important life skills of personal development, leadership, and interpersonal communication through the real-world skills of guiding and instructing. For 22 years, Whitecap Kayak has worked with teens & college-aged adults. Neal and LeaAnn will share the Whitecap Kayak story, not so much as a model, but as an example that can hopefully inspire others to find ways to engage youth! They'll also emphasize the considerable benefits teenagers get by being exposed to paddling when they become adults later on.

Bill Schultz
Kayaking Fishing for Smallmouth Bass: Keeping it Simple & Productive

Sat 11:30a, BWCA
Having caught and released over 33,000 smallmouth bass since his first in 1994, Bill will share his simple and very productive secrets to his success. He will talk everything smallmouth bass! Bill will discuss: his top lures, how to use them, suggestions for rods and reels, how to find the best smallie waters, his fishing kayak choices, rigging those kayaks and more. If you love chasing smallies or have always wanted to, this is the talk for you.



Dave Shapiro
Knot Clinic

Sat 1:00-4:00p, Atrium
Will my canoe stay on top of the car for the drive? Will my tarp fall down in the rain? Will my kayak get washed off the beach during the night? Learn some basic knots and when to use them (and when not to) and you can be sure that your stuff will stay where you put it. Stop by the drop-in knot clinic for a hands-on lesson, then stick around and show what you learned to another paddler.



Visit Swift at Canoecopia where we will debut 6 new models, exciting new technology and our stunning new Matrix Carbon laminate.

A photograph showing a person standing on a wooden platform, holding a large, light-colored Swift kayak horizontally. The kayak has the Swift logo on it. The platform is over water, and the kayak's reflection is visible below.

The Swift logo, which consists of a stylized yellow and red oval with the word "Swift" in white.

Swift Canoe & Kayak
swiftcanoe.com
800-661-1429

Constance Simes

Solo Circumnavigation of Lake Superior via Sea Kayak

Fri 4:30p, Sylvania

Constance's solo circumnavigation of Lake Superior is a remarkable feat of endurance, determination, and passion for adventure. In her daring 57-day expedition, she embarked on a journey paddling the world's largest freshwater lake, covering nearly 1,200 miles of rugged shoreline, navigating through impenetrable fog and dramatically-changing water conditions. Along the way, she paddled past towering cliffs, picturesque lighthouses, through majestic sea caves, and across pristine waters, experiencing the beauty and isolation of the lake like few others have.

Paddling alone on this remote and powerful lake requires skill, preparation, and a sense of adventure. This expedition was not just a physical challenge, managing her chronic illness, but one of mental resiliency, as she embraced the solitude of solo travel, the demands of self-sufficiency, and the mental strain required to navigate Lake Superior's often unpredictable conditions.

Her journey not only highlights the physical limits of what one can achieve but also underscores the deep bond that



forms between an adventurer and the natural world when faced with such an incredible challenge.

Babs Smith, Rick Malchow

Exploring the Big and Little Bay de Noc in MI's Upper Peninsula

Sat 3:30p, Voyageur

Babs and Rick will show you Escanaba in the sunlight, dazzling sunbeams, twelve paddles that have it all, picturesque points, beautiful sandy beaches, and antique lighthouses. They will point out miles of untouched forests including the Hiawatha National Forest and the Garden Peninsula's Shingleton State Forest Area, towering bluffs of Little Bay de Noc and Burnt Bluffs in Big Bay de Noc. They found a cave so secret that they can't even share its location. They'll discuss the spooky Historic Fayette Ghost Town Park, and a scary sunken kayak. They'll share where to see eagles, deer, islands filled with birds, a stinky porcupine, and a bear, oh my!



Karin Stapleton Smith

Greenland Kayaking

Fri 5:30p, BWCA

Kayaks have a rich history that spans thousands of years. Karin will explore the origins and cultural significance of

the kayak. She will highlight its various purposes, the ways kayak skills were passed down from childhood, and how they were maintained during the winter months. She'll also delve into the living heritage of kayaking in Greenland today, and introduce Qajaq USA, an American club that is part of the Greenlandic kayak organization, Qaannat Kattuffiat. Join us to discover the traditional history of the kayak in Greenland and learn how you can acquire Greenland kayaking skills too.

Lenore Sobota

Overcoming Fear One Stroke at a Time

Fri 3:30p, BWCA

Sat 12:30p Killarney

Whether it's big waves, big fish, wind, or other generalized concerns, fear can interfere with our enjoyment of time on the water or even keep us on shore. Come hear some ideas for overcoming those fears from someone who overcame many of her own, and share some of your strategies. This talk is aimed at those working to face their own fears or helping others to deal with comfort on the water.



Danielle Steffey, Tim Gallaway

Make the Time

Sun 11:30a, Sylvania

"Make the Time" is a film that follows two friends on a canoe trip through Canada's backcountry, beginning and ending at Lake Missinaibi. The story is filled



Last-Minute Changes

Remember to check our website at www.canoecopia.com or the large poster near the Help Desk for the latest on the speaker schedule. As much as everyone wants this printed piece to be The Way It Will Be, sometimes life gets in the way. Thanks for understanding.

with stunning landscapes, laughter, and moments of personal challenge. Embark on an unforgettable journey with Danielle and Tim as they paddle across pristine lakes and navigate twenty portages, including one uniquely by train! It's a heartfelt reminder to make time for adventure, friendship, and what truly matters.



John Stofflet

The Pace of the Paddle: How Kayaking Preserved a News Anchor's Sanity

Sat 3:30p, Superior

For much of his life, John Stofflet didn't pursue his dream of owning a kayak. His doubting side told him he was too busy, not fit enough, not able to figure out how to safely transport a kayak on his roof, not "outdoorsy enough" to pull it all off.

About 10 years ago during a life transition, while constantly dealing with the daily stress of working as a TV news anchor, Stofflet decided it was time to do what he had always dreamed of—start exploring our beautiful area at the pace of the paddle. He soon discovered the calming pace of a paddle helped him prepare and deal with the often frantic pace of the TV newsroom. Time spent in the seat of his sea kayak prepared him to handle the seat at the news anchor desk through political campaign seasons, the pandemic, and more.

Now retired, Stofflet kayaks more than 1,000 miles a year: (1,200 miles in 2024

alone), exploring Wisconsin's lakes and rivers and a Great Lake. He's forever grateful that he stopped doubting and started paddling.

In his presentation, Stofflet will share photos and stories from his "Pace of the Paddle" TV news series, highlighting unique Wisconsin waterways we all drive by and over, but rarely take the time to see from the seat of our kayak, canoe, or SUP.

Pete Swiggum

Quetico Provincial Park: Your Next Canoe Trip

Sat 11:30a, Caribou

Quetico Provincial Park is a fabulous canoeing destination located adjacent to the Boundary Waters, but just over the international border in Ontario, Canada. Quetico has lakes, portages, and over 2,000 campsites scattered over its one million acres. With annual visitors numbering only 10% of the number who visit the BWCA, Quetico paddlers get a fantastic wilderness experience filled with solitude and great fishing. It's not uncommon to go several days without seeing another canoe.

Pete's presentation will focus on all the special things about Quetico and how to plan a trip to this wonderful wilderness. He will focus on how to plan a trip, an explanation of entry points and routes, getting the proper permits, and lots of other helpful information for anyone who wants to plan a trip to Quetico.



Tamara Thomsen, Sissel Schroeder

Ancient Canoe Caches of Wisconsin

Fri 4:30p, Algonquin

Sun 1:30p, Bear

In May, 2024, the Wisconsin Historical Society announced the discovery of up to 11 ancient canoes in Lake Mendota, Madison, Wisconsin, ranging back to 4,500 years ago. The canoes were found submerged in what archaeologists believe was once an ancient shoreline. Caching, or the sinking of dugout canoes to store them during the winter, was a common practice in the past, and such cached canoes have been found in other lakes and rivers throughout Wisconsin. Learn what to look for and what to do when you find cached canoes, and help us document these rare, Indigenous heritage resources.

Dave Tobey

Paddling the Upper Jacks Fork River in the Ozark National Scenic Riverways

Sat 11:30a, Killarney

The Ozark National Scenic Riverways, a unit of the National Park Service, includes

134 miles along the Current and Jacks Fork Rivers in the Missouri Ozark Region. This unique river system is fed by more than 400 springs. Most of the river can be paddled any time of the year thanks to the mild climate and consistent water supplied by the large springs along the Current and Jacks Fork (note: the Upper Jacks Fork River has a narrow window of opportunity). During this presentation, we will discuss the special features, river levels, and best opportunities to experience the Upper Jacks Fork River.



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Selection**

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BROMPTON

**DAY 6
BICYCLES**

**FRIDAY
10 - 8
SATURDAY
8 - 8
SUNDAY
10 - 5**

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Sally Turpin, Kim Meyer

Keeping Soil in the Field and Not in the River

Sun 2:30p, Sylvania
With many Wisconsin rivers meandering through agricultural land, you might be wondering what, if anything, is being done to help protect and improve their water quality. Actually, many farmers utilize conservation practices to protect the soil on their land and are even creating farmer-led watershed groups to work together towards this goal. Join Kim and Sally, two farm kids and fellow paddlers, as they discuss some of the practices used on the farm to keep the soil where it belongs, in the field and not in the river, as well as the work these watershed groups are doing.



Ellen Voss, Lisie Kitchel, Timm Zumm
Lower Wisconsin Riverway Native Mussel Rescue

Sat 3:30p, Killarney
The Lower Wisconsin Riverway is a unique gem of wildness, beauty, and biodiversity, not only in Wisconsin but in the entire US. But this idyllic landscape is increasingly under threat, with

impacts not only to recreational opportunities but to the creatures that call the river home. In September 2023, the unfortunate combination of drought and hydropower dams reduced Wisconsin's namesake river to a proverbial trickle below the last dam and led to the worst-case scenario for the river's most vulnerable species: native freshwater mussels. These fascinating creatures are the unsung heroes of freshwater ecosystems, filtering massive amounts of water each day. As the water levels continued to fall in response to prolonged drought, tens of thousands of mussels were left stranded and drying in the hot sun. In response, volunteers took to the riverway to physically pick up and move thousands of stranded mussels to deeper water. This situation will happen again, and to be more prepared next time, Friends of the Lower Wisconsin Riverway created

Jerry Vandiver

Songs About Paddling and All Things Outdoors!

Fri 6:30p, Algonquin
Sat 3:30p, Algonquin
Sun 2:30p, Algonquin
Back to Canoecopia, award-winning singer/songwriter Jerry Vandiver and his all acoustic trio (guitar, fiddle & upright bass) will be debuting some new songs along with favorites from his paddlesongs CDs. Look for several special guests joining Jerry and The One Match Band for a fun, musical, and unique addition to the Canoecopia experience. Be ready to laugh, cry, dance, and sing along.





Timber City Adventure Race

 **CANOE KAYAK** 11mi  **BIKE** 12mi  **RUN** 5K

Recreation & Competition Divisions

Whether you are tackling this exhilarating challenge as a solo racer or as part of a team, you will experience some of Iowa's most beautiful natural scenery.

June 28, 2025

LAST SATURDAY IN JUNE

 **RUNMAQ.COM**



a mussel rescue notification system that quickly alerts volunteers when mussels need to be saved. This collaborative effort can serve as a model for other groups and rivers in the state. In this presentation, you'll learn all about the role dams and drought play in this ecosystem, the species most impacted by our changing climate, and what paddlers can do to aid in rescue efforts.

Tom Watson

Seven Steps to Survival: Self-Reliance Skills in Emergencies

Sun 11:30a, Caribou

When emergencies arise in a backcountry, outdoor setting, knowing what to do and 'why' can be the difference between being rescued and being recovered.

There are seven basic steps or principles of dealing with an emergency situation that calls up experience as well as a sense of self-reliance. These steps/skills are designed to give you the best chances of dealing with an emergency situation - from destroyed/lost gear/being stranded/injured during any outdoor adventure.

In addition to the basics of common survival processes, Tom shares misconceptions and myths about much of the standard survival tip info. Tom will also incorporate emergency skill tips for kayaking into his presentation.

Kevin Wegner

Kruger Waddell Minnesota Border Challenge: How We Got Faster, More Efficient, and Experienced More While Setting the Fastest Known 3-Man Time.

Sun 2:30p, Caribou

Join Kevin, a member of the record-setting MNGreene 3-man



team, as he shares how his preparation contributed to their historic achievement in the Krueger-Waddell Minnesota Border Challenge. This 270-mile trek along the Voyager route is not a race, but their focus on efficiency, endurance, and strategy set the fastest known 3-man time.

Kevin will discuss refining paddling techniques, building stamina, and making key decisions on gear, navigation, and nutrition. Learn how they adapted to record-breaking heat while maintaining momentum. This presentation highlights the importance of preparation, embracing the journey, and teamwork in overcoming challenges and discovering new experiences.

Ken Whiting

How to Film Your Own Paddling Adventure

Fri 5:30p, Algonquin

Filming your paddling trips is challenging, but it's extremely rewarding. Not

only does it let you relive those amazing adventures, but it lets you share those moments with friends and family, or even the rest of the world through YouTube and social media. Whether you're new to filming and hoping to get started, or an experienced filmmaker looking for tips and tricks, this presentation is for you. Ken Whiting shares his lessons from 30 years of filming paddling adventures. You'll learn about using action cameras (GoPros), DSLRs, drones He'll also cover how to capture great audio, manage your media, and much more.



Rough Water Paddling on Lake Superior

Sat 9:30a, Superior

Lake Superior is one of the most beau-

tiful paddling destinations in the world, but when the wind starts to blow, it can also be one of the most challenging. In this presentation, Ken Whiting shares his action-filled, 5-day trip along the coast of Lake Superior Provincial Park, which involved heavy winds and big waves. He breaks down decision making, paddling techniques, equipment selection, and more. This is a presentation that will be entertaining and informative whether or not you ever hope to paddle in the rough waters of Lake Superior.

Richard Williamson

Experience the Alaska Highway!

Sun 10:30a, Bear

The Alaska Highway is an iconic drive through the northern wilderness areas of British Columbia, the Yukon, and Eastern Alaska. This epic adventure can begin almost anywhere, and the fun begins with figuring out how you want to arrive in Dawson Creek, BC, to begin this portion of your drive. It is filled with endless mountain vistas, glaciers, waterfalls, and frequent wildlife sightings. Activities along the way include hiking, fishing, photography, history, and thermal hot springs. This is the land of the 1898 Gold Rush, and one can pan for gold. Fewer than 5% of Alaska travelers enter this way!





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Deborah Winchell, Renee Andriani, Jonathan Ringdahl

A Lake Superior Tale: Rock of Ages Lighthouse Adventures

Sat 10:30a, Killarney

Join author Deborah Winchell, Illustrator Renee Andriani, and Photographer Jonathan Ringdahl for a family-focused, interactive slide show and book-reading presentation that will ship you and your kids out to the remote and iconic Rock of Ages Lighthouse. As ROALPS volunteers and avid paddlers, the crew will delight you with images and adventure stories of Washington Harbor and The Rock. Deb and Renee will read their book, *Rocky's Lighthouse Adventure: A Lake Superior Tale* to the kids (ages 3-10) who will enjoy the true story of a quiet pup that was smuggled to The Rock and became a valued crew member to the USCG men who were stationed there.

Parents and kids will engage in a Lake Superior, Isle Royale National Park, Rock of Ages, Rocky, and paddling trivia game. There will be plenty of time for questions about Rocky, what it's like to volunteer with ROALPS at Rock of Ages Lighthouse, and anything else you and your mates want to ask! The crew will send your little ones home with Rocky stickers and Rocky coloring pages, and you'll have an opportunity to purchase your own copy of Rocky's tale in the Exhibit Hall.

Joe Winston

Operation Early Impact—Studying the Powerful Therapeutic Benefits of Paddle Sports

Sat 4:30p, Killarney

Heroes on the Water

(HOW) will discuss

peer-reviewed study

findings on the

transformative and

life-enriching benefits

of paddling sports. In partnership with

faculty from Texas State University, this

published study supports the anecdotal

beliefs about the benefits of the outdoors

and particularly being on the water.

Through the rhythm of paddling and

the calm of fishing, veterans experience

reduced anxiety, enhanced communica-

tion, and a renewed sense of confidence.

While our focus is serving veterans,

first responders, and their families, the

benefits of strengthening relationships,

improving stress management, and

boosting self-efficacy are open to us all.

Learn how these outdoor activities foster

camaraderie, promote mental wellness,

and offer a positive outlet for dealing

with the challenges of life. This session

will focus on the powerful therapeutic

benefits of kayak fishing, particularly

through programs like Heroes on the

Water, which provide veterans with

opportunities to connect, unwind, and

find purpose on the water.



Jared Wold

Planning Overnight River Camping Trips

Fri 4:30p, Superior

This presentation will

explore the not-so-

fine art of planning

and executing a

successful overnight

river camping trip.

Attendees will learn



about resources to help choose a suitable river for their trip, budget for appropriate times and distances, and organize logistics prior to the excursion. They will learn about additional tools to help pack the necessary gear and food to avoid redundancy and over-packing. Shuttle and on-water tips and logistics will also be covered. Finally, the presenter will share his photos of past trips and give a comprehensive picture of all overnight river camping options in Wisconsin.

Using Google Maps to Plan and Enrich Paddling Trips

Sat 10:30a, Bear

This presentation will cover Google Maps as an important tool for planning and enriching the experience of paddling outings. Attendees will learn how to use Google Maps to find access points, measure distances to budget enough time for a trip, and figure out logistics such as shuttle routes. They'll learn how Satellite View can help them understand what to expect while on the water if there are no accurate guidebook descriptions or similar resources. Next, attendees will learn how Google Maps can assist and enrich their time on the water. They'll learn how to monitor their progress and location. Since cell and data service can be spotty on or near the water, attendees will learn how to download and store offline maps on their devices so they can use airplane mode to save battery. Lastly, the presentation will touch on other related and useful apps including options for creating GPS tracks.

Lisa Tussey Yoder

How To Find People to Kayak With

Sat 9:30a, Algonquin

Sat 4:30p, Voyageur

Lisa Tussey Yoder started out in a 10-foot plastic rec boat that she only paddled on her 15-acre pond



behind her house for three years (!) because she didn't know how to find others to go kayaking with. One day, she found a local kayaking group on MeetUp and everything changed. She quickly progressed to sea kayaking adventures with the local club, thanks to their training and experience opportunities. When she moved to Florida, she had to start all over finding new kayaking companions.

In this session, Lisa shares insights and practical tips on finding fellow kayakers as a solo paddler. She also covers ways organized clubs can create the kind of community and connection that helps novice paddlers advance and be engaged, active members.

Dan York

Kayaking the Lofoten Islands: Norway's Craggy Crown Jewels

Sat 10:30a, Caribou

The Lofoten Islands of Norway are a surreal seascape of soaring, snow-speckled peaks rising steeply from deep fjords,



white sand beaches, and aquamarine bays. Amidst this natural splendor are historic fishing villages, small cities, and picturesque farms - all bathed in 24-hour daylight during summer months and forever changing in the moody weather of the islands' arctic location. It's a kayaker's dream destination. Dan York will share images and stories from two kayaking expeditions he has led to these magical islands, the first in 2017 and the second in 2023.

Running Idaho's Whitewater Paddling Paragons: The Selway and Salmon Rivers

Sun 10:30a, Caribou

With over 3500 miles of whitewater rivers, Idaho is a paddler's paradise. Crystal-clear waters tumble and flow through pristine forests and deep canyons that echo with the history of its indigenous people and early pioneers. Two of Idaho's rivers, the Selway and Salmon (Middle Fork and Main), offer highly coveted multiday experiences for limited numbers of river runners every year. In this presentation, Dan York shares stories and images from multiple trips he's taken on these rivers spanning over two decades and offers guidance on running them.

Josh Kestelman Scholarship Fund

Josh Kestelman was a dedicated instructor for Rutabaga Outdoor Adventures. His passion was to get youth on the water. This scholarship fund honors and supports the work he did to share his love of the water with others before his life was cut short by cancer in his early 20s.

Each year Rutabaga partners with community groups and individuals

throughout the Madison area to get local kids and teens out on the water. The money from the Kestelman Scholarship goes directly to community youth programs and individual families, who would otherwise not have access to paddling programs, paying up to half their costs.

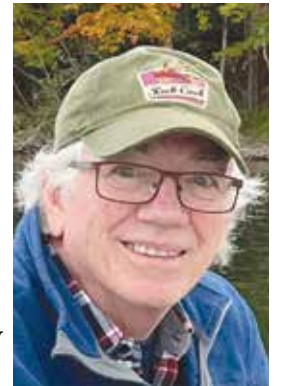
This fund exists because members of the paddling community, near and far, have donated the resources to help Rutabaga to keep serving kids. Every donation, large or small, is a chance for more kids to get out on the water. You can support

Craig Zarley

Catching Canoe Country Walleyes: Old Tricks. New Secrets.

Fri 4:30p, BWCA

Popular walleye fishing author and long-time Canoecopia presenter Craig Zarley will share his secrets for catching Boundary Waters' and Quetico's most sought-after fish. He'll offer old-time walleye wisdom mixed with new strategies to address climate change and the latest improvements in fishing tackle. Learn how he likes to keep it simple while adapting to change so he can continue catching Canoe Country walleyes.



the Kestelman Scholarship Fund by donating \$1 (or more!) when you check out with your purchases at Canoecopia, in store, or on our website.

For further information or a scholarship application, please email classes@rutabaga.com, or contact Rutabaga Outdoor Adventures at 608-310-3852.



For over 30 years, Rutabaga Outdoor Adventures has helped paddlers of all levels discover the joy of lakes and rivers. We offer canoeing, kayaking, and paddleboarding classes—from beginner lessons to instructor certifications—designed to improve your skills and enhance your well-being. Whether you're new or experienced, our adventures connect you with a passionate paddling community. Time on the water is a lifelong investment in health, fun, and connection. Let us help you make the most of every paddling experience!

Youth Programs

Make the most of summer with fun-filled adventures on the water! This year, we're thrilled to bring back full-day, week-long camps for kids, along with a variety of shorter classes, all set on Madison's stunning waterways.

Through canoeing, kayaking, and stand-up paddleboarding, children will build confidence, independence,

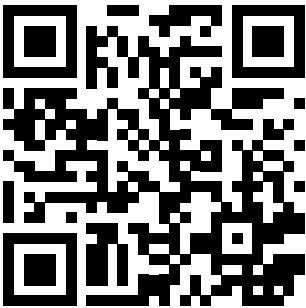
and a lifelong love for nature. Guided by experienced, safety-first instructors, our camps and classes focus on water safety, skill-building, conservation—and, most importantly, fun!

- Paddling Intensives
- Paddling Samplers
- SUP Classes
- Kayak Classes
- Canoe Classes



How Do I Sign Up?

Registration is now open for Summer 2025 activities! Head to learn.rutabaga.com for more information or to register.



What's New with Rutabaga Outdoor Adventures

It's been another great year at Rutabaga Outdoor Adventures with new and exciting events in the works! I'm excited to announce the launch of Camp Rutabaga, a brand-new event replacing the Door County Sea Kayak Symposium. It's going to be a fantastic opportunity to bring paddlers together, and I'm really looking forward to watching it grow. We're also kicking off the Rutabaga Paddling Club, an initiative designed to strengthen our paddling community and keep the spirit of adventure alive year-round.



Since I joined Rutabaga in 2022, it's been amazing to see our programs evolve. We've added new class locations, revitalized our youth programs, and expanded our offerings to reach more people where they're at. Our team is dedicated to creating a welcoming space for paddlers of all levels, whether you're new to the sport or a seasoned expert.

I'm proud of everything we've accomplished, and I'm so grateful to be part of a community where paddlers can connect, learn, and share in the adventure of being on the water. Here's to many more exciting journeys ahead!

—Chloe Machula, Director of Outdoor Adventures

What Else Do We Offer?

- Custom Classes and Outings for Community Groups, Schools, Corporations, Family Events
- Private and Semi-Private Lessons for Youth, Adults, and Families
- Olbrich Park Boat Rentals
- Don't see quite what you're looking for listed here? Give us a call and we'll work with you to create a custom class or event.

Adult Classes

Rutabaga Outdoor Adventures is here to help you take the next step in your paddling journey!

- Recreational Kayak Basics
- Sea Kayak Basics
- Kayak Rescues
- Solo Canoeing
- Tandem Canoeing
- Stand Up Paddleboarding
- Day Trips
- Instructor Certification Courses
- And more...



Rutabaga Paddling Club

We hear it all the time: I would get out paddling more, but I don't have that many people to go with. We've heard it enough, we wanted to do something about it. So this year we are introducing the Rutabaga Paddlers Club. Fun, sun, new-found friends, and opportunities to practice your skills. Plus exclusive discounts for members!



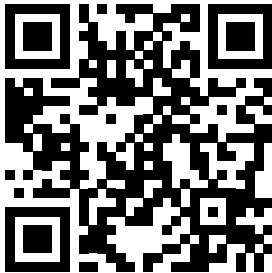


Welcome to Camp Rutabaga, a Paddling Event for Grown-Ups!

Camp Rutabaga is a premier paddling event for all kinds of canoes and kayaks and all types of paddlers. We welcome all, and we will make sure that everyone who loves paddling has access to instruction, safety, and community. No one is left out.

Sea Kayak Classes <ul style="list-style-type: none">• Intro to Sea Kayaking• Boat Control I and II• Forward Strokes• Open Water Adventure• Kayak Rolling I and II• Greenland Paddling• Wind and Waves• Bracing Skills• Sea Kayaking for the Canoeist• Kayak Tune Up	Canoe Classes <ul style="list-style-type: none">• Intro to Canoeing• Boat Control• Improving your Forward Stoke• Combining and Refining Strokes• Intro to Moving Water I and II• Solo Canoe Basics• Solo Canoe Intermediate• Wind, Waves and Weather• Canoe Poling• Intro to Freestyle Canoeing• Canadian Style Canoeing• Messin' Around in Boats	About Camp Manito-Wish <p>Camp Manito-wish is situated on a 300-acre campus, surrounded by the 225,000 acre Northern Highland-American Legion Forest, within a half an hour of over 1,300 lakes.</p> <p>Camp Manito-wish has a full service dining hall serving great food in a family-style setting. It's a great base of operations for Camp Rutabaga!</p>
Recreational Kayak Classes <ul style="list-style-type: none">• Kayak Basics• Rescues and Towing Skills• Forward Stroke Skills• Boat Control• Intro to Moving Water I and II• Kayak Play• Bracing• Boat Fit for Comfort & Control	Tours <ul style="list-style-type: none">• Manitowish River• Crab Lake Naturalist Tour• Frank Lake• Bittersweet Lakes• Allaquash Lake Skill-Building Tour <p>Many other tours are listed on the website and will continue to be updated as tours are confirmed.</p>	Clinics on Land <ul style="list-style-type: none">• Navigation / Map and Compass• River Logistics• Campfire Cooking• Food Planning for Trips• Ropes and Knots• Tarps and Tent Tricks• Packing Canoes and Kayaks for Trips• Tripping with a Recreational Kayak

These are just some of the programs we will be offering at Camp Rutabaga. For more information, go to the website www.everyonepaddles.com, or scan the QR code.





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