



The Prairie Dog Companion: Newsletter of the North Texas River Runners

Commodore's Column by Lorraine McPhee

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October Meeting

- Lake Arlington Meeting Room in Simpson Park
- Mexican dinner!
- Great program !
- Bring a friend!

Have you ever been on a paddling trip that lasts a few days? How was your endurance level?

I found out that my endurance level needed a big boost while on a trip last August. Clyde and I were taking Kayak Intermediate II at NOC, and it was day four of the course. We were on the Ocoee River. I got knocked upside down while playing around on Tablesaw, and just stayed upside down for a LONG time. It ended in a swim. Why? Because I was too tired to roll back up! Four days of heavy paddling had pretty much wiped me out. (We paddled nine days in a row on that particular trip, and once



Tablesaw Rapids

home I didn't move for two days). My hit and miss exercise non-routine of the summer had come to haunt me!

Personal fitness can have a huge impact on what you are able to do on the water: you will have more energy each day, be less likely to be injured, be able to respond more quickly and more aggressively if need arises, and you will have more confidence in your abilities. Additionally,

you will feel better each day- you'll roll out of your tent with a smile! Also, you will recover faster when your trip comes to an end, and on the whole, have more fun.

You owe it to yourself as a paddler to commit to be fit. Be cardiovascularly fit, plus work on your strength and flexibility. Cross train. There are many sports to enjoy that can compliment paddling.

Don't let a lack of endurance stop you! I've learned my lesson. Soon I will be playing around on the Cossatot (I hope!) and when I get knocked over, I plan to energetically roll back up! -- See You on the River, Lorraine McPhee

October Meeting at Lake Arlington

The next NTRR meeting will be **Tuesday, October 21 at 7:00 pm in the Lake Arlington Meeting Room** at Simpson Park. This is a white building on the left where Arkansas Lane ends at the boat ramp.

A catered Mexican Dinner by *Veronica* will be available for \$8 per person.

Program

Our program features David Moring and his son, Trevor, who have

been paddling together for the past four years. They have ventured to Mexico, North Carolina, Colorado, Tennessee,

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October Program (continued)

Alabama, as well as some of the more remote (and toxic) regions of Dallas and Richardson.

Most recently, they set their eyes on the land that gave us Mike Meyers, Bob and Doug MacKenzie, and Rush, where the father and son paddling duo spent a week in Ontario, Canada on the world-renowned Ottawa River.

They surfed Buseater,

home of the 2007 World Freestyle Championships, and many of the other classic rapids and waves that make the Ottawa one of the best play-boating rivers in the world.

Trevor participated in the Keener program of the Ottawa Kayak School paddling with the likes of Willy Kern and Joel Kowalski.

They will share video,

pictures, experiences and information on all things Canadian, and hopefully get you stoked to take your own trip of a lifetime to our the Maple-Leafed neighbor up north.

David is a member of The North Texas Flatwater Rodeo Team and can be found practicing in his pool several times a week. Trevor is currently sponsored by Team Dad.



"The tropical storms have certainly made for some great paddling this Fall."

San Marcos Note

We hope that this finds you doing well, and our prayers are with all of our friends that are along the Gulf Coast. Those that we have heard from so far have been miraculously saved from the worst of things.

The tropical storms have certainly made for some great paddling this Fall. We also hope that you are

finding time to enjoy this glorious fall weather and the now uncrowded rivers and creeks.

Here at the [Power Olympic Outdoor Center](#), we are still super psyched from this summer's fun and hard fought accomplishments of our Red River Racing Team, as well as anticipating some exciting events here in San Marcos, and heading south for this

season's Adventure Trips! Of course we are always here to get you on the water and to help you to become the best paddler that you can be!! We want to share our passion of paddlesports with you and invite you into our world!

Happy Paddling,

Michelle and Ben Kvanli

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