

HCC Newsletter



January 2017

Winter Paddling Gear By Richard Masey

Just because the evenings are dark and the temperature's dropped doesn't mean the paddling has to stop. Here are a few tips for kit that will help keep you warm and toasty!

Layer Up

Using a series of layers is a more effective way to keep you warm than a single thick piece of clothing. The reason for this is that warm air is trapped between the layers which acts as an insulator. For paddling, try the following combination:

- A thin base layer (not cotton) helps to take moisture away from your skin and provide a little warmth.
- A mid layer (again not cotton) provides the insulation. This could be a fleece or jumper.
- An outer layer proves your weatherproofing and should be wind and waterproof.

Keep the Wind and Water Off

Your outer layer should protect you from both the wind and the water. Dry tops or "cags" as they are known, are the paddler's answer to the outer layer and are one of the most important pieces of equipment. You should ideally look for a cag with neck, wrist and waist seals to keep the water out as best as possible.

Avoiding Frozen Fingers

Keeping hands warm when paddling is tricky as they're going to get wet. It is important to remember that you need to be able to feel what you're doing, e.g. if you need to pull your deck, so wrapping them up in thick gloves isn't a practical option. If you can't bear having your hands exposed, there are a number of solutions available.

What about Wetsuits?

Wet suits are great if you're planning to spend a lot of time in the water. However, full wetsuits can get sweaty, restrict movement and can sometime chafe under the arms. Long-john style wetsuits, wetsuit shorts or leggings are better for paddling as they leave your arms free and can be combined more effectively with the layering systems. Wetsuit material on your lower half also helps to protect your legs against scratches and scrapes should you take a swim.

Paddler's Corner

Chairman:

Chris Pearson



Years paddled: 15 Years

Best paddling memory: Too many good memories to mention, I enjoy everything from racing to pootling about on a nice warm evening. However, canoe camping trips with friends really stand out

Worst paddling experience: An easy question, the last 20 or 30 miles of the DW were horrendous! Actually the DW is my best and worst paddling experience.

Ultimate paddling goal: Get quicker in a K1 and do some more C2 racing

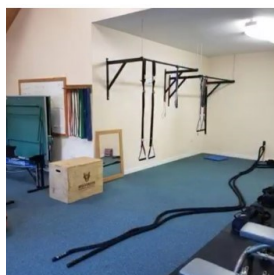
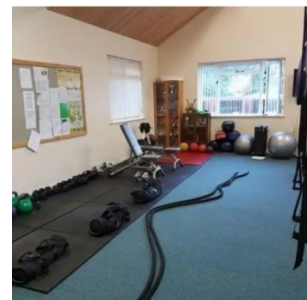
Favourite paddler: No single person but the GB Olympic and Paralympic paddlers were brilliant in Rio. Probably Liam Heath if I had to name one

As the recently appointed chairman, Chris has been at HCC for 15 years, originally as part of the dragon boat team. He is keen member of the marathon racing group, representing Henley at many Hasler races. He is also a coach for the youth section on

Tuesday nights.

What's on: Fitness Sessions

After considerable interest last year, fitness sessions have started again to keep us paddle fit during the winter months when we might be slightly more reluctant to go out on the water. They started as a training session for dragon boaters and marathon paddlers and have now become a regular activity for the Tuesday night youth group from 6.30pm until 7.00pm and are carried on by the marathon group Thursday nights 7.00-8.00pm. They consist of both body-



weight exercises and the specialist equipment secured for us by dragon boater James Blake. We hope these sessions continue to benefit us in the summer months.

Club Activities

<p>Tuesdays — 18.30-21.00</p> <p>Youth group: fitness session followed by short paddle and hot chocolate.</p> <p>Ages 14-19</p>	<p>Thursdays — 19.00-20.30</p> <p>Dragon boating: weather dependent on water training, fitness session if not.</p> <p>Marathon group: Fitness session in the gym</p>
<p>Saturdays — 18.00-19.00</p> <p>Pool sessions: work on rolling, rescues and other wet skills in a warm comfortable environment. Held at Gillotts Leisure Centre</p> <p>Ages 9+</p>	<p>Sundays — 10.00-12.00</p> <p>Dragon boating: On water training, beginners welcome.</p> <p>For more information email: henleydragons@yahoo.co.uk</p> <p>Marathon group: On the water training (sometimes held at Wokingham CC)</p> <p>Contact Paul Burness for details paulburness@henleycanooclub.co.uk</p>