# Kayaking couple shares trip, book

■ Byron Ricks and Maren van Nostrand show a Knight Library audience the slides that inspired their book

By Inge McMillen

for the Emerald

Byron Ricks and wife Maren van Nostrand presented a slide show Monday evening at Knight Library depicting the trip that inspired their recently released book, "Homelands — Kayaking the Inside Passage."

The slide show shared a fivemonth voyage down the Inside Passage from Glacier Bay, Alaska, to Puget Sound, Wash., with about 120 students, ex-students and community members.

Ricks wrote the book from travel logs that van Nostrand illustrated.

The purpose of the voyage, Ricks said, was to discover the concept of home.

"Most people kayak from Seattle and up," he said. "We had a gut feeling that starting in the national park and paddling back home would have much more meaning for us."

The Inside Passage is about 1,600 miles, Ricks said. During a summer with above average rainfall, Ricks and van Nostrand spent just one day in shorts and T-shirts. Most days featured three-meter waves and 25-knot winds or more, he said.

While paddling the Inside Passage required getting used to some new equipment, the couple is ac-

customed to adventuring together, Ricks said. The decision to paddle two kayaks instead of a double was a natural one, van Nostrand said. It gave them a feeling of independence from each other, she said.

"It's probably why we are still together today," van Nostrand said.

The slides showed how the voyage carried the couple through uncut rain forests, jagged mountains, small native villages and stony beaches. The slides presented all aspects of their travel — from shorts so salty they would stand (and possibly walk) on their own, to Velveeta sandwiches, to carcasses of old, disintegrating trucks on the beach.

Accompanied only by charts, compasses and a VHF two-way radio, the couple progressed south averaging a fingernail's breadth on their map per day.

The definition of a beach dropped, van Nostrand said, from a flat, nice landing to anywhere they could possibly pull the kayak onto land.

Their definition of bear-safe camp site changed as well. When they started out, the couple carefully scanned potential sites for signs of bears. But as the trip progressed, a bear-safe camp site became a camp site where no bears were in sight, van Nostrand said.

"This is a trip I've thought about and always wanted to do," said Ian Mackie, volunteer for the University Outdoor Program.

The book reads less like Jon Krakauer and more like a travel log, Tom Gerald of the University Bookstore said in introducing the authors.

# Pesznecker

**Continued from Page 7** 

have been the greatest squad of the decade, giving former head coach Gerry Gregory's 15-14 1990 team a serious run for its money.

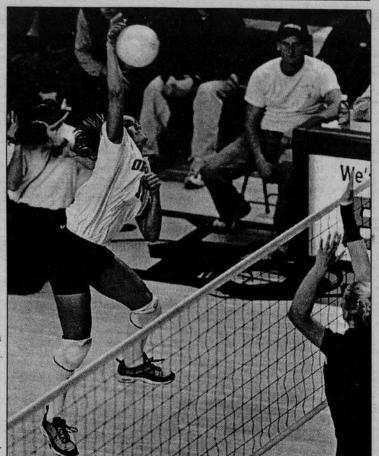
The Civil War victory was a statement that what happened this season was a fluke. No team with the ability to play that well should lose 16 matches.

Those who were there know it. For those who weren't, the statement probably wasn't loud enough. On paper, a 1-13 conference record just doesn't look very convincing.

Next year brings another season, and almost the entire cast returns for another chance to make a statement. A new season offers the chance to start out with regained confidence and no losing record, plus a more experienced roster.

If the Ducks play even half as well as they played against Oregon State on Friday, I'm sure their statement will be heard.

Scott Pesznecker is a sports reporter for the Emerald. He can be reached via e-mail at spesznec@gladstone.uoregon.edu.



Jeffrey Stockton Emera

Amy Banducci led Oregon to a Civil War win Friday night with 21 kills and 17 digs.

# **Sports** brief

#### Two Ducks still playing in Seattle tournament

Two members of the Oregon men's tennis team advanced to the quarterfinals of the consolation round of the ITA Regionals in Seattle.

Leslie Eisinga and Joaquin

Hamdan both won their matches Monday to advance to the quarterfinals today.

Eisinga won both his matches, defeating Sebastian Iff of Sacramento State 8-1 and beating California's Scott Kintz 9-7. Earlier in the day, Kintz defeated fellow Duck Jason Menke 8-5.

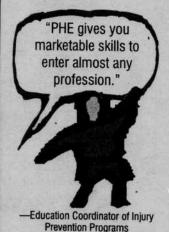
Hamdan joined Eisinga in the quarterfinals with a 9-8 win over Mark Woolley of Washington. Three other Oregon players lost their matches Monday. Cedric Vanhaver lost to Ryan Livesay of Santa Clara. David Becker lost 8-1 to another Santa Clara player, Matt Cox, and Oded Teig was eliminated 9-7 by Nick Quatrochi of Washington.

Hamdan plays Cox this morning, while Eisinga faces seventhseeded David Martin of Stanford.

Matt O'Neill

# Interested in Health Education?

Here's what some of our recent graduates are saying...



"The amount of the program called on the

-Graduate Student in

"The amount of creativity allowed by the program can't be found anywhere else on the U of O campus."

owed by nywhere us."

—Internet Marketing Advisor

"PHE was the first step in demystifying the medical field for me."

> -Clinical Research Coordinator

#### **Develop Valuable Skills for Future Career**

Organize and present health workshops
Publish in the WellNow—the Health Center's newsletter
Refine your communication skills
Strengthen your resume through experience

#### **Explore Het Topics in College Health**

Sex—Exercise—Drugs—Food—Stress—& More!

#### Help Others

Use your knowledge and skills to make a difference in the lives of other college students

Develop Relationships with Health Professionals at the UO Health Center!

#### Two Term Commitment ELTA 407 (4 credits)

### Class Meets Tuesday and Thursday 9:30-10:50 am

Pick up an application at the Peer Health Education Office in the Health Center, online at healthed.uoregon.edu, or call 346-4456 for more information. Pre-authorization is required!

UNIVERSITY

## HEALTH CENTER

We're a matter of degrees

Open daily 8 a.m. to 6 p.m., except Tuesdays (9 a.m.) and Sundays (10 a.m.). Appointments and after hours: 346-2770 • Web: www.healthed.uoregon.edu