

AN EVENING WITH



THE Strawbs

CAFÉ PARADISO
SATURDAY MAY 14, 2005

DOORS 7:00 ★ SHOWTIME 8:00 ★ \$18 ADVANCE/\$20 AT THE DOOR
TICKETS AVAILABLE AT CAFÉ PARADISO. FOR MORE INFO: 484-9933

OUT AND ABOUT



Eugene local Gabe Flock
on Upper Brice Creek

Get On the Water

PADDLING IS A VERSATILE,
ACCESSIBLE SPORT FOR ALL AGES.

BY SARA BRICKNER

A popular misconception is that paddling is an extreme sport for the adrenaline-driven. But paddling encompasses everything from floating on a serene mountain lake in a canoe to boofing off a 15-foot waterfall.

Flatwater rafting is a popular sport and is accessible to everyone. And whether you want to relax with a book or get your heart

pounding, there's something on the water for everyone.

M. Guy Santiago and Kathy Keeler-Martin, owners of Oregon River Sports (ORS) organize year-round flatwater and whitewater paddling trips for all skill levels through the ORS Paddling Club. "We want people to know that paddling is a great sport," Santiago said. "Being in the club is a

great way to learn about paddling and it's a great way to get into it."

Membership in the ORS Paddling Club costs \$35 and members range in age from 18 to upwards of 78. Though ORS does offer guided rafting tours, the ORS Paddling Club is much less expensive and offers a chance to learn the ins and outs of paddling. ORS also offers many clinics on safety, dressing properly for inclement weather, compass orientation, technique and other useful paddling subjects.

At monthly Paddling Club meetings, club members decide when and where the paddling trips will take place. The trips are a great way to get outside this summer, but ORS offers paddling trips year round and enjoys a sizable turnout even in January.

Some are short day trips, while others involve camping overnight. Every year, the paddling club plans several long trips at a discounted rate to various locations. Space is limited, and the trips are first come, first serve, with priority given to club members. "We want to share what we do," Santiago said. "Paddling is what I've been doing for 30 plus years and I still enjoy it." For more information call 334-0696.

The kayaking communities in Eugene, Bend and Portland also have listserves where boaters plan trips and meet each other. To join the Eugene list, go to www.yahoo.com, click on groups and then search for "eugenekayaker." There's also a listserve just for women, pdxgirlpaddler.

SYOTR.

Melissa Bearn contributed to this story.



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