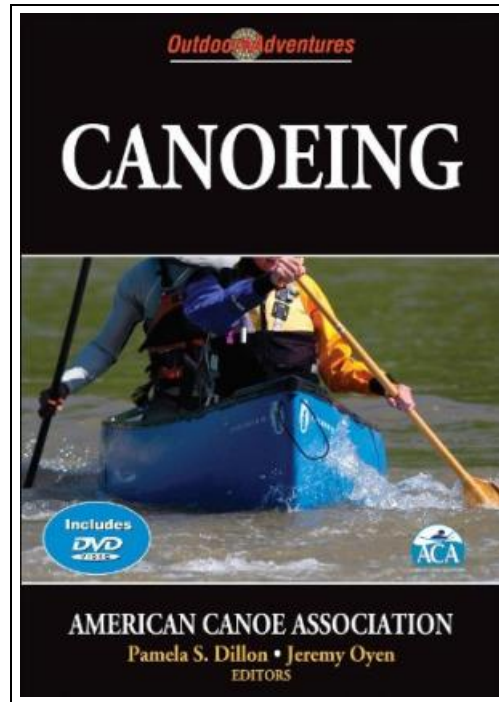


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Human Kinetics. Paperback. Condition: New. 264 pages. Dimensions: 10.0in. x 7.0in. x 0.7in. Canoeing is one of the fastest-growing outdoor activities more than 9 million people enjoy the experience each year. It allows you to socialize with friends and family while exploring new places as you relax and enjoy the outdoors. Canoeing not only provides you with the basic skills and knowledge you need to safely head out for adventures on a variety of water trails but also presents a strong foundational understanding of this recreational activity. In Canoeing, the expert instructors from the American Canoe Association provide you with -indispensable advice on gear and equipment selection, food and nutrition, fitness, water trail etiquette, and safety and survival skills;-step-by-step instruction of fundamental paddling skills and techniques;-informative consumer, technique, and safety tips; and-Web-based resources to help you plan trips in the United States and throughout the world. The authors share all of the background information you'll need to get started, beginning with descriptions of the various types of canoeing being practiced today to help you determine the type of paddling that suits your needs. They discuss fitness basics, food and nutrition needs, and gear and equipment from the canoe itself to life jackets, paddles, and clothing. They then cover important safety and survival guidelines, including weather, river hazards, capsizing, cold-water safety, and rescue protocols. Canoeing will teach you fundamental paddling skills and techniques and help you build on those skills to learn more complicated compound strokes and maneuvers. Now you're ready for your first adventure. Starting with easy river trips, you move on to more challenging waterways, overnight and extended trips, and canoeing adventures for groups and families even with dogs! The book also includes the Quickstart Your Canoe DVD. This instructional DVD guides you through an introduction to paddle sports and basic safety and paddling...

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