

Sea Kayaking A Woman S Guide Ragged Mountain Press

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Golf - Susan Comolli Davis 2001

Explains the game of golf from a woman's approach, discussing how to prepare, choosing gear, courses, swinging, etiquette, finding playing partners, and competing.

Complete Sea Kayak Touring - Jonathan Hanson 1998

If you're a sea kayaker who dreams of heading over the far horizon, this guide is a must. It is the comprehensive manual for planning the ideal sea kayaking expedition, covering everything from provisioning, gear, navigation, and bivouacking, to kayak sailing. Included: sidebars for fabulous destinations from Baja to Newfoundland.

Canoeing - Laurie Gullion 1999

Laurie Gullion, expert canoeist, teaches women how to get on the water with little frustration. This comprehensive guide includes learning the basic strokes...problem-solving tips...solo strategies...planning river trips...transporting the boat... and more. Add the personal stories of women canoeists, and Canoeing is guaranteed to increase the reader's confidence and pleasure in the sport.

Sea Kayaking - Philip Woodhouse 2013-12-16

In *Sea Kayaking*, a comprehensive guide for those who travel the open waters in the Southern Hemisphere, Philip Woodhouse, Australian paddler and Royal Australian Air Force veteran, shares his years of experience, technical training, and military teaching skills. What began as a personal reference was soon developed as a training manual, recommended by the Victorian Sea Kayak Club to its members and East Coast Kayaking to their patrons and Australian Canoeing students. *Sea Kayaking* covers boat design, kit requirements, paddling skills, health and well-being, meteorology, the ocean environment, navigation, communications, conservation and minimal-impact camping, conservation, seamanship, electrical bilge pumps, solar panels, light sources, boat repairs, leadership, risk management, basic safety and survival strategies, as well as a brief overview about the history and various types of canoeing. There is also a comprehensive glossary to assist the reader in understanding the terms and concepts discussed in the main text. Woodhouse's work differs from most manuals about sea kayaking in that it is written from the perspective of someone who paddles the Southern Hemisphere. As such, the major differences between the two hemispheres—weather patterns, navigation, laws, and terminology—are discussed, as well as compared to their Northern Hemisphere counterparts. In the end, paddling skills are paddling skills, hypothermia is hypothermia, and twenty-five-knot winds are twenty-five-knot winds. A three-metre tidal range can still produce a long haul across mud flats when the tide is out and landing through two-metre surf is still scary (though a lot of fun), no matter where you paddle.

Sea Kayaker's Pocket Guide - Shelley Johnson 2001-10-22

Written by a nationally recognized kayaking instructor, this pocket guide provides paddlers with quick, concise answers and no-frills advice on how to deal with more than 100 situations they will likely encounter at some point, regardless of experience. 100 illustrations.

Paddling the Everglades Wilderness Waterway - Holly Genzen 2011-08-09

The Everglades Wilderness Waterway winds an enthralling path through rivers, bays, and streams on the southwestern edge of Everglades National Park. Rich with wildlife and scenic beauty, it also poses many

challenges for paddlers. Canoeists and kayakers must deal with wind, waves, limited campsites (in the form of "chickee" platforms over the water and historic groundsites), and no fresh water. As veterans of this complex passage, authors Holly Genzen and Anne Sullivan turn those limitations into glorious, safe adventure. Some out-and-back paddles lead to the rivers and bays of the Everglades National Park's interior; others wind to Gulf Coast sites; still others loop around islands, mangrove forests, or other natural phenomena. The authors provide marker-by-marker route descriptions (both north to south and south to north), and comprehensive information on safety, supplies, campsites, and navigation. They also chronicle the waterway's wildlife, social history, and origin of place names encountered along the way.

Basic Illustrated Kayaking - FalconGuides 2014-02-01

For a generation, the Basic Illustrated series has been as much a part of the outdoors experience as backpacks and hiking boots. Information-packed tools for the novice or handy references for the veteran, these volumes distill years of knowledge into affordable and portable books. Whether you're planning a trip or thumbing for facts in the field, Basic Illustrated books tell you what you need to know. Basic Illustrated Kayaking Basic Illustrated Kayaking includes a buying guide to kayak design, kayak features, accessories, and gear so the reader can decide the kind of kayak that is right for him or her. The book is packed with step-by-step information on transporting, launching and landing, basic and advanced strokes, techniques, navigation, rescues, and expedition planning. It focuses on recreational (flatwater) kayaking, providing step-by-step instructions and easy-to-follow photos.

The Wilderness Paddler's Handbook - Alan S. Kesselheim 2012-11-13

The Wilderness Paddler's Handbook offers paddlers of any stripe Alan Kesselheim's personal, engaging writing and his unsurpassed experience. Helpful sidebars, interspersed throughout the book, provide step-by-step instructions on all critical technical considerations. Everything a new or experienced paddler can expect to encounter is included, from trip planning, choosing the right gear, and packing, to camping, cooking, modifying your boat, and dealing with conditions on every kind of water. Whether it's how to pick the right partner, negotiate a tricky rapid, go solo, or bring the entire family, it's all here in this entertaining, inspiring, and informative guide. Alan Kesselheim has paddled thousands of wilderness miles—alone, with his wife, Marypat, and with his young children strapped into the canoe like babies in car seats. He's paddled fast-moving rivers, windswept lakes, and quiet ponds. (One trip took him on a 13-month, 2000-mile journey from Grande Cache, Alberta, to Baker Lake in the Northwest Territories.) He's also one of North America's preeminent canoeing writers, and his hard-won opinions are highly respected.

Scuba Diving - Claire Walter 2000

Provides information and advice for women who are interested in learning to scuba dive, including details on lessons, equipment, safety, certification, and suggestions for experienced divers.

New Books on Women and Feminism - 1999

KAYAK DE MAR. Guía esencial sobre las técnicas y el equipamiento (Color) - Johan Loots 2001-06-05

El kayak de mar es una actividad recreativa cada vez con más adeptos que crece con paso seguro a medida que la gente, atrapada por la tecnología del mundo cibernético moderno, acude al reclamo de las tierras

indómitas y busca oportunidades para ejercitarse en plena naturaleza. La intención al escribir este libro ha sido motivar al lector para que se introduzca en este fascinante mundo con seguridad. Para ello, el libro se inicia con una sucinta historia de la navegación marina en kayak y una introducción al deporte moderno del kayak de mar, para centrarse, a continuación, en el kayak y lo que le rodea: la selección del kayak correcto para cada palista, los materiales de construcción, el equipamiento, las palas, la vestimenta, cómo transportar el kayak, las técnicas de paleo, la recuperación y los rescates, las mareas, el tiempo atmosférico, la navegación con cartas y GPS, la estibadura del kayak, las técnicas de supervivencia y algunos de los más hermosos y populares destinos del mundo para la exploración marina en kayak.

Library Journal - 1999

Backpacking - Adrienne Hall 1998

Offers tips on equipment, clothing, supplies, cooking, physical fitness, safety, and protecting the environment

Sea Kayaking - John Dowd 2015-04-20

Still regarded as "the bible" for both new and experienced kayakers after more than thirty years in print, *Sea Kayaking* covers the basics of equipment and technique, including types of paddles and strokes, as well as such essential skills as how to read the weather and the water, how to navigate with and without GPS and how to travel with a group. Drawing on his many years of experience paddling in all climates, John Dowd presents practical advice on dealing with potential hazards (from surf to sea ice to sharks), carrying out rescues and planning for long-distance expeditions. New for this edition are hints about digital technologies for planning and navigating while kayak touring as well as lots of tips for outfitting boats, adapting equipment and finessing fishing technique while kayak angling—whether casting and jigging for fun on a day trip or trolling for dinner on a longer expedition. Also fully updated are the sections on managing risk and the inspiring stories of adventure, including Freya Hoffmeister's record-breaking circumnavigation of Australia and Japanese paddlers' increasingly challenging trips around the islands and beyond. As a sport, sea kayaking continues to evolve. Once the sport of a very few long-distance paddlers embarking on international expeditions, then the recreational pursuit of many weekend tourers, sea kayaking is now popular with many day trippers as well. As more and more paddlers take to the water—for the day, the weekend or many months, this classic guide continues to be required reading for those seeking adventure on the open ocean.

Guide to Sea Kayaking in Maine - Shelley Johnson 2001

A detailed guide to the forty best sea kayaking destinations along the Maine coast, including maps and alternative routes. The routes range from short, well-protected trips for beginners to more challenging trips designed for experienced kayakers. There is information on accommodations, restaurants, parking, camping, and boat ramps.

Snowboarding - Julia Carlson 1998-10

Over 1.28 million women are now carving the slopes on snowboards. Author Julia Carlson, an expert snowboarder, has written this unique guide to encourage women of all ages to enjoy the thrill and freedom of this popular winter sport. The book is packed with practical advice: how to get started...step-by-step instructions and drills...equipment for women...facts and misperceptions...choosing your own style...and much more.

Sea Kayaking - Johan Loots 2000

Basic guide to one of the fastest growing paddlesports The popularity of sea kayaking has grown enormously in recent years, but the sport requires different equipment and skills than running rivers. This richly illustrated guide will help paddlers of any level choose a boat from the myriad of new designs and materials and to learn techniques for reading water and navigating tides, currents, and waves. It also instructs in the basic skills of rescue, emergency repair, and first aid, and provides a guide for planning trips.

Effective Leadership in Adventure Programming - Simon Priest 2018-10-30

Some books address outdoor leadership; others focus on adventure programming. None delve into the specifics of both topics like *Effective Leadership in Adventure Programming, Third Edition*, does. The first

edition of this book helped define the body of knowledge for an emerging profession. Two editions later, this groundbreaking text—now in full color—provides adventure leaders with the tools and evidence they need to show that their outdoor programs are effective and have a lasting impact on their participants. Internationally renowned authors Simon Priest and Michael Gass have significantly updated the content, based on the latest research, issues, and trends in the field of adventure education and leadership. They have reorganized chapters to conform to their new model of building core competencies. In addition, this third edition includes the following features: • Material on technology, social justice, cultural adaptation, sustainability, and facilitation techniques • An online instructor guide that offers activities, discussion questions, and assessments compiled from a group of acclaimed instructors • A digital field handbook that offers quick reference to key models, concepts, and checklists covered in the text • An expanded version of global perspectives, valuable for long-standing programs as well as those just beginning to enter the field *Effective Leadership in Adventure Programming* details both the art and science of adventure leadership, helping a new generation of outdoor leaders develop their skills. The text extends the focus on evidence-based models, theories, and best practices, showing that science and research are as important to the profession as the natural beauty of the environment. The book describes the core competencies of outdoor leadership, providing a framework that helps leaders connect with participants in meaningful ways, based on mutual goals. The focus on the science side is invaluable to new leaders and less-experienced leaders, and it is a great refresher for leaders with more experience. This new edition offers a more detailed look at diversity and cultural competencies, preparing leaders to effectively manage diverse populations of participants. In addition, the content is in line with the updated accreditation standards from the Association for Experiential Education. The opening chapters of *Effective Leadership in Adventure Programming* supply a solid foundation in the research, philosophy, ethics, and history of outdoor leadership. Numerous chapters explore the skills leaders need, with topics that include technical activity, safety and risk management, environment, organization, instruction, and facilitation. The authors also examine leadership styles and conditional leadership issues, communication, sound judgment, decision making, problem solving, and the trends and issues in adventure programming. *Effective Leadership in Adventure Programming* will help readers understand the four adventure program areas—recreation, education, development, and therapy—and how they influence the delivery of outdoor leadership. The book is a valuable resource for the training and education of future outdoor leaders. It will help readers know why they should work in the profession and understand how they can make a difference by being an effective outdoor leader.

Guide to Book Publishers, Editors and Literary Agents 2006 - Jeff Herman 2005-10

Now updated for 2008, this annual edition of the classic bestselling directory provides everything working writers need to find the most receptive publishers, editors, and agents for their work.

Skiing - Maggie Loring 1999

Women will love this smart and entertaining guide, written by and for women skiers. *Skiing: a Woman's Guide* is tailored to the subtly different approach women have to learning, full of personal stories by other women skiers, and packed with savvy, woman-specific advice about gear. This introduction to alpine skiing has everything: Finding the right instructor; Skill drills (novice to intermediate); Staying comfortable and safe on the slopes; "how to Take your Family and Still Love Them When It's Over" Getting and Staying Fit and much more. Skiing answers questions from how to buy the right skis to how long it takes to get proficient. Also included: a list of resources for the woman skier.

The Bahamas - Gaylord Dold 2003

The Rough Guides series contain full color photos, three maps in one, and are waterproof and tearproof. They contain thousands of keyed listings and bright new graphics.

Canoe & Kayak - 2002

Sailing: A Woman's Guide - Doris Colgate 1999-01-22

"Doris Colgate knows what women want. Well-known as a sailing role model and a confident yet gentle teacher, she writes with clarity on even the most complex sailing concepts, as well as answering often-asked questions on the safety, comfort, and social sides of sailing. *Sailing: A Woman's Guide* pulls it all

together for the beginning sailor. Finally, an excellent book for women that both teaches and motivates. Bravo, Doris. You've opened up the sport." --Bernadette Peters, editorial director, *Cruising World* "It took a person with her fingers on the pulse of women aspiring to sail to write this book, and that person is clearly Doris Colgate. *Sailing: A Woman's Guide* is as much a source book as empowerment to women the world over desiring to become sailors." --Micca Leffingwell Hutchins, editor of *SailNet* "An excellent introduction to the sport of sailing. It will undoubtedly encourage many women to try this challenging, noncontact activity while enjoying the great outdoors." --Betsy Alison, Four-time Rolex Yachtswoman of the Year "This new series is designed to teach outdoor skills to women in the way they learn. . . . Women of all ages describe how they overcame obstacles, what they enjoyed most, or just how they felt about undertaking a new activity . . . extremely well done and appealing." --Library Journal (starred review)

[Guide to Outdoor Sports](#) - Jonathan Hanson 1997

Gear selection, care and repair; start-up costs, basic and advanced techniques, expert tips.

Fly Fishing - Dana Rikimaru 1999-07

A guide for women fly fishers covers topics such as building confidence, the right gear for women, casting techniques, and personal safety in the woods

[Jeff Herman's Guide to Book Publishers, Editors & Literary Agents](#) - Jeff Herman 2003

A guide to the names and specialities of American and Canadian publishers, editors, and literary agents includes information on the acquisition process and on choosing literary agents.

American Book Publishing Record - 2000

Writer's Guide to Book Editors, Publishers and Literary Agents, 1999-2000 - Jeff Herman
1998-07-08

Over the years, "Writer's Guide to Book Editors, Publishers, and Literary Agents has helped thousands of writers just like you get their books published. With the best and most up-to-date listings of key book publishing insiders, "Writer's Guide gets you past the reject piles and into the hands of the right people. Nowhere else will you find the detail, the insight, the depth. Nowhere else will you find the solid inside information. "Writer's Guide is your key to book publishing success. It gets you inside. It gets you noticed. Your talent will do the rest. "Beats the pants off "Writer's Market." --Michael Werner, coauthor of "Databases for Businesses and "Using Lotus 1-2-3 "This guide started my book publishing career." --Marcos McPeck Villatoro, author of "A Fire in the Earth, They Say That I Am Two, and "Walking to La Milpa "The finest lead source that I've ever seen. A must buy for every writer, published or not!" --Derek Savage, author of "The Second Coming and "The Dancer "Invaluable information, from query letter to book proposal. This book has made my dreams come true." --Eileen Oster, author of "The Healing Mind "This book got my foot in the door." --Wynn Goldsmith, writer "A masterpiece. I have never found so much practical information in this type of book before." --Walter Lambert, author of "Healing the Trauma of Divorce "As a writer and literary agent, this book has been invaluable." --Mary N. Oluonye, O-Squared Literary Agency "Jeff Herman has crammed a generous helping of information and advice into this invaluable book." --Paul Nathan, "Publishers Weekly ""Writer's Guide has eclipsed both "Literary Market Place and "Writer's Market as a source of projects for our agency. At least a third of our sales last year came as a result of this book." --Michael Snell, Michael Snell Literary Agency About the Author /Jeff Herman is founder of The Jeff Herman Literary Agency, one of New York's leading agencies for writers. He has sold hundreds of titles and represents dozens of top authors.

[Writer's Guide to Book Editors, Publishers, and Literary Agents, 2003-2004](#) - Jeff Herman 2002

A comprehensive directory for aspiring writers lists names, addresses, phone and fax numbers, e-mail addresses, and Web sites for hundreds of North American publishing figures and companies, along with helpful advice on the writing and publishing process. Original. 10,000 first printing.

The Complete Sea Kayaker's Handbook - Shelley Johnson 2001-12-27

The Complete Sea Kayaker's Handbook is a comprehensive guide to the full sea kayaking spectrum, bringing a fresh approach and a dynamic voice to the subject. Author of the critically acclaimed *Sea Kayaking: A Woman's Guide*, Shelley Johnson covers all the bases for beginning to advanced sea kayakers. It's all here, from selecting the right kayak and gear to preparing and making an extended tour, mastering

the strokes, rolls, and exit techniques; navigating; and much more.

The Library Journal - 1999

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

The Maine Entry - 1998

[The Complete Sea Kayakers Handbook, Second Edition](#) - Shelley Johnson 2011-02-18

"...Her writing is clear and concise, sprinkled with bits of humor and many tips gleaned from her years working as a kayak instructor, guide and outfitter." --Sea Kayaker Magazine The first edition of The Complete Sea Kayaker's Handbook received immediate acclaim with its selection as the Best Outdoor Instructional Book by the National Outdoor Book Award group. Now this book boasts 352 pages with changes throughout to reflect the growth of kayaking as a sport. This book is your first step to adventure on the water, with everything you need to know, from buying a kayak to dressing for the water. Updates include: New photos throughout showing new boats, equipment, stretching, and repair techniques A new section on used boats and how to shop for them Expanded sections on: boat materials section to include the newer laminates; buying a new kayak; use of GPS for navigation; family paddling; Planning Your Dream Trip; Taking Care of Your Stuff to include more retrofit and repair information on a wider range of boat and paddle material Improvements in materials and more data on hypothermia; Changes in safety technique descriptions reflecting the new equipment on the market information on stretching, proper posture in a kayak, and easy modifications to kayak seats for more comfortable paddling Topics include: Getting Ready; Kayaks; Accessories and Clothing; Getting to Know Your Kayak; Controlling Your Kayak; Getting Into and Out of the Water; Real Life Paddling; Finding Your Way: Kayak Navigation; Trip Logistics; Group safety; Kayak Camping; Planning Your Dream Trip; Taking Care of Your Stuff

[Sea Kayaking: A Woman's Guide](#) - Shelley Johnson 1998-05-22

Offers tips on boat parts, paddle strokes, exiting, equipment, navigation, and kayaking techniques

The American Directory of Writer's Guidelines - Brigitte M. Phillips 2005

Perhaps the best-kept secret in the publishing industry is that many publishers both periodical publishers and book publishers make available writer's guidelines to assist would-be contributors. Written by the staff at each publishing house, these guidelines help writers target their submissions to the exact needs of the individual publisher. The American Directory of Writer's Guidelines is a compilation of the actual writer's guidelines for more than 1,500 publishers. A one-of-a-kind source to browse for article, short story, poetry and book ideas.

[Knack Kayaking for Everyone](#) - Bill Burnham 2010-04-23

Knack Kayaking for Everyone is the most visually driven and yet informative guide to every aspect of an aquatic sport whose popularity has skyrocketed in recent years. The first chapters comprise an idea-packed buying guide to kayak design, kayak features, accessories, and gear. The book then presents step-by-step information on transporting, launching and landing, basic and advanced strokes, techniques, navigation, rescues, and expedition planning. In addition, it fully explores recreational (flatwater) kayaking, whitewater kayaking, and sea kayaking, providing instructions for each. Ideas for fun and games and special paddlers (children, the elderly, the handicapped) are also included, as are chapters on weather and first aid.

[The American Directory of Writer's Guidelines](#) - Stephen Blake Mettee 2005-12

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Surfing Illustrated - John Robison 2010-04-16

Expert instruction you need to take your skills from kook to boss Author John Robison uses hundreds of pictures-- comical, cartoon-like drawings--to clearly illustrate every aspect of surfing: wave dynamics, riding techniques, etiquette, logistics, and more. This entertaining, easy-to-understand visual presentation makes

it easy for you to pick up his techniques and use them on the waves. Robison covers every aspect of the sport, from paddling out through the surf zone and catching and riding that first wave to nose riding, acrobatics, shortboard riding, and to equipment repairs.

[American Directory of Writer's Guidelines](#) - Stephen Blake Mettee 2007-02

Perhaps the best-kept secret in the publishing industry is that many publishers—both periodical publishers and book publishers—make available writer's guidelines to assist would-be contributors. Written by the staff at each publishing house, these guidelines help writers target their submissions to the exact needs of the individual publisher. The American Directory of Writer's Guidelines is a compilation of the actual writer's guidelines for more than 1,700 publishers. A one-of-a-kind source to browse for article, short story, poetry and book ideas.

Inside - Susan Marie Conrad 2016-05-15

The Ocean is calling me. This is my Journey. With these words, in the spring of 2010, Susan Marie Conrad scaled her world down to an 18-foot sea kayak and launched a solo journey that took her north to Alaska. With no sense of where she belonged in space and unreconciled feelings of a painful childhood following her, she decided that instead of running away, she would run toward her dreams. Her adventure took her along the western coast of North America, through the Inside Passage—a 1,200-mile ribbon of water—in a journey of the sea and soul. The expedition took her deep within herself, humbling her, healing her, helping her to discover the depths of her own strength and courage. On her way from Anacortes, Washington, to Juneau, Alaska, she grappled with fear and exhaustion, forged friendships with quirky people in the strangest places, endured perilous weather and angry seas, and pretended not to be intimidated by 700-pound grizzly bears and 40-ton whales. She lived her dream.