



## Welcome!

This is Great Lakes Kayak's first-ever newsletter and we are just so proud to share it with you!

Our passion at Great Lakes Kayak is paddling. That being said, one of our main goals at GLK, beside getting Eddyline kayaks into the hands of serious and recreational paddlers alike, is **SAFETY on the WATER**.

Living in this area of the country we are fortunate to have so many waterways around us. We have inland lakes, rivers, and the great lake: Lake Michigan. Each of these bodies of water beg to be explored, and on a warm summer day (or a chilly one for some folks) what a better way to explore them than in a kayak?

What we shouldn't forget before heading out is safety on the water. Glenna O'Doul, our resident explorer and safety enthusiast at GLK, has emphasized through email and at lessons and demonstrations the importance of kayak safety.

Great Lakes Kayak is proud to offer lessons and clinics focused on kayak safety. We will now be offering articles within our newsletters to get you thinking about various circumstances that may arise on the water. Glenna's article *Safety Mantras and Cold Water Obsessions* is a first in a series on Kayak Safety. Happy Paddling!

Heidi Holmberg  
Great Lakes Kayak

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## Safety Mantras & Cold Water Obsessions

*Glenna O'Doul*

For those of you that have taken a class with me, you know I have several Cold Water Obsessions and Mantras about safety. First, I will share my Mantras because these simple little things keep me focused and humble. Then I'll share with you some information on Cold Water Safety - something you may not be thinking about in August, but you should!

### Mantras

First: Look Up Down and All Around

Second: What do I see? What are the Risks I can Control? How Can I Safely Plan for the Risks I Cannot Control? Have I Acquired Enough Skill and Experience to have the Wisdom to Know the Difference?

Third: Always consider yourself a beginner. I am not an expert by any stretch of the imagination. This does not mean that I won't test my skill sets when appropriate, it means I value my life and I want to be around to see my great, great grandchildren.

### Cold Water Obsessions

I flat out refuse to paddle when the water temperature is below 55° Fahrenheit because I know my body will not function well enough to sustain my skills in cold water. I would probably succumb to "Cold Gasp Reflex" immediately if I were to capsize. So I just do not paddle in cold water! This decision shortens my season considerably, but not my life. We all know that everyone has a different tolerance for immersion in cold water. If you are not sure what your tolerance is, I encourage you to find out! The water temperatures in Lake Michigan in August range from 60° to 70° Fahrenheit, which is about 20° to 30° warmer than it would be in late May to late June. Take a walk out in the water and stand there for a few minutes with or without a wetsuit. How many minutes does it take for your body to start to shiver? If it takes less than five minutes, I would strongly suggest you do as I do: Do not paddle in water under 55°F, wear a wetsuit at all times, or better yet, invest in a drysuit. You will save money in the long run and quite possibly your life.

Some of you may be wondering about "Cold Gasp Reflex", which is also sometimes referred to as "Cold Shock". I strongly encourage you to follow this link: <http://coastguardnews.com/cold-water-immersion-the-shocking-reality-2/2008/06/27/> to the Coast Guard News where you can read the entire article that includes this definition: "Sudden entry into the water can cause cardiac arrest, even for people in good health. The shock of the cold water can also cause an involuntary gasp reflex that can cause victims to inhale water and drown. After just a few minutes, the ability to swim or tread water is impaired as the victim loses muscular coordination. All of this can occur in water as warm as 69°." Dan Shipman, recreational boating safety specialist with the Coast Guard's Thirteenth District office in Seattle says, "Sudden cold-water immersion is a phenomenon that is becoming more recognized as a cause of death as compared to hypothermia."

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*(Safety Mantras & Cold Water Obsessions, continued)*

This physiological response can also occur when your body experiences a sudden and surprising change in temperature. Within the next week in the Chicago area, we will be experiencing air temperatures close to 100°F, the shore and surface water temperature on Lake Michigan is presently being recorded at approximately 69° to 76°, it would be a shock to my body to suddenly go from an air temp of 100° to a water temp of 69°. If you also take a moment to consider that there are certain wind conditions that cause our lake to "turn over" (this is when the warm surface water is blown out and the colder water is blown in), which could cause the shore and surface water temperature to drop by as much as 20°F in a very short period of time. (This is why it is always good to stand in the water a while before you go kayaking, acclimate to the water a bit, dress for immersion based on what your body is telling you not what may be documented in publications and on the internet.) Imagine your body suddenly dealing with a temperature change of 50°F. What would that feel like to you? If the air temperature was between 55° and 60°F, you would probably have a jacket or sweater on. Water robs your body of heat 30 times faster than air. I think by now if you have never experienced this, you probably have a pretty good idea of what a shock this kind of sudden temperature change can have on your body!

Cold Shock is another great reason to always wear your PFD! People tend to only think of their "Personal Flotation Device" as a buoyancy aide. I tend to also think of it as added insulation! I love and appreciate the fact that this great safety device keeps me floating with my head above the water, but the fact that it adds two or three inches of material around my core gives me a warm and fuzzy feeling all over. Have you hugged your PFD today?

Stay tuned for Glenna's next article, *Foot Fetish*, in GLK's August II Newsletter, due out August 23rd!

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## 10 Reasons to Buy Eddyline

*Glenna O'Doul*

Eddyline Kayaks are some of the best engineered kayaks on the Market and are presently receiving rave reviews from the Motherland of Kayaking (the UK). Listed below are 10 more reasons Eddyline is the intelligent choice!

1. Eddyline Kayaks are proudly made in the USA.
2. Eddyline is a family-owned company.
3. When you purchase an Eddyline kayak, you become part of the Eddyline family!
4. All Eddyline kayaks are manufactured with one of the most durable materials available: [Carbonlite 2000](#). This Eddyline exclusive material performs like fiberglass, resists like plastic, and weighs substantially less than a comparable fiberglass or rotomolded kayak.
5. Eddyline has pioneered thermoform technology! Their thermoform process is what allows Eddyline to produce a better abrasion & UV resistant kayak!
6. Eddyline kayaks are thoughtfully designed. Their hulls are well balanced for buoyancy and windage; rudders for control are unnecessary.
7. Eddyline kayaks are priced \$500-\$1000 less than comparable fiberglass kayaks.
8. All Eddyline kayaks are backed by an outstanding warranty and amazing customer service.
9. Eddyline is an environmentally minded company. Carbonlite 2000 is 100% recyclable, and virtually no waste is generated in the manufacturing process.
10. Eddyline kayaks are just plain fun to paddle. Whether you are just learning the thrill of surfing a four-foot wave in our little giant [Skylark](#), or navigating a crossing in our seaworthy [Fathom](#), or are the first to cross the finish line in an amazingly fast, yet maneuverable [Falcon](#); Eddyline Kayaks will give you a world of adventure and lifetime of fun at a price you can afford!