



Last winter I built a kayak and I wanted to be able to transport it safely over long distances. I have a Yakima roof rack system, so I went about designing a cradle that could be added to the existing roof rack.

My desires were for good hull support for the boat, security on long trips, ease of attaching the cradle to the rack, and ease of loading. I like to remove the roof rack from the car when it is not in use as it creates wind noise and decreases the mileage.

Read through the whole article before beginning to build a cradle- think about how you will load the boat and what your requirements are. My rack is a one piece unit with 2 cradles that I built to fit over my Yakima car racks.

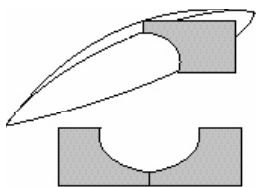
I began by taking some corrugated cardboard and cutting it until it fit the contours of the kayak's bottom

in the areas where it would sit over the roof rack. You can do 1/2 of the kayak and trace it to mirror image the other side.

With a round bottom kayak, take small pieces of cardboard and tape them together as you contour half of the bottom. My

rack bars sit about 3 1/2 feet apart, so I designed the cradles for that section of the hull. This also would be just fore and aft of the cockpit so for those who value ease of tiedown this is ideal.

The next step is to take the cardboard and go to the car. With the Yakima rack in place, I trimmed a cardboard cutout until it was only a few inches above the bar- no use getting the kayak too high. Keep in mind that you need to make a decision



Building a KAYAK CRADLE for your roof rack



here- if you want only simple saddles and you will tie the boat to the roof rack then the cradle can be simpler. If on the other hand you are like me and want the best security you can get or if you have a hull that will not take compression when tying down, then you will have to make it so the cradle can be secured to the rack, then the boat secured to the cradle. I accomplished this as an afterthought when I discovered that the hooks on the straps I had purchased wouldn't go over the bars of the rack. So I added plywood tabs and ran bolts underneath the bars to secure the cradle.

Now, a word about tying a boat down. I have two straps over the boat just fore and aft of the cockpit, then two more from the bow and stern of the boat to the cradle, then two more from the bow and stern down to the car. I have observed many kayakers being transported with just two ties on either side of the cockpit. I

prefer not to have to worry about the boat on a 7 hour late night trip to Maine so I use the extra lines.

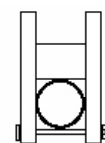
I took leftover plywood from other projects, but if you are buying get at least 3/8" exterior grade plywood. I also used some 1 x 3 or 1 x 4 inch wood to tie the two pieces of the rack together, some 1/4" ply for pads, and some 2 x 3 or 2 x 4 for spacers.

Here is how I proceeded:

1. Take the cardboard patterns you made and cut two pieces of 3/8" ply for each pattern. The reason you need two is that one goes on each side of the roof rack bar, so you have a forward pair and an aft pair. Use a saber or jig saw for this. One thing you need to consider in laying out the pattern is that you will be adding padding, so you will need to allow for this by removing material from your cardboard pattern before you cut. Allow for your 1/4" ply or 1 x 3" fur-

ring strips and the thickness of the closed cell foam you will use as pads. (Same stuff you use to pad your cockpit)

2. Next, rip pieces of 2 x 3 or 2 x 4 the same width as your roof rack bar's diameter. This will serve as a spacer for your plywood so it sits over the bar like a saddle on a horse. You can add extra spacers to stiffen it up if your cradles are tall. On the bottom a 1/4" wide bolt and wing nut holds the assembly from lifting off the

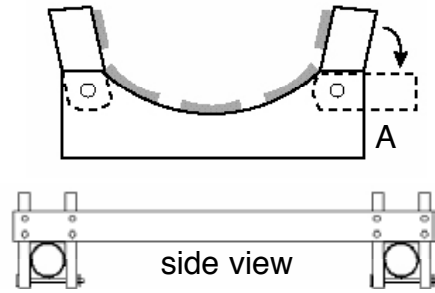


Yakima tube.

3. Glue and screw everything together. I use water resistant wood glue and wood screws.

4. Place the assembled cradle parts on the roof rack and cut two pieces of 1 x 3 or 1 x 4 to attach the front and rear cradle pieces together and hold them in proper alignment when the kayak is absent. At this

time mark holes for bolts to go under the bars if this is your method of attachment. 5. At this time remove the cradle from the car and with your kayak inverted make sure that the cradle fits over the boat with room for the padding. Cut small rectangles of 1/4" ply or if your boat has lots of curvature, multiple pieces of 1 x 3 or 1 x 4 to act as bases for the padding. You can put pieces of padding down where you want them, then pieces of wood, and mark the location. Remove cradle from boat and glue/screw the wood pieces. At this time you will also want to drill holes for any eye bolts or screw eyes used for tie down points and for any pivot bolts. Then paint using any exterior grade paint. 6. What is this about pivot bolts? Well, if you have a rack that comes up past the hull-deck joint, and your boat is a typical kayak, the maximum beam is at the cockpit and the boat gets narrower toward the ends. If you are going to slide the boat on



Both cradles are held together with side pieces (1" x 4" stock) that make the rack into a 1 piece unit.

from one end you will need to allow for this on at least one end of the rack. I did this by making the sides pivot down. This can also be handy for loading from the side. See drawing (A) above.

7. One final touch I added was a trailer roller, obtainable in any marine store selling trailer parts- a "H" section keel roller, in amber rubber, as well as a mounting bracket, etc, were available for about \$12

total. Bolted onto the back of the cradle, this enables me to slide the boat up easily. I use a small bow wheel set to move the boat around and by putting one end up on the roller can easily roll the boat right up into place. I have a bigger set of mid-ship wheels for rolling over sand or mud, too. (Fig. 3 shows boat being placed on roller)

Does it pay to make your own rack? I think so, especially if you have some materials around to work with. You can make your cradle very simple or exceedingly sturdy (mine served as a cradle for the boat while I built and worked on the cockpit area and figured out seating and support, and I still use it this way when I need to sit in the boat). Feel free to call with questions or ideas if you take on this project.

-Lenny Lipton 860-778-3745

Tents

...two views



The days are finally getting longer and the weather will soon be getting warmer. For many of us, this means warm weather camping.

Camping with a kayak presents a few challenges in the way of space and weight as well as price and type. No matter what size or type boat you paddle space is at a premium. An item like a tent needs to be light and compact while not being too costly.

With renewed interest in camping, there have been new ideas in styles and types of materials used.

I have been camping for a number of years with my daughters and their friends using my small, foreign car. It was a real challenge to pack up to five people, several tents, sleeping bags, cooking and eating utensils as well as food in one car. From my experience I have found that the best tent when size and weight count is the nylon dome tent.

The nylon dome tent with shock corded fiberglass frame is light, compact and very easy to set up and take down. These tents can range in price from under fifty dollars up to several hundred depending on whether they are three or four season

tents. Unless you are a very hardy soul, the kind of person that would go camping in a blizzard, then a three season tent is all you need. I've found that you can get a decent tent without having to spend a king's ransom. A two or three man tent in the range of fifty or sixty dollars can give you many years of service while being easy to pack and set up. Just remember that it doesn't need to be expensive to be good.

- Marc LaComb

Imagine - you've been car camping for years with the tent to match, the 8 x 10 canvas creation that has become your large and comfortable home away from home. So it takes a lot of room - no problem. If the car is too full you can always toss it onto the roof rack. Now you've gone and purchased a kayak and want to camp at all those remote getaways you can't get to by vehicle. Where do you put the tent? It's way too big for your hatch even without the drybag. If you can manage to get it into the cockpit - where will you sit?

Backpack tents are the solution. They are light and pack small. There are numerous good brands on the market to choose from (Eureka, Kelty, Northface and REI to name only a few). You need to decide between a three or four season tent first. The former is for use from Spring to Fall with all the normal weather variations. The latter is for extreme use - winter camping or camping at those higher elevations with snow and wind. It also will depend on how you're going to use the tent when not on the water. The next deci-

sion is between the free standing tent and the one you have to stake first to pitch. It's easier to move a free standing tent when you're on a rock and you will sometimes find places you can't get the stakes into the ground.

Buy your tent from a reputable dealer. Somehow, I don't feel that a no-name tent from the department store is going to stand up to normal wear and tear. Plus the major manufacturers will stand behind their product. Put the tent up a few times before you try to go camping with it. That way you'll eliminate any missing parts and it will be easier to get it pitched if you're in a hurry. Finally after the trip is over make sure that all the pieces are clean and dry before storing away. Do that and your tent will keep you warm and dry for years to come.

- Cheryl Kenez

AN IMPORTANT REMINDER

With ConnYak dues now \$15 for individuals and \$25 for families, the very important intention is that all members will join the American Canoe Association (\$15 individual and \$20 family) for the liability insurance benefit of \$1 million per individual and \$5 million total for each occurrence. American Canoe Association 7432 Alban Station Blvd., Suite B-226 Springfield, VA 22150-2311 Tel. # (703) 451-0141, FAX # (703) 451-2245, e-mail: acadirect@aol.com

Members that have paid \$30 this year will have their membership paid up for 2 years and the renewal date on their mailing label will reflect this.

BASIC KAYAKING & ROLLING

June 8- Basic Kayaking, June 9 - Rolling
East Hartford - The Kayaking Company

Basic instruction includes paddling strokes, braces, rescues. Registration is required from East Hartford Park & Rec. 860-528-1492

July 14- Basic Kayaking, July 28- Rolling
at Wallingford Outdoor Pool

Instructors Cheri Perry, Cheryl Hensel and Beth McCabe. For course information call - The Kayaking Company 203-265-4147

GREENLAND PADDLING WKSHP & SKILLS & RESCUES CLASS

June 7 - Greenland Paddling Wkshp.
June 28 - Skills - both in CT thru the AMC

Paddling strokes, braces, various rolls, rescues and demonstrations.

Reservation and fee is required.

BCU Instructor Fern S. Usen

INUKSHUK Kayakers -(860)-529-4612
or email: inukshuk@mindspring.com

Greenland paddles will be available.

CT CANOE AND KAYAK DAY

SUNDAY, MAY 17, 11:00 - 4 PM
MANSFIELD HOLLOW, MANSFIELD, CT

9th annual CT Canoe and Kayak Day will host a group of events related to Kayaking. On water kayak try-outs, rescue & rolling demonstrations and more. The event is sponsored by the Columbia Canoe Club. Mansfield Hollow is located off Rt. 195 in Mansfield Center. For info. 860-456-4906

PADDLING WITH CHILDREN

We often paddle with our son and would like to contact other families who paddle with kids aged 5-10. Perhaps to plan a trip together, perhaps to share experiences or ideas. Sometimes its just nice to have company. Please contact Jeff or Pat Dionne-Dickson at 860/693-8793.

CONNAYAK T-SHIRTS ARE JUST ABOUT GONE

T-shirts have arrived and gone! They will be at the meetings. Price to club members \$6. Don't panic ...we will order more!

Round Ireland '96' Friday, May 15 Essex Town Hall

Chris Duff has accumulated over 14,000 miles of sea kayaking since 1983 when he paddled 8,000 miles around the eastern third of the US and Canada.

In 1986 Chris became the first person to solo circumnavigate England, Wales and Scotland.

With the completion of the Irish expedition in 1996, he is the only person to have soloed the entire British Isles. In addition to these trips he has paddled extensively throughout Washington State and British Columbia, both as a sea kayaker as well as a white-water river paddler.

He has been guest speaker at several national sea kayak symposia - L.L. Bean Symposium (Maine 1987), Great Lakes Symposium (Michigan 1997), and West Coast Symposium (Washington 1997).

Sea Kayaker magazine (Spring 1987), published an article entitled The Lucky One, about his first kayak trip around the US and Canada. Chris was a contributing author to Seekers Of The Horizon (Globe Pequot 1989), and has recently (June 1997) had his article, An Emerald Isle To Starboard, published in Sea Kayaker magazine.

Chris has recently signed on as spokesman for Werner Paddles, a Seattle based leader in the paddle industry who has donated paddles for his past expeditions.

Round Ireland '96 is an hour and a quarter slide presentation that places the viewers in the cockpit of an expedition sea kayak and takes them along on this 1200 mile three month solo journey. It is a story of the wild North Atlantic as well as the warmth of the Irish people Chris encounters along the way. There is humor, wit and the drama of massive seas battering the exposed west coast of this enchanted island country.

EVENTS

SELDON ISLAND CAMP & PADDLE

Saturday, May 16 - non campers welcome
...on the Connecticut River, 10 am launch

Shake the spiders out of your tent! We will be launching at a sandy beach located between Goodspeed Opera House and Goodspeed Airport in East Haddam, CT . There's a variety of paddling options we can discuss at launch time. Non campers will be paddling along for a lunch paddle and later returning to the launch area.

The campsite ConnYak has reserved is called the Cedars and is located on the northern tip of Selden Island. The site can accommodate 20 overnight campers - so you must call to reserve a spot. The site is protected, but bring plenty of warm clothes in case of weather changes.

This is island camping ...so you must bring your water. There's a fire pit on the site but I'm not sure if there's a grate for cooking. There's good hiking for those who want to explore the island. Bring plenty of food and good spirits to enjoy the event.

Call to reserve a camp site if you're planning to camp - 860-278-7440.

Directions:

Exit 7 off of Route 9. At the end of the mile long exit ramp turn left on to Route 154. 1/2 mile turn rt. on to route 82. Go over the bridge (CT River)- Airport and Goodspeed is on the right.

Note: All paddlers on ConnYak trips must wear the appropriate CG approved Personal Flotation Device and wear a spray skirt. The boat and equipment must meet CG requirements, including an appropriate signaling device. All paddlers are responsible for their own safety, including dressing for immersion. Beginners must have taken a basic course and be proficient in performing a wet exit. (always carry extra dry clothes)

Trip Cancellations - In doubt due to weather? call 203-481-1881 - a message will be on answer machine.

CLASSIFIED

Feathercraft K1 Expedition Single (foldable kayak) 15' 11" x 25", sea sock, spray skirt, color teal, 1996 costs \$ 3850.00 sacrifice \$3500.00. Never in the water. 203-772-3174.

Dagger Magellan-light blue 16'8" x 22.5" wide with rudder. 1 year old. Asking \$800.00 203-488-0894 or edmilnes@compuserve.com

Necky Tesla, Kevlar. 17 ft X 24", 45 lb. Teal Deck, white hull. \$1650 or BO. 860-693-8205

Kokatat Drysuit, men's large, Swift entry, new in 12-97 - \$225, Cricket Greenland paddle, new cond. - \$150 - 401-596-4482

2 Woman's Kokatat drysuits, med & small - Bib style, boots incl. Never used. \$275. 860-693-9625

Swift North Sea, 17'X 23", glass-45 lbs, 2 yrs. old. \$1100. 203-421-4476, e-mail: Jgass@snet.net.

Women's feet heaters, size 5 -\$15. Women's wet suit, sm. farmer John & Jacket \$100. 203-481-1912

Toksook Paddle - two piece - carbon fiber Ex. cond. \$230.00. 860-529-4612

Arluk II, Kevlar, 18 ft x 22", 45 lbs, rudder. Teal. \$1500. 860-521-9054.

Keowee - 10 ft. x 26", spray skirt & Paddle \$325. 860-793-1285

Wanted: Wilderness Systems Tchaika in good condition. 860-658-2746

ROUND IRELAND '96' SLIDE SHOW - FRI. MAY 15

Essex Town Hall, Essex CT 7:30 PM

Directions: Route 9 to Essex. Exit 3. (from the south) at the end of the ramp turn left and take a rt. at the 1st light. (from the north) at the of the end of the ramp go left, under Rt 9 bridge - left at first light.

Head into Essex Center on West Avenue. The Town Hall is a third mile up the hill on the left, at the corner of West Avenue and Grove Street. Parking in the rear.

MOVING WATER PADDLE

Sat. June 6. - Connecticut River - pack lunch

Learn to play the tidal currents. We'll practice eddy turns, ferries, and other moving water techniques on the CT River below the King's Island launch ramp. Call for info. Clark Bowlen. 860-623-6587

SOME OTHER TRIPS SENT TO US...

Sat., May 9 & Sun., May 24 - CT Coast. CT chapter AMC. call Ted Groom for location of paddle and time. 203-484-2086

Send newsletter articles or classifieds to:
Jay Babina E-mail Jbabina@snet.net
7 Jeffrey Lane, N. Branford, CT 06471
203-481-3221 Fax 203-481-1136

KAYAK SKILLS & ROLLING

Urban Eskimo Kayaking - Mike Falconeri

Skills Workshop, Sat., May 9, 11 - 3

Eskimo Rolling, Sun., May 10, 10 - 12:30

Classes held at Sheehan High School Pool in Wallingford. Call Wallingford Park & Rec 203-294-2120 or Mike at 203-284-9212.

TO JOIN CONNYAK...

ConnYak is a non profit club that is open to all paddlers interested in sea kayaking from any location. ConnYak annual membership fee is \$15. Members can join the ACA through the club for \$15 which entitles you to full insurance coverage on trips as well as a full subscription to PADDLER Magazine. (a \$15 subscription) Send inquiries to: Stan Kegeles P.O. Box 2006, Branford, CT 06405 e-mail Connyak@mindspring.com

Many thanks for the response of needed articles. They will all be published - ConnYak



ConnYak
CONNECTICUT SEA KAYAKERS

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