



Running the Rapids: White-Water Rafting, Canoeing, and Kayaking / (Adrenaline Adventure)

Jeff C Young

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This title introduces readers to the adventurous sports of white-water rafting, canoeing, and kayaking. Readers will discover each sport's unique, must-have equipment in the text and diagrams, from canoes, kayaks, and rafts to life jackets, helmets, paddles, spray skirts, and bailing buckets. Important safety practices are also covered, including personal flotation devices (pfd), physical requirements, and water hazards. Chapters highlight history, river grading, paddling strokes, capsizing, and rolling. They also cover competitions, such as slalom, sprint, and downriver races, as well as famous athletes, including Dana Chladek, Michal Martikan, and Tao Berman. Sidebars on respecting the river and white-water lingo will put readers in the know. Readers can also find out how to get started in this exhilarating sport and where to find popular white-water locations such as North Carolina, Idaho, Costa Rica, Chile, and South Africa. Striking, colorful photos will put readers right in the middle of these action-packed sports. They'll have a blast getting ready for an Adrenaline Adventure! Checkerboard Library is an imprint of ABDO Publishing Company.

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