



AMERICAN WHITEWATER

BY BOATERS FOR BOATERS

January / February 2004

Women

celebrating whitewater

Boats for Women
Girls at Play
Advice from the Pros

CFC United Way #2302

\$4.95 US
\$7.70 CAN

www.americanwhitewater.org

Browns and Grand Canyon
Access Updates

Conservation • Access • Events • Adventure • Safety



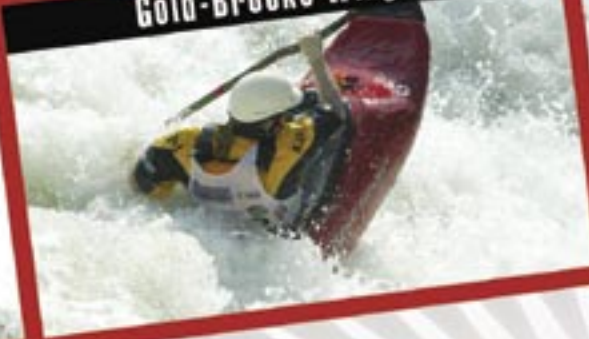
WAVE SPORT



Silver-Deb Pinniger



Gold-Brooke Winger



Bronze-Jutta Kaiser



TRANSFORMERS

DOMINATE

**2003 WOMEN'S WORLD
FREESTYLE CHAMPIONSHIPS**

www.wavesport.com





AMERICAN WHITEWATER

A VOLUNTEER PUBLICATION PROMOTING RIVER CONSERVATION, ACCESS AND SAFETY

Corrections	4
Corner Charc by Risa Shimoda	5
Forum by Tim Nickles	6
AW Partner Spotlight	8
History: Whitewater Women by Sue Taft.....	9

Columns:

• 50 Classics by Tyler Williams	10
• Finding a New Creek by Clay Wright	12
• Recipe for a Foamie by Pat Keller	14
• Ask Mom: Heidi Wade by Tim Nickles	15
Political Update: House Party by Jason Robertson	16
AW Celebrates 50 Years: Board of Directors	18
Conservation/Access by Kevin Colburn, Jason Robertson & John Gangemi	
• Region: East	20
• Region: Central and Mountain States	21
• Region: West.....	23
• Region: National	25
• HRC Partner Focus - IRU	26
• Hydropower Reform Coalition	27
• Riversmart by Tom Christopher	75

Special Features:

• Women in Whitewater by Tim Nickles	28
• Meeting Mindu by Polly Green & Maria Noakes	36
• Girls at Play / Trip Report by Anna Levesque.....	44
• Powerhouse Petite by Lila Marie Thomas	50
• Getting into Paddling by Tera Schreiber	52
• Designing Boats for Women by Tiffany Manchester	54
• Confidence and Frustration by Tanya Shuman	56

Reviews:

• Gear: Bomber Gear's W's Capri Pants.....	58
• Video: Girls at Play by Nicole Gale	59

River Voices:

• Brush Creek - California by Cindy Winslow	60
• Tshletchy Creek by Oliver Deshler	61

Events:

• 2004 Event Schedule	70
-----------------------------	----

CFC UnitedWay #2302

Support American Whitewater through CFC or United Way

All the federal campaigns, and a few of the local United Way campaigns will allow you to donate through them to AW. Check to see if yours in one of them.

Also, check to see if your employer will match your charitable contribution - double your money, double your fun!



Cover by Robert Faubert
*Tanya Shuman on Lachine in
Montreal, Canada.*



Printed on Recycled Paper

American Whitewater Journal

Volume XLV, No.1

F E A T U R E S



Political Update

House Party!

pg. 16

Conservation & Access

pg. 20



Feature

Women in Whitewater

pg. 28



Publication Title: American Whitewater
Issue Date: January/February 2004
Statement of Frequency: Published bimonthly
Authorized Organization's Name and Address:
American Whitewater
1424 Fenwick Lane
Silver Spring, MD 20910



Purpose

American Whitewater

Our mission is to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.

American Whitewater (AW) is a national organization with a membership consisting of thousands of individual whitewater boating enthusiasts and more than 100 local paddling club affiliates.

CONSERVATION: AW maintains a complete national inventory of whitewater rivers, monitors threats to those rivers, publishes information on river conservation, provides technical advice to local groups, works with government agencies and other river users, and-- when necessary-- takes legal action to prevent river abuse.

RIVER ACCESS: To assure public access to whitewater rivers pursuant to the guidelines published in its official Access Policy, AW arranges for river access through private lands by negotiation or purchase, seeks to protect the right of public passage on all rivers and streams navigable by kayak or canoe, resists unjustified restrictions on government-managed whitewater rivers and works with government agencies and other river users to achieve these goals.

EDUCATION: Through publication of the bi-monthly magazine, and by other means, American Whitewater provides information and education about whitewater rivers, boating safety, technique and equipment.

SAFETY: AW promotes paddling safely, publishes reports on whitewater accidents, maintains a

uniform national ranking system for whitewater rivers (the International Scale of Whitewater Difficulty) and publishes and disseminates the internationally recognized AW Whitewater Safety Code.

EVENTS: AW organizes sporting events, contests and festivals to raise funds for river conservation, including the Gauley River Festival in West Virginia (the largest gathering of whitewater boaters in the nation), and the Deerfield Festival in Massachusetts.

AW was incorporated under Missouri nonprofit corporation laws in 1961 and maintains its principal mailing address at 1424 Fenwick Lane, Silver Spring, MD 20910 (301) 589-9453. AW is tax exempt under Section 501(c) (3) of the Internal Revenue Code.



American Whitewater Journal Staff

Editor
Tim Nickles
1424 Fenwick Lane, Silver Spring, MD 20910
phone 303-447-3890
e-mail: editor@amwhitewater.org

Co-Editor
Tim Catalano
Graphic Design/Production
Christie Dobson

Photo Editor
Scott Collins

Contributing Writers
Tim Nickles, Sue Taft, Risa Shimoda, Kevin Colburn, John Gangemi, Jason Robertson, Tyler Williams, Clay Wright, Pat Keller, Carrie Keller, Mike Phelan, Jenna Borovansky, Rebecca Sherman, Polly Green, Maria Noakes, Tanya Shuman, Nicole Gale, Tracy Foster, Tom Christopher

Photo Contributors
Matt Davanzo, Tyler Williams, Jennings Steger, Clay Wright, Rhea Keller, Jackson Kayaks, Gretta Yao, Kevin Colburn, Curtis Burge, Dan Gavere, Bryan Kirk, Polly Kelly, Polly Green, Chris Hipgrave, Robert Faubert, Katie Johnson, Tanya Shuman, Valerie Kruger, Andy Bedingfield, Jimmy Blakeney, NOC, Billy Harris

Advertising Director
A.J. McIntyre
1424 Fenwick Lane, Silver Spring, MD 20910
phone 301-589-9453
e-mail: aj@amwhitewater.org

Safety Editor
Charlie Walbridge
Route 1, Box 329F, Bruceton Mills, WV 26525
e-mail: ccwalbridge@cs.com

Conservation and Access Editors
Jason Robertson, John Gangemi
jason@amwhitewater.org; jgangemi@digisys.net

American Whitewater Magazine Task Force
Jeff Espy, Dunbar Hardy, Dale-Marie Herring, John Mason, Tanya Shuman, Ambrose Tuscano

Missing Copies and Address Changes
nick@amwhitewater.org

American Whitewater is printed by
Spencer-Walker Press, Inc., Newark OH.
All rights reserved.

EDITORIAL DISCLAIMER

The opinions expressed in the features and editorials of American Whitewater are those of the individual authors. They do not necessarily represent those of the Directors of American Whitewater or the editors of this publication. On occasion, American Whitewater publishes official organizational policy statements drafted and approved by the Board of Directors. These policy statements will be clearly identified.

Board of Directors & Staff

Sutton Bacon
sutton@suttonbacon.com
Rome, GA

Lee Belknap
rivergypsy@sprintmail.com
Hendersonville, NC

Rich Bowers (Honorary)
nwrivers@attbi.com
Bellingham, WA

Dave Cernicek
dave@losalamos.com
Jackson, WY

Tom Christopher
tom.christopher@comcast.net
Lancaster, MA

Adam Eichberg
adam.eichberg@tpl.org
Denver, CO

Jennie Goldberg
jennie@nwwhitewater.org
Seattle, WA

Joe Greiner
joekayak@worldnet.att.net
Raleigh, NC

Barry Grimes
bagrim1@pop.uky.edu
Richmond, KY

Chris Kelly
ckelly1022@aol.com
Columbia, MO

Tim Kelley
tmkelley@clarkson.edu
Potsdam, NY

Jay P.K. Kenney
jay@smallworldadventures.com
Denver, CO

Don Kinser
dkinser@ediltd.com
Marietta, GA

TOLL FREE NUMBER 866-BOAT4AW

Jeff Leighton
jeffleighton@prodigy.net
LaFayette, CA

Kevin Lewis
klewis@snowcrest.net
Anderson, CA

Sherry Olson
sdopc@mindspring.com
Cumming, GA

Aaron Pruzan
jacksonholekayak@wyoming.com
Jackson Hole, WY

Norwood Scott
wns111@aol.com
San Francisco, CA

Dave Steindorf
dsteind@telis.org
Paradise, CA

Sarah Stephenson
sarahs@gsdl.com
Asheville, NC

Barry Tuscano
barry@greensburg.com
Bolivar, PA

Charlie Walbridge
ccwalbridge@cs.com
Bruceton Mills, WV

Kara Weld
kara@immersionresearch.com
Confluence, PA

BOARD OFFICERS

President: Kevin Lewis
Vice President: Jennie Goldberg
Secretary: Chris Kelly
Treasurer: Sarah Stephenson

AW STAFF

Risa Shimoda
Executive Director
1424 Fenwick Lane
Silver Spring, MD 20910

Michael Phelan
Outreach Services Director
20 Battery Park Ave., suite 302
Asheville, NC 28801

Kevin Colburn
Eastern Conservation and
Access Director
20 Battery Park Ave., suite 302
Asheville, NC 28801

John Gangemi
Western Conservation and
Access Director
482 Electric Avenue
Bigfork, MT 59911

Jason Robertson
National Policy Director
1424 Fenwick Lane
Silver Spring, MD 20910

Scott Collins
Technology Director
1300 NE 49th Avenue
Portland, OR 97213

A.J. McIntyre
Corporate Relations Director
1424 Fenwick Lane
Silver Spring, MD 20910

Nick Lipkowski
Office Manager
1424 Fenwick Lane
Silver Spring, MD 20910

Ben VanCamp
Events Coordinator
20 Battery Park Ave., suite 302
Asheville, NC 28801

Kayak **NEW** session

The International WhiteWater Magazine

**AW member
special
offer***

**Subscribe now
and save over
37% from
cover price**

\$24.99
instead of ~~\$39.80~~
FREE SHIPPING
+ get a free poster !!

100% whitewater more photos than any
other kayaking magazine. Fresh, powerful,
and inspiring... yep,
that's Kayak Session!



*Special offer available only
with the use of the present form
(photocopy accepted)

Please sign me up for one year (four issues) ☐
Start my subscription with: ☐ current ☐ next issue

Visit award winning website
www.kayaksession.com

Name _____
Address _____
City _____ State _____ Zip _____ Phone _____
email _____
Method of payment ☐ Mastercard ☐ Visa ☐ Cheque
Credit card Number Exp. date: ____/____/20____
Signature _____

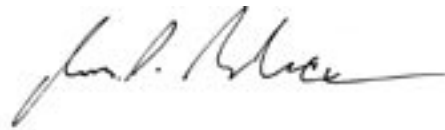
You may fax this form and/or credit card orders to: 301-565-6714

Detach and mail to: American Whitewater / Kayak Session Subscription - 1424 Fenwick Lane, Silver Spring, MD 20910
Call Toll free: 866-BOAT4AW - info@amwhitewater.org or subscribe online @ www.kayaksession.com

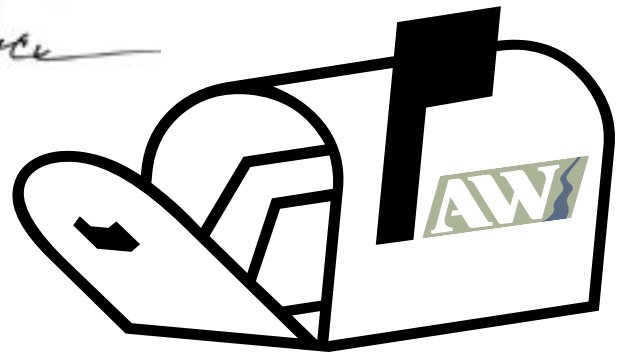

Corrections

I would like to extend my sincere apologies to **Lauren Cook** and **Cindy Huang** for failing to properly credit Lauren for his article on the Mongaup River in the Sept/Oct. '03 issue of the Journal, p.17 and Cindy for her photograph of Ray Lin and Tom McIntyre negotiating the rapid under the Route 97 Bridge on the Mongaup. My thanks go out to both for their help and patience.

Sincerely,




Jason Robertson
National Policy Director


Kayak

Ecuador



NOV. THRU FEB.
SMALL GROUP SIZE
CLASS III+ TO EXPERT
IN ECUADOR SINCE '95

DERIEMER
ADVENTURE KAYAKING
QUALITY GUIDING AND INSTRUCTION.




Rogue
Middle Fork Salmon
Grand Canyon
Instruction

www.adventurekayaking.com
INFO@ADVENTUREKAYAKING.COM
TEL (866) KAYAK 66



Canyons, INC.

IDAHO'S MIDDLE FORK & MAIN SALMON
1-888-634-2600 www.CanyonsInc.com



BUILT SINCE 1986
The **SHREDDER** easily
rolls up to a compact
18"x28"! The cross
tubes & raised floor
eliminate the need for
a bulky frame.
Price \$1,600.00
Airtight Inflatables
724 - 329 - 8668
P.O. Box 36
Ohiopyle, PA 15470
Ask for Toni

SHREDDER The first SELF-BAILING
all inflatable cataract!
NO HARD PARTS!

Made in Pennsylvania 98% domestic content!

Corner Charc

by Risa Shimoda

It seems as though more women than ever are on the river these days.

The Outdoor Industry Participation Study for 2002 found that 35% of whitewater kayakers are women, a far cry from the situation years ago when finding women on the river was a rarity.

So what? What does it matter for there to be women on the river in greater numbers?

My own experience is a little weird, so I have a warped perspective on things. I grew up with two brothers as my models for achievement, so it rarely occurs to me that spending a day on the river with a group consisting of men is unusual. Separately, my first experiences paddling were with individuals whose names were Frank, John, Howard, Steve, Brent...and Jeni, Jean, Julie, Mary and Cristine! Many weekends were spent learning in a group whose gender makeup was 50/50.

As time passed, the makeup of my paddling groups has shifted to where I spend more time on the water with guys than women.

Again: so?

So...paddling with, learning amidst, and sharing a history that involves "girls" can make a paddling trip a bit more complicated. The array of interests and sources of motivation grows. Personal interaction can become a bit more complex. Members of the group may be (at least for an hour or so) a bit less casual. Relative to a single-sex experience, there may be slightly less "escape," or a license to let one's hair down.

The tradeoff is that it's more fun, too. The greater variety fosters really neat opportunities to know more types of people. Pretty simple.

The stereotype of women in a group being less skilled or more timid may still be operative, but has decreased significantly. Today, seeing several women, even a posse of 'em boating together, is not uncommon;



Risa Shimoda
Executive Director
photo by Dan Gavere


seeing a class comprised of 50+% women is also not unusual. I often find myself impressed by new women paddlers who are paddling enthusiastically and aggressively.

There are several notable factors in the shift in paddling's gender profile:

More information and education specifically available for women.

Better gear: some pieces are actually great. A diminishing stigma that girls drag down a group's performance or capacity to learn. More role models - heroines - among the ranks of moms, athletes, and those who balance family and enthusiastic avocation.

Perhaps the only benefit to there being fewer older women paddlers is there are fewer cranky older women paddlers than men!

In Anna Levesque's video *Girls at Play* (whose debut received a standing ovation at the First Annual Whitewater Instruction Symposium), one of the many vignettes and on-camera quotes is by/from Christie Dobson. I LOVE it as an illustration of both what is honest and insightful. It is also delightful. When asked "What is your best piece of advice to women who kayak?" CD responded "My best advice to women who kayak would be, 'don't paddle the Class V Narrows of the Green the first day of your period, just go shopping instead.'" 

Where are you Paddling this Winter?



Kayak Ecuador

In the heart of Ecuador's most spectacular terrain are the clear waters of steep upper Andean creeks, thundering rapids of big volume Amazonian tributaries and warm water play runs.

These are our playgrounds and we invite you to join us and challenge yourself on them.

November-March
Beginner-Expert

SMALL
WORLD
KAYAKING
ADVENTURES

800-585-2925
smallworldadventures.com

Forum

by Tim Nickles

Tim Nickles
Editor
photo by Matt Davanzo

You would think boaters wouldn't be a politically-minded lot, that we'd be more concerned about catching a wave or running a creek than discussing candidates or issues.

But judging by the number of posts in response to a recent Bush-bashing on Boatertalk, you'd be wrong. In fact, by that benchmark you'd think that boaters cared more about politics than boating! These days it is hard to pass up a chance to bash, er, discuss our current administration but I think it is significant that political issues make such big waves on an online discussion forum dedicated to boating. Boaters seem to care about politics a lot and that is a positive.

Whether we like it or not, politicians have a lot of power over our waterways and they don't always think of paddling when making decisions. For better or worse, they are simply human and have to make the call based on the information they have at hand. That is basically what lobbying is all about: getting in lawmakers' faces and yelling loud enough about whatever your issue happens to be. Admittedly, this process gets corrupted

by campaign contributions and the political voice of sparsely funded groups is compromised. But my point is that if boaters want to maintain (let alone increase) their presently enjoyed freedom of paddling most runnable waterways in the US, we've got to keep raising our voice. You know, rise up.

Overdramatic? I don't think so. It is a curious feature of the current global economy that natural resources only have a value once they've got a price tag. The system does not value services provided by ecosystems when those services cannot be sold. Services such as clean air, habitat, fresh water, sick creeking, playholes, or a host of other magical things natural areas provide us with simply do not make it onto the balance sheet. Consequently, they do not get adequate protection or even attention within our current system. Without the agitation of dedicated paddlers or the dollars of generous ones, we would likely be losing paddling opportunities over time rather than gaining new ones.

Referendum A, here in Colorado, was and example of this. The referendum proposed the expenditure of up to \$4 billion in state tax revenues on unspecified manipulation of Colorado's water resources to "combat drought." This would have had an unknown but most likely negative impact on paddling



access and availability in Colorado as well as disrupting natural waterways. The referendum was strongly defeated but the point is still that paddlers need to keep a wary eye on policy-makers to make sure our interests are not compromised without reason.

Alright, enough politics for now – I'm switching gears. Another thing I've noticed on forums like Boatertalk is that most of the posters are guys. Am I imagining this? What it is about the message board format that attracts men more than women? I'd be curious to hear what you think – drop me a note and I'll publish the clean ones.

On the topic of women, the issue you hold in your hands features Women in Boating and I think we've done a good job of representing. In 2004, the American Whitewater journal is adopting an editorial calendar to help us organize content, solicit submissions, and hopefully make the journal more appealing. Check the American Whitewater website for the complete 2004 editorial calendar.

The submissions for this issue varied from instructional to inspirational to just plain fun. For our feature article, I interviewed a number of impressive female paddlers to get a sense for how their boating experiences affected them, how the sport has changed over the years for women, and what makes them tick. One recurring theme was that gear for women has really come around in recent years but still has a ways to go before it is no longer a limiting factor.



Anna Levesque sent us a great story about her experience with a number of women while filming her movie *Girls at Play* (reviewed in this issue). She relates that, while they had a blast paddling some of the beautiful rivers around Montreal, the trip was about more than just paddling. They bonded through experiences on and off the water and really felt they helped each other become better and more inspired paddlers.

A couple AW members, Tera Schreiber and Cindy Winslow, shared their experiences facing fear and overcoming personal boundaries in two stories. Tera tells us about learning to kayak with a whitewater school in Northern California while Cindy talks about transformation while becoming more and more comfortable running falls and slides on Brush Creek in Kernville, California.


Wondering whether boat designs for women are still evolving? Tiffany Manchester thinks so and tells us why designers need to keep pushing female-specific designs or start cross-dressing if they think their job is already done. She gives manufacturers some useful hints about where designs need to go and how to think about women's boats differently than men's.

Lila Thomas gives us an interesting account of Brooke Winger's success and the story of how she got there. Brooke's determination illustrates how a champion is made.

Outside this issue's theme, Pat Keller and Clay Wright continue to provide insights into becoming better, more well-rounded paddlers. Pat gives us another article on using foamies to read water better and Clay provides some very interesting advice on

finding new creeks to run and how to go about getting your gear to them.

If you need inspiration to get out and use some of Pat's or Clay's ideas, check out the excellent story on Tsheltshy Creek written by Oliver Deshler. His article is about adventure and discovery in the Olympic Mountains and will make the experience of running remote, difficult-to-access creeks come alive for you. You'll probably want to re-read Clay Wright's column afterwards and get after it this winter.

Thanks a lot to all of you who sent in material for this issue. Putting together an all-volunteer journal every two months is daunting and we really depend on everyone reading this to make it happen. As always, don't hesitate to submit articles or questions to me at editor@amwhitewater.org. Happy lines out there. 

SWF... soft spoken, plays the harp and sings in the choir. Also rules class V and throws nasty air on big waves. Looking for SM, six ft. tall, brn hair, blue eyes, model type to run shuttles and keep beers cold. Also looking for quality boating gear that's strong enough for a man but made for a woman. (970) 259-1571

Don't let the water in.



www.bomborgear.com

AW Partner Spotlight

Immersion Research and TEVA



In 2003, Clif Bar initiated The Flowing Rivers Campaign to help AW increase its Affiliate Clubs through six \$500 grants to support work on conservation, access or safety issues. Clif Bar has extended its support in 2004 and AW looks forward to continued success.



AW looks forward to continuing its relationship with Dagger in 2004. Look for opportunities to paddle with Team D through your local AW Affiliate Club!



In 2004, Smith Optics continues its sponsorship of AW's River Festivals and is now offering AW major donors a special gift from Smith Optics.



Last year, Lotus Designs co-branded the Sherman PFD and Spectra Throwbag to support AW work, becoming one of AW's biggest Corporate Sponsors. For 2004, they are adding two co-branded pfd's, including the women's Lolita so female paddlers can show their support of AW!



NOC looks forward to continuing their successful Rapid Progressions Clinics and supporting AW by educating new paddler's about the rivers they enjoy while helping to increase AW's membership!



Kokatat remains one of AW's strongest allies by continuing support of AW events and outreach and is playing a major role with AW's River Stewardship Institute on the Klamath River this year.



In 2004, Mt. Surf again supports AW with co-branded Duro-Ring Spray Skirts. Mt. Surf has been supporting AW's work to provide access at the take-out of the Upper Yough.



Patagonia awarded AW a \$5,000 grant to acknowledge our leadership role in restoring rivers through the hydro-relicensing process in the western U.S.



Back by popular demand, AW will be releasing its revised Safety Flash Cards. Adventure Medical Kits produces these essential cards which will be available from retailers carrying the Adventure Medical Kits line of products.



In 1982 Mark Thatcher built the first sports sandal out of inspiration and a little ingenuity.

Ideal for rafts and rapids of the Colorado. His creation combined the spirit of a sandal with the soul of a shoe. Teva® soon became synonymous with a better way to amble through the outdoors.

Today the demands of the outdoor athlete are as rigorous as the elements themselves. From canyoneering and kayaking to trail running and trekking, Teva® has moved on-shore and up-range.

With performance features, new technologies, and improved functionality, Teva® is the natural evolution in footwear for the outdoor athlete.

AW and Teva have worked together on various projects for many years. In 2002, that relationship evolved into the first national series of freestyle events culminating with the Teva National Whitewater Championships. The success of the Championships were instrumental in attracting the media attention necessary to reenergize the stalled negotiations for water on the Ocoee River in Tennessee. In 2003, AW signed an agreement that guarantees 54 days of water in the Upper Ocoee River at the Olympic Whitewater Center.

In 2004, Teva has partnered with the producers of the "Reggae on the River" CD and Earthbeat Productions to donate \$1/CD from the sale of the CD commemorating the 25th Anniversary of "Reggae on the River".

Immersion Research was founded in 1913 when two German immigrant brothers – Hans and Fritz Erlichmann – received a patent on the first steam-driven cheese press. During World War I, the two brothers wisely converted their factory to make government-issue paddling jackets for the troops abroad, and an industry was born.

Today, Immersion Research services well over 50 million paddlers worldwide, with a wide selection of products that range from zipper-less entry union suits to neoprene "Ghetto Booties". IR also boasts branch offices in London, Munich, Confluence, New York and Singapore.

"IR is not just about paddling gear, though", says IR CEO Kara Weld. "We are equally as proud of our initiatives to feed the world's hungry. That's why we can stand behind our company motto: 'IR Makes Every Aspect of Life on this Planet A Little Bit Better™'"

IR chairman John Weld also realizes the need to look to the future for growth. "It's not enough to rest on our laurels, and we are constantly developing new product initiatives. We are currently working jointly with Archer Daniels Midland to be first to the market with an environmentally sustainable soy-based dry top".

IR celebrated its 90th anniversary this summer, and during this very special year, the company took time to reflect on its long journey to the top. In August, IR hosted a sales conference at their corporate retreat in Saint Lucia. The conference, entitled "IR: 90 years of Ratchet-Style Backbands", was a terrific venue to showcase IR's commitment to the sport, and featured, among many other exhibits, a smell-able history of paddle sports layering.

IR is proud of its long history with American Whitewater, and is excited to announce this year the creation of the 10 million dollar "Charlie Wallbridge Trust". The Wallbridge Trust will set aside funding to help rodeo paddlers across the country get access to basic life skill training, with the goal of re-introducing them back into society. for more info on IR see page 73

History: Whitewater Women

by Sue Taft

Challenges Beyond Whitewater

Whitewater has interested women from its earliest days. But women who entered the sport encountered many challenges beyond the whitewater itself, challenges that were often reflections of women's roles in American society. Early whitewater women were often wives of paddlers, not single unattached women, and were often relegated to the bow position of a canoe or the shuttle-bunny. Neither their equality, nor acceptance, was guaranteed even when they paddled solo kayaks. Walter Burmeister, early explorer and guidebook author, often discouraged women from participating in the marathon-type whitewater trips of the early '60s that he led for Kayak and Canoe Club of New York (KCCNY).

Even when a woman's substantial paddling skills were demonstrated, recognition was slow to come. Objections were raised by many local competitors when two French women (outfitted in bikinis and necklaces) were allowed to compete in the Salida (CO) slalom and downriver races in 1954. Not only were they the first women contestants to paddle the entire length of the downriver race, they bettered many of their American male counterparts.

However, these challenges were not sufficient deterrents to women's participation and many became accomplished whitewater paddlers in their own right. Elizabeth Knowlton, an experienced whitewater canoeist, wrote one of the first published whitewater trip reports. It appeared in the June, 1929 issue of Appalachian Mountain Club's (AMC) journal *Appalachia*. Louise Davis and Ruth Walker, with other AMC canoeists in the '50s, not only explored whitewater in the East but also in the West including the Main Salmon, Hell's Canyon on the Snake, Yampa, Green, and Glen Canyon on the Colorado. At the same time, Elsa Bailey of the Sierra Club's San Francisco Bay Chapter kayaked whitewater in California and Oregon with many of California's early whitewater pioneers. Bailey Falls on the Stanislaus is her namesake. Georgie White also burst into the male-dominated scene of Grand

Canyon outfitters with her outfitting company, River Rats. Though often labeled a renegade, she introduced thousands of men and women to whitewater through her reduced-rate trips down the Grand Canyon.


The societal changes of the '60s whitewater women. Young women, independent of husbands or boy friends, began to participate. A few Mariner groups, the Girl Scout equivalent of the Boy Scout Explorer Posts, were very active in whitewater activities including slalom racing. Many of the top women slalom racers in the '70s came out of these Mariner groups. However, challenges still remained well into the '70s. Women often encountered environments of two extremes: the nurturing, almost fatherly and family-oriented environments of all-around paddling clubs, and the hostile male, locker room-mentality environments more typical of smaller cliques (often not clubs) associated exclusively with whitewater.

Women were always challenged by boats and gear not designed for their smaller sizes or shapes, although that, too, began to change. While the growing paddlesport industry provided employment for young college-aged men as raft guides, many raft outfitters would not hire women. Yet even these challenges were not deterrents. Women found employment opportunities with the few outfitters who would hire them, often combining guiding with instruction for the growing women's market. In the early '80s, Kathy Blau-Shelby, a woman who logged many first descents for women from the North Fork of the Payette in Idaho to the Alsek in Alaska, became the "poster-

woman" for Perception's Mirage kayak ads. This was not only an acknowledgment of her considerable paddling skills, but of the importance of the women's market in whitewater.

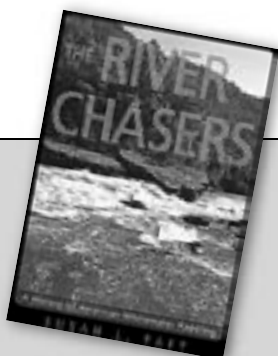
In the '80s, women were also included in some of the high profile and public paddling events of the time. Carrie Ashton, an Olympic slalom kayaker, was included in the first legal descent of the Niagara Gorge in 1981. Risa Shimoda became the first and only paddler to run the Gorge in a squirt boat in the legal descents permitted in 1987.

By the '90s, many of the previous challenges were overcome or at least diminished in importance. Women's roles in whitewater had undergone tremendous change. Women were finally treated more as equals than ever before. Even the leadership roles in whitewater were opening to women. While none of the founders of American Whitewater in 1954 were women, in the '90s two women, Phyllis Horowitz and Risa Shimoda, in their roles as Executive Director, turned American Whitewater around, building and positioning the organization for the expanded role it plays today.

While some of the challenges that the early whitewater women encountered remain today, the challenges to women's participation in whitewater have been simplified – to that of the whitewater itself. 

Copyright © 2003 Susan L. Taft
All rights reserved.

With permission for use by American Whitewater.



Sue Taft is the author of *The River Chasers*, the history of American whitewater paddling. If you have a topic or question you would like answered, email it to staft@theriverchasers.com and look for its answer in an upcoming issue of *American Whitewater*.

Field Notes: 50 Classics

by Tyler Williams

Following a springtime paddling foray in Appalachia, the summer leg of my Whitewater Classics book research took me to the varied wilderness rivers of western North America. The Colorado-California-Idaho-Montana-Washington-British Columbia-Alaska-tour gave me a chance to re-visit familiar places and faces, and greet a few new ones.

The trip forced a re-honing of my paddling skills. Not that I'd forgotten how to paddle, but let's face it, since phasing out of a 9-year stint as a full-time whitewater junkie a few years ago, my abilities had slipped. Luckily, there's nothing like a safari to fifty of North America's most classic rivers to sharpen one's skills.

I knew my plan to run most of the book's fifty rivers would lead to some amazing whitewater, especially since each river was selected by an accomplished paddler. Lars Holbek, for instance, nominated a steep Californian epic as his classic: the South Fork of the Merced. "A classic Class V paradise", according to Holbek. Having been the first to run most of the Sierra's Class V classics, he ought to know.

The rapids of the South Merced are a mix between long, complex boulder gardens and smooth bedrock slides. After a half-day blur of gray Sierra boulders and fluffy

white holes, my partner, Seth, and I arrived at the first of the bedrock slides. The river disappeared before us beneath a horizon line of adrenaline-inducing mist.

As I carefully pulled into the large river right eddy at the top of the falls, I heard Seth yell, "don't make em' run it!" I then noticed mama merganser leading her four ducklings in a panicked plunge off the lip below us.

At first I thought little of it; "ducks are good swimmers," I thought. As we began our scout, the spectacular falls revealed itself and I realized the ducks were fighting for their lives. Two of the ducklings were running around aimlessly on shore, crying for mom and a third was swimming the rapid, getting royally thrashed in the big laterals, and desperately trying to make an eddy. Mother was frantically trying to gather her brood, jumping between river and shore, and looking for the fourth, missing, duckling.

We scouted the entire series of drops and quickly decided to portage. It was all runnable, but intimidating, and my mind was distracted by the merganser scramble. I felt responsible for their tragedy and thought that to run the rapid immediately after sending them to their deaths didn't seem right.

After the portage, we ran a dozen more Class V's, and had forgotten about the ducks when we saw movement in the willows to our left. It was the same merganser family—mama and all four little ones! Not only had they survived the falls, they had run another mile of stomping whitewater with their little paddle feet. I instantly gained a new respect for the ubiquitous merganser—perhaps the best whitewater paddlers in the world.

We felt pretty good after successfully completing our third day of the 23-mile run but our egos were quickly checked when we opened the guidebook and learned that Holbek had blitzed the run in under 5 hours!

Duly humbled, I loaded up my Toyota and headed north, reaching my northern apex in Haines Junction, Yukon, where I launched on a ten-day solo journey through the awe-inspiring wilderness of the Alsek River.

After an 8-mile portage around infamous Turnback Canyon, the trip ended with a lone hoot of joy as I rode the Alsek straight into the breakers of the Pacific Ocean. This was followed by one of the all-time greatest buzz-kills when a Park Ranger showed up to fine me \$750 dollars for not having a permit. Ouch!

After this bad luck, it was a month before my faith in humanity was gratefully restored by fellow boaters. I think there is a special connection shared by paddlers everywhere. It is a bond often taken for granted, but one that many segments of society never get to experience. This connection became apparent as I arrived at the put-in for my next classic run: Colorado's Gore Canyon.

The rapids of the South Merced are a mix between long, complex boulder gardens and smooth bedrock slides.






Gore Canyon - Colorado

Tentatively approaching a group of three strangers, I asked if I could join them on their run. An uncomfortable moment of silence followed before the tallest of the three relented, and begrudgingly allowed me into their group. Four hours later we were good friends. I suppose our time spent chatting in the flat water helped us get acquainted. Then again, maybe it was my swim.

It was a textbook case of letting one's guard down too soon. After a great run at Tunnel, Gore's last "big rapid," I was paddling confidently, perhaps a bit too confidently. When I was told by my new paddling companion Christian to "go far left" at the approaching rapid, I decided I'd take his advice under consideration, and then see for myself. As I watched from above, I saw Christian go way left, then fall beneath the horizon in a series of jolting bounces. Instantly critiquing his line as being "too chunky," I aimed for a barely submerged rock a couple feet farther to the right. Hitting my target rock, I boofed high in the air, and landed with a silly grin before glancing at my three companions in

the eddy a few feet away. The looks on their faces in that moment will forever be etched in my memory. All eyes were bulging with expressions of curiosity, wonderment, and grave concern. For a half second, I realized something might be wrong, then I was looking at sky, then darkness. "This," I thought, "must be the reason Christian went so far left." The hole had me. After a twenty-second struggle, my beating seemed to be developing a perpetually retentive pattern, so I decided it was time to try my luck out of the boat. After one cycle of lifejacket surfing, the hole I would later know as Toilet Bowl let me go.

My three new friends efficiently gathered my randomly floating gear, drained my boat, and kept an attentive eye on me as we finished the run. At the takeout, they even shared their last beer. It had been awhile since I'd swum out of a hole, and my head rang with a distant yet familiar water-logged haziness. It seems I had fallen back into the fold of whitewater junkies, a good place to be. 

www.wildmed.com

On-line, secure
rescue & wilderness
medical gear catalogue.

Worldwide wilderness
emergency
medical training.

The gear you need.
The training you need.

**WILDERNESS
MEDICAL
ASSOCIATES®**

*Emergency training
for outdoor professionals.™*

office@wildmed.com 1-888-WILDMED

Field Notes: Finding a New Creek

by Clay Wright

For many, the sport of kayaking is all about meeting challenges and expanding your personal limits. But what about expanding the terrain itself? Whether you are running the 'gnar' or just broadening your horizons on Class III, finding new creeks to run can be a sport in itself; one as difficult and challenging as any other aspect of kayaking. Here I explain some aspects of that challenge so more of us can be working to find that next new classic.

Maps are the most important resource you can get besides a witness. Buy yourself a Delorme Gazetteer of the state you wish to explore and get the basics of the area you're interested in, then move into a web-based site like TopoZone.com for more detailed mapping. To start, I look for a run I am familiar with and calculate the watershed, gradient, and elevation.

For watershed estimates, just trace with pencil the highest points surrounding the river and its tributaries upstream of your run. You are drawing a circle enclosing the total area where rain or snow fall will flow into your stream. Now make an estimate of the total square inches (or centimeters) inside your circle to calculate the watershed.

To calculate gradient, begin by dividing the difference in elevation between the put-in and takeout by the mileage of the run for a basic feet-per-mile (fpm) number. You should also take care to track the gradient mile-by-mile as well to make sure you're 200 fpm creek doesn't have four miles of flat and one at 1000 fpm. Be on the lookout for tight contour lines along the run that could spell trouble.


Finally, take into consideration the elevation of the run to not only project snow-melt, but to get a feel for the rock you'll be encountering along the way. For instance, rivers running down from the same ridge will have similar characteristics along common contour lines due to geological consistencies.

Next, find yourself a 'new' target. By looking for creeks with similar numbers – watershed, gradient, and elevation – to the ones you've enjoyed in the past, you'll increase your chances of discovering something entertaining. Next, look for access points – places you can reach the river from the road, paying particular attention to potential takeouts. If you plan on hiking out of the river, it is a good idea to hike IN to the takeout and mark your exit (flagging tape, rock cairn, etc.) before you miss it and wish you hadn't.

Now look at the river section you've identified up close, by using Topozone or ordering the USGS quad. The 7.5-minute (1:24,000) quads are the most detailed and cover roughly 50-60 square miles each depending on the latitude. Search for walled out canyons, where the brown lines along the river get close together, and for steep cataracts, where they cross the river en masse. Either one of these scenarios can spell trouble, so you may want to take a first-hand look to make sure all is portable before you discover firsthand it is not. Topographic maps are invaluable tools, but will never tell the whole story. Hiking through the forest is an integral part of the search. Some creeks are dry through the warmer months of the year, allowing easy access at river level to check for sieves, strainers, sinks, or canyons. Some are not.

Now that you have a target and you've researched the maps for all they can give, try searching out that witness. By searching Google.com using the creek name or any surrounding trails, you might be surprised to see photos and descriptions of the trail, canyon, or perhaps a waterfall. Hikers who post travel journals online are an invaluable resource to creek-hunters and the internet puts them all within reach.

OK, so it has rained enough for nearby runs of similarly-sized watersheds to be running, you've got a solid group together, and an early start. This is the perfect day for the job! Now pack like you're going to hike out in a dark, cold rain. One of the biggest mistakes people make when running new rivers is underestimating the time required. Sure you can do 11 miles in 3 hours on familiar waters, but when every bend has to be scouted you'll find things go much, much slower. Plan to spend about an hour per mile (hr/mi) if the run is 200 fpm and 2 hr/mi once over 300 fpm – perhaps more if you'll be scouting in heavily vegetated or steep terrain. Share your plans with local friends and have a course of action made up in advance. If you don't call by dark, is that 'wow, bet they'll be cold' or 'call the rescue squad!' You decide in advance so your friends won't have to.

Scout every bend and every horizon line as if barbed wire could be strung bank to bank. Sometimes it is. Enter every Class II as if it might lead to an unrunnable waterfall with no eddies – because it might. There are lots of rivers and creeks that aren't safe, fun, and runnable. No matter how similar the numbers, every river is different and very few are worth running over and over. Now that you are 'off the grid' and entering unknown territory, you are about to learn a LOT about why most people stick to charted waters. You may find a dud, you may walk all night, and you may never want to go back again. But you will remember the experience. You may even seek out others like it. 

Step 1: Study the maps.

- Measure watersheds in square inches to see how much water will flow.
- Seek out gradient #'s similar to or below runs you've previously enjoyed.
- Look out for access points, inescapable canyons, or dangerously steep sections.
- Remember topos are no substitute for scouting – the deeper the canyon the less reliable the view from above.

Step 2:

Search the internet for photos, descriptions, or hiking trails along the run.

- <http://www.google.com>
- <http://www.topozone.com>

Step 3.

Hike the creek or rim making sure to check for:

- Inescapable canyons.
- Sieves or sinks that could prove difficult to spot from upstream.
- Logs and debris.
- Access points where you can put in or take out easily and legally and mark them.



Clay Wright on first descent with SL Productions
Rancheria Creek, California
photo by Jennings Steger

Step 4: Estimate water levels.

- Similarly sized watersheds have similar water requirements.
- Low-water can be scrapey, but most runs are pioneered low to allow easier portaging, more eddies, and less chance of flushing into unforeseen hazards.

Step 5: Safety

- Share your plan with others. Include maps and info such as when you expect to return and the location of any potential hazards you expect to encounter.
- Take far more provisions than you think you will need and plan several get-out options where possible – flagging the location in advance or on the topo.

Get away, eh

Special
\$89⁹⁵

Available Options:
Paddle Clips.... \$12.95
Backband \$29.95



- Kayak Carrier
- Cockpit Cover
- Gear Bag
- Patented

Order on-line or toll-free

www.kayakpack.com
1.866.925.7257

COMING THIS SPRING!

ClassFiveCarriers.com
Kayak & Canoe Portage
and Storage Systems

Shop on-line anytime or call
1-866-925-7257

Lifestyles of the Young, Hyperactive Paddler 2nd episode

by Pat Keller

Recipe For A Foamie

As you may recall, last issue I introduced foamies as a tool/toy that miniaturizes a boat and boater. Foamies are way fun to play with and educational too. Adults and youngsters benefit from keeping one or more handy for any intriguing water flows. From hot tubs to mountain creeks, wherever water is churning and moving, they are great to have around and easy to make. So easy to make that I decided to dedicate an entire column to the subject.

In this episode of the lifestyles of the young, hyperactive paddler, we have with us the "king of making foamies", Scott Harcke. Together, we have been creating foamies in his basement workshop since sixth grade, and have produced more than we care to count. Scott developed a simple system that, with practice, you too can create a high class foamie of your very own. Through trial and error, Scott discovered that cedar is the best wood to work with. It has the best buoyancy, is easy to carve and shape, and produces the best performance on the water.

Pat: "Okay, Scott, tell us, in your own words, how you go about making a foamie."

Scott: "Uh, take some wood, do stuff to it, and you got a foamie".

Pat: "No, no, no, no, no. Now Scott, you may not be the sharpest tool in the shed, but come on...."

Scott: "Oh, okay. Here goes:"

Time
commitment
30 minutes -
2 hours,
depending on
skill level and
amount of detail.

List of ingredients:

Block of cedar (best plank size is 2x6, look for one with the fewest knots)
Saw (any kind, just to cut off blocks to shape)
Heavy duty rasp (looks like dragon skin)
Sandpaper (120 grit)
Clamps (attached to a table or workstation)

Optional ingredients:

Fine point black permanent magic marker
Clear nail polish
H2O

1. Cut the block of cedar into the desired length for the foamie.
2. Place block in the clamp to keep it secure while working on it.
3. Take the heavy duty rasp and begin to shave away wood, shaping the block into a 'rough cut' of the boat design you have chosen.
4. Concentrate on the shape, especially the sides, before working on the deck and the hull. Use the top view as your guide.
5. Once the basic boat shape is achieved, you can start shaping the deck, the cockpit, and then the rocker profile.
6. Using the rasp to fully shape the boat, concentrate on slow, steady movements, keeping the lines true to the closest replication possible.
7. When the deck and hull profile is satisfactory, use the sandpaper to smooth the wood and make finishing touches.
8. For visual enhancement, you can use an indelible fine point black magic marker to produce logos and artwork.
9. If you like, paint with clear nail polish to help the foamie slide over rocks in a way similar to plastic. (Raw wood 'grabs' as it goes over rocks).
10. Take it to the closest running H2O and play!

photo by Rhea Keller



Pat: "Thanks, Scott. Much better."

So, there you have it....see how easy it is? The first couple times you make one, it'll be a little rough, but with practice you'll get it down. The best part is when you get to take it to the water.

Find a small creek with at least a little elevation drop so you can create rapids, and ideally a run-out or pool to catch it if it takes off downstream. Move the rocks around while having fun imagining the boater is a real person and try and make it go through the rapids with the cleanest lines possible.


Next time on the Lifestyles of the young hyperactive paddler, we'll go into the details of playing god with a foamie. Setting a death trap for a foamie can be amusing and educational. In the meantime, play around with different designs and if you have any questions, email me at patkeller@charter.net. 



photo by Jackson Kayaks

Ask Mom: Interview with Heidi Wade

by Tim Nickles & Carrie Keller

For this issue's Ask Mom column, I interviewed Heidi Wade. Her daughter, Ali Wade, is now sixteen and grew up in Carbondale, Colorado. She has paddled all over the Southwest including the Grand Canyon and was named third boat to the 2003 USA junior female team. Heidi shared some insights about raising a girl that paddles.

ED: Would you recommend paddling as a great sport for girls? Why?

HW: Yes, any sport that THEY are passionate about is a great sport. Paddling is definitely an individual sport with individual goals. But, inevitably, one becomes a "team player" having to demonstrate leadership qualities and working with others to achieve successes.

ED: What do you feel are the most important things your daughter has been getting out of her paddling experiences?

HW: Learning what she is capable of, both with her expertise in the sport as well as her relationship with others who also compete and paddle.



ED: Are there parenting issues that are unique to raising daughters who paddle?

HW: Mutual trust and respect come to mind.... but, then these aren't unique to raising girls. It seems when your child is engaged in something that can be "scary" (like paddling) you want to share a mutual trust and respect, so that the child has confidence to "get the job done!"

ED: What are some ways you used to motivate your daughter to paddle? Was it necessary?

HW: We took family river trips. We realized early on that Ali has amphibious qualities and actually does better in the water than on land (biking, hiking etc.). After a few river trips, Ali was self-propelled when it came to paddling. Her dad is also very passionate about paddling and has always paddled with her.


ED: How does being a serious paddler affect your daughter's social life?

HW: Ali manages to have a very active social life, but she doesn't let social activities get in the way of her paddling priorities. It is great to watch the balance she demonstrates in her life, by "doing it all!"

ED: What advice would you give promoters of the sport to help attract more girls into paddling?

HW: Get the word out about the abundance of handsome and athletic young men!

ED: Any other comments about raising girls who love to paddle?

HW: Save up your frequent flyer miles! 

Ali Wade competing in the World Championships
Graz, Austria

Calling All Girls! Girls needed, women welcome!

by Carrie Keller

An incredible opportunity exists in the paddling community. Viewing competitions here in the US, I am amazed that there aren't more girls out there playing in the waves! Kayaking is serious fun with incredibly hunky guys all around cheering you on no matter how much experience you have.

Looking at the stats, there simply are not enough junior female athletes out there. What that means is there is a lot of room for growth and opportunity. Winning events can bring financial rewards and media and publication coverage. But more often, free gear and lots of good kudos. Sponsorships and assistance are available for those who show talent (note to parents: Every little bit helps!).

The field is so small at this point that things are wide open for anyone to come in and make a difference. I have seen girls in their first year of competition in freestyle place in the top three at events, and even make the US Team on their first try!

Families who have been bit by the whitewater bug have the greatest advantage, but with growing kayaking programs in metropolitan areas, there are mentors and rides available for all. Check out your local outfitters stores for whitewater clubs, attend sponsored clinics and instruction programs, get into it....you won't be sorry!

Political Update: Bipartisan Congressional 'House Party'

by Jason Robertson

American Whitewater has hit the big time.

The thought rang true as Brian Baird (D-3rd), a boater and Congressional Representative from Washington State introduced himself. Baird was the surprise guest; the guest who we had neither expected nor worked with in the past. In introducing himself, Baird's eyes lit up as he talked about his recent 18-day trip on the Grand Canyon and turned fiery when he recalled his 13-year wait for a permit. During a brief inquisition about what could be done to fix the situation, he turned and observed "And there's my good friend Mr. Udall walking up now."



Representative Chris Van Hollen commenting on the number of boaters in his Maryland district
photos by Gretta Yao

Indeed, I turned to greet Mark Udall (D-2nd), a boater, mountaineer, and representative from Colorado as he walked through the door of the Frederick Douglass House, three blocks from the Capitol Rotunda. The house is one of the oldest properties on Capitol Hill. In the late 19th century, the property was home to famed statesman and abolitionist Frederick Douglass. Today, the historic property has been renovated to its original splendor and houses exhibits honoring Douglass and

the Hall of Fame for Caring Americans, recipients of the National Caring Award.

Following a brief introduction, Udall launched into a story about climbing Everest's North face and being turned back only a day from the top by a lowered Jet Stream. Then Udall turned and as if by magic called forth John Sweeney (R-20th) from New York, introducing him as "my ski partner". Sweeney and Udall have recently formed the Congressional House Caucus on Backcountry Skiing and Snowboarding. Sweeney excused himself, and then Udall performed another conjuring trick and the energetic congressman Zach Wamp (R-3rd) from Tennessee was suddenly among us, and we were also joined by American Whitewater's staff member AJ McIntyre, who organized the event.

Wamp is a character graced with southern charm, a keen wit, and boundless enthusiasm. Wamp is also the man who returned the Ocoee River to America. On September 26th, 2003, AW participated in a historic event on the Upper Ocoee formalizing an agreement that will bring 54 days of recreational releases each year for the next 15 years to the Upper Ocoee River in Southeastern Tennessee. Congressman Zach Wamp, TVA Director Bill Baxter, and other key stakeholders stood on the Ocoee Olympic Whitewater Center bridge and promised water would be delivered in the spring of 2004. This event marked a landmark in American Whitewater's work on the Upper Ocoee River that has been ongoing for the past 8 years. The Upper Ocoee has made our Top River Issues list a number of times and has drawn the time and effort of many AW volunteers, staff, and board members.

Moments after speaking with Wamp, everyone gathered around the microphone and Bill Endicott, the former coach of the US Olympic Slalom team and Team Manager for the 2004 team introduced American Whitewater's Executive Director Risa Shimoda, the Congressional Representatives, and me. As I approached the dais for my turn to speak, I observed that my own representative in Maryland, Chris VanHollen (D-8th), was standing a head above the audience. I also saw two of

our event Steering Committee members, Danny O'Brien, Chief of Staff to Senator Joe Biden (D-DE), and Therese McAuliffe, a member of the professional staff in the House Committee on Appropriations who had been instrumental in getting Representative Ralph Regula (OH-16th) to lend support to our event.

This stellar list of participants grew and grew to include other notables including Pope Barrow, a former American Whitewater President and Senior Legal Counsel to the House of Representatives; athletes including Olympians Eric Jackson and David Hearn; and American Whitewater's newest board member, Adam Cramer, an attorney with Collier Shannon Scott who has been helping us with our work on the Grand Canyon and Upper Yough.

This was a crowd to wow, and a crowd that wowed. Never before have I been among so many notables from both the political and athletic world.

As I began speaking, I have to admit I was nervous. I was taken by the fact that we had both Republicans and Democrats in attendance and that everyone in the audience was drawn together by a shared love of America's rivers. I also observed how powerful the message was that we had several members of the House of

Tennessee Representative Zach Wamp and New York Representative John Sweeney



Representatives tell us that fitness among youths and adults is a core objective and that whitewater recreation helps meet this goal.

There was a shared recognition that paddlesports promote the economy and recreational releases on dam-controlled rivers like the Ocoee, Yough, Gauley, and Savage are integral to the development of hundreds of rural economies around the country. *AWW*

Colorado Representative Mark Udall emphasizing the value of recreation and paddlesports on fitness.



Republican Representative Zach Wamp (TN) and Democratic Representative Mark Udall (CO) bridging the political gap to focus on the health and economic benefits of recreation.
photos by Gretta Yao

Thank You!

Our heartfelt thanks for the success of this event go out to all of the Congressional Representatives who attended our event and provided contacts for our invitation list, and:

Steering Committee Members:

Carole Florman, Danny O'Brien, Jana Crouse, Carolyn McKee, Stacey Mitchell, Therese McAuliffe, and Jim and Monique Hubshman.

Host Committee Members:

Brad Glassman, Pope Barrow, Gordon Bare, Charles Webster, Greta Yao, Amanda Heaton, Adam Cramer, The Potomac Conservancy, Spring River Inc., Carl Bolyard and the West Virginia Rivers Coalition, Dana Wood at Collier Shannon Scott.

Corporate Sponsors:

Potomac Paddlesports Center, Rapidstyle, and Clyde's Restaurant Group



Bhutan
Nepal
France
New Zealand
Mexico

ExcellentAdventures.net

call

Maria Peggy or Nick
1888 900 9091

info@excellent-adventures.net
www.needmoreadventure.com

AW Celebrates 50 Years: Thank you Board Members!

by Mike Phelan

To celebrate our 50th Anniversary AW will be including historic articles, advertisements, and other pieces of whitewater nostalgia in each issue of the 2004 Journal.

To start that celebration we decided to thank all of the people who have ever served American Whitewater as a Board Member.

AW's Board of Directors represents some of our very best and most dedicated volunteers. Each year these volunteers give up family, vacation, and paddling to help guide your organization. If you know any of these folks, please thank them for their contributions. Many of the whitewater resources we enjoy are the fruits of their labor.

The centerpiece of our Anniversary Celebration will be our 50th Anniversary Gala Weekend presented by Teva. This celebration will be held in Vail, CO June 4th-6th. For more information about how you can become involved in this history-making event, please read the "2004 American Whitewater Events" article in this issue of the journal.

If you would like to receive an invitation, volunteer, or to help sponsor this event contact Ben Van Camp at ben@amwhitewater.org or 828-252-0728.



A sincere thank you goes out to each and every person who has ever given their time and energy to help guide American Whitewater as part of our Board of Directors.

Bruce Grant (1955)	David Woltjen (1973-75)
Joe Lacy (1955)	David Cooney (1973-76)
Roy Kerswill (1955-58)	Gerald Meral (1973-75)
Clyde Jones (1955-58, 60, 62)	Ann Schafer (1973-76)
Dave Stacey (1955-58)	Phillip Allender (1973-1975)
Bernard Clayton (1957)	Don Bodley (1973-75)
Elsa Bailey (1957-58)	Scott Arighi (1976-1978)
Alfred Washington (1957)	Robert Burrell (1976-78)
Oscar (Oz) Hawksley (1958, 60-72)	Rose Mary Gabler (1976-78)
Henry Berce (1958)	Peter Skinner (1977-99)
Eliot Dubois (1958-59)	Mary Kaye Hession (1977-81)
Martin and Patricia Vanderveen (1959-61, 62)	Murray Johnson (1977-81)
Robert Hawley (1959)	Rob Lesser (1979-83)
John Berry (1959)	Art Block (1979-82)
Carl Trost (1959)	Fred Young (1979-86)
Harry Kurschenbaum (1959, 62, 69)	Mindy Goodman (1979-81)
Harold Kiehm (1959-72)	Philip Vogel (1980-81)
Daniel K. Bradley (1960-61, 65)	Bill Masters (1980-81)
Leonard E. Fancher (1960)	Ricky Richardson (1980-81)
Walter Kirshbaum (1960-65)	Bart Jackson (1980-83)
Robert Morse (1960-66)	Charles Andre (1982-86)
David Morrissey (1961)	Delafield Dubois (1982-86)
Maurice Posada (1961)	Marge Cline (1982-89)
Peter Whitney (1961-66, 68-72)	Ken Horwitz (1982-86)
John Bombay (1961-66, 69-71)	Ron Watters (1982-87)
George Siposs (1962)	Claire Gesalman (1983-84, 87-89)
Louise Davis (1962)	Tom McCloud (1984-86)
Roland Davis (1963-66, 69-70)	Jim Stohlquist (1984-86)
William Prime (1963-64)	Mike Beard (1984-86)
Charles Smith (1963, 65-67, 73)	Dave McCourtney (1985-86)
Robert Field (1964-65)	Karen Collier (1987)
James McAlister (1966-67)	Rich Lewis (1987)
Robert T. Simmonds (1966)	Diane Holder (1988-89)
Ed Alexander (1967-74)	Phyllis Horowitz (1987-89)
Al Baetz (1967)	Eric Magneson (1988-89)
Dean Norman ((1967, 73-75)	Anita Adams (1989-96)
Raymond Wallage (1967)	Bill Baker (1989-96)
Vern Rupp (1967)	Pope Barrow (1987-97)
Jay Evans (1967)	Bob Gedekoh (1988-02)
Robert McNair (1968-72)	Dan Givens (1989-92)
Bart Hauthaway (1968-72)	Bob Glanville (1988-01)
Robert Harrigan (1968-72)	Jack Hession (1990-93)
Andres Peekna (1968)	Chris Koll (1987-93, 97-01)
Robert Burleson (1969-70)	Sarah Lawrence (1989-91)
Iris and Jim Sindelair (1970-79)	Tom McAndrew (1989-92)
George Larsen (1976-83)	John Porterfield (1988-91)
O.K. Goodwin (1970-71, 76-83)	Mac Thornton (1989-98)
J. Calvin Giddings (1973-79)	Claire Desalman (1990-91)
Paul Davidson (1973-76)	Keith Thompson (1984-91)



**AMERICAN
WHITEWATER**

Ric Aesch (1992-99)
 Lee Belknap (1992-03)
 Risa Shimoda (1992-00)
 Susan Wilson (1992-99)
 Diane Holloran (1990-96)
 Jim Scott (1997-98)
 Charlie Walbridge (1992-Current)
 Tom Christopher (1993-Current))
 Bill Hildreth (1993-95)
 Lars Holbek (1993-95)
 Joe Greiner (1994-Current)
 Joe Pulliam ((1994-98)
 Ron Stewart (1994-00)
 Barry Tuscano (1994-Current)
 Brooke Drury (1996-00)
 Richard Penny (1996-01)
 Susan Scheufele (1996-97)

Norwood Scott (1996-Current)
 Landis Arnold (1997-02)
 Chuck Estes (1997-02)
 David Fallside (1997-98)
 Jay P.K. Kenney (1997-Current)
 Sue Langfitt (1997-00)
 Jeff Leighton (1998-Current)
 Ken Ransford (1997-00)
 Bill Sedivy (1998-01)
 Paul Tefft (1997-00)
 Mark White (1998-01)
 Barry Grimes (1997-03)
 Kevin Mendik (1997)
 Chris Kelly (1999-Current)
 Kevin Lewis (1999-Current)
 Eric Weis (1999)

Lynn Aycock (2000-01)
 Jennie Goldberg (2000-Current)
 Sherry Olson (2000-03)
 Kara Weld (2000-03)
 Tim Kelly (2001-Current)
 Ken Kyler (2001)
 Dave Steindorf (2001-Current)
 Dave Cernicek (2002-Current)
 Adam Eichberg (2002-Current)
 Paul Fitz (2002)
 Dunbar Hardy (2002)
 Aaron Pruzan (2002-Current)
 Sarah Stephenson (2002-03)
 Sutton Bacon (2003-Current)
 Rich Bowers (2003-Current)
 Don Kinser (2003-Current)

We Create Paddlers... Guaranteed

Discover the thrill of whitewater kayaking with the first instruction program that guarantees success. At NOC, professional paddlers help you set your goals and achieve them or you'll receive free instruction until you do.

Our 2-day and 4-day programs are available March through October and include freebies from paddling manufacturers and the famous NOC Outfitter's Store.

Rapid Progressions™ – Jamaica

Learn how to paddle at the remote Lost Beach Resort in the Caribbean.



Join NOC, the original whitewater outfitter for over 30 years. Call today for more information or visit us on the web.

Nantahala Outdoor Center
 800.232.7238 • www.noc.com
programs@noc.com



Access and Conservation: Regional Briefs

by Jason Robertson, Kevin Colburn & John Gangemi

Region: East

Features

- Saranac River Flow Studies Aim to Secure Public Access (NY)
- Dam Removal Effort on Twelve Mile Creek (SC)
- Savage River & Upper Yough (MD)

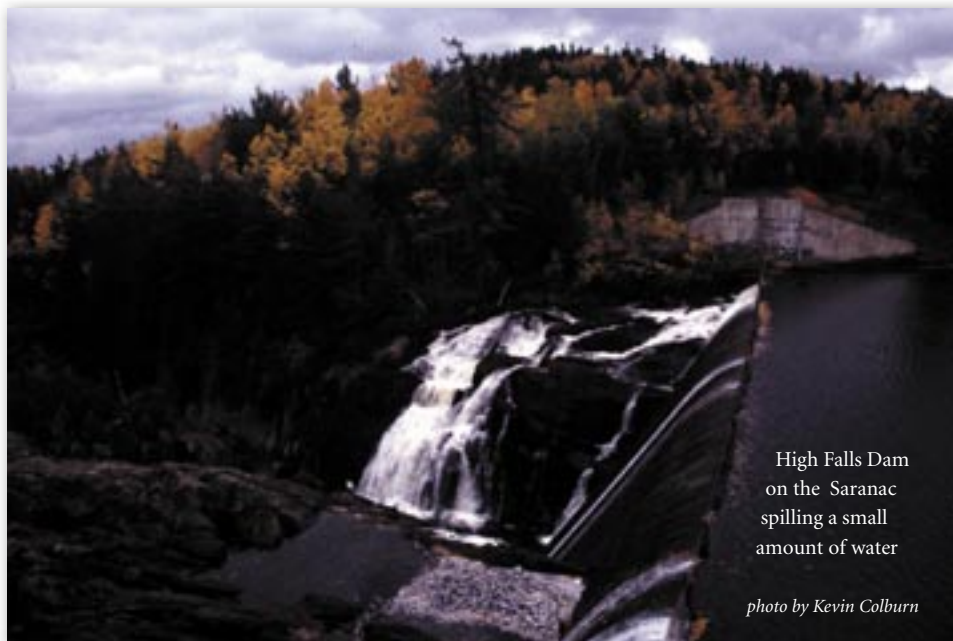
Flashflood

9/22/03: AW files nearly 70 pages of comments on the Cheoah relicensing (NC). 9/23/03: AW staff and board member Charlie Walbridge represent private boaters at a planning meeting for the Gauley River National Recreation Area. 9/31/03: AW volunteers Ed Petrisek and Barry Adams managed to successfully hold the 2003 Ohiopyle Falls Event and through some quick thinking modified the event to account for high water from Hurricane Isabel and a series of storms during the following week. 10/15/03: AW staff and Volunteer Rod Baird meet with USFS officials to discuss the Headwaters of the Chattooga and the Cheoah River (NC). 10/16/03: Volunteer Kevin Miller Attended a public meeting on Dam Removals on Twelve Mile Creek (SC) 10/17/03: A half dozen AW volunteers scouted High Falls of the Saranac as part of a single-flow feasibility study (NY). 10/29/03: AW's Kevin Colburn attends a formal signing ceremony for the Nantahala and Tuckasegee relicensing settlements (NC). 10/30/03: AW staff and volunteer Andrew Lazenby represented boaters in an early meeting of the Catawba River relicensing process (SC). 11/1-2/03: AW board member Sutton Bacon recruited dozens of awesome volunteers to support the first fall Tallulah Gorge releases (GA). 11/4/03: AW staff attended a FERC site visit at the Cheoah River.

Saranac River Flow Studies Aim to Secure Public Access (NY)

By Kevin Colburn

In October of 2003 American Whitewater worked with New York State Electric and Gas (NYSEG) to carry out a single-flow



High Falls Dam
on the Saranac
spilling a small
amount of water

photo by Kevin Colburn

feasibility study on the High Falls Gorge of the Saranac near Plattsburgh, New York. The study was prompted by NYSEG's intention to prohibit public access to this river reach based on a presumption that the river was unrunnable and too dangerous. It was therefore critical to carry out a study so that NYSEG could not make such a decision without any data to support it. American Whitewater viewed NYSEG's opinion and intentions as unfounded, possibly precedent setting, and in opposition to the public interest. We advocated for the study both to prevent a precedent setting unilateral decision by a power company to eliminate public access, and also to answer legitimate questions about the potential of the High Falls of the Saranac as a whitewater resource.

Our study group consisted of a small team of highly qualified regional kayakers that have a wealth of experience analyzing challenging whitewater rivers. NYSEG provided approximately 250 cfs in the one-mile long gorge, and the team hiked from top to bottom carefully analyzing potential lines through rapids, safety and evacuation options, and access needs. A focus group discussion was then held to document the findings of the group. High Falls of the Saranac is a beautiful

and rugged place within the boundaries of the Adirondack Park that is wholly owned by NYSEG. The findings of the study will likely support public access to this beautiful place, and to the river itself. The gorge contains several large runnable drops and at least one large unrunnable drop at the end of the gorge. Our interests in High Falls Gorge are to have the NYSEG land in and around the gorge permanently protected, to secure open public access to the gorge and the river, and to have flow information provided that is adequate to support paddling the gorge.

AW would like to thank the study team: Andrew Jillings, Mike Duggan, Ed Huber, Tim Kelly, and Justin McGiver.

Dam Removal Effort on Twelve Mile Creek (SC)

By Kevin Colburn

American Whitewater volunteers Kevin Miller and Will Reeves are working in the upstate of South Carolina to restore a whitewater river through a dam removal process. There is considerable public interest in removing at least two of the three dams that currently block the flow



Final drop of High Falls of the Saranac River at a low flow.

photos by Kevin Colburn

Waterfall in the High Falls Gorge, it is about 35-40 feet in height. This drop was found to be runnable at the flows we studied (low flow).



of Twelve Mile Creek. The removal of these dams and the reservoirs behind them would uncover some significant rapids and once again allow fish to pass throughout the watershed. These dams offer little to no public benefits so their removal would be a sweeping win for many diverse interests. AW staff will continue to support the work of Kevin, Will, and the many other paddlers that are interested in restoring Twelve Mile Creek.

Savage River & Upper Yough (MD)

By Jason Robertson

In October, I met with members of Maryland's Department of Natural Resources (DNR), Trout Unlimited (TU), and others to discuss scheduling releases on the Savage River. The Class III-IV Savage River is widely known as the site of the 1988 Slalom World Championships. However the river has largely been lost to the paddling community in the intervening years as rule-makers, legislators, bureaucrats, and others have driven a wedge between fishing interests, whitewater interests, the Army Corps, and other stakeholders.

Earlier this year, American Whitewater set out to change this. First, volunteer Mark Healey approached the Army Corps and received permission that was later withdrawn to schedule releases for the late Spring. The incident brought us in contact with Trout Unlimited, and AW set out to build bridges with this organization.

Our early meetings served to educate us on our mutual desires to use the resource, our shared goals to protect the river ecology, our frustration that releases on the Savage were not announced, and interest in providing a range of recreational opportunities including whitewater releases. Of these issues, release announcements was most vexing and is also a shared issue on the Upper Yough. Announced releases are important for both our communities: the boaters can not count on reliable water levels to schedule a trip to the river, and fishermen often get stranded on the wrong bank when the releases occur and find fishing is poor during the releases as the fish are "put down".

As an outcome of our meeting, we are working to secure announced releases, and to schedule semi-regular releases throughout the summer and fall when

adequate water is available. We are also working to schedule a Western Maryland Water Resources Conference with DNR and TU for Spring 2004 to educate boaters, fishermen, local governments, and even state administrators on the dam management concerns and recreational issues on the Savage, Randolph-Jennings Bloomington North Fork Potomac (Class I-II), Upper Youghiogheny (Class IV-V) and West Virginia's Stoney Creek into Maryland's Kitzmiller section of the Potomac (Class III-IV). Our shared hope with TU is that we will be able to schedule recreational whitewater releases throughout the State on a rotating basis in order to have one whitewater release per weekend somewhere in the region to focus whitewater use while preserving fishing opportunities on other rivers. This outcome will be beneficial to recreationists, the State of Maryland, and local economies in Alleghany and Garrett Counties.

Region: Central and Mountain States

Features

- Boaters Preparing for Permits on Browns Canyon (CO)
- Grand Canyon Wilderness and CRMP Update (AZ)
- River Access and Conservation Threat Defeated (WI)

Flashflood

10/23/03: Matt Bare, an AW member and former intern, took his passion for whitewater and did something to protect the rivers he loves; Matt asked Colorado residents to help him to oppose Referendum A, a \$4 Billion blank check to build dams throughout Colorado; in November the referendum was defeated by a 2/3 margin of voters! 11/6/03: Biologists from Grand Canyon National Park and The Peregrine Fund have confirmed the fledging of the first California Condor nestling in Arizona in a century. The chick jumped out looking like it wanted to land but missed the ground. It ungracefully circled and landed 500 - 600 feet below its cave in a remote canyon. The California Condor was included on the first Federal Endangered Species List in 1967.

Access and Conservation: Regional Briefs cont.

by Jason Robertson, Kevin Colburn & John Gangemi

Boaters Preparing for Permits on Browns Canyon (CO)

By Jason Robertson

In November, river managers on the Arkansas invited American Whitewater and the Colorado White Water Association (CWWA) to talk with them about the possibility that they would be implementing new web-based permits in 2004. Marshall Nichols, a private boater on the Citizens Taskforce (CTF), Mike Robbins, with CWWA, and I spoke with River Manager Rob White.

The idea of permits on Browns Canyon is nothing new, the state and federal agencies in the Arkansas Headwaters Recreation Area (AHRA) incorporated permit provisions in the AHRA management plan several years ago. However, in 2001 when triggers were hit, the managers agreed to work with the private boating community to avoid implementing permits through passive management controls. These passive measures, such as asking volunteers to encourage use on other regional rivers, were moderately successful. Mother Nature on the other hand provided the greatest help in 2002 to discourage and reduce use via the severe drought. With the return of rain in 2003, the boaters flooded back to the river and the capacity triggers for implementing the permits became an issue yet again. Further, use on the Royal Gorge also increased in 2003 to the point that permit triggers will likely be met in 2004 or 2005.

In fall 2003, the river managers approached the commercial outfitters with a proposal to consider exchanging use in Browns Canyon between commercial and private permits. The proposal was to permanently transfer 40 launches from commercials to privates on Brown's Canyon with 40 launches from private to commercials on the Numbers. A second proposal was to conduct a temporary floating transfer of unused commercial launch permits to privates on Browns from year to year. As commercial demand increased, the launches would be returned to them.

The Arkansas River Outfitters Association rejected both proposals largely on the basis that the management plan had been agreed to and that it was not fair to ask one party to the plan to be subject to permits (outfitters on the Numbers) and another to be treated with kid gloves (privates on Browns).

Thus the AHRA managers asked for our feedback and support as they move forward with implementing a web-based permit system on Browns Canyon, first on weekends and holidays, and later as use conditions warrant.

The web-based reservation system will be loosely based on the current Deschutes reservation model in Oregon that is used by the BLM and calendar model at the BLM site in Paria, AZ; in my experience, both systems are easy to use and emphasize education to mitigate impacts.

While private boaters are not enthused to see a permit system implemented, the River managers have been very cooperative and made significant outreach efforts to incorporate private boaters in their planning. The resource is sustaining itself and the impacts that the managers are mitigating for with use limits are largely social ones related to crowding and land use by fishermen and landowners.

The current plan is to begin work on the permit system in December, have it completed by March, and conduct education activities through the duration of the year as the permit system is activated.

Grand Canyon Wilderness and CRMP Update (AZ)

By Jason Robertson

In October, the Park Service asked AW to update our members of planning delays in releasing the Environmental Impact Statement (EIS); the original release date was to have been late summer. Of particular interest was the surprise that the Park actually expressed an intention to select a preferred alternative in the draft EIS.

American Whitewater continues to work on this issue and track this project as we strive to work with the Park to fix the Waiting List. Individuals registering for a private boater launch permit in 2003 will not be able to receive their permit until 2029 under current management practices. We are in touch with the Park and working closely with our affiliate Grand Canyon Private Boaters Association (www.gcpba.org). The Park tells us that they are "making considerable progress in developing a Draft Environmental Impact Statement for revising the park's Colorado River Management Plan (CRMP). We have developed a full range of reasonable draft alternatives (including the current situation which is the No Action alternative), which is now undergoing preliminary impacts analysis."

Also in October, American Whitewater learned that Representative Radanovich (R-CA) has asked the Department of Interior to forward a Grand Canyon Wilderness recommendation to Congress. This is notable since the river would be cherry-stemmed from the Wilderness proposal. If a Wild and Scenic proposal for the river is promoted simultaneously, this might result in the strongest protections for the terrestrial and river environments and continue to provide visitors the range of experiences that they desire.

River Access and Conservation Threat Defeated (WI)

By Jason Robertson

Good news! Shortly after posting an alert our website, AW learned that Assembly Bill 506 has been tabled. If passed, this bill would have reduced conservation protections and access for hundreds of miles of popular whitewater rivers in Wisconsin, including the Wolf.

Wisconsin's navigability laws are largely rooted in the Public Trust Doctrine and hold that navigable waters are held in trust by the Department of Natural Resources (DNR). The courts have ruled

that a navigable waterway is one which can float any watercraft even if only for one day a year. A summary of the existing state navigability law is provided at <http://www.americanwhitewater.org/access/navigability/reports/WI.htm>.

The proposed change would have limited navigable waters only to those which can float a boat for at least 6 months a year.

According to the Green Bay Press Gazette, the legislation was being driven by efforts of developers to circumvent building restrictions, such as property setbacks or new bridge construction, near rivers. Fishing and scouting access were also threatened under the legislation.

This bill, as initially proposed seems 'dead', but the issue still exists. It will be of the utmost importance to keep vigilant for as it will likely be resurrected at some point in the (near) future.

Introduction of this bill came just two years after the Governor passed an appropriations bill that largely limited portage and scouting rights to a "keep-your-feet-wet standard (described at <http://www.americanwhitewater.org/archive/article/898/>).

Region: West

Features

- Access Progress on the Middle-Middle Snoqualmie (WA)
- Carbon River Wild and Scenic (WA)
- Planning on the South Fork of the Clearwater River (ID)
- Sauk Access Limited by Bridge Damaged in Flooding (WA)

Flashflood

American Whitewater, with on-the-ground assistance from Kris Schmidt representing the Sierra Club River Touring Chapter, designed and implemented a Controlled Flow Whitewater Study on Piru Creek just outside Ventura, California. Piru Creek offers six miles of Class II – a valuable resource for the paddling community of southern California. In settlement negotiations, American Whitewater continues to push for an annual schedule of whitewater releases on the Pit River and Upper North Fork Feather River, California. Settlement negotiations for these two rivers are close to reaching

final resolution. The PG&E bankruptcy proceeding, near resolution, includes protection of 140,000 acres of largely riverside lands. Management of these lands will be governed by a nine-member board of which three seats are occupied by environmental groups. In Oregon, American Whitewater continues hydro relicensing work with PacifiCorp on the Klamath and North Fork Rogue, Portland General Electric on the Clackamas and most recently Eugene Water and Electric on the Upper MacKenzie River. Pend Oreille County Public Utility District filed an application to surrender their project on Sullivan Creek outside Spokane, Washington. American Whitewater is assessing the procedural and associated instream flow implications of this license surrender. Controlled Flow Whitewater studies took place in September and October on several sections of the Spokane River, Washington. American Whitewater staff assisted with study design and implementation.

Local super volunteer, Tom O'Keefe, continues to undertake extraordinary work improving access to Washington's rivers west of the Cascades as well as lay important groundwork on hydro relicensing projects. WA-DNR is working on a plan for the Middle-Middle Snoqualmie Mine Creek site which we all know as Island Drop and are looking at day use. The river gauge on the Siuslaw River, OR is threatened by loss of funding; this would be a great loss as this gauge serves paddlers (as well as fishermen) in the Willamette Valley and Lake Creek (one of the all-time best of Oregon). 10/31/03: Comments were due on the Final EIS for the Middle Fork Salmon River. On Idaho's Bear River and Montana's Swan River, American Whitewater is working closely with PacifiCorp to implement new license conditions for whitewater releases and improved river stewardship achieved in settlement agreements last year. Montana's Fish, Wildlife and Parks department is rolling out the proposed River Recreation Management Plan for public review and comment. American Whitewater submitted comments on the restoration plan for the Clark Fork and Blackfoot Rivers in Montana associated with removal of Milltown Dam. American Whitewater staff has rekindled efforts with National and local land trusts to protect 220 acres of land along Alberton Gorge in Montana. American Whitewater staff is working with local paddlers in the Billings, Montana area on the relicensing of the Mystic Hydropower project located on West Rosebud Creek. Symbiotics, Inc. recently

filed with FERC their Notice to Surrender their preliminary permit for a new hydro project on Big Timber Creek, Montana. American Whitewater joined with regional groups in September to work out strategies for achieving Wild and Scenic designation for headwaters of the Snake River and its tributaries in Wyoming.

Access Progress on the Middle-Middle Snoqualmie (WA)

By Jason Robertson

In early November, American Whitewater volunteer Tom O'Keefe had a site meeting with King County Parks staff at the Middle-Middle Snoqualmie to work on the Concrete Bridge access. The Middle-Middle is only 30 minutes from Seattle and is one of the more popular Class III runs in the Pacific Northwest.

The team took the first steps to developing a public access point and actually marked a trail with spray paint and took measurements to come up with a general design by the middle of November. The basic idea is to build a 12' wide path bordered by logs with crushed gravel in between, improve water flow at the site to reduce erosion, and construct a staging area by the road to deter 4WD abuse. The total trail length will be a little over 200' and include a small clearing along the river to serve as a launch area.

The plan also calls for American Whitewater to sign a cooperative agreement with the County to manage the site. O'Keefe thinks this "should be pretty simple--we just need to keep an eye on things as we use it and organize a volunteer day if the trail needs work."

The first volunteer day to clear the site is tentatively scheduled for end of January on Saturday, January 24th and to complete work and open the site by March 1st. If you are interested in helping, please email Tom at okeefe@riversandcreeks.com.

Carbon River Wild and Scenic (WA)

By Jason Robertson

In November, American Whitewater asked Senator Maria Cantwell (D-Wash) to introduce a bipartisan bill in the Senate

Access and Conservation: Regional Briefs cont.

by Jason Robertson, Kevin Colburn & John Gangemi

corresponding to House Resolution 265. H.R. 265 was introduced during the last congressional session by Rep. Jennifer Dunn (R-Wash.), and would extend the boundary of Mount Rainier National Park by three miles along the Carbon River Valley. In addition to recreational support (hikers, bikers, boaters), extension of this boundary also enjoys strong municipal support in Pierce County, demonstrated by the current effort to purchase an additional 1,000 acre tract just downstream of the three mile extension protected through this legislation.

The Carbon River Valley, rising from the base of the Carbon Glacier on the northwest flank of Mount Rainier, represents a number of outstanding natural values including lakes, creeks, several peaks, and stunning views of the mountain. In addition, the Carbon River provides critical habitat for endangered salmon and other species, is home to one of the last inland old-growth rainforests in the U.S., and embodies two separate and dramatic whitewater resources.

The upstream whitewater section is a difficult but beautiful Class V+ whitewater resource beginning approximately three miles above the Highway 165 Bridge (near the old town site of Fairfax) and running nine miles to the take-out at 177th Street East between the towns of Orting and South Prairie. Downstream, the lower Carbon provides an additional nine miles of beginner/intermediate Class II whitewater. Together, these sections of the Carbon River watershed contain a rare beauty, represent one of Washington's wildest and most scenic gorges, and provide a unique wildlife corridor running from the park boundary to the Carbon's confluence with the Puyallup River near Tacoma.

While the proposed legislative expansion would end approximately two miles above the whitewater section of the Carbon, this expansion would provide critical upstream watershed management for this river, an important issue for whitewater paddlers and American Whitewater members. When combined with the potential purchase by the Cascade Land Conservancy and Pierce County of a 1000-acre forested area just

downstream of the expanded boundary, including the Carbon River Gorge, the opportunity to protect this outstanding watershed and wildlife corridor running from Mount Rainier to Puget Sound should not be missed (see attached news article).

This 1000-acre parcel is currently owned by Plum Creek Timber Company, which, as a willing seller, plans to auction off 19,000 acres referred to as the Wilkeson Tree Farm. The Cascade Land Conservancy is working with Pierce County to bid this month on the 1000-acre parcel, one part of a \$10 to \$15,000,000 local bond effort to make conservation land acquisitions in the Carbon, Nisqually, and White River basins.

Planning on the South Fork of the Clearwater River (ID)

Idaho just released it's draft Comprehensive State Water Plan for the South Fork Clearwater River Basin. The Plan will provide protection to ensure that minimum flows are maintained for boating and fisheries. The South Fork Clearwater provides Class I-IV boating along it's 63.8 mile length. The most familiar sections to whitewater paddlers include the Class III-IV Bully Creek to Highway 13 run, also known as the Mickey Mouse run, and the Class IV-V Golden Run upstream. Comments on the plan were due November 20th. American Whitewater wrote of our expectation that Idaho will maintain the South Fork Clearwater River and its tributaries boatable and livable for fish and other wildlife and protect minimum flows for boating and fisheries. The deadline for written comments is Nov. 20.

Sauk Access Limited by Bridge Damaged in Flooding (WA)

Joe Sauve, Editor of The Waterlog for the Washington Recreational River Runners has informed American Whitewater that safety and access on the Sauk are beginning to be addressed. Sauve wrote that the bridge over the Whitechuck River was damaged and one span was in the river due

to flooding in October. This cuts off access to the Whitechuck put-in, which is the best put-in for rafts for the Middle Sauk run, a VERY popular Class III-IV run. Sauve reports "I went to check out the damage myself, and it is pretty bad. This was no wimpy little forest bridge either. It was a hefty concrete bridge."

It looks like kayakers could still put in for the Middle Sauk by walking a short distance through the trees and put in just below the bridge wreck and paddling the last 100 yards or so of the Whitechuck River (which is continuous rapids from the moment you'd launch until the confluence). Or making a steeper carry at the Sauk River bridge just upstream from the Sauk/Whitechuck confluence.

Rafts are going to have a real problem. Sauve reports, "I drove up FR 2080 to look for an alternate put-in upstream. There is one potential site about 2 miles up the road, but it would require a chainsaw to remove some logs from a new logjam that is blocking the road." Other problems with this site are that it is small and would be hard to turn a trailer for rafts around, it's also a dead-end since the road is washed out just past the potential access spot, and the put-in would require launching just upstream of a logjam and immediately ferrying to the right to avoid it.

There are further problems since the Mt. Loop highway is also closed due to slides and washouts on both ends. On the Sauk side it is closed at some point past the put-in, Sauve says "If the closure is before Bedal campground, that cuts off access to the Upper Sauk and the NF Sauk. On the other end, it is closed 1 mile past Verlot, cutting off access to the Middle and upper runs on the SF Stillaguamish."

Updates are posted on the USFS webpage: http://www.fs.fed.us/r6/mbs/conditions/road_conditions.shtml

American Whitewater will be working with our volunteers and Sauve to identify and secure alternative access opportunities in the future.

Region: National

Features

- Fee Demo on Shaky Ground?
- Protecting the Wild and Scenic Rivers Act
- House Party

Flashflood

Nationally, American Whitewater has been working with coalition members in the Hydropower Reform Coalition in efforts to oppose industry sponsored legislation contained in the Energy Bill that proposes to decrease environmental protections in hydropower licensing. American Whitewater, along with coalition members is also attempting to stop the administrative erosion of state and federal resource agency regulations originally written to guarantee resource protection at hydro dams.

Fee Demo on Shaky Ground?

By Jason Robertson

In October, Congress extended Fee Demo for an additional 15 months. The Interior Appropriations Bill that recently passed out of Conference Committee (where the House and Senate reconcile the differences between similar legislative initiatives) included two important modifications for Fee Demo. One reference extends the program. The other stipulates that fee-demo revenues may not be used to displace commercial recreation-providers now operating on public lands.

However, the continuation of Fee Demo beyond this extension is not certain; legislation before the US Senate (S 1107) would allow the Recreation Fee Demonstration Program to end for the US Forest Service, US Fish and Wildlife Service and Bureau of Land Management. S 1107 would make Fee Demo permanent for the one land management agency that has a well established history of Park entrance fees, the National Park Service. Meanwhile, the Department of Interior is desperately lobbying Congress to make recreation user fees permanent for all of the agencies mentioned above, plus the Bureau of Reclamation, and to further expand the scope of the unpopular Fee Demo program.

At press time, the Senate Energy and Natural Resources Committee is engaging in debate and voting upon Senator Thomas's (R-WY) Recreational Fee

Authority Act of 2003 (S. 1107) S. 1107 calls for making recreation user fees permanent in the National Parks only. This Bill would let the program expire in the Forest Service, BLM, and US Fish and Wildlife agencies. The threat is that Interior Secretary Gale Norton is putting enormous pressure upon Committee members to add into S.1107 the same language that appears in fee legislation titled "Federal Lands Recreation Enhancement Act", HR 3283. This bill would provide permanent authorization of recreation user fees for the Forest Service, BLM, Park Service, US Fish and Wildlife Service, and the Bureau of Reclamation. It would also authorize the creation of an America the Beautiful Pass," which would provide access to lands administered by any of five land management agencies. Agency sources have indicated that this pass would cost at least \$85 annually and perhaps substantially more.

The bill would also allow cross the threshold into the extreme by allowing the agencies to establish two new tiers of fees beyond the current "Basic Fees", which will be charged for general access as well as for: visitor centers; dispersed areas with no investment and backcountry use; roads, pull offs, and scenic overlooks; drinking fountains; restrooms; undeveloped parking; and individual picnic tables. "Expanded Fees" would be required for specialized facilities like campgrounds and boat launches and "Special Recreation Permit Fees" would apply to use of a motorized recreation vehicle on lands administered by these five agencies. The expanded and special recreation fees would be added on top of basic fee payments. "Special recreation permit fees" also would be necessary for any group activity or recreation event such as canoe club outings. The list of problems with HR 3283 just goes on and on, more information is on our website.


American Whitewater has joined hundreds of other organizations to sign a letter opposing the provisions in HR3283, and in support of S1107.

Protecting the Wild & Scenic Rivers Act

By Jason Robertson


In November, Congress still had not broken for their October recess and was discussing transportation and energy bills that had the potential to do great harm to America's rivers.

continued on page 74




Star offers a variety of models. Whether you are a professional guide or an amateur boater, Star has the ideal boat for you. Call for a FREE catalog!


EXCITEMENT
15' Super Bug
One of 5 bug series models




ADVENTURE
14' Hurricane
One of 4 select series models



RECREATION
14' Cataraft
One of 4 cat models



RELAXATION
TX200 Tracker Kayak
One of 8 kayak models



"Revolutionary new designs like the Bug Series have brought Star to the forefront of the rafting industry."

Factory Direct Pricing
Packages with row frames available

STAR INFLATABLES
www.starinflatables.com
Toll Free: (877) 900 2628

Conservation: HRC Partner Focus - Idaho Rivers United

by Jenna Borovansky

In 1988, a group of river advocates banded together to protect the North Fork Payette River from a large hydropower project.

This strong and diverse group adopted the name 'Friends of the Payette' and sought a total prohibition on hydropower dams, diversions, or impoundments on the famed North Fork through the state's comprehensive water planning process. In 1990, after successfully protecting the North Fork of the Payette, these river advocates formed Idaho Rivers United and became the statewide river watchdog group we are today. IRU's founding mothers were recreationalists, and the organization carries on support for responsible and sensitive use of rivers.

Idaho Rivers United has 2,600 members from Idaho and from states throughout the nation. 74% are whitewater boaters, 69% like hiking and climbing, and 44% are fly fishers. They tell us that the reason they support Idaho Rivers United is for the strength and effectiveness IRU has shown in achieving victories for free flowing rivers and the fish and wildlife they support. In the words of one IRU member, "I was born and raised in Idaho, I have a lot of family here, and I want my kids and grandkids to be able to enjoy the rivers, streams, and lakes that I loved as a child."


The major project we've collaborated on with AW is on the Bear River relicensing, working very closely through the process that culminated in a settlement agreement in 2002. We also successfully protested a proposed hydro project on Boundary Creek in northern Idaho. Several years ago, AW and IRU teamed up to voice concerns over a proposed management plan for the Middle Fork of the Salmon River that called for scaled back recreational use - sending it back to the drawing board (currently awaiting the next draft).

IRU and AW have been close allies over the years - and have on occasion worked with



seemingly competitive interests. During the Bear River relicensing, there were tense settlement negotiations regarding choices between scheduling whitewater flows on the weekends, desires for a 'more natural' hydrograph and the protection of a spring fed fishery below the dam. IRU and AW worked with our members to find a balance between what were initially 'competing' interests. Starting this summer, we will both begin serving as members on the adaptive management team that will monitor implementation of that settlement agreement.

Bill Sedivy, IRU Executive Director and former member the AW Board of Directors comments "I always tell boaters in Idaho there are three groups they should join and support. Idaho Rivers United protects the future of our rivers, working to conserve and enhance the health of our rivers by keeping them clean, free flowing and full of fish. American Whitewater staff and volunteers, in addition to supporting good conservation (for example, our work together on the Bear River), are boaters' best defenders of access and our rights to use rivers. Finally, to keep in touch with the local boating community, boaters should support the Idaho Whitewater Association."

Idaho's rivers support our communities, economy and cultural heritage. Idaho's rivers also touch our spirits - with their beauty and the recreational opportunities they provide. 

Thanks also go to Bill Sedivy, Jessica Hixson, Sara Eddie and Brenda Bielke for their contribution to this article.



Custom squirt, surf &
whitewater kayaks
created as
individually as
you are

PS Composites, Inc.
2535 Roundtop Rd.
Middletown PA 17057
717-944-1752
www.customkayak.com



Conservation: Hydropower Reform Coalition

by Rebecca Sherman, HRC Coordinator

Who We Are

The Hydropower Reform Coalition is a group of national, state, and local conservation and recreation organizations working to reform national hydropower policies and achieve improvements to rivers altered by hydropower dams.

14 organizations on the Steering Committee and over 100 organizational members in over 30 states

What We're About

Rivers are dynamic systems that link and sustain ecosystems, supporting the movement of water, nutrients, fish and wildlife. They also provide economically important recreational opportunities and serve as focal points for our communities. So, the stakes are high when we grant utilities the privilege of taking over our rivers!

Hydropower dam licenses are the basic 'rental agreements' we give to utilities for the privilege of using our rivers for the expressed purpose of producing and selling electricity for profit. Many of the hydropower dam licenses in effect today were written 30 to 50 years ago, with little to no attention given to environmental protection. The result has been decades during which our rivers have been damaged and recreation opportunities generating valuable revenue for local communities have been prohibited.

What Lies Ahead

Licenses for more than 400 dams on more than 130 rivers will expire in the next 10 years, creating a once-in-a-lifetime opportunity to bring these dams up to modern environmental standards. New, more balanced licenses will include better river management in the form of fish passage, shoreline protections, habitat conservation, water quality enhancements,

and improved recreational flows for boaters and anglers.

AW's Role on the HRC Steering Committee

American Whitewater serves national boating interests -- and not just local boaters -- weighing in to national policy deliberations on behalf of a constituency that otherwise would not be represented. We rely on AW to inform the HRC of the needs of the greater boating community, as well as boaters in their backyards. AW has the unique ability to see a range of boating and river issues across varied terrain and a smorgasbord of relicensings. [AW](http://www.americanwhitewater.org)

Visit www.americanrivers.org/hydropowerdamreform/default.htm for up-to-date information on Hydropower Reform Coalition activity.

Transport it. Inflate it. Love it!

AIRE self-bailing IKs offer hardshell performance with the flexibility for storage and travel. Jump in and go wild!



FORCE

The premium choice for adrenaline junkies. Force IKs handle spins, endos and pirouettes as well as hard shells.



TRAVELER

Features adjustable/removable seats for the ultimate in cargo carrying capacity.



For more information on our complete product line or to request a catalog call 800.AIRE.432 or visit us at www.aire.com.



WHITewater

For this issue's feature I invited several female paddlers to provide answers to some questions about their boating experiences. These women vary in age and experience, but all have made a significant impact and/or contribution to the sport.

Most of the women I talked to were turned on to kayaking through some sort of mentoring process, from a camp that had a paddling program to one or more interested adults who shared their love of the sport. This is significant as I think many adults tend to vastly underestimate the effect they can have on young people in shaping their lives. One need only look to the exploits of young paddlers to see that our sport is still evolving rapidly and the mentoring process is a large part of what drives the sport forward.

In giving advice to young female paddlers, the importance of learning the basics well and practicing was stressed. Many also felt it was important to find a similarly skilled group of female paddlers as this creates a different dynamic than a mixed or mostly male group. They observed that women can be much harder on themselves for their mistakes than men and thus benefit from a supportive environment in which encouragement rather than competition is the rule.

When talking about the attractions of paddling, most mentioned being outside with a group of friends as the single most enjoyable aspect of the sport. The feeling of being in tune with the natural world was important as well.

When asked about difficulties, confidence was a theme and when asked about differences in the female experience vs. the male experience, technique over strength came up repeatedly. Many felt that women

learn the techniques of kayaking more quickly because they are forced to use skill and finesse rather than muscle to make moves and run rapids.

Gear was also a topic when discussing differences between the sexes. Most of these women still feel that the sport does not cater enough to the female segment of its population when it comes to gear, movies, education, and marketing; something for those in the industry to think about and work on.

I asked about what discoveries were made through participation in the sport, and adventure and travel were the unanimous answers. Of course, not all of us get to travel around the world as part of our paddling experience, but we can all relate to the fact that paddling does allow us to discover new places.

My biggest impression from these interviews was simply that we are just beginning to see what women will do in their boats and to the sport. More and more girls are getting into paddling at younger ages and the women who have been in the sport are starting to fill spaces in the industry as they move into careers other than just paddling. I don't know about the rest of you but that only puts a smile on my face.

*The women interviewed were:
Tanya Shuman, Anna Levesque,
Buffy Burge, Bunny Johns,
Susan Wilson, Sue Taft,
Polly Green, Tiffany Manchester,
and Christie Dobson.
Thanks ladies!*



Tanya Shuman



Anna Levesque

ED: How did you get into paddling and how long have you been doing it?

TS: I started in 1995 when I received a kayak as a birthday present from my parents. My instructors were Sam Drevo, John "Tree" Trujillo, and Eric "Wick" Southwick, the former World Freestyle Kayak Champion. They shared with me their passion and love for the sport. From that day on, kayaking has been a part of my life.

AL: I got into kayaking while I was working in the kitchen of a rafting company 10 years ago. I was relentless in asking the guides and kayak instructors to teach me how to paddle!

BB: I got hooked on whitewater at age 12, whitewater canoeing through Camp Greystone in Tuxedo, NC. I couldn't wait to come back for the next five summers to canoe down the local runs in Western North Carolina with my fellow campers. I decided to take up kayaking when I went to college in Richmond, VA; there the James was my town stretch.

BJ: I got into paddling in 1958 when I was a swimming counselor at Camp Merrie Woode near Brevard, NC. The camp had (and still has) an outstanding canoeing program divided into five levels. At the top level, the campers have to teach someone else how to paddle. These kids taught

My biggest impression from these interviews was simply that we are just beginning to see what women will do in their boats and to the sport.

by Tim Nickles / Editor of American Whitewater



Buffy Burge



Bunny Johns



Susan Wilson



Sue Taft



Polly Green



Tiffany Manchester



Christie Dobson

me to paddle an open canoe and I was hooked from the get-go. So, that's (gasp) 45 years ago.

SW: Eighteen years ago, I took an Outward Bound course after I graduated from college and got into canoeing. I went to buy a canoe and the sales lady said she liked kayaking better because you were down in the water. I left the store with a Dancer. My first pay check from a real job out of college paid for that kayak.

ST: I was a flatwater marathon canoe racer during my teens and early 20's but when my race partner took me whitewater paddling (OC-2 on a Class III river), I was hooked. I joined a paddling club in February, learned to roll in a borrowed kayak at pool sessions, built my first kayak in April, and paddled my first whitewater river in May. I paddled C-1, C-2, as well as kayak. About 6 years ago, I started paddling OC-1 (partially because of a shoulder injury that kayaking aggravated) and I enjoy it immensely.

PG: I have been paddling for fourteen years. My first introduction to paddling was watching my brother learn at his boarding school in Colorado (CRMS). It was the first time I had ever even seen it before and actually remember thinking that it looked cold and wet and I didn't think I would like it! Then I went on a rafting trip on Westwater Canyon for spring break, and loved the whole river trip thing; camping

out and playing volleyball. There were safety kayakers on the trip and they let us get in the kayaks in the flat water. I then signed up for a kayak class through my University Outdoor Program, and the rest is history.

ED: *What advice would you give to girls or women entering the sport as really motivated beginners?*

TS: Take the time to learn the basics. Having a sound foundation of the fundamentals is important as you excel and learn. Keep in mind everyone learns at different rates. Most importantly, have fun. It's a sport that you will enjoy for a lifetime.

BB: My advice would be to find a core group of beginner friends you enjoy recreating with. Take a whitewater safety course with your group and get proper kayak instruction. Then, go out and encourage and push each other down the river.

BJ: Keep it fun, learn as much as you can from people or organizations you trust, but remember to learn from yourself to trust your own instincts. In the end it's your body and soul you're putting into that rapid.

SW: Cherish every day and every river. Some of my greatest memories are on the easier rivers that I learned on. Keep a journal of your river trips so you can read back and cherish all the great days you have

had on the river and laugh at and learn from the not so great days.

ST: Be aggressive: play and play, but don't let peer pressure force you into doing something you're not comfortable with. Having come from a competitive background, including slalom racing, I have always emphasized the basics: good clean strokes and strong moves and being able to hit the tightest little eddy in the biggest water. I feel it is more important for women to have good strong strokes and technique since they may not be able to power themselves out of a situation that a man, with lesser technique and skills, can muscle through.

PG: I would say get out as much as possible, and try to paddle with people who are better than you but who don't get you in over your head. There are a lot more women involved now than when I started and it is great if you can find other women to paddle with. Paddling with women can be really fun and has a whole different dynamic than paddling with men. Work on getting a solid foundation on easier water that you feel comfortable in before you start paddling harder. Working on your playboating skills will get you comfortable with being upside down. Working on slalom skills will help you to have good boat placement and stroke technique. Most of all have fun and enjoy the learning process. That's what it's all about!

Feature: Women in Whitewater

by Tim Nickles

ED: *What is your favorite thing about paddling?*

AL: My favorite thing about paddling is that I get to be outside almost every day and get to travel to places very few people get to experience.

BJ: My favorite thing is paddling with a group of friends, whether on whitewater or flat water. I love multi-day trips of all kinds. Last year I did a week long trip in Canada with friends and their families. It was focused on kids, camping, and fishing. This summer I got to do the Grand Canyon. There are few things more enjoyable than focusing a week or two on paddling with friends.

SW: Getting to see amazingly beautiful places, challenging myself, and being with good friends and making new ones.

ST: I enjoy the sights and smells of being on rivers, the exhilaration of hitting my intended moves with crisp and clean technique, and the exhilaration of the whitewater itself. I also really enjoy the camaraderie of other paddlers both on and off the river and the dinners after a long day of paddling.

ED: *What has been THE most difficult aspect or challenge about paddling for you?*

TS: Knowing when to take time off. If I could, I'd paddle every single day of the year. But your body needs to recoup and rebuild strength. Incorporating other sports that complement kayaking like surfing or rock climbing will only make you a better paddler.

AL: The biggest challenge in kayaking for me is to consistently maintain confidence in my skills. On the days that I struggle with self-confidence I don't paddle as well as I could, even though my skill level is the same.

BB: The biggest challenge in paddling for me is to be a consistent paddler. One day I am on my game and the next day I can go down the river feeling like a clown. I strive for consistency.

BJ: Probably hole surfing. I came from an era where holes were meticulously avoided. I got quite good at that and have never developed a love of playing in holes.

SW: Becoming familiar with big holes. I never acclimated to the big ones like the one at Rock Island but I enjoy the small ones like Hell Hole on the Ocoee. That is what I love about the sport; you can always challenge yourself.

PG: In the beginning I had a lot of fear. I was afraid of being upside down, afraid of looking stupid, and afraid of being out of control. It didn't come naturally to me at all. I had expectations that I should be better than I was and was pretty hard on myself. I think the hardest thing was deciding that it was OK to get beat up or to swim and that I didn't totally suck when that happened. I had to learn to be nice to myself no matter what.

ED: *What are some of the things you think are different about a woman's experience in the paddling world versus a man's? Which things are easier because you're a woman? Which things are harder?*

TS: By using the water and proper technique, any and all kayaking moves are possible by a woman or a man. You want to use the water. That's where the power is. Typically starting out, men have a tendency to use their own strength. As a result, women tend to have a faster learning curve than men.

The sport is a lot like rock climbing: finesse over power. The only drawback is there is no boat really made for a woman yet. No size fits perfectly.

AL: Women analyze things a lot more than men do. If a woman messes up her line, she tends to be really hard on herself and has a harder time letting go and moving on. Women like things to be perfect.

I think that it's easier for a woman to learn how to use the water to her advantage because she doesn't always have the strength to muscle her way down the river.

The kayaking industry in general makes

it harder for women to excel and enjoy the sport. All of the boat designers are men, most of the video producers and videographers are men, and most of the magazine editors are men. This means that there are no boats designed for women, very few instructional resources for women, very few videos that feature female paddlers, and very few print articles that focus on women's issues in paddling. It's not that men don't want to encourage women, they just don't think about doing it because they are basing their work on their own experiences.

BB: I think women have a harder time with confidence on the river. If a woman messes up a line, she tends to beat herself up about it, and keep on thinking about it, making her more and more shaky as the day progresses. If a man messes up on the river, he tends to shrug it off and move on. I think it is harder for females to sustain focus on Class V, and I do not know why. It is easier to hitch shuttle if you are a woman.

BJ: While doing a little rock climbing I noticed that short people with short arms and legs could go up the same rock face as people with long arms and legs. They did it using different holds and moves. I think it's the same for paddling. As long as I have the right equipment for the piece of water I'm on, the right group with me, and the right mind set, it's a matter of deciding how to do a rapid or a move, and then deciding that I can do that rapid or move on that day. I don't really think about my experience being different from a man's experience.

SW: A man's center of gravity is higher so it makes some moves easier, but a woman's lower center of gravity makes balance and rolling easier. Women aren't as strong so they have to learn good technique from the start and this really helps in the long run. However, I believe it is all about having a positive attitude on the river and having fun.

ST: It may have not been as hard for me as it was for other women because in my chosen profession as a chemist, I was dealing with a man's world on a daily basis.

PRIJON

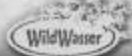
invest in durable goods.

Clay Staley drops the big one on Oh-Be-Voyful. © Christian Robertson

embudo



it's stiff
it's durable
it rules



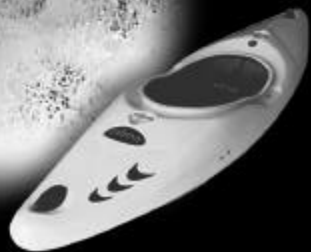
Gear for Paddlers

Need info on the Embudo?

go online at

www.wildnet.com/embudo

or call for a catalog 303-444-2336



Feature: Women in Whitewater cont.

by Tim Nickles

Paddling was no different. I didn't take any grief from men at work, and I didn't take it on rivers, either. I am not sure anything was easier because I am a woman, but certainly, things were harder in the early days because of equipment and gear that was too large. Boat volumes were enormous, paddle lengths were too long, paddle shaft diameters gave me cramps in my hands, and clothing in general was hard to find. As a result, I made a lot of my own neoprene clothing and other gear in the early days.

PG: I think a lot of women tend to internalize everything and want to get things right before they try, whereas men just hurl themselves into things and don't seem to care as much or have as many head issues. I'd say the biggest difference I see is confidence. Often, women have the skills but not the confidence and I think for men it can be the opposite. Women are not used to relying on their strength so they tend to learn technique and skills a lot more quickly, whereas men use their upper body strength and that sometimes gets in the way of their technique. Women tend to really look at the water and see how they can best use it to their advantage because they know they can't muscle their way through.

TM: Women have a more difficult time learning because we paddle in boats that do not fit us. On the other hand, what is different for us is that we incorporate grace and form to make up for our lack of muscle. I think this aspect puts us ahead of the men in certain aspects of paddling. We learn to use the water and anticipate its movement rather than fight the water with muscle. It's a much better way to get down the river. But for playboating, sometimes that muscle comes in handy!

ED: What do you think has been the biggest factor in your success as a paddler?

TS: Athletics has always been a part of my life, thanks to supportive parents. Being involved in sports at such a young age has helped me to be mentally and physically strong.

In kayaking, you have to be focused and poised under extreme conditions as well as during competition. It takes a lot of work

and discipline to perform at the highest level of your potential. I like challenging myself physically and mentally. I enjoy that drive to be the best.

BJ: A focused interest in getting better and being willing to put in the time to do that. Of course, the fact that practicing is fun was always helpful. When I was at NOC in the early years and we were teaching each other how to paddle and how to teach, I had the benefit of being with Ken Kastorff, Jim Holcombe, Chris Spelius, Carrie Ashton, Kathy Bolyn, Eric Nies, and a host of others who were totally dedicated to learning about the sport and helping others learn the sport.

ST: There have been two factors: one is that I have been a competitive paddler and have devoted time to getting my technique right. The other is that I am comfortable paddling kayaks and C-boats. In fact, some of the greatest satisfaction I have had paddling is in paddling C-2. To me there is nothing like being in tune with your C-2 partner, paddling a river, hitting the eddies, and making the moves with few words spoken. With the right partner, you develop body language that each other reads and you develop a natural flow to your technique. You read each other's minds on how to read the river and where you want the boat to go.

PG: I think the biggest factor in my success was taking the pressure off myself and deciding that I paddle for myself and not for external reasons such as recognition or money. For a long time I was externally motivated, and now I feel like I am paddling for the right reasons. I am paddling because I love to paddle, plain and simple, and there is nothing else I would rather be doing. I have a lot of fun paddling, and if I'm not and there is a day when I am not motivated then I know something is wrong and I listen to it. Maybe I am tired that day, so I have learned to listen to those signals and not push myself as hard. I know when to stop a practice session or when to walk a rapid, because my body tells me. I also think that I was born with a lot of determination and dedication and that I put 110% into what I do. Because things have not come easily, I know I have to put more time in, and I do.

Also, practicing yoga and meditation has made a huge difference in my abilities to focus and be present and has really helped me in competition.

ED: What are the best things that the sport of paddling has opened up for you or turned you on to?

TS: The sport of paddling has opened up the world to me. I have been able to travel to the most amazing and exotic places on earth and have created lifelong friendships along the way. Either Deb Pinnegar or Katie Johnson once told me. ...this sport is unique in that paddlers will go that extra mile for another paddler whether they know the person or not and that is a rare thing in today's world.

AL: Kayaking turned me on to yoga and meditation because I wanted to learn how to control and calm my mind for competition. Now I am discovering that kayaking can be a very powerful moving meditation.

BJ: A career for starters. Some of my most intense, fun, and touching experiences have come while helping others learn the sport. Project RAFT (Russians and American for Teamwork) was a raft rally/peace rally which started with a 5-day competition (50 teams from 20 countries) in Siberia in 1989. It was an intense experience for me since I was brought up in the days when the Soviet Union was spoken of as the "evil empire." To experience the generosity of the Soviet people during this trip was moving. Of course, I knew intellectually that it would be that way – but to experience it was something else. Bringing the Project RAFT competition to the Nantahala area in 1990 (Nantahala 90) was an incredible experience, particularly because we had floods just before the competition. The eye-popping water levels for all the events enhanced the competition for everyone.

Other things I have been turned on to are the exquisite pleasure of mind, body and soul when using moving water to make exacting moves on a river and the exquisite pleasure of doing that with a group of like-minded friends. My love of paddling expanded into a desire to conserve our natural resources and finally, paddlers in general!



Buffy Burge running Gorilla in
the 2003 Green River Race.

photos by Polly Kelly

Tanya Shuman swapping ends in
'Seldom Seen' on the New River Gorge.

photo by Bryan Kirk

Feature: Women in Whitewater cont.

by Tim Nickles

SW: The amazing places I have seen and the wonderful friends I have met. But it has also improved my self confidence as a boater and better prepared me to deal with everyday life challenges.

PG: Paddling has turned me on to the world. I have been traveling hard for the past seven years, and have had incredible experiences as a result. These experiences have shaped the person I am today. I have learned through paddling to believe in myself and trust in my abilities. I have also learned to trust my feelings but also to work through fear, and not hold myself back but accurately assess my skills in relation to the task at hand. I have become self-assured enough to travel around the world by myself and know there are no limits to what I can achieve if I set my mind to something, put the time in, and commit. Paddling has taught me to live in the moment, to focus, and be present. Paddling has led me to

explore beautiful countries and given me the opportunities to see amazing places and meet extraordinary people. It has led me to other activities that encourage mindfulness (yoga and meditation) and taught me that I am right where I need to be, that it is OK where I am, and that there is always more to learn.

I've learned it is fun to be a beginner and exhilarating when things click. I know there will be setbacks, but that I should never quit, because the setbacks will bring me to a better place if I move through them.

TM: It has opened up my knowledge about myself, my limitations, my comfort zone, my fear, and my ability to compete. Paddling has turned me onto seeing the world and meeting new people wherever I go.

CD: It's made me more aware of my

environment and the need to save our natural resources. The rivers don't hide too much. Dirty water tells a tale and seeing the destruction of logging on shuttles speaks loud and clear.

ED: *Has American Whitewater's work benefited you indirectly in a way the board or staff would never guess?*

TS: As a professional athlete, I owe a huge THANK YOU to AW. They have provided a platform for me to compete and excel in the sport of kayaking. For many years, AW and TEVA have been the body and soul of the professional circuit. They have put countless hours into putting on events and festivals; these are stages where athletes can showcase their skills and abilities. Being a successful competitor has given me the opportunity to make a living out of kayaking. A dream come true to me. Thank you!!!!



SW: By working and serving as a past board member and volunteer I learned how important all volunteers are to an organization such as AW. Whether it's a board member or someone taking money at the gate at the Gauley Festival, they are all important and should be appreciated because without them an organization like AW could not do the work they do. Thanks to all AW Volunteers and Staff.

ST: I developed a deep appreciation for the founders of AW as I researched materials for my book, *River Chasers*. Before I started my research, I knew very little about AW and my feelings were at best ambivalent. But because of the appreciation I developed, some people have even accused me of having an AW bias in my book. Perhaps I identified with those early scientist/engineer founders and their desire to keep the organization as flexible as water itself.

CD: AW was the event organizer of the Ocoee Rodeo when it was still at Hell Hole. I showed up, swam in front of the crowd, hiked back up for my 2nd ride, and was so hooked on kayaking right then I knew that I was in for a long wild ride. My life did a 180-degree turn; I quit the office-desk-surfing, headed straight to the Grand Canyon, and then into jobless bliss. I found my niche in kayaking and work for the sport that's had my attention for 6 years since that one day on the Ocoee.

Now, I'm fortunate to layout the AW journal in the coolest of places. From the high Sierra to the bear preserves in North Carolina, I'm inspired even in the dry days during layout crunch! I love working for something that hits so close to the heart and could effect my paddling days yet to come.

ED: How have things changed for women in paddling during the time you've been involved in it?

TS: When I first started in 1995, the ratio between men to women was definitely in favor of the boys by about fifty to one. Now the ratio is almost even and at times there seems to be more women than men in the eddy. Look at the US Team Trials this year; there was about the same amount of men competing as women. Plus there is a junior women's class. That was unheard of before.

With more and more women paddling, gear manufacturers have stepped up to the plate, designing apparel specifically for

women by women. There are PFDs tailored just for females and not just a scaled down men's version. Clothing attire is getting sexier and paddling pants and dry suits are getting a smaller waist, a shorter torso, and fuller hips. Companies are listening and responding to the female gender. There are even stores catering just to women.


AL: Things have changed a good deal for women in paddling since I started kayaking. There are now more women kayaking, more women pushing the limits of the sport, more gear designed for women, and an instructional video specifically for women!

BJ: Many more women are involved! When I first started paddling, many more men paddled than women. I think that has been true for most sports. More women participate in sports today than when I was in school.


ST: When I first started paddling in the mid-70's, there were few women who paddled the Class V rivers. I was often one of maybe two or three or even the only woman on river trips. Fortunately, I had a pretty good group of guys to paddle with but I have also dealt with some pretty chauvinistic guys over the years. I still see it time to time, even today. There is also great gear for women and the smaller boats are definitely more user friendly. I am pretty adamant about carrying my own boat in and out of a river and the short OC-1's allow me to do just that.

PG: Things have changed drastically for women since I started and it is so exciting to see the equipment changing and numbers of women participating increase. It makes a huge difference having smaller boats that fit us that we can throw around. Things have completely opened up for women as a result of boat design. It is incredible to see women paddling at a high level and going big. We can do it too! Now it feels like there are no excuses and the only thing holding us back is us, not the equipment.

TM: There were very few women paddling 6 years ago. In the last couple of years more women are out there running rivers, playing, and having a good time. They are becoming more and more aggressive in their skills and playing hard with the boys. It's awesome! This has also created more demand for women specific gear, and people are starting to take more notice of our abilities to excel in both a mentally and physically difficult sport. **AW**



MKC
It's a rapid education



Save \$ in Canada!

Since 1972, Madawaska Kanu Centre's combination of outstanding instruction, delicious meals and a stunning location with guaranteed warm whitewater, is a formula that has Beginner to Expert paddlers return each summer. Located on the Madawaska River, in the Ottawa Valley, MKC offers Weekend and 5-Day Courses.

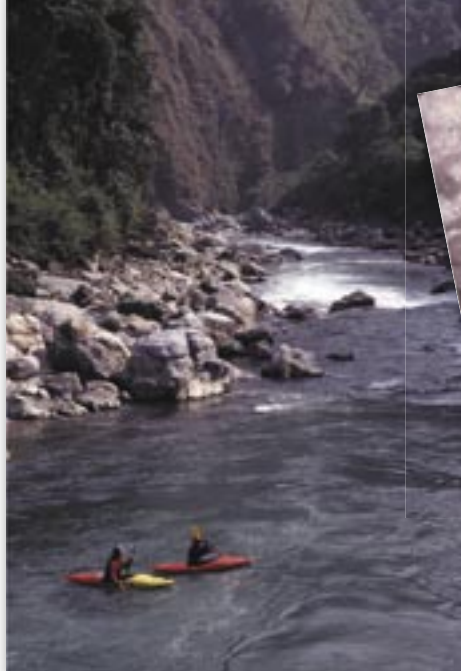
WWW.MKC.CA
SUMMER: 613.756.3620
WINTER: 613.594.5268



Meeting Mindu

First Descent of the Po Chhu River Bhutan

By Polly Green and Maria Noakes



Left: Buffy Burge and Maria Noakes
photo Polly Green

Above: Polly Green
photo by Chris Hipgrave

Right: Buffy Burge, Pochu River
photo by Polly Green



Bhutan is a small Buddhist kingdom boasting some of the most pristine whitewater in the world. The country is sandwiched between India to the South and Tibet to the North. Our team headed here to spend thirteen days paddling eight runs on five different rivers including three first descents. Paddling in Bhutan is an experience in itself. We had an entourage with us at all times anticipating our every need; waiting for us with a hot lunch, carrying our gear, and setting up our tents. It was definitely first class adventure, and not something we were used to.

The \$200.00/day visa fee is a big factor in keeping the country wild and relatively free of tourists. It felt isolated, remote, and culturally intact. The Bhutanese are required by law to wear traditional dress until 6pm at night. If they are caught wearing clothes other than a gho for men, which looks a lot like a bathrobe, and a kira for women they are fined.

The geography is extremely mountainous and un-run rivers abound making it a first descent paradise. Our original objective was the Po Chhu River flowing from the base of Chomolhari mountain in the Western edge of the country, but a preliminary scout showed the water a little too low and the temperatures rather cold. Fortunately Bhutan has numerous difficult rivers and lots of uncharted water for our team to explore.

We spent a total of sixteen days in Bhutan, and were able to paddle just about everyday. A Bhutanese guide and driver accompanied us at all times, making shuttles a snap, and allowing us to paddle several rivers.

The team was composed of Buffy Bailey, Chris Hipgrave, Maria Noakes, and Polly Green and met in various places in Asia. First, a two-day journey overland from Kathmandu, with a lot of boats brought the bulk of the team to Sikkim, India and a warm up on the Tista River: a beautiful, medium volume, Class IV- IV+ run, with lots of Indians watching.

From the Boarder at Phuentsholing we traveled north along the main highway and the Wang Chhu River. After picking Chris Hipgrave up at the airport in Paro, the team headed over the 10,500-foot Dochu La pass into the Mo Chhu, Po Chhu, and Puna Tsang Chhu Valley. This valley offered us a variety of paddling to help prepare before we headed up to the Po Chhu River for our first descent. We even managed to wiggle in a first descent on the Upper Dang Chhu. We had an exciting day on this small creek and it showed us what paddling extreme water in the Himalayans was like. There was lots of drama, including swimming, boofing, scouting, and lost paddles. The sort of stuff you would expect on the first descent of a small creek in Bhutan.

We tackled the harder sections of the Mo Chhu before heading off for the two day hike up to the Po Chhu. The hike up this beautiful valley offered us only rare views of the river, but what we saw through the jungle from 1000 feet up, was achievable, beautiful, whitewater. This is also where we met Mindu.

Mindu lives four hours up the Po Chhu River and speaks no English. He has more energy than someone half his age, sings, dances, and

wanted to carry everything for us, even our water bottles! We were the first westerners he had ever seen and he invited us to dinner, made beds for all of us in one of his open-air rooms, and talked to us as if we understood Bhutanese. The following day, he hiked with us to where we were to camp for the night, slept with us at camp, and generally became our biggest (albeit only) fan. Meeting Mindu was almost as exciting as the first descent of the Po Chhu itself.

After camping one night by the river, we finally put on the Po Chhu. What a delight! We had come across a gem of a river: excellent big water rapids, pristine scenery, classic boulder garden drops, and clear, clean water. We spent the next two days paddling down to Samdinka, through wild rapids and beautiful country. We really were in special place.

The Po Chhu was not to be the end of our adventure by any means. Afterwards, we headed to the Mangde Chhu in the Trongsa District. Three gorges allow us three different sections, one of which was a first descent with a lot of spiders. These sections all turned out to be incredible and we celebrated after Chris proposed to his partner at the end of our incredible whitewater journey. [See page 48 for travel tips]

Editors Note: Polly Green is an instructor for Tarkio Kayak Adventures and Otter Bar Kayak School and a member of the 2003 US Freestyle Team who placed 5th in the 2003 World Championships. She is currently working on an all womens kayak video entitled *Nomads*. Maria Noakes has represented New Zealand at 3 world championships and is a member of Team Liquidlogic.

Climate Control

Built by NRS™



HydroSkin® is still the only material to combine a MicroPlush™ inner lining, heat-reflective titanium, a .5 mm neoprene and a 4-way high-stretch Lycra® outer layer

Find it at your local dealer.

Call 800-635-5205 or visit nrsweb.com to find a dealer near you.





liquidlogic™

[liquidlogickayaks.com]

Clay Wright
Rancheria Creek



Liquidlogic Poster — Directions: 1. Remove from the Mag. 2. Stick to wall.

Photo by Steve Fisher



liquidlogic™

[liquidlogickayaks.com]

Patrick Camblin Big Wheel Lachine



Photo by Steve Fisher

Bluegrass Wildwater Association

presents the 21st annual

National Paddling Film Festival

February 27-28, 2004

a competition of the best paddlesport film, video, and image artists



Kentucky Theater, Lexington, KY

info: Dave Margavage 120 Jolomic Ln, Georgetown, KY 40324 email: dmargava@jnggray.com

Barney Miller's

www.surfbwa.org/npff



SUBARU



AMERICAN
AW
WHITEWATER

PADDLER
MAGAZINE

ACE
Adventure Center



GiRLS at PLAY

Montreal Trip Report

photos by Robert Faubert

Fifteen women, one videographer, three Canadian rivers, a jet boat, waterslides, and sushi! These may not be the ingredients of a typical paddling trip, but they were the perfect elements to the Girls at Play film trip.





Montreal, Lachine
Girls at Play
photos by Robert Faubert

In my experience, women enjoy a holistic approach to kayaking. Laughing, sharing and bonding off the river is just as important as paddling hard and kicking butt on the river. Our film trip to Montreal had it all!

If you're planning a paddling trip to Montreal, the woman to get to know is the lovely Julie Dion. She is the Montreal connection who can tell you everything you need to know about paddling in the

French Canadian city. Chris Emerick, videographer, and Andrew Holcombe, support crew, were the token men along for the ride. They both demonstrated a lot of patience and understanding, especially when trying to motivate fifteen women to get to the put-in on time!

Our tour began at the 67 Wave. This wave is located beside two of Montreal's most expensive and exclusive apartment buildings. One has an enclosed tropical jungle with palm trees and monkeys. Each apartment has a balcony that looks out onto the city and another that opens into

helix all in one ride!! It's a good thing the Riot guys left when they had the chance!

Next we headed to the Lachine Rapids. The St. Lawrence is a big river and the Lachine Rapids can be intimidating. It's a lot of work to pull yourself back up over the rocks into the starting eddy. Some women found it intimidating and hard, but everyone could enjoy the afternoon sitting on the dock, chatting and cheering others on. Julie demonstrated her local talent with some big aerial blunts.

That evening Gavin, a local friend, was nice enough to let us crash at his house in a Montreal suburb. But first we went downtown for sushi, a great apres-kayak



Montreal, Lachine Wave - Girls at Play / photos by Robert Faubert



the enclosed jungle. Talk about a nice way to spend the Montreal winter! The other apartment, called Habitat 65, was built during the 1967 World Exposition. It looks like Lego® blocks built one on top of the other in an asymmetrical pattern. If you're wealthy you live there; if you're not, you kayak there.

As we were unloading, a couple of guys from Riot drove up. They looked at us, at our vehicles, waved, turned around and drove right out of the parking lot! I think they were discouraged by the crowd. Or, maybe Riot guys aren't so tough. Maybe they were intimidated by a bunch of female paddlers, especially those who drive big orange Land Rovers and black Subarus with flames down the side! 67 was fun, but difficult to throw big moves for most of us with slow boats. Tiffany Manchester showed off the speed of the Chronic by throwing big blunts, a donkey flip and a

social bonding experience. We took an entire room with two long tables to ourselves. Settling onto the cushions, we began to share stories about paddling, boys and other fun topics. Chris and Andrew seemed completely at ease with their minority status. We laughed and ate a lot, drank some sake, and the next thing we knew two hours had passed! Montreal was bustling by the time we left the restaurant.

One of Montreal's greatest features is the number of festivals it holds during the summer. The most famous ones are the International Jazz Festival and the Just for Laughs Festival. The Just for Laughs Festival was in its final days when we were there so there were lots of people roaming the streets looking for a party. We didn't want to stay up too late because, thanks to Lotus and Pyrahna, we had arranged a jet boat for the film crew the next morning at 7 a.m. We decided to forego Montreal

Feature: Girls At Play Montreal Trip Report

by Anna Levesque



BROOKE WINGER
2003 Worlds Women's
Rodeo Kayak Champion

Get into the water using
waterproof, breathable
GORE-TEX® garments



GORE-TEX®
Wave Drytop



GORE-TEX®
Front Entry



GORE-TEX, GORE, Guaranteed To Keep You Dry and designs are trademarks of W. L. Gore & associates, Inc.



800-225-9749 707-822-7621
www.kokatat.com email kokatat@kokatat.com
Please contact us for a free catalog



Dixie Marree Prickett and
Christie Dobson scouting the
first drop of the Seven Sisters

photo by Katie Johnson

nightlife and headed back to the house.

Earlier in the trip we had issues trying to get everyone on the same schedule. If you think it's hard to get one woman out the door on time, try fifteen! We decided that a twenty-minute warning from the time of departure was required. Once the warning was implemented things ran a little more efficiently. The morning actually went very smoothly, even with a 5 a.m. wake-up call. We arrived at the Descentes sur le St. Laurent jet boat office early!

We loaded our boats and paddles in the jet boat and took off downstream. Patrick, our driver, was a little hesitant about hitting all the waves at first, but we reassured him that we were professionals and that we wanted the BIG ride. If you get a chance to ride in a jet boat, go for it! It's really fun!

One advantage to having the jet boat was the ability to drop off the side and surf Maverick Wave. Maverick is a dynamic tube wave that is hard to catch, difficult to surf, and confusing to paddle to. We hovered above the wave, cheering as each girl dropped off the boat and went for her surf. Most of us barely caught the wave before quickly getting flushed off. Even though we were not all catching the wave, we were psyched to see everyone going for it! Once again, Julie showed off her local style by

having a great ride before being thrown into a bit of a thrashing. Katie Johnson also had a good ride getting looped in the tube!

Katie and I were the two unfortunate souls who didn't make it back up into the eddy behind Maverick. Because the river is so big, it can be hard to judge distance and forward momentum. We thought that we were paddling upstream but, in reality, we weren't making much headway at all. Looking around, I could tell that my paddle strokes were not really getting me anywhere. I looked upstream and could see the jet boat still dropping paddlers off at Maverick. I was getting tired, but I didn't want to let myself drift too far downstream. It was especially discouraging for me because at one point, Katie started pulling away from me! It was disconcerting to be in the middle of a gigantic river, by myself, paddling upstream and not going anywhere! I wasn't going to make it back up to the wave, and if I paddled to shore I would end up way downstream. Let's just say that I was starting to get a little frustrated!! Luckily, after about fifteen minutes of paddling in place, I was picked up by the jet boat. I felt much better once I was in the jet boat. Kudos to Andrew who helped us get on and off the boat for surfing.

When our jet boat time ran out, we took

off the river, packed up and immediately headed to the Mont Saint Sauveur Waterslides. You will never experience more fun in your life than at these waterslides north of Montreal, in the Laurentian Mountains. Not even the best river trip can compare. Kayaking can be draining when trying to live up to expectations and meet personal goals. When you go out and do something fun and uncompetitive, everyone can relax and just be silly! It was a well-needed and deserved break from paddling. Our favorite waterslide required a chair lift up the mountain. The slide was made up of about twenty-five 5 to 15 foot slide drops. Some were long and sloping, others were short and vertical-like waterfalls. Each fell into an eddy/pool that fed into the next drop. Our vehicles were big yellow inner tubes, and the deceptively hard objective was to stay in the tube. We spent the whole day laughing, flipping out of our tubes and being silly. Because it was rainy and overcast, we all put on our paddling base layers. We looked funny to all of the bikini-wearing watersliders, but we were much warmer! We were lucky we didn't get kicked out of the park that day. As with kayaking, we were constantly pushing limits to see how big we could go! Unfortunately we don't have any pictures from the day,

but if you watch the credits of *Girls at Play* you'll see what I'm talking about.

The next day we headed to the Rouge River, the home of the Seven Sisters Waterfalls, about an hour west of Montreal. It was a beautiful day! We put on the rafting section of the Seven Sisters, the section above the falls. We caught up to a raft trip and I could see the jaw of the safety boater drop open as all of the women started coming down the rapids. Karen, a local kayak instructor, told him to take a good look because he probably wouldn't see this many female paddlers paddling together in a long time. I think he enjoyed the display of kick butt female paddling!

We got down to the falls and the majority of us felt that it was too high to run in our little playboats. We scouted for a time and watched Andrew run the first two falls.

Katie Johnson, legendary boater and mother of two, felt inspired. She decided to run the drops.

Her line off the first drop was perfect. Unfortunately her stern caught in the curtain when she landed, which flipped her upside down. She tried rolling three times, and managed to succeed right before she dropped into the toilet bowl of the second fall sideways. We all held our breaths. We had a person with a rope on either side of the drop and someone setting safety in a boat at the bottom. Luckily Katie melted the second drop and came up downstream of the backwash. We all breathed a sigh of relief and cheered. It was the first time that she had run a big drop since she had delivered children. Even though her run didn't go smoothly, we were proud of her for making her decision and going for it. We all knew she had the skills, but sometimes things don't work out as planned.

Most of us ran the third drop and did some serious down time. The third falls is straightforward: Follow the current, lean forward and hold your breath. Everyone had good lines and was psyched with their runs. Unfortunately, I went the deepest and actually

Katie Johnson
photo by Tanya Shuman




Feature: Girls At Play Montreal Trip Report

by Anna Levesque

hit my face on a rock while I was submerged. I was surprised, but came away unscathed. The river likes to remind me that it always has surprises up its sleeve. We all walked the fourth and fifth falls, but ran the last drop with fabulous lines and smiles all around. We finished the day in the sunshine!

The end of the Rouge run was also the end of the trip. Some of us headed back up to the Ottawa to do more filming; others started


the trek down south or out west. We were exhausted and happy. Not only did we do some fantastic paddling, but we also traveled, laughed, shared and had fun on and off the river. The best paddling experiences are not always hardcore, exotic and scary. Some of the best paddling days include good friends, a favorite river, sunshine, and a sushi dinner! So load up your paddle, your friends and your chopsticks and enjoy your favorite run or playspot! 



Getting to Bhutan: Nuts and Bolts

by Polly Green & Maria Noakes

There are two options for getting to Bhutan: flying from Bangkok on Druk Air, or traveling overland from Kathmandu, Nepal. Two of us decided to travel overland to be sure of getting our boats into the country. I recommend taking a layover in Thailand and purchasing your ticket to Nepal in Bangkok as it is much cheaper. Once in Nepal you will need to obtain a Visa to travel through India. The quickest way to get an Indian Visa in Kathmandu is through a travel agent, this avoids standing in long lines at the embassy. Greenhill Travel in Thamel is a good agency. Allow at least a week for this process or plan ahead and get your visa in the States or at the Indian embassy in Bangkok.

Traveling overland, we took a twelve hour local bus to the border of India. You will need to do a bit of haggling with the driver to transport your boats. At the border jeeps can be hired for approximately \$30.00/day. To paddle in Sikkim you need to secure a separate permit, which can be done in the town of Saligiri or in Rangpo. Make sure you have two passport photos. After paddling in Sikkim carry on to the border of Bhutan. Your Bhutanese Visa needs to be secured in advance and your guide will meet you at the boarder. Flying out of Bhutan is also a mission. Flights book well in advance and have a strict weight allowance. I was lucky and got my boat out for \$75.00 but pack lightly as they will charge \$5.00/kilo over the 20 kilo allowance. For more information on kayaking in Bhutan contact www.excellentadventures.com. 



S. Size DOES matter.



Small Shaft,
and Proud of it.

It's not rocket science.

Smaller hands, smaller shaft.

**Women love it and
brave men like it too.**

It's about diameter.

It's about control.

It's about women.

It's about time!



WERNER

Feature: Powerhouse Petite

by Lila Marie Thomas

Brooke Winger was made a champion this past May 2003 by a steep hydraulic, nicknamed Terminator III in Graz, Austria.

After a grueling six-day event and 88 swims from world-class kayakers, the competition came down to her and Deb Pinnegar. In her winning ride she achieved her cartwheels, her initiation move, and then relaxed into her ride. She got her split, her clean, and 43 seconds later she paddled to shore to watch Deb's final ride unaware that she was about to fulfill a decade long desire to become the women's freestyle world champion.

Off the water Brooke is a petite 26-year-old blond who talks more about her one-year-old Chihuahua, Ren, and her fiancé, Andy Bedingfield, than about kayaking or herself. Beneath the gentle exterior lies a lean, mean, hucking machine who has set new limits for women competitors. She is among a handful of chicks who consistently get vertical in competition even when boat designs are still better suited for the guys and most women can get by with conservative spin-based rides. She has traveled over 180,000 miles in the past six years. Her success has taken her abroad to Spain, Costa Rica, Chili, Equador and New Zealand. Not to mention the media exposure she has received on NBC, Outdoor Life Network, Spanish National Television, Paddler Magazine, Wave Sport Videos, Rapid Magazine and American White water.

Brooke's story is one of finding the personal strength to believe in her self. She grew up in Buena Vista, California, a rural agricultural town about 45 minutes southeast of Sacramento. As a child, Brooke would ride her favorite horse over the soft rolling hills and fields of her forty-acre farm home. Brooke's father was a Farrier and her mother a housewife who raised pigs, poultry, sheep, and goats. Her parents didn't always have the money to support Brooke but always encouraged her to do what made her happy. Brooke reflects on times before kayaking as sometimes awkward.

"I wore glasses, was a book nerd, and always felt bigger than the other girls my age," she says. When her father, an avid surfer, introduced Brooke's younger brother Ethan, to a local slalom boating club, Brooke demanded she go too. Her first slalom coach, Sue Norman, inspired Brooke in more ways than just kayaking. Norman urged Brooke to set small goals in life. She taught her that even if she didn't achieve them right away she still had something to work towards. A practice Brooke still continues today.

At 19, Brooke traveled to New Zealand with Adventure Quest Kayak School, one of the first schools to instruct their students in playboating. During the trip she realized she didn't mind getting water up her nose and adopted freestyle kayaking as her new favorite sport. Without a financial backer Brooke had to prove herself on the water to the few sponsors that were interested in picking up female athletes in a relatively obscure sport.

Wavesport Kayak Company offered her a "win incentive sponsorship" that paid the gas to travel on the circuit as long as she won events. Her other sponsors Kokatat, Snapdragon, and Werner helped to finance Brooke's time on the road. "It was not always easy," she says. Brooke recalls times when all she ate was dinner salads at restaurants because she had run out of money. She and Andy slept out in their truck for months on end.

The couple spends the off-season training in Eugene, Oregon. Before Worlds 2003 Brooke's work-out regime became relentless. She practiced Ashtanga yoga for two hours each morning, put in a two-hour boating session in the afternoon and finished off the day with a six-mile run. She broke-up the intensive routine with mountain biking and skiing.

"The reason why Brooke dominates the field is her determination and high expectations of herself," says Tao Berman. "She's got the drive and she's always been willing to put in the work."

Brooke attributes much of her success to



photos by Andy Bedingfield

paddling with some of the best athletes on the circuit. Josh Bechtel and Tao Berman, three time world record holder and pre-worlds champion, live downstairs and are her regular boating buddies.

"I have always paddled with the guys and tried to do whatever they were doing," she says.

Brooke views winning events as both a mental and physical challenge. Never was she more disappointed with herself than when she took 7th place at Worlds 2001 in Spain. She saw the loss as more of a mental failure than a physical one because at that time she couldn't handle the stress.

As she has matured, Brooke has found techniques to calm her mind before getting on a feature. After warming up, she goes to a quiet space and thinks of three things: speed, agility and happiness.

"I think of them increasing like a scale," she says, "And I look at the trees around me and I think of the people I love and who love me. And I say to myself there is a broader picture to the world then this, Brooke."

"She has been a role model to me," says Amy Jimmerson (women's 2002 point series champion).

"Brooke always takes the time out (in competition) to congratulate you no matter who wins or loses."

On the circuit, women are still creating a niche for themselves in the male-dominated sport.

"I think women are progressing as fast as they can. But we are still held back by our boats. I have always modified my boats and will probably continue to do so for years to come, because it is not suiting to my body size or weight ratio," she says. "Another

thing that holds us back is the bar isn't set all that high but it's starting to change as more women get into the sport."

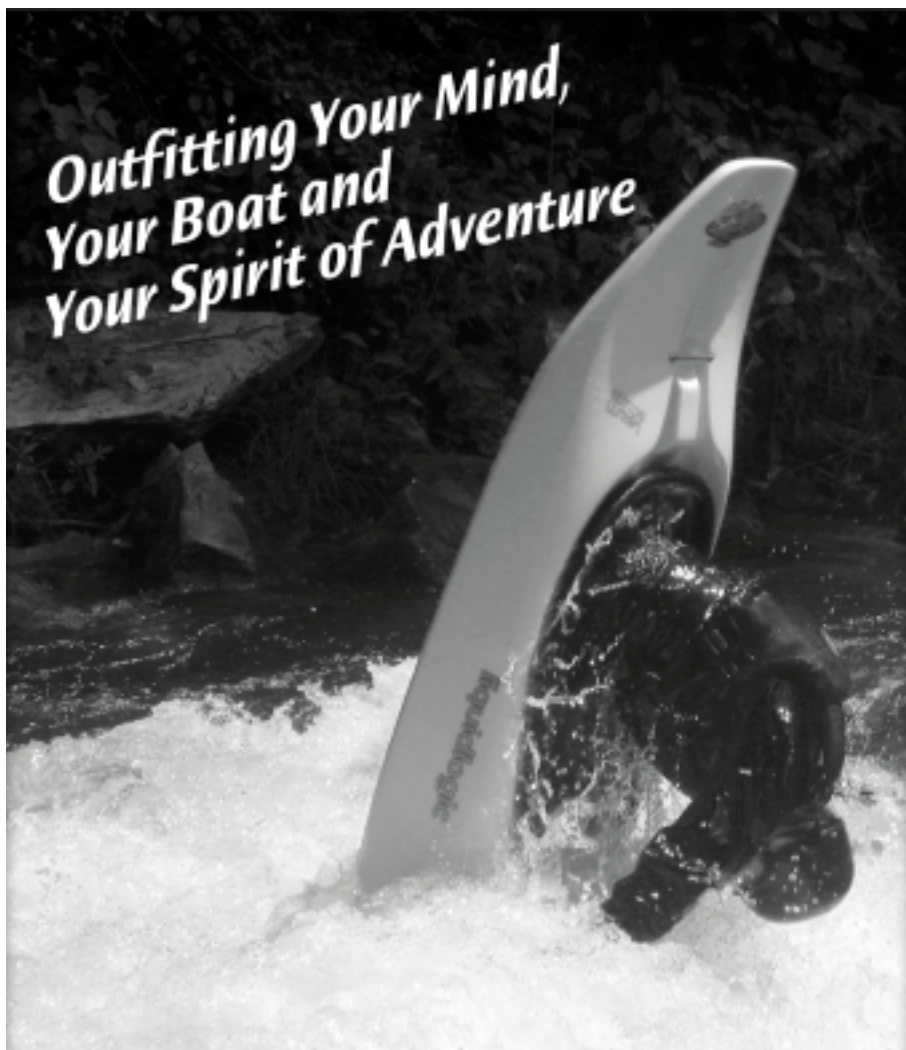
Watching Brooke on the water is proof of her ability to create strength, agility and happiness. The ends of her modified Transformer blast through the water like helicopter blades. Her small torso stays perfectly balanced in the middle demonstrating the precise timing and precision of a ballet dancer. The worst part of winning for Brooke is beating her best friends for money. And the best part, she says jokingly, is that it gives her the drive to train even in bad weather. She has an unquenchable thirst to be the best and that desire has driven her to the very top of the sport.

So what's next for this sparkly-eyed athlete who has hucked her way to the leading edge? As she talks about settling down with Andy and possibly having a family her voice softens and a lightness takes over her face. She will graduate this spring from the University of Oregon with a degree in Human Physiology. And has plans to pursue a career as an RN. She's not ready to give up kayaking quite yet though but this year she will fly, not drive to the events she enjoys. She is also excited about working with kids in the sport. She sees it as a way to give back what so many mentors gave her along the way.

After all, she says, "All you have to have is the desire." **AW**



www.americanwhitewater.org



Share an experience with NOC... America's leading whitewater outfitter.

Improve your skills with private or small group instruction. Learn from the nation's top whitewater kayak and canoe instructors.

Equip yourself and your boat with the latest in paddling gear.

Explore exciting whitewater rivers in the Great Smoky Mountains and around the world.



It's all here, on the water, on the web.

Nantahala Outdoor Center
800.232.7238 • www.noc.com
programs@noc.com

Nantahala Outdoor Center

Feature: Getting into Paddling

by Tera Schreiber

My husband, Eric, is a very talented and dedicated whitewater kayaker. Although I had some rafting experience and had gone downriver in inflatable kayaks a few times, whitewater kayaking has always intimidated me. And the more I got to know Eric, the more I was intimidated. At my first visit to his apartment, I noticed several photos of him going over Great Falls on the Potomac. Sometimes when people are very good at something, they make a difficult task look easy. While Eric appears confident in the photos of him going over Great Falls, he fails to make it look easy. It just looks crazy. Because he is so passionate about the sport, I have been learning to kayak since I met him. I realized that I must be in love if I was willing to give it a try. I was terrified of the simplest things – like rolling, even on flat water. It took me at least 20 minutes of hemming and hawing before I would even try a wet exit on the lake.

One summer we went to the Otter Bar, an excellent kayaking school in Northern

California, on vacation. We chose to go to a kayaking school for our annual vacation for a few reasons. First and foremost, Eric leaps at any chance to kayak. Although we had to choose the beginner series for my benefit, he was thrilled to have a chance to get me on the river. We also reached the point in our relationship where we needed to have someone else teach me to kayak. Up until then Eric had been my only instructor. This was excellent in some respects. I had complete trust in him, and because fear was my biggest problem, that trust helped me fight the fear.

In other respects learning from my significant other was difficult. He was always pushing me to do better and be more excited about kayaking because of his love for the sport. In return, I felt pressure to be happy, confident and flawless, all the while being frightened of the ever more complex paddling he expected me to do. As one might guess, this was hard on our relationship. It was time to make someone



else the focus of my scorn for repeatedly making me face my fears.

Eric was also motivated to get me on the river with other beginners. Because I was learning from such an accomplished paddler, my river buddies were also extremely talented, confident kayakers. There would be two or three strapping young men paddling vigorously through difficult water, playing on every wave and eddy line, confidently trying new tricks, all with the greatest of ease. Then there would be me, fearful of getting into the water, shaking like a Chihuahua, white knuckles on the paddle, sitting in the eddy grasping onto a rock for dear life, hoping to be unnoticed lest they try to get me to do something challenging, hungering for the end of the run so I could get out of the boat, stretch my legs and lose the wet gear. I was convinced that I was the worst, slowest learning, biggest chicken on the face of the planet. Despite the support of Eric and our friends who told me that my skills were excellent and I was progressing well, I could not be convinced that I was anything other than completely spastic and doomed to petrifying fear each time I got near frothy whitewater.

My fears were both overwhelming and a little unreasonable. Of course, the first fear was being upside down in the kayak, even on the lake. When Eric told me how easy it would be to wet exit, I did not believe him. "It's like taking off a pair of jeans," he said. "Just grab the cockpit at your hips and push down like you do when you take off your pants." Sure. And the spray skirt that was impossible to get on the cockpit is going to just pop right off, right? Remarkably, it did. It came off easily and I was out of the boat with my head above water before I could even feel the icy fear fill my heart. Smiling, I asked if we could try that again. And so it went; each time I learned a new skill, I realized that it was not as hard as I expected and the fear ebbed. Then, moments later, before I could even bask in the glow of my victory, Eric asked me to face a new

ACE presents...

GIRLS at PLAY

www.watergirlsatplay.com

A whitewater kayak instructional video for women with World Freestyle Medalist Anna Levesque
Filmed and edited by Chris Emerick

Now available in stores.
online or from The Heliconia Press
401.31.256.7300

SR PADDLER

produced by The Heliconia Press
photos by Jay Kline

fear. Each day of kayaking became a day of water torture where I faced my worst fear until I conquered it and immediately was thrust toward my next worst fear. I tried to envision myself a bold conqueror, slaying fearful dragon after dragon. But these fanciful visualizations did little to distract me from the concrete risks of the river that terrified me. At least if we went to a kayaking school I could blame someone else for the water torture.

We enjoyed meeting the diverse group of guests at Otter Bar. The group of about 14 people was comprised of men and women, as young as 17 and as old as mid 50s. Some had never touched a paddle and others had about as much experience as I had. A few had even been to Otter Bar before and had even more experience than I had. The group had a homemaker, three lawyers, a couple of students, a former Navy Seal (who we all learned could hold his breath for an incredible amount of time and I still suspect he was part amphibian), and other average business professionals.

The first two days were spent on the lake so we could all learn about boat control, paddle strokes and rolling. Those first days on the lake showed me that my general skills were decent when compared with the others. I could roll one direction consistently by then, with complete confidence. During those two days, I honed my “off side” roll to the point where the instructors forbade me from calling it the “off side” because both sides were equal. I also learned to hand roll by the end of the second day. I was feeling slightly more confident, but still afraid of hitting the whitewater.

The first day on the Salmon River, I was with two other women with a confidence level similar to mine. I was surprised and pleased to see that my skills were superior to theirs, but frustrated that my confidence lacked. Our instructor was incredibly patient with us and boosted our confidence whenever possible. Each time that he told us what he wanted us to do next he had to cajole one of us to be the first to try it.

During the middle of the run we did what seemed like a particularly hard section, all of us doing perfectly well, and I burst into tears. He stopped to talk with me and I confessed that I was just terrified of the river. His pep talk helped me get down the river, where I ended up swimming at the

very end because I tangled with a rock and leaned the wrong way. The lean, of course, is very counterintuitive. When I hit a rock, I wanted to get away from it as fast as I can. Of course I realize that if you don't lean into the rock, you are doomed. I leaned away from the rock, clawing to get free of it, and the water whipped my edge under and I was down, visions of being pinned under my kayak against the rock roaring in my mind with the sound of the waves. Obviously, this was not the confidence booster I needed to end the day. However, when I told Eric about the ordeal, he smiled and exclaimed, “Great! Now you realize that if you have to swim, you will be okay.” Of course, since my goal is always to stay in the boat, I thought this was nonsense. Who was this guy and why did he enjoy my suffering so much?

The next day on the river, with a new instructor, our group of three women was joined by a rather small, uncoordinated man. He was a lawyer and could best be described as scrappy. He was the most uncoordinated person I have ever met trying to do something athletic. When the instructor told him to put his right ear to his right shoulder, he swiveled his head at the neck and looked directly to the right. He paddled so fast and so far in the air, paddle out of the water, he was like a hummingbird flapping his wings. He was more likely to end up aloft than to actually get his paddle wet. However, despite his complete lack of skill, he had total and utter confidence and a pleased grin all day long.


On the drive to the put in, my stomach knotted. When we arrived on the beach, I burst into tears before I ever got into the water. Our new instructor gave me the requisite pep talk and convinced me to get into the water. What choice did I have? There was no one to drive me home, but it did occur to me that I could just wait the day out on the sandy beach and be picked up later on the return trip.

Once I was cajoled into the water, I saw something I never imagined could happen. All our guide had to do was tell us what was next and our small, uncoordinated male friend volunteered to be first. He usually failed miserably, swimming often, missing the mark entirely more than once and smiling all the time. Gradually, I



began to realize, if he could do this and still end up perfectly safe, I could certainly do it. If the least coordinated person I have ever met can survive that wave train with a silly grin, I can manage it. He became our litmus test. If he survived, we would too.

The next day, I earned my first “combat roll” and had to fight back tears of joy because it was so easy. And those were my last tears on the river. The next two days were the overnight trip on the Klamath, a much bigger river than the Salmon, with very big water and some more complex features. By the time we were on the Klamath, I was surfing waves, willing to do just about anything that the river had to offer and the guides felt was appropriate for the group. In one particularly tough section, I went through what to me was a huge rapid, missed my mark and hit a huge hole. This hole was a giant, boiling cauldron, ready to grab me and suck me inside. It was the one thing that we were warned to avoid before heading down the rapid. Despite the fact that I totally disappeared from view of the rest of the group for a moment, I aggressively and confidently punched straight through the hole by using the strong strokes and body position that I had learned. When I emerged, I saw three of the four instructors paddling furiously in my direction to save me and all looked pleased when they realized I did not need saving. This was clearly the highlight of the trip and the pinnacle of my kayaking career to date.

Now if only I could find someone who is confident and uncoordinated to go with me on all of my adventures. 

Feature: Designing Boats for Women

by Tiffany Manchester

Leading the Charge for What Women Want

I need to ask the women out there a stupid question: Do you like the way your feet feel in high heels? I know, I know; you love to walk around in them all day and never want to take them off...right? Haha, of course! We just pretend we're in pain at the end of the day so that we can merit ourselves a nice little foot rub every once in a while! Actually, we ARE in pain because heels are designed by and for men, and somehow the market for these shoes is successful regardless of how women feel. Men think women look sexier so they keep designing them, and women think they feel sexier so they keep buying them.

Boats have always been designed by and for men. Guys think it's sexy to see a woman throw down in the hole, and trust me, women feel sexy doing it. But I can promise you won't see as many women hucking ends as you would like until boat designs change. It's true. Up until now there has been little need for smaller boats, but over the last couple of years women and smaller, younger paddlers have been emerging onto the scene. They can't wait to get out there and learn the moves being pulled off by the men, but can't understand why it seems to be so much more of a struggle than it looks.

Well, here's the skinny--men and women have different power to weight ratios. For the most part, men weigh more and carry more muscle than women, and that explains why they are supposed to pick up all the heavy stuff! Essentially, a boat needs to be designed with a woman's contour in mind. Volume needs to be

displaced in different areas, the seat must be shaped differently, thigh-hooks, width and length...you name it, women are built differently in all aspects.

I know you could name a few boats designed for women in the past, but they are not suitable for women! Corran Addison once said that he'd design a woman's boat when women started cartwheeling. I recall kicking his butt at a rodeo that same year, but that's beside the point. Mark Lyle has been around since the beginning of freestyle, but he weighs about 200 lbs. and is as wide as a refrigerator. EJ may not be the tallest paddler out there, but his biceps are also the size of my head! Don't get me wrong, I think all of these men have designed great boats, but how could they possibly think small? And furthermore, how could they possibly think female? What I'm trying to say is that, in our world of consumption, there's a reason why we have gender-specific stores. Women design bras and men design boxers. Let's face it, guys can't fit their shoulders into our little tops the same way we can't fit our ass into their jeans. I'm not saying it's not possible, I mean, you could borrow your boyfriend's shoes to go for a run...but it wouldn't be much fun, would it?

With so many different concepts to consider when defining the structural difference in body type between men and women, it would be extremely difficult to undertake the challenge of creating a boat based on new principles that differ somewhat from the norm. These are some basic concepts to consider when designing a boat for women.



photo by Tanya Shuman

Width

In order to edge a boat efficiently, a paddler should use a simple "dipping" of the hip by lifting with the opposite knee. But because women are so much lighter, they must throw their weight to one side by winding up with their torso on the other side. All of this momentum leaves women off balance by the time they get the boat on edge. It makes simple moves such as carving very difficult. Women are not used to "tippy" boats because everything they paddle is so wide and stable. Feeling "tippy" is something that they must accept and get used to. A narrower boat with a hull width of under 21 inches would allow women to use their hips and knees to edge that boat rather than having to use the wrong muscle groups to "throw" the boat on edge.

Depth

More depth means having more volume to throw around. To counteract this feeling of "sitting in a bathtub," women have to add inches of foam to their seat to sit up higher so that their elbows aren't banging the cockpit rim. This added height makes positioning for the thighs and legs

TYGART RIVER ENTERPRISES
304/457-5674


CUSTOM BUILT RACKS

FOR BOATS & BIKES

www.tygartriver.com
Located in N. Central WV

Pickups
Jeeps
Cars
Vans
SUV's
Sorry,
No Shipping

awkward. Less depth and therefore less volume will then increase the amount of leverage over the boat, thus alleviating those edging problems while creating the ability to have better boat control.

Foot Room

Women don't have big feet, and since their legs don't extend to the end of the boat they don't need those foot bumps anyway. This will take out unnecessary volume in the front end, making bow initiation much easier.

Hull

Spinning is one of the first play moves to learn, and everyone loves to do it. A super loose hull makes supercleans, cleans, and just plain old spinning a blast because it's so much easier. A loose hull makes learning easier and more fun. Combine this with the other aspects and its a perfect set up for a boater of all levels.

Knee Space

Women really don't need all that volume for the knees because theirs are really just little! It is extremely difficult to get past the knee volume when trying to initiate the bow for a cartwheel. Having to gear up hard for a double pump is exhausting and unnecessary.



Backband

The backband should sit up high on its own so that women do not have the option of leaning back. This inherent problem creates bad form and makes learning more difficult as everything women do in kayaking involves staying forward. Women have a tendency to lean back in the defensive position because they can't handle those large boats and end up out of control. With a properly situated backband there is less tendency to lean back even in a big boat, so women can save all of those back-breaking days until after the baby is born!

Seat

The seat should be tilted forward. A woman's hip movement is different from a man's. Cocking the hips forward naturally with a properly made seat will mean less work from the abs in moving weight forward.

Weight

Once again women are not big and strong, so why should they muscle around boats that weigh 30+ lbs.? Make it light, no more than 24 lbs. with outfitting. Now, when women drop their hips for the next end, the boat just naturally follows around. Women don't have to pull extra hard on their paddle, or demonstrate bad form by leaning back, in thinking this will help to compensate for lack of muscle or weight. This will also allow women to pick up their boats easily with one arm and carry it like there's nothing on their shoulder. Imagine how nice that would be!

By encompassing these ideas to make a women-specific boat, boat manufacturers will see a significant increase in women taking up the sport. Progressively, more women will put in the time and effort out on the water to improve their skills, and for many reasons. Getting down the river and working on new moves will be less tiring and more rewarding, and more women who are kicking butt will bring their competitive abilities to a whole new level.


So, bring it on! 

photo by Billy Harris

Otter Bar Lodge

Kayak School

World-class
paddling location

Industry-leading
kayak instruction

Programs for
paddlers of all levels

Grand Canyon
September Trip 2003

Kids Kayaking
Camps



530 462 4772

otterbar@aol.com

www.otterbar.com

Feature: Confidence & Frustration

by Tanya Shuman

photos by Jimmy Blakeney

I can remember when I was terrified of big holes; alright, any hole.

My ride usually consisted of getting in and out of the hole as fast as possible. Trying a trick was out of the question. I was in survival mode, concentrating on staying alive. I have to admit, big holes still scare me, but I have learned how to relax in them. Building my confidence helped eliminate the fear factor.

The first task was building confidence in my roll, which was always a worry for me, especially in holes. When entering the hole I would think, "please don't swim, please don't swim in front of all these people; I don't want to be a complete loser." This would lead to my routine of getting in and out of holes at lightning speeds. Or better yet, pretending to go into the hole and just missing it as if I was really trying to surf the hole. I received many Oscar award nominations for my acting performance there. After a while, that routine got old. Everyone was having a grand time surfing, cartwheeling, spinning, etc., while I was frantically ferrying in and out of the hole.

I decided I needed to build confidence in my roll. I spent countless hours in the pool rolling right, left, with paddle, without paddle. Then I applied it on the river in rapids where the water was deep and there weren't any rocks to hit. I also had a friend

spot me. Then came the big step of going into holes; very small holes at first where I learned about edge control. Once I got comfortable knowing how to maneuver in a hole, I moved my way up to bigger holes and concentrated on learning basic freestyle tricks.

Of course throughout this process, I did swim. It was scary at first. However, with each swim I realized it wasn't that bad and at least I was trying to do something besides frantically ferrying in and out of holes. It's alright to swim. It is part of the learning process. Just be sure to start practicing hole riding and rolling in places where there is a nice pool at the bottom and little chance of danger.

Learning to kayak definitely has its frustrating moments, but the rewards far outweigh the struggles. I struggled quite a bit as I was learning and the question of frustration came to me once after my 20th attempt to surf a wave known as Corner Wave located on the Ottawa River. Anyone who has ever been to the Ottawa River knows this feature is epic. The wave is super steep and fast where huge aerial blunts occur on a regular basis.


The top paddlers in the World can get at least a foot of air underneath their boat during a blunt...something that I dream of doing one day. However, for me I was having difficulty just getting on the feature. I'd wait in line patiently watching paddlers continually slip onto the wave and surf. My



turn would eventually come and time after time I'd miss the wave.

What's awful about this scenario is not only did I miss the wave but also each failed attempt meant flushing down river into another rapid called McCoy's. For those who don't know, McCoy's consists of two huge holes; emphasis on huge. To avoid the two holes, you have to paddle directly down the center and missing your line means surfing one or the other of these holes. Just great!

Thank the river gods! My line at McCoy's was spot on for the most part. Once on shore, I'd get out and carry my boat back up to Corner Wave. During one of these carries, another paddler came up to me and said "Aren't you frustrated yet?" At this moment in time, feeling extremely exhausted and, well, frustrated, my first impulse was to say something really rude. He was quite obnoxious to state the obvious. However, I sucked in my pride and said, "Yeah, I'm a bit frustrated but I'll eventually get it."

His words were definitely discouraging. But I didn't give up... remembering that kayaking is all about the fun. You'll have your highs and lows. Some days you'll feel like a superstar and others, the number one kayak swimmer. Keeping this in mind, I kept trying, stubborn and determined. Within the next day or two, I began to slip onto the wave and then progressed to carving and surfing the wave. By the end of the month, I was blunting. My goal is definitely to go aerial but baby steps first. Nothing hard is achieved overnight. Remember to enjoy and always have fun. 



American Whitewater Merchandise



IR Thin Skin with AW logo
Nylon/Spandex Wicking Layer
(Navy) S, M, L, XL
\$48



IR Visor with AW logo
(Navy) One size fits all
\$15



IR Thick Skin with AW logo
Nylon/Polyester/Spandex Insulating Layer
(Navy) S, M, L, XL
\$68



Men's IR Board shorts with AW logo
New color for 2003!
(Navy) 30-38 even sizes
\$50



AW Hooded Sweatshirt
100% Super Thick Cotton
(Navy) M, L, XL, XXL
\$36



Women's IR Board shorts with AW logo
(Blue Floral) 4-12 even sizes
\$48



"River Safety Report"
By Charlie Walbridge
\$12

"Get With The Flow" T-Shirt
100% Cotton
(White) M, L, XL
\$20



For a wider selection, please visit our online store at www.americanwhitewater.org.

Merchandise Order

Item	Size	Qty	Price

Shipping and Handling

Orders under \$20 - add \$4
Orders \$20 - \$40 - add \$6
Orders over \$40 - add \$8

Shipping

Total Price

Send this form to: AW
1424 Fenwick Lane
Silver Spring, MD 20910

Ordered by (include address) _____

Shipped to (if desired) _____

☐ I've enclosed a check payable to AW ☐ Bill my MasterCard or Visa

_____-_____-_____-_____/_____
Credit Card Number Expiration Date

Gear Review - Bomber Gear's Womens Capri Pants

by Tracy Foster

The Bomber Gear Capri pants for Women are a new product for 2004 and are not your traditional splash or neoprene pants. They consist of light polypropylene and nylon fabric cut in a traditional Capri style and are designed to be worn alone or as a layering piece.

The best thing about these pants is the fit. They are definitely designed for a woman's body. They fit snug in the hips and rear and have a flattering lower rise that promotes activity without restriction of movement. There is elastic in the waistband and below the knee that didn't cause chaffing or discomfort when moving. The crotch is built differently and I found the pants stayed in place better than others I've worn.

Another great feature in these pants is the synthetic rubber strategically placed on your behind and between your legs to hold you in your boat and keep you from sliding around.

Basically, with the nylon fabric, they can be compared to a running pant with the rubber portion made specifically for kayaking. These pants are lightweight but do provide added warmth and the fit definitely promotes activity. Because of the fabric, they become easily saturated but dry quickly and seem to not become clammy from sweat or overheating.

Overall, if you are looking for a lightweight layering piece that will fit you and provide comfort, PLUS hold you in your kayak seat, these are the pants. The suggested retail is \$39.

Specs

- Brushed 11 oz. Polypropylene fabric
- Anti-microbial treatment
- Flatlock seam construction
- Light elastic at the waist and leg openings
- Sub-screen TM for protection, style, and grip on the seat
- Ergonomic cut



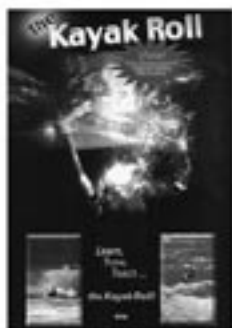
Womens sizing

Size XS-XL

	S	M	L	XL
Size	4-6	8-10	12-14	14-16
Waist	26-28	31-33	35-37	39-41
Hip	34-36	39-41	43-45	47-49
Inseam	30-32	32-34	34-35	35

The Kayak Roll

Learn it or Teach it!



"This video will make my teaching much more effective. It's also exciting to see how the philosophy on kayak instruction is evolving with kayak designs. There are some subtle, but very key differences in the way rolling should be taught today, and this video covers them all." Chuck Lees The Kayak University

"The Kayak Roll video is terrific! The video, combined with a lot of practice brought my roll from 'maybe' to bordering on bombproof." Jeffrey L. Bolte

Order in DVD or VHS Today!
(888) 259- 5805
www.performancevideo.com



Video Review - Girls at Play

by Nicole Gale


GIRLS at PLAY

Girls at Play is an instructional video aimed at women playboaters or those learning to play. It uses both instruction on playboating technique and interview footage from top female freestyle boaters. There was a lot of honesty in the interview segments which I think addressed feelings most boaters have about kayaking; from appreciating the sport's unique mental and physical challenge to evaluating and conquering fear. Women seem to be more open about the fear thing and I often find lining up in eddies with the tough guys to be intimidating. It was refreshing to hear those same sentiments echoed by the pros.



One girl noted frustration at the lack of innovation in female boat designs. On the other hand, a girl from IR noted that 40-50% of gear sales are in the women's category. It seems that with the growth in the number of female boaters, more female-specific boat designs will be coming out soon. In the meantime, this video offers some great outfitting tips to help women compensate for boats designed for men. One example is using a one-inch thick cut of foam to boost the seat to combat the extra depth of most boats.

Much of the instruction value of this video dealt with specifics on how to gain better edge control, balance, and timing. There are a lot of tips for women to exploit the finesse they possess for paddling, rather than forcing moves with brute strength. In a section entitled "Challenges", a young boater describes the realization that she "will never have the muscle power of a guy... and that's OK". Not being much of a playboater myself, I did find myself lost in terminology – what's a split wheel, anyway? How about an ultra-clean cartwheel? Nonetheless, I did come away with some basic playboating hints, like not relying too much on your paddle.

I found myself flirting with the fast forward button through the "yoga" portion of *Girls at Play* because, although probably quite useful, it seemed to drag on a bit. And personally, I couldn't help a wince at the "crying" section. Overall, however, *Girls at Play* has some great technical advice and a healthy dose of girl power. I remember first learning to kayak, and seeing one girl line up to surf a wave in the midst of half a dozen guys. She blew right off the wave immediately, but instead of cursing at herself like the boys ahead of her, she just smiled and got back in line. Girls rock! 

**CAMP MOR**
WWW.CAMP MOR.COM
**CANOE AND KAYAK
OUTFITTERS**
DRY BAGS • PFDs • INFLATABLES
• NEOPRENE CLOTHING
• CAR RACKS • ACCESSORIES
PLUS:
• BACKPACKING
• CLIMBING
• FAMILY CAMPING
• RUGGED CLOTHING
& FOOTWEAR
**NAME BRANDS AT
THE LOWEST PRICES**

AOL
keyword:
CAMP MOR
CALL FOR OUR FREE CATALOG
1-(800) 230-2151
Or Write to Us at:
PO BOX 700-AWO,
SADDLE RIVER, N.J.
07458-0700



River Voices: Brush Creek - California

by Cindy Winslow

Brush Creek transformed me, rejuvenated me, enlightened me, and reminded me why I was driven to kayaking in the first place.

It freed my soul from the clutches of fear by making fear itself irrelevant. In the absence of fear, flying through the air, popping into waterfall pools like a toy boat in a bubble bath, and sliding down slick rocks like a vertical bumper car, all became simply fun!

But the transformation didn't all happen the moment my paddle hit the water. My first run was sheer terror. At the must-make eddy, I didn't, and when I reached the takeout, I was aching and bruised all over, absolutely exhausted after only a 1½ mile run. I am not a religious person, but at the takeout I raised my arms to the sky and yelled to God how thankful I was to have survived this once in a lifetime experience, emphasis on ONCE.

The next day I hiked up the trail along side the run as far as I could and waited on a cliff ledge for the group to come down so I could take pictures of them. The view from that cliff terrified me more than the run the first day. It was a steep, bare granite canyon with a trickle of water dropping down through it, like one big waterfall with little pools on the way down. From the perspective of the run I didn't see more than the drop I was in, so I didn't realize how many drops there were in such short succession. Every time I closed my eyes that night to go to sleep I saw nothing but a series of drops, and I couldn't imagine ever doing it once, let alone again.

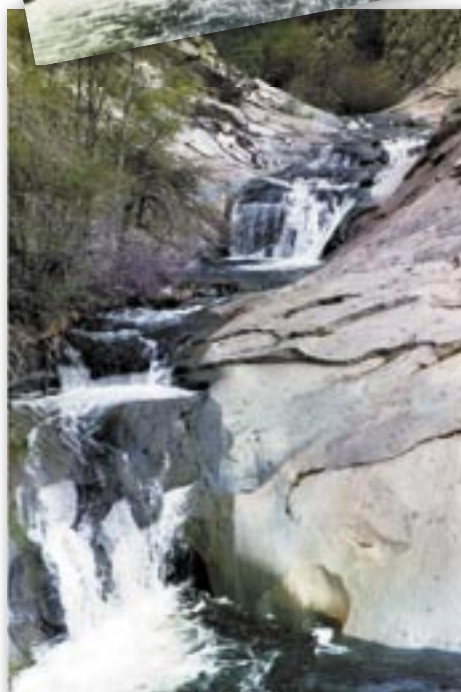
On the other hand, I didn't want to walk away from Brush Creek feeling only grateful to have survived – I wanted to walk away having thrived. Eventually, we found a sneak route to the must-make eddy and, with the company and knowledge of experienced, passionate boaters, my mood

lightened. I ran it again and again and slowly my fear subsided and began to be replaced by familiarity. I gradually started to notice that beyond all the hype and scary videos, were some rare moments of sheer delight. I found the waterfall landings to be remarkably gentle – I think those waterfalls remain my favorite part. The wind and spray hitting my face going over the 18-footer exhilarated me almost as much as popping out of the cushion at the bottom. Other than lining up the best I could and looking at the water below so as not to land flat, there wasn't much to do and therefore not much to distract me from just relaxing and enjoying the ride. The seal launch was also a no-brainer. As long as someone lined me up correctly, all I needed to do was enjoy the bounce, flight, and splash!

My friend Laura Sy was the best guide imaginable; she knew the run intimately and reassured me there was nothing to worry about. It surprised me that after so many horizon lines, I found myself taking in stride what on any other run I would have portaged without question. It was quite odd to hear myself saying, "Oh well, here goes another one!" as I inched my boat over a cliff to see my friends at the bottom of the 200 foot slide in front of me. And while I came to learn that I would make it down no matter how clumsy my paddling was, there were several times when I felt I had met the challenge by responding with quick strokes in all the right places to gracefully maneuver through narrow shoots, sideways drops, and rock strewn passageways.

The last day was the best. In fact it was heaven. I can't wait to do it again next year.

AW



River Voices: Tshletchy Creek

by Oliver Deshler

If I hadn't been so tired, I might have cared more when I saw Luke suddenly kick his boat off its precarious perch among the trees. It was an accident, of course, and who could blame him after the brutal hike we just endured. For hours we had been fighting our way uphill, hiking through knee-deep snow dragging fully loaded kayaks. The new fallen snow was warm and wet, and the kayaks stuck to the snow and resisted any forward movement with stubborn insolence. So when Luke's boat broke free and started sliding down the steep slope we all watched with fascination. It started slowly, appearing to resist the pull of gravity. Soon the kayak transformed itself from a sluggish burden into a speeding projectile. Sleek and silent it gained momentum with frightening speed. Suddenly it hit a small patch of trees and became airborne. It flew into the sky like it was breaking the bonds of the earth and was gone. The episode was over in an instant. After contemplating kicking my boat off in much the same manner I suddenly came to my senses. Luke's boat had all his camping

gear and food for the next four days. We were in the middle of the Olympics and it was snowing heavily. We shivered in our booties and began lowering the remaining two boats down the next pitch.

The Olympic Peninsula in Washington is a whitewater sanctuary. Surrounded by the calm waters of Puget Sound and the stormy seas of the Pacific Ocean, the Olympic Mountains hold rivers of incomparable beauty and power. The Olympics are not tall; Mt Olympus is less than 8,000 feet in elevation, but they rise steeply from the water's edge and soar over the Pacific Ocean. The mountains intercept moisture rich air from the Pacific and some places on the peninsula receive over 200 inches of precipitation a year. Olympic rivers radiate out from the center of the peninsula and cut deep valleys through the steep mountains. Into dark basalt gorges and through large tracts of temperate rainforest; the rivers in the Olympics are out of this world.

My first experience with adventure boating in the Olympic Peninsula occurred when I was a sophomore in college. The most difficult thing about that trip was making it to the river. We had to carry our boats 2,000 feet to the top of a snow covered ridge then descend that same distance, lowering our boats off trees and descending log choked gullies. The first day on the river we spent more time carrying our boats around log jams than running rapids. If we had just wanted whitewater, there were many rivers offering more. But there was something extraordinary about boating through the Olympic wilderness and so the next spring, I started dreaming about another Olympic trip.

Tshletchy creek is a tributary of the Queets River on the western slope of the Olympics. There was an old trail along the river built in the 1930's but it has long been overgrown. The entire watershed from its tiny headwaters in Paradise valley to its

Hiking with a Kayak in the Olympic Peninsula



River Voices: Tshletchy Creek cont.

by Oliver Deshler

confluence with the Queets, a short 12 miles later, is pristine. It is a blank space of green on a map of the Olympic Peninsula.

A year later I had just returned from a winter of skipping school and helicopter boating in New Zealand. My friend Luke had joined me there for a month and together we had run some of the most amazing whitewater we had ever seen.

When we returned to school in the spring we knew we had to plan something big. We had just flown halfway around the world to run incredibly beautiful and challenging rivers. What could possibly compare with the experience of being flown in a helicopter into the Southern Alps to run rivers full of Class IV and V rapids? I was pretty sure of the answer, and knew it was in our backyard.

It only took Luke a few seconds to agree to a Tshletchy Creek trip. Thin and wiry, he is always game for an adventure. We invited many of our older boating friends, including Gary Korb, who wrote the guidebook to the Olympic Peninsula and had done two Tshletchy Creek trips. Everyone was enthusiastic. We peppered Gary with a bunch of questions about snow levels and river flows but he was vague.

The next time we boated with Gary it became apparent he was not coming. "It's going to be a hard year because there isn't much snow up there, and when it melts it's going to go fast. I've been in there when it's low and don't really feel the need to go back. Besides, you guys will have much more of an adventure if I am not there." Because Gary is older and much wiser than the two of us we both nodded our heads in appreciation of his profound words. The other boaters must have shared the same appreciation for Gary's words because within a couple hours we lost every other member of our party. I asked Luke if he was still keen on the idea and he looked at me with an enthusiastic grin "Of course I'm still in," he replied. We agreed to hike our boats in that weekend.

A couple of weeks after stashing our boats, Luke and I were waiting for the snow to melt. Finally, we got a forecast that looked

promising. Rain followed by sunshine. It seemed perfect, a good rain to raise the level a bit and then some steady snowmelt to provide water for the rest of the trip. As we were about to find out, these things are hard to predict.

We spent the night before we left preparing our gear and food. The moon was full, the weather was beautiful and we were filled with inspiration by the adventure we were about to embark on. We were cooking some pasta to take on the trip when the phone rang. It was Chris, an Olympia boater I had paddled with a couple of times. He had heard about our Tshletchy Creek trip and wanted to go. The two things I remembered about Chris were that he always seemed to hurt himself boating and that I had only run easy rivers with him. After talking to him for a couple of minutes it was obvious that he had been drinking. I tried to explain to him that we were leaving tomorrow and that our boats were already stashed. He didn't seem to care. "O.K.," I said, "We are leaving tomorrow and you are going to have to drive out there tonight and hike your boat in tomorrow so you can meet us at our boats when we hike to them on Saturday morning." I made sure to emphasize the incredible amount of work he was going to have to do to go on the trip. I assured Luke that no sane person would try to join the trip at this point and we returned to packing for the trip.

The next day after class we jumped in our cars and drove out to the western slope of the Olympics. It was late at night when we pulled into the trailhead and found Chris's VW bus. Both of us were shocked. "What was this guy's deal?!" We assured ourselves that he would never make it to our boats and fell asleep to falling rain. The next morning was cold and wet. After we started hiking it didn't take us long to reach newly fallen snow. One thing was certain: Chris had spent a cold wet night out here. We made good time with our light loads and soon the snow began to get deeper. Suddenly we noticed tracks in the snow, it looked like a person was dragging a boat while crawling on all fours!

We kept following the tracks and soon we came to the clearing where we had stashed

our boats. In the clearing we found Chris. He was standing in the snow soaking wet, eating sardines with a stick. His hat was on crooked, barely covering the top of his head, and he looked as if he had been crawling through the snow. When he saw us his face lit up and he immediately started babbling. "Dude! I am so happy to see you guys. I couldn't find your boats and last night it poured on me and my tent is soaked and all my stuff is wet and it is cold out here, man. I had to take a break and get something to eat but I can't stand around, man, it's too cold!"

This guy was the very definition of "beat down", a term he loved to use. We found our boats, buried under a few inches of newly fallen snow, and stopped for something to eat. Chris was complaining about his wet gear and how cold he was and soon he was off hiking toward the pass trying to get warm.

Luke and I exchanged worried looks. Needless to say, Chris was not our first choice as a partner for this trip and we both realized the implications involved with another boater. Tshletchy Creek is remote, inaccessible, and the whitewater is far from easy. As Gary says in the guidebook description, "There are several mandatory portages and dozens of Class IV and V rapids to run, demanding caution and respect. If you lose your boat and gear in one of the gorges you're in for a survival experience...outside help is not an option."

Luke and I piled our gear into our boats and started dragging them with our throw ropes. It was easy going at first but once we started up the pass our progress slowed drastically. The rainstorm that was predicted occurred in relatively cold temperatures, lowering the freezing level and depositing fresh snow on the pass. It was the beginning of May, and the day was warm. As a result the new snow was wet and sticky and our boats wouldn't slide once we started uphill. For a while we drug the boats with a rope over our shoulders. Going uphill, the boats fell into tree wells and we sank up to our knees in the snow. When it got really steep we had to walk uphill, dragging a rope behind and then pull our boats up after us, all the while trying to keep them out of tree wells. At

one point I looked back to my companions and found Luke just holding his head in his hands.

The weather seemed to reflect our mood; it was either sunny or snowing. When the snow fell heavy and the sky turned dark gray it seemed to emphasize the ludicrousness of our endeavor. There we were in neoprene booties trying to drag our boats over a snow covered mountain pass.

It was mid-afternoon by the time we reached the top of the pass. It was steep on the other side and the quickly falling snow was foreboding. Chris seemed to be keeping up all right even though he was tired and cold. Luke and I had our misgivings but we couldn't deny that Chris was part of the team now. He had called my bluff, and Luke and I began to respect what this guy had gone through to get this far.

At the pass, we began lowering the boats into the swirling snow. The slope was so steep one of us went down first to catch and stack the boats against trees to prevent them from taking off into the snowy abyss. It was all going great until Luke kicked his boat off its precarious perch. As Chris and I carefully lowered our boats down another pitch Luke went looking for his boat. He didn't take long finding it. There was a clearing below where his boat had launched into the air. It had been airborne for about half the clearing and then had fallen forward onto its bow and stuck into the snow like a spear. Luke happily began lowering his boat again as Chris and I enviously thought about the effort his renegade boat had saved him.

Soon we were through the steep stuff and able to put our ropes away for a while. It wasn't long before we were sitting on top of our boats and sledding down the pass trying to avoid tree wells. The rides were

fast and exciting and soon we were yelling and laughing. Finally these heavy boats were helping us.

It was late afternoon by the time we reached Paradise Valley, the headwaters of Tshletshy Creek. The terrain became flat and we began to cross small streams, using our boats as bridges. Paradise Valley is small and beautiful. There was plenty of snow and it didn't seem like it was melting too quickly. We pressed on, and in a little while we found Tshletshy Creek, which was so small you couldn't even call it a creek. It was more like a brook. We stopped for a break and tried to make ourselves feel better. "There is probably a lot more water just downstream."

"Yeah, I bet once we get a few of these brooks together we might actually have a creek." We snapped some photos and began dragging the boats through the woods.



to subscribe
www.lunchmag.tv

etrasport   liquidlogic 

Put Our Skirts Between You and the White Water



DURADECK
RUBBER RANDED SPRAYSKIRT



EX P
RUBBER RANDED SPRAYSKIRT



ROB CARTWRIGHT
Brooks Sponsored Paddler

Tenacious grip,
durable materials,
dry seams and great prices.
With Brooks sprayskirts you can
focus on your paddling and
forget about your gear!



Brooks Wetsuits Ltd.
Toll Free 1-888-986-3441
Fax: (604) 986-3443
e-mail: info@brookspaddlegear.com
www.brookspaddlegear.com

River Voices: Tshletchy Creek cont. by Oliver Deshler

We crossed a couple more side creeks and then started looking for camp. There was snow everywhere and the forest was thick so we hiked up a side hill. We found a small patch of ground on a little bluff overlooking Tshletchy Valley. Soon we were cooking dinner and watching the stars come out on a beautiful, clear Olympic night.

The next day we awoke to blue sky and sunshine, a rare gift on the Olympic Peninsula. We were flying high as we cooked breakfast and soaked up the sunshine in our sleeping bags. The hard part of the trip seemed behind us. Now we were going to experience the magic of the peninsula first hand. We packed camp in high spirits and then portaged the first, unrunnable, gorge. We happily got into our boats at the base of a large waterfall and finally started boating.

But we didn't boat for long. No more than a few hundred yards later, all the water in the creek drained into the ground. There had been more water in the gorge where the basalt had kept the water out of the ground. But now the creek flowed over gravel beds, and the water disappeared. We bounced down rocks in our fully loaded boats, constantly getting stuck or pinned. I started walking down the creek bed dragging my boat and went just as fast. Chris's feet hurt so bad he just stayed in his boat and spent

the rest of the day hitting rocks. We were discouraged and looked comical. More than once we all asked ourselves what we were doing dragging our boats down this creek in the middle of the Olympics. If we had wanted to go hiking we could have left the boats at home.

It was late in the afternoon when I rounded a bend in the creek and noticed something strange up ahead. The trees seemed to drop out of sight and there was a big hole in the forest above the creek. I could just make out the tops of trees below. There was definitely something big up ahead and from Gary's description I knew it must be the Tshlasm.

Tshletchy Creek drops 150 feet over a quarter mile in the Tshlasm. There are several large unrunnable waterfalls, some of them choked with huge trees. It is an awesome place and we quickly drug our boats out of the creek and into the forest. One of the only things that Gary had told us was that we shouldn't pass the Tshlasm with less than 5 hours of daylight. Since it was late we quickly made camp among some huge old growth Douglas Fir and Western Hemlock. We were well past the snow now and the forest floor was covered in moss. Grazing elk had eaten small meadows out of the low-lying foliage and we sprawled out with our gear in one of



these clearings. The day had been hard on Chris and once he sat down he couldn't move much. He had a sorry pair of booties and they offered no support. Walking in the snow and over rocks for the past two days had taken its toll.

Luke and I, however, were full of energy. We immediately took off to find a portage route and a way back down to the river. Grabbing onto tree branches and bushes we tried to look through the thick jungle of the Olympic forest. We couldn't see much, but what we did see was awe-inspiring. Dark, beautiful gray basalt cliffs were painted green in places with moss and vegetation. Clear, blue-green water careened over huge waterfalls, falling to form huge, surging piles of white, aerated water. Fat old growth trees had fallen into the gorge at random places, looking like sticks poking into and over the waterfalls. It was incredible to think that hundred-year-old trees close to 10 feet thick

were sticks to this shallow creek when it was flooded. I sat and imagined the floods that had gone through this canyon, pushing logs around with abandon. The western slope of the Olympics is a temperate rainforest and its rivers flood often. It is not uncommon for these rivers to swell 25 fold in volume during large storms. I made my way back to camp with Luke, feeling small after pondering the magnitude of the place I was in.

The late evening sunlight through the old growth giants made our clearing seem sacred. We walked around the forest on fallen trees bigger than sidewalks. This was one of the most pristine places I had ever been to; one where the hand of man was not felt. I have been to many remote, difficult-to-reach places but this was perfect: no sign of anyone, anywhere. I walked in reverence among the giants in the fading daylight.

We cooked dinner and had a few sips from a bottle of tequila Luke had brought to celebrate Cinco De Mayo. It wasn't long before we were rolling our sleeping bags out on the soft moss. During the night I awoke to see the moon shining through the trees, creating large shadows and patches of soft moonlight. Sitting there in my sleeping bag, watching the moonlight and shadows play across the forest floor, I understood why my urge to run Tshletshy Creek had been so strong.

We awoke the next morning to sunlight streaming through the trees. We were sore but in great spirits and we talked excitedly of the whitewater to come. I was pretty sure, from what Gary had told me, that a long gorge started after the Tshlasm and that meant whitewater. We put on the river, after portaging the Tshlasm, and bounced down a few miles of logs and rocks. Soon we were at the entrance to a gorge and we



NEW ENGLAND'S SOURCE FOR WHITEWATER INSTRUCTION & GEAR!
 Novice, Intermediate & Advanced Clinics

Zoar
 OUTDOOR

Friendly certified instructors
 State-of-the-art boats and gear
 Guaranteed whitewater on the Deerfield River

Check out our fully stocked Outfitters Shop!

800 532-7483
www.zoaroutdoor.com

The Outfitters Shop On the Deerfield River
 Charlemont, Massachusetts



LVM Brotha's!

\$%#!@! It's that 'LVM Brother' guy again!

Andy

LUNCH VIDEO MAGAZINE
 to subscribe:
www.lunchmag.tv

River Voices: Tshletchy Creek cont.

by Oliver Deshler



quickly portaged around a tree. Now we could start doing what we came to do. I took off and ran a couple of Class III drops and suddenly found the end of the gorge. Immediately afterward, the river began flowing over gravel beds again and we lost the water. I started dragging my boat again telling myself the whitewater was just around the corner. We ran another short gorge and then another and it was always the same story, not much whitewater and easy rapids. And then we would find ourselves dragging our boats down the river once again. After the third mini-gorge I began to get a little depressed. I didn't understand where we were and none of this made any sense. The party that had done the first descent of Tshletchy Creek had claimed it was the best whitewater in Washington State. We'd hardly seen any whitewater. All it seemed we were doing was dragging our boats and walking on rocks. About midday we found a large flat clearing and ate lunch.

The mood at lunch was grim. We had expected to find whitewater after leaving camp and now we had gone a couple miles and found only a few easy rapids. We didn't know where we were or how far we had come and Gary's advice didn't make sense anymore.

After lunch, when we got back on the river, my mood suddenly shifted, the thin clouds burned off, and the sunlight began shining on the trees and the river. I took the lead and was suddenly filled with excitement and anticipation. I noticed a merganser downstream sitting in an eddy. As I approached, the merganser suddenly flew downstream into another eddy. This continued for a long time and I began to feel as if the bird was leading me to something. The sunlight brightened and soon basalt cliffs began to rise from the banks of the river. I kept following the bird in front of me and soon we were in another gorge.

This time the gorge didn't end after a few rapids. After a quick portage we were running continuous Class III-IV whitewater. The sun was shining brightly and soon we were all grinning enthusiastically. The scenery was out of this

world. Dark, gray basalt cliffs, huge thick old growth timber covered in moss and dappled in sunshine, it was hard to take it all in. Sunshine brings out the beauty of the Olympics. When sunlight shines on the water through the trees it creates colors hard to describe. Deep blue greens become emeralds and golds as light and shadow play across the water. The past two-and-a-half days of hard work suddenly seemed a small price to pay for being in such a beautiful place.

After an hour or two of running quality whitewater we came to a short section of Class V. The river descended over two big drops and then over a 15-foot waterfall. Since half the river went under an undercut rock at the base of the falls we opted for the portage. The portage required a seal launch from the lip of the falls into the pool below. Luke and I got in a good push before we launched into the air, which allowed us

to clear the water flowing back into the cliff. Chris, however, penciled straight in, flipped, and then rolled up against the cliff wall.

We ran a couple rapids below the waterfall and came to two big drops. The first one was 8-feet and required a boof off a log into a small slot between two boulders. Then the river plunged over another 8 or 9-foot drop into a large hole. We looked at the rapids for a while and decided to walk them. We were a long way from nowhere and had to boat conservatively. After ferrying across the river I took a closer look at the drops as Luke and Chris began portaging.

The more I looked at the rapids the more I knew I could run them. I told Luke and Chris I was going for it and they set up safety as I climbed in my boat. I paddled off the log and sunk into the soft aerated water between the two boulders. A couple

paddle strokes and my boat hit the main current. The next thing I knew I was flying over the second drop. My fully loaded boat punched the hole at the bottom of the drop with breakneck speed and I was blown backward as my boat came through. Luke, Chris, and I were all smiles, yelling and talking excitedly. There was no place in the world I would have rather been at that moment. I was in my element, doing what I loved in the most beautiful place in the world.

The whitewater kept coming, one Class III or IV rapid after another. Around five that evening we reached a large flat clearing near the river. Gary had told me about this campsite and had made sure to tell me there were no campsites above it. I couldn't remember if he had told me there were any below. We stopped and talked things over. Luke and Chris didn't think we had gone very far. I didn't know if we had but I was



LVM asks you to dream
about kayaking responsibly.



LUNCH VIDEO MAGAZINE
to subscribe:
www.lunchmag.tv

River Voices: Tshletchy Creek cont.

by Oliver Deshler

tired and this was a great camp. I thought we should camp but I was outnumbered and so we pressed on.

It was not long after we left the big campsite that Chris's boat broke. He got out to empty it and noticed a two inch gash in the bottom. We tried unsuccessfully to patch it with duck tape, and continued on. It was getting late, and the gorge kept going and going. We tried to move as quickly as possible but every couple hundred yards Chris had to stop to empty his boat. Luke and I began leap-frogging each other, trying to scout all the rapids before Chris got there. The system worked well and we were making good time but the whitewater and the gorge kept going.

About 6:30 I rounded a bend and my heart sunk. Up ahead the river plunged into a smooth walled basalt gorge and the whitewater looked hard. I was tired and felt mentally and physically taxed. I did not want to enter a hard section of river at this time of night. We got out and scouted the first rapid of the gorge. It was a long S turn rapid with a big drop and hole at the end. It looked hard and there were consequences for mistakes. Around the corner the smooth basalt walls continued as the river plunged over another horizon line.

I asked Chris and Luke what they thought of the rapid. It was probably something we would have spent time scouting and maybe portaging had it been earlier. However, it was late in the evening and we were tired. Chris and Luke both thought we should run it so we walked back to our boats. Luke went first and had a good line. I was next and didn't have too much trouble. We watched Chris as he paddled his broken boat through the S turn and over the final drop. At the base of the drop he got turned sideways a little bit and started surfing in the hole. My heart sank again. A swim here would be disastrous. We didn't know what was around the corner and chasing a loaded kayak down continuous whitewater is not easy. We were all very tired and not thinking clearly. Much to our relief,

Chris got washed out of the hole after a few seconds.

Around the corner was a big horizon line where the river dropped out of sight. Chris and I got out to scout and Luke stayed in his boat. It was an 8-foot drop into a slot with a fairly serious hole at the bottom. It was a drop I would probably walk most days but I was tired. The only thing I could think of was getting to camp. I told Luke to run it on the right side and he told me to run it since I was looking at it. I climbed in to my boat and paddled off the right side. The drop was big and I was pushed too close

for comfort into the undercut wall on the right. Immediately afterward I was looking at the sky as the hole shoved the back end of my boat underwater. I didn't flip and when the boat came down I paddled as hard as I could downstream. There was a lot of water feeding back into the hole and it took some powerful strokes to climb out of the surging water. I looked up at Luke and shrugged my shoulders. It had scared me but I had made it.

Luke came flying off the right side and the bow of his boat went up into the air like mine and he flipped over. He rolled quickly




and then paddled hard to climb out of the surging whitewater. I started to realize that we were taking some serious risks. A swim this time of day could ruin us and the drop we had just run was probably terminal at higher water. Luke also looked a little scared and we told Chris to just walk this one. He quickly agreed and found a slippery place to climb back into his boat and seal launch into the river.

To my great relief the hard whitewater and smooth canyon walls ended after this drop. We ran numerous Class III and IV rapids as the light began to fade. About 7:30 at night we found a small gravel bar by the side of the river. It wasn't much but it was enough to camp on and we drug our boats onto shore and started cooking dinner. We were very tired, but the relief of finding a campsite gave us lots of energy. We finished off the bottle of Tequila and related stories from the day with jubilation. It had been an extraordinary afternoon and one of my best days of boating ever. Chris had held in there even though his boat was broken and his feet were sore. Luke and I admired him

for the sacrifices he had made to join us on this trip. Luke could not stop grinning. Many times during our friendship we had done things just because we wanted to explore. For both of us the day had been filled with magic as we unlocked the secrets of Tshletshy Creek. I looked upon my teammates with admiration and realized we all had the same thing in common. Each of us was willing to suffer and work hard for adventure. We were exultant as the moon came out and we crawled into our sleeping bags.

The whitewater didn't last long the next day. After a few rapids the gorge ended and the creek started flowing over river gravels. I could see that we were entering a larger river valley, and we all knew the confluence with the Queets was not far away. It was another beautiful sunny day in the Olympics as we floated over the large gravel bars above the Queets. We all laughed as we realized we had run all the whitewater of the trip in about 7 hours. The entire run is only 12 miles long and we had run half of it in one afternoon.

As we ran the last mile of Tshletshy Creek I reflected on what we had gone through and what we had seen. We had followed this river its entire length; from its small headwaters in snow covered Paradise Valley, through basalt gorges and old growth forests, to the mighty Queets. We did not do this trip for the boating; we did it for the adventure. It had been hard work and discouraging at times, but it had also been uplifting and absolutely stunning. Most rivers I run, I only run a part of, usually, a short section of whitewater that has easy access and is known for its rapids. This trip was different. We had walked miles just to get to the creek. When the creek was too small to paddle we had walked. When it was choked with logs or flowing over huge falls we had walked. And when there was whitewater that we could run we had run it. We had traveled the entire length of this pristine river and had come to know it unlike any other river. The river had changed us, and I know that next summer I will be taking my boat for a walk once again on the Olympic Peninsula. 



Timmy: Dad, this new LVM 'Zine is the \$%*!

Dad: You're right Timmy, it IS the \$%*, I'm glad I invented it.

Sally: Dad, you're full of \$%*, some &*\$%\$# in North Carolina invented the LVM 'Zine, not you.



Check out the NEW LVM 'Zine, it's LVM in print format and its FREE!

www.lunchmag.tv for details

Events

by Mike Phelan

2004 American Whitewater Events

2004 brings a year of celebration to American Whitewater: this year marks our 50th anniversary of restoring and protecting America's rivers. This year's celebrations come in many forms, from fancy and formal to wild and wet. The 2004 AW Events include our 50th Anniversary Gala Weekend hosted by Teva in Vail, CO., the AW Membership Appreciation Tour, the annual Deerfield and Gauley River Festivals, and the first ever River Stewardship Institute.

2004 Membership Appreciation Tour

American Whitewater cannot celebrate this momentous year without thanking all those who have made it happen. The largest and most essential group of people to thank is each and every one of our generous members. It is your membership dues that allow AW to carry on its mission and work. Did you know that over half of AW's operating budget comes from our membership dues?

Throughout the entire 2004 boating season, AW volunteers and staff will be setting up Membership Appreciation Booths at local whitewater festivals. Each stop of the tour will feature a hospitality tent designed to express our gratitude for your support during our first 50 years.

What will you need to do? Just show up to any AW hospitality tent, show your AW membership card (coming this spring) and let our volunteers pamper you. Each hospitality tent will be unique from the others but all will involve free stuff and fellowship. So, bring a friend and come by to learn about all the great work you help support.



AW 50th Anniversary Gala hosted by Teva

Teva will host American Whitewater's 50th Anniversary Gala during the 2004 Teva Mountain Games in Vail, CO on June 5th. The event will celebrate the past 50 years of American Whitewater paddling while raising the funds necessary for AW to continue to protect and restore the nation's whitewater rivers. The evening will be themed "Rivers of Reflection...50 Years of American Whitewater" and will focus on the vital role that American Whitewater has had in paddling history. To ensure that the soul of whitewater remains intact at the Gala, formal wear will be recommended, but sandals will be required.

The event will be held in downtown Vail at the Lodge at Vail. Whitewater celebrities from the past fifty years of paddling are being invited. "So far the invitation list looks like the 'Who's Who' of American whitewater paddling" said Michael Phelan, Director of Outreach Services for AW. Never before has so much whitewater history been gathered in one place at one time. AW is thrilled to act as a conduit for the celebration of the people, innovations, and river conservation successes that have defined our sport.

Sue Taft, author of *The River Chaser: A History of American Whitewater Paddling*, remarks on the influential and varied role AW has had during our first 50 years: "While today AW largely represents conservation efforts for our sport – a critical piece to the future – in the early years AW was the critical cornerstone in establishing the sport's foundation through the collection and dissemination of information – from how to design and build kayaks, to establishing safety guidelines, to what rivers to run and how to run them, to promoting and preserving the rivers."

AW decided to hold its Anniversary Gala in Vail to help draw national attention to the access and preservation issues present in Colorado. "Of all the states in the Union, Colorado has the muddiest waters when it comes to a person's right to use a river" observes Jason Robertson, American Whitewater's National Policy Director, "American Whitewater has been at the leading edge of the battle to defend the public's access privileges for nearly 50 years and has been at the forefront of protecting Colorado's rivers since we were founded."

The Gala weekend will include a fundraising

Date	Event	Location
February 28	National Paddling Film Fest	Lexington, KY*
April 24	The American	Sacramento, CA*
May 1	Cheat River Race	Albright, WV*
TBA	Washington State Event (TBA)	WA*
June 5	AW Gala Event hosted by Teva	Vail, CO
July 24	North Fork Feather	Belden, CA*
August 1	AW Deerfield River Fest	Charlemont, MA
September 25	AW Gauley Festival	Summersville, WV
Fall 2004 TBA	AW River Stewardship Institute	Happy Camp, CA
October 16th	Moose Festival	Old Forge, NY*
November 20th	"The Thing" at Tallulah	Tallulah Falls, GA*

* Stops on the AW Membership Appreciation Tour

LVM Issue 10 "Now in 3-D"

*available at www.lunchmag.tv
and your local paddle sports dealer*

Features:

2003 IR Big Gun Show

Tommy's Top 10

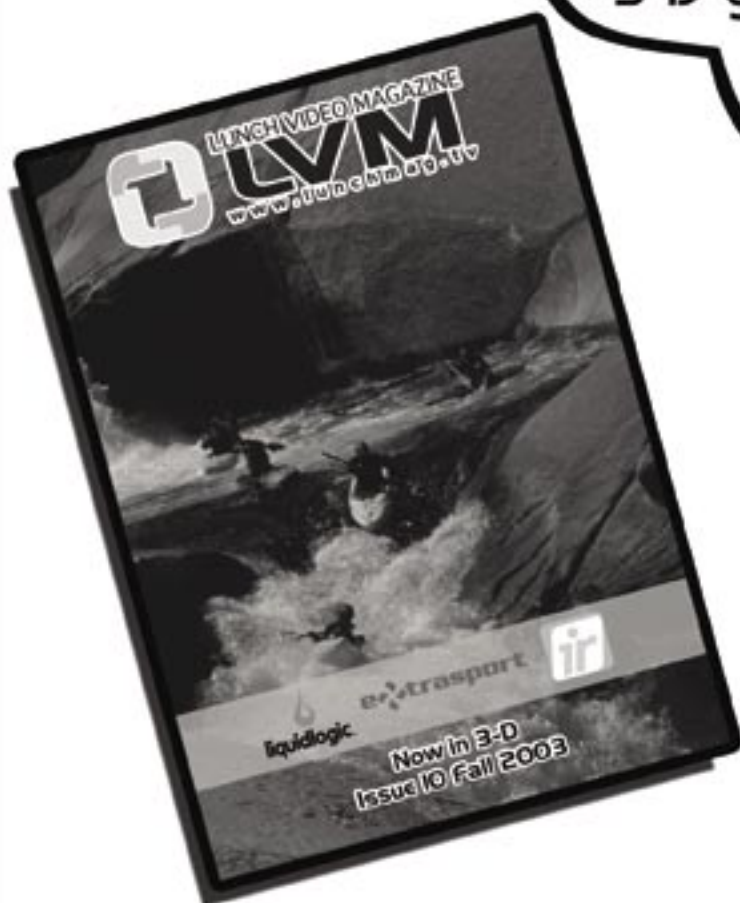
Norway Trip Report

Andrew Holcombe Pro Spot
and

The new LVM Print 'Zine



Comes with LVM
3-D glasses!



Events cont.

by Mike Phelan

dinner, visual displays documenting the history of whitewater in the U.S., an Art Gallery dedicated to artists who have been influenced by the movement of water, and river trips on the Eagle River.

River Stewardship Institute

The River Stewardship Institute (RSI) is an innovative training program designed to prepare individuals to become tomorrow's whitewater river advocates. This seven day training will take place on a river in the western United States during the 2004 season. Whitewater enthusiasts of all levels and disciplines are welcome to apply. The American Whitewater Senior Staff and national experts on river conservation will provide program instruction and trip leadership.

The participants in the RSI training will become some of the most highly qualified and educated river activists in the country. Upon completion attendees will be able to:

- Apply basic ecological and hydrological principles to real life river restoration projects.
- Represent a stakeholders group in a Federal Energy Regulatory Commission's (FERC) hydropower relicensing process.
- Utilize existing legal precedents and mediation techniques to address threats to river access by private landowners and government agencies.
- Employ public relation strategies

for maximizing the effectiveness of communication vehicles and messages.

- Develop marketing strategies to increase the membership and support of river conservation organizations.


The River Steward Institute is open to all. Due to limited trip capacity preference will be give to those who:

- Are current American Whitewater members.
- Have demonstrated ability and interest in becoming lifelong river conservation volunteers.
- Have proven to be effective oral and written communicators.
- Are influential members of their local paddling community.

Without additional skilled people working to save our rivers, rivers in your backyard will cease to or never flow clean and clear. AW's storied history of saving rivers speaks to our collective knowledge of skills and experience saving rivers, but now we need to teach other people what AW has learned in order to stem the tide of threats.

AW River Festivals

In 2004, American Whitewater will host the Deerfield River Festival in Charlemont, MA and the Gauley River Festival in Summersville, WV. The Deerfield River Festival will take place July 31st to August 2nd, and is a long standing New England tradition celebrating paddling opportunities for all abilities on the Deerfield River. Last year the Deerfield River Festival emphasized the recreation opportunities for families and paddling clubs on the Deerfield River. This year these family and club-oriented activities will once again be the focus of the event and will include a friendly club competition.

The Gauley River Festival, a fall pilgrimage for many, will once again take place in Summersville, WV September 17th to 19th. The Gauley River Festival is the largest whitewater event in the country and features superb live music, a massive silent auction, and as always – late night revelry. Camping at Gauley Fest begins Thursday night with the festivities starting on Friday evening. 

For more information on any of American Whitewater's events be sure to check the events section of www.americanwhitewater.org or contact Ben VanCamp, Outreach Coordinator, at (828) 252-0728.

CELEBRATING 10 YEARS OF SUPPORTING AW!


Kayak Instruction • Outfitter Shop

Costa Rica • Ecuador • Mexico

10 Years: and working as hard to keep your respect
and trust as we did originally to earn it!

www.endlessriveradventures.com

PO Box 246 • Bryson City, North Carolina 28713 • 800-224-7238



AW Partner Spotlight cont. by Immersion Research and TEVA



John and Kara Weld started Immersion Research in 1996, with the simple idea that they wanted to make paddling gear with a little more style. At the time, John had just returned from a kayaking expedition in Borneo, and was making boardshorts for friends in his basement. Kara was finishing an eight year stint on the US Canoe and Kayak team and was current national champion in whitewater slalom. In the beginning, John and Kara weren't thinking about creating a company— John was really into surfing and enjoyed sewing, and Kara was tired of all her paddling clothes not fitting, and being either blue or black. As a result, IR started very small, and was just for their close circle of friends, who paddled for a living like they did.


By 1997, word had gotten out on a small gear company making stuff for locals,

and IR got it's first dealer account with Dinver McClure at Stark Moon Outfitters in Fayetteville, WV. Before long, IR was shifting from a part time gig out of John and Kara's basement to a full time job. The product line also started to expand, from just boardshorts to layering pieces and gear bags.

As IR enters its 8th season, it has grown to almost 200 retail outlets nationwide and now has distributors in Europe, Japan, Australia and Canada. The product line has also grown to encompass dry tops, paddle jackets, spray skirts, touring gear, and accessories.

However, even though IR is still growing fast, they still put tremendous pride and care into everything they make, and always consider the people who work and play

on the river every day- the ones who need the very best quality and service from their gear.

In 2001, IR became the first company to support AW with a corporate gift through AW/IR co-branded paddling clothes. Since then the program has grown every year and now the AW line of IR gear includes six different items ranging from visors to "IR Thick Skins" for those cold winter paddling sessions. Check out the AW/IR gear on page 57 IR also invented the first whitewater Pro Donation program. If you are from the whitewater industry and you order IR gear then they require you to make a \$5 donation to AW. AW would like to thank IR for leading the industry in demonstrating their company's dedication to river conservation. 



www.americanwhitewater.org

The most flexible advertising tool available.

30,000 Hits a Day! 5,000 Unique Hits!

Introduce your business to a new opportunity to advertise.

Be a part of the number ONE internet resource for paddlers.

Advertise on www.americanwhitewater.org

For more information contact

AJ McIntyre / CORPORATE RELATIONS DIRECTOR

American Whitewater

301-589-9453

aj@amwhitewater.org

Access and Conservation: Regional Briefs cont.

by Jason Robertson, Kevin Colburn & John Gangemi

continued from page 25


American Whitewater played a pivotal role in successfully protecting the Wild and Scenic Rivers Act from a damaging provision in the Transportation Bill (SAFTEA), which was being considered by the Environment and Public Works' Transportation and Infrastructure Subcommittee. This provision would have authorized the construction of bridges and bridge crossings through scenic portions of Wild and Scenic Rivers by removing them from the list of regulatable "water resources projects" such as dams.

After several days of phone calls and meetings with Committee members, I was happy to hear from both sides of the aisle that the offensive section of the Bill was being deleted!

The Bill would have reduced the protections under Section 7(a) of the Act; this section is the key provision protecting

designated rivers. Without Section 7(a), there is no way to prevent harm to the natural resource values of Wild and Scenic Rivers. Section 1808 (r) of the proposed Bill would have removed protection when it comes to bridges, leaving no limits on the damage new and enlarged bridge crossings could do to our most treasured rivers and no oversight by any federal agency. This language was introduced largely in response to bitter regulatory fights on the Little Miami River in Ohio (on-going) and St. Croix in Minnesota (permission denied) to build new bridges over scenic corridors.

At present, the Wild and Scenic Rivers Act protects 160 rivers and more than 11,000 river miles, including thousands of miles of premier whitewater. This represents about 1% of all river miles in America. Under section 7(a), no department or agency of the United States shall assist by loan, grant,

license, or otherwise in the construction of any water resources project that would have a direct and adverse effect on the values for which such river was established, as determined by the Secretary charged with its administration. Construction of highway bridges that directly affect a designated river, including "footings" in the river below the ordinary high water mark, must meet this standard. The federal agency responsible for a water resources project must first coordinate with the federal agency managing the wild and scenic river, and the managing agency assesses whether the project would have a direct and adverse effect on the river's values. Virtually every river classified as scenic or recreational in the national Wild and Scenic Rivers System is crossed by one or more bridges. This includes more than 1/3 of all wild and scenic rivers, and over 6,000 miles of the national Wild and Scenic Rivers System. 



COSTA RICA

we do it ALL

www.rforestw.com

Access and Conservation: Riversmart

by Tom Christopher, AW Conservation Chair

The Role of Open Space in Watersheds

Water quality constantly changes, from season to season and from year to year. Long-term trends are sometimes difficult to distinguish from short-term fluctuations. Under many circumstances it is difficult to tell if conditions are getting better or worse because monitoring data may be insufficient or inaccurate.

While land use is not the sole predictor of water quality, understanding how open space can affect the quality of water should play an important role in making land use decisions. The natural features provided by open space are critical. Geology, soils, vegetation, and land management practices provide a direct correlation to water quality and will often affect aquatic organisms, wildlife, and human health. Paved urban areas increase the intensity of storm-water runoff that picks up pollutants from parking lots and raises the water temperature before dumping into local rivers and streams. Trash, toxic waste, and often-untreated sewage are known by-products of urbanization that result in pollution and degradation of water quality.

Protecting open space, on the other hand, is a cost-effective strategy that reduces pollution, helps to recharge local aquifers, and eliminates many of the problems caused by the intrusion of man into the landscape. The natural conditions provided by open space and streamside forests reduce the sediments from surface

runoff. By limiting the nutrient loading of small streams and shallow aquifers, open space helps to ameliorate the effects of animal waste, agricultural fertilizers and pesticides. Excess nitrogen and phosphorus increases the growth of algae in ponds, depletes oxygen, and will kill fish. A high nitrogen level in drinking water may cause less oxygen availability for the brain and is dangerous to children and certain groups of people.

Open space enhances the natural biological cycle, a process that converts the elements of manure and fertilizer that disrupt the environmental balance into essential nutrients necessary for plant growth. Healthy vegetation along rivers and streams act as transformers that protect water quality throughout the watershed. The streamside forests act as a sink by storing these converted nutrients for longer periods of time, and sequester them until they are needed for plant growth. Forest canopies within watersheds affect the seasonal variations of water temperature by moderating the hot summer sun that can kill fish and other aquatic life. Open space is critical to preserving the instream flow of rivers and streams, especially those having species which require a minimum amount of water to survive.

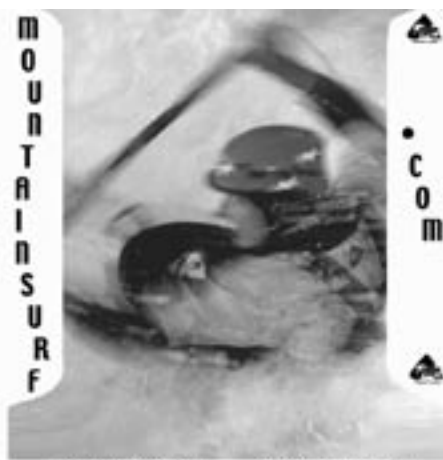
Biological diversity is an integral component in all watersheds and it is important to protect threatened and endangered species. There is high correlation between development and adverse impacts within a watershed. As urban areas expand into rural landscapes, so do the impacts, including loss of important wildlife habitat, aquatic organisms, macro-invertebrates, and destruction of wetlands. Sprawl from development contributes significantly to the reduction of biodiversity and loss of species.

There are social and economic impacts to sprawl that slowly creep into communities that have not taken steps to implement good planning. Suddenly traffic congestion, pollution, and fragmentation of the landscape become the norm in the name of progress before anyone notices what

is happening. Sound planning for open space often means making hard political choices as residents must decide what is best for their communities, because where you live should be more than just a place to go when you are not working. Planning should mean understanding what resources need protection, where growth should occur, and how growth should be balanced to protect all of the community's interests. Open spaces within communities are important because they provide a sense of "place", protect water supplies, and reduce the cost of municipal services demanded by uncontrolled growth.

Looking at land conservation as a tool tied to economic development, those protecting open space should seek to adapt the needs of local communities with the overarching goals of insuring adequate water supplies for the future.

Working to build partnerships from the ground up with different constituencies and non-traditional partners is an important goal to bridge the gap between environmental and development issues, including the protection of open space. There are multiple benefits in working this way. Governmental agencies have access to funding and technical expertise and understand key political relationships. Local grassroots groups and conservation advocates understand and know their community more fully. By working together to protect open space, better planning decisions are developed to allow communities to grow more efficiently and wisely. 



Keeping You Dry
11 years...and counting



...because it works!

100% Made In the U.S.A

NEW! Freestyle Series



Titanium Neoprene Gaskets
Extremely Dry and Comfortable



Become A Club Affiliate Today!

by Mike Phelan, Director of Outreach Services

Relationships for the Future of our Rivers

AW's Affiliate Club Program has been a key component of the organization since 1957. AW's relationships with local clubs have provided the backbone for much of the river conservation and access work it accomplishes throughout the country.

Affiliate Clubs are AW's original purpose. The Affiliate Club Program lies at the very heart of AW's existence. AW's original purpose as an organization was to distribute information among its Affiliate Clubs. AW's founding Affiliate Clubs include the Appalachian Mountain Club (AMC), Buck Ridge, Colorado White Water Association, Foldboat Club of Southern California, Ithaca Canoe Club, Prairie Club, Sierra Club, and the Washington Foldboat Club.

Over seventy-five clubs are now active AW Club Affiliates and they are doing great work on your behalf. Affiliate Clubs like the Chico Paddleheads and Shasta Paddlers worked with AW to restore 43 miles of river on the North Fork of the Feather, including 9 miles of Class III-IV and 5 miles of Class IV-V.

The Western North Carolina Paddlers and AW also had success guaranteeing 168 releases on the Class I-II Tuckasegee and winning 54 days on the Upper Ocoee River in Tennessee.

"10" Reasons to Join AW as an Affiliate Club

1. Receive the *American Whitewater Journal*, the oldest continually published whitewater magazine.
2. Join the list of Affiliate Clubs noted in each bi-monthly *AW Journal*.
3. Host your Club's website on the AW server free of charge.
4. Your Club's members can become AW members for \$25. A \$10 savings!
5. Have technical expertise for your Club conservation and access committees 'on tap.'
6. Have access to technical and onsite assistance for your Club's event planning.
7. Enjoy VIP benefits for "Joint Members" at AW events.
8. Participate in exclusive AW Affiliate Club promotions.
9. Post Club information on the AW Website to help paddlers find you.
10. Eligible to apply for a spot in the AW 2004 River Stewardship Institute.

Please help me in thanking the following the Clubs for joining the growing network of paddling clubs that believe we can accomplish more by working and playing together as a community.

Kansas City Whitewater Club, Kansas City, MO
Foothills Paddling Club, Inc. Greenville, SC
Columbus Outdoor Pursuits, Columbus, OH



ket to Ride.

Admit One.
[Member of American Whitewater]

Señoritas on the South Fork
Sunday, April 25, 2004



ket to Ride.

Admit One.
[Member of American Whitewater]

Ladies on the Lower G
Friday, September 24, 2004

The watery women of Lotus Designs will be hostessing these gatherings of the ladies as a gift to the good folks at American Whitewater. Any woman who is comfortable rolling in class 3+ whitewater is encouraged to sign up for tips, tricks, and take-out talk.

Registration is free to **Members of American Whitewater!**

Donations to American Whitewater are greatly appreciated to help keep up their work of protecting and restoring whitewater rivers across the country.

Señoritas on the South Fork - April 25, 2004
Ladies on the Lower G - September 24, 2004

[Gauley trip requires \$30 per person fee for permit]

For more information call the AW Outreach Office at: 828-252-0728



Ticket to Ride.

Club Affiliates

AW would like to thank all of the groups that are helping us reenergize AW's Club Affiliate Program. In 2003, AW renewed its commitment to its historical mandate to help whitewater enthusiasts share information with each other. Lunch Video Magazine (LVM), Dagger Kayaks, and Clif® Bar were instrumental in making our 2003 programs a success.

In 2004, AW will be announcing several exciting new programs for AW Affiliate Clubs. Watch for announcements about them:

River Stewardship Institute Week long conservation and access training program designed to prepare river activists with the tools necessary to successfully save their rivers.

2nd 'Flowing Rivers' Grant Program, sponsored by Clif Bar

BRAND NEW Affiliate Club section of the *AW Journal* dedicated to promoting your club and its events with the whitewater community at large.

Club Affiliates by State:

Alaska

Fairbanks Paddlers, Fairbanks

Alabama

Birmingham Canoe Club, Birmingham
Coosa Paddling Club, Montgomery
Huntsville Canoe Club, Huntsville

Arizona

Grand Canyon Private Boaters Assoc, Flagstaff

Arkansas

Arkansas Canoe Club, Little Rock

California

Gold Country Paddlers, Lotus
Sequoia Paddlers, Windsor
Shasta Paddlers, Anderson
Sierra Coub Loma Prieta Chapter, San Jose
Sierra Club Rts, Granada Hills

Colorado

Arkansas Headwaters Recreations Area, Salida
Colorado Rocky Mt. School, Carbondale
Pueblo Paddlers, Pueblo West
Wilderness Pursuits, Gunnison

Connecticut

AMC Boston Chapter, Bloomfield

Georgia

Atlanta Whitewater Club, Atlanta
Goergia Canoeing Association, Atlanta
Georgia Tech Outdoor Recreation, Atlanta

Idaho

Idaho Rivers United, Boise

Illinois

Chicago Whitewater Association, Cary

Indiana

Hoosier Canoe Club, Indianapolis

Kentucky

Bluegrass Whitewater Association, Lexington
Viking Canoe Club, Louisville

Maine

AMC Maine Chapter, Hallowell
Hurricane Island Outward Bound, Newry

Maryland

Greater Baltimore Canoe Club, Kingsville
Mason Dixon Canoe Cruisers, Boonsboro
Monocacy Canoe Club, Frederick
Caleeva Paddling, Germantown

Minnesota

Boat Busters Anonymous, Oakdale

Missouri

Meramec River Canoe Club, Fenton
Missouri Whitewater Association, St. Louis
Ozark Mountain Paddlers, Springfield
Streamteach, St. Louis
Kansas City Whitewater Club, Kansas City

Montana

Beartoot Paddlers Society, Billings

Nevada

Sierra Nevada Whitewter Club, Reno

New Hampshire

Ledyard Canoe Club, Hanover
Merrimack Valley Paddlers, Merrimack
Mt. Washington Valley Paddlers, Franconia

New Jersey

Garden State Canoe Club, Millington
Hunterdon Canoe Club, Flemington
The Paddling Bares, Milltown

New Mexico

Adobe Whitewater Club of NM, Albuquerque

New York

Clarkson Outing Club, Potsdam
FLOW Paddlers Club, Rochester
Housatonic Canoe & Kayak Sq, Ossining
KCCNY, S. Hackensack
Town Tinker Tube Rentals, Phoenicia
Zoar Valley Paddling Club, Dunkirk

North Carolina

Camp Carolina, Brevard
Carolina Canoe Club, Raleigh
Triad River Runners, Winston-Salem
Western Carolina Paddlers, Asheville

Ohio

Columbus Outdoor Pursuits, Columbus
Keel Haulers Canoe Club, Westlake
Outdoor Adventure Club, Dayton
Toledo River Gang, Waterville

Oregon

Outdoor Rec. Center, Corvallis
Willamette Kayak and Canoe Club, Corvallis

Pennsylvania

AMC Delaware Valley Chapter, Sugarloaf
Benscreek Canoe Club, Johnstown
Canoe Club of Greater Harrisburg, LeMoyné
Holtwood Hooligans, Lititz
Lehigh Valley Canoe Club, Lehigh Valley
Philadelphia Canoe Club, Philadelphia
Three Rivers Paddling Club, Pittsburgh

South Carolina

Palmetto Paddlers, Columbia
Foothills Paddling Club, Greenville

Tennessee

Appalachian Paddling Enthusiasts, Elizabethton
Chota Canoe Club, Knoxville
E. Tennessee Whitewater Club, Oak Ridge
Tennessee Valley Canoe Club, Chattanooga

Texas

Bayou Whitewater Club, Houston
Rockin 'R' River Rides, New Braunfels
Texas Tech Outdoor Pursuits, Lubbock

Utah

University of Utah, Salt Lake City
USU Kayak Club, Logan

Virginia

Blue Ridge River Runners, Lynchburg
Blue Ridge Voyageurs, McLean
Canoe Cruisers Association, Arlington
Float Fishermen of Virginia, Roanoke
Richmond Whitewater Club, Mechanicsville

Vermont

Vermont Paddlers Club, Jericho

Washington

Associated Students, Bellingham
Kayak Pursuits, Redmond
The Mountaineers, Seattle
Padele Trails Canoe Club, Seattle
Spokane Canoe and Kayak Club, Spokane
Washington Kayak Club, Seattle
University Kayak Club, Seattle

West Virginia

West Virginia Wildwater Association, Charleston
West Virginia Rivers Coalition, Elkins

Wisconsin

Hoofers Outing Club, Madison
Sierra Club/John Muir Chapter, La Crosse

Wyoming

Jackson Hold Kayak Club, Jackson

Join American Whitewater as a Club Affiliate!

Join the growing network of paddling clubs that have already become affiliates and support AW as the only group devoted full-time to national conservation and access issues. Club affiliates receive many benefits, in addition to being recognized in our journal and on our website. If you are interested in becoming a club affiliate, please let us know!

For more information, contact AJ McIntyre at aj@amwhitewater.org, call our office at (866) 262-8429 or sign-up online at: www.americanwhitewater.org/membership.

Membership Notes

2003 has been and will continue to be a year of change at American Whitewater. One of our top goals is to take better care of our existing members, which means making it easier for you to renew, find out what projects we're working on, and better yet – get involved. As part of this effort, we'll be using the journal more often to communicate with you. Below is a list of frequently asked questions regarding membership. Please take a look at the list and if you have anything further, check out our website or e-mails us! Correct contact information can be found below.

Question: I am moving, how do I notify American Whitewater of my new address?

Answer: You can submit your address change three ways: 1) On our website (look under the 'membership' section), 2) By sending us an e-mail to membership@amwhitewater.org with the words 'address change' in the subject field or by 3) calling our office and letting us know of the change.

Question: I did notify American Whitewater of my address change, but haven't received my journal, why?

Answer: Address changes must be made at least two weeks before the issue is delivered. For example, for the September/August journal, we need your address change by August 20th.

Question: I've noticed a code on the label of my journal that reads '20030105' next to my name – what does it mean?

Answer: That code is actually your expiration date. The '2003' is the year you expire. The following '05' is the journal issue you expire on and the final '01' is the year you first became a member. We run 6 issues every year, so the number 05 correlates with the Sept/Oct issue (06 would be Nov/Dec and so on).

Question: I renewed my membership, but received another renewal notice in the mail!

Answer: I think this is the most frequently asked question. The main reason is your renewal wasn't processed before the next round of renewals was sent. We go to great lengths to minimize this problem as much as possible, as it's a waste of paper time and money. Unfortunately, our printer needs time to prepare the renewal forms and we have to send him the names several weeks in advance. One way to solve this problem is to sign-up for e-renewals. Call or E-mail our office, or go to our website for more details on this program.

If you have a suggestion, comment or question not covered here, please send it to:

Nick Lipkowski
Office Manager
American Whitewater
(301) 589-9453
nick@amwhitewater.org

Guidelines for Contributors



Please read this carefully before sending us your articles and photos! This is a volunteer publication, please cooperate and help us out. Do not send us your material without a release – signed by all authors and photographers (attached).

If possible, articles should be submitted on a 3-1/2-inch computer disk. (Microsoft Word if possible – others accepted.) Please do not alter the margins or spacing parameters; use the standard default settings. Send a printed copy of the article as well.

Those without access to a word processor may submit their articles typed. Please double space.

Photos may be submitted as slides, black or white prints, or color prints or electronic, digital photos, 300 dpi tiffs or high res jpegs minimum 3"x5." Keep your originals and send us duplicates if possible; we cannot guarantee the safe return of your pictures. If you want us to return your pictures, include a self-addressed stamped envelope with your submission. The better the photos the better the reproduction.

American Whitewater feature articles should relate to some aspect of whitewater boating. Please do not submit articles pertaining to sea kayaking or flat water.

If you are writing about a commonly paddled river, your story should be told from a unique perspective. Articles about difficult, infrequently paddled, or exotic rivers are given special consideration. But we are also interested in well written, unusual articles pertaining to Class II, III & IV rivers as well. Feature stories do not have to be about a specific river. Articles about paddling techniques, the river environment and river personalities are also accepted. Pieces that incorporate humor are especially welcome. Open boating and rafting stories are welcome.

Profanity should be used only when it is absolutely necessary to effectively tell a story; it is not our intent to offend our more sensitive members and readers.

Please check all facts carefully, particularly those regarding individuals, government agencies,

and corporations involved in river access and environmental matters. You are legally responsible for the accuracy of such material. Make sure names are spelled correctly and river gradients and distances are correctly calculated.

Articles will be edited at the discretion of the editors to fit our format, length, and style. Expect to see changes in your article. If you don't want us to edit your article, please don't send it in! Because of our deadlines you will not be able to review the editorial changes made prior to publication.

American Whitewater is a nonprofit; the editors and contributors to American Whitewater are not reimbursed. On rare occasions, by prearrangement, professional writers receive a small honorarium when they submit stories at our request. Generally, our contributors do not expect payment, since most are members of AW, which is a volunteer conservation and safety organization.

Release For Publication

- I hereby release my work (literary, graphic or photographic) for publication in American Whitewater magazine.
- I understand that my work may be edited or cropped at the editors' discretion.
- I understand that I will not be paid for my work.
- I accept responsibility for the accuracy of the information included in my submission. I have not libeled or slandered any individual, corporation or agency in this work.
- I understand that all or some of my work may be reprinted at some future date in an American Whitewater publication.
- I promise that this material has not been and will not soon be published by another magazine or publication and the rights to this material are clear and unrestricted.
- I understand that once this material is printed in American Whitewater it may be reprinted or reproduced in other publications if I wish, providing I notify them that it has already appeared in American Whitewater.

- I understand that the contents of American Whitewater Magazine, including my contribution, will be archived on the American Whitewater web site.

Signed _____

Date _____

This release must be signed by all the contributing author(s), photographer(s) and graphic artist(s).

Send your material to:

Journal Editor, 1434 Fenwick Lane, Silver Spring, MD 20910

You can save a river forever... ... by planning a gift for

Your gift can:

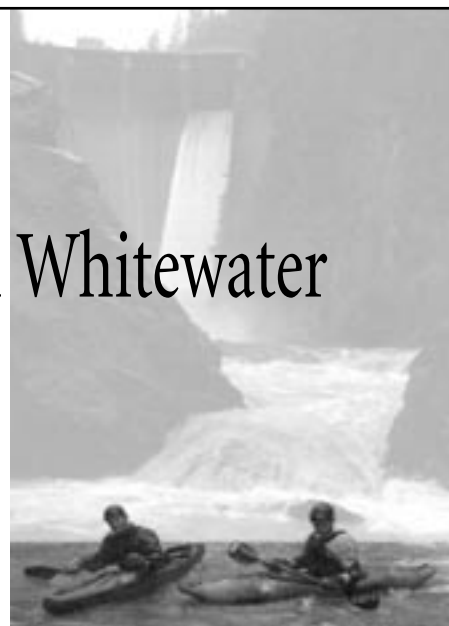
- Secure permanent access to rivers for generations to come
- Protect and/or restore an endangered whitewater river
- Promote whitewater safety
- Support the world's leading whitewater organization

Consider the following in your will:

- bequests
- insurance
- stocks
- trusts
- real estate

Please direct inquiries to Ken Ransford, attorney and CPA, 970-963-6800, or by e-mail at ransford@vanion.com.

American Whitewater



AW AMERICAN WHITEWATER



We're Working For Your Rights To Access.

American Whitewater protects rivers and your right to float them. Ask your favorite outdoors products retailer to carry the American Whitewater merchandising program if he or she doesn't already. Your purchase of these products will help us secure the healthy future for your river.

www.americanwhitewater.org



The 'D' is for Dominance



Team D Pro: Andre Spino-Smith, Andrew Holcombe, Anna Levesque, Ben Selznick, Brad Burden, Brad Ludden, Brandon Knapp, Brendan Mark, Brooks Baldwin, Bryan Kirk, Dustin Knapp, Dustin Urban, Jay Kincaid, Jayson Bowerman, Jed Selby, Jesse Murphy, Keith Liles, Kelly Liles, Mariann Saether, Michael Quinif, Pat Keller, Rush Sturges, Scott Feindel, Tao Berman, Tobias Bersch.

Photo by Jed Selby, Paddler: Dre. Visit Dagger and Team D online at www.Dagger.com



AMERICAN WHITEWATER

A VOLUNTEER PUBLICATION PROMOTING RIVER CONSERVATION, ACCESS AND SAFETY

AW Journal

1424 Fenwick Lane
Silver Spring, MD 20910

Change Service Requested

NON-PROFIT
U.S. POSTAGE
PAID
PERMIT #127
NEWARK OHIO