American

# WHITEWATER

the Journal of the American Whitewater Affiliation

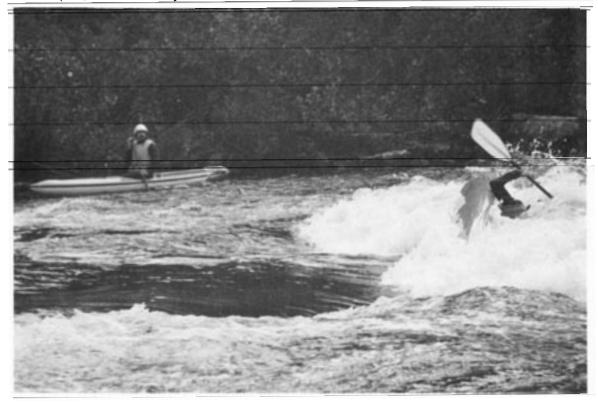
**MAY/JUN 1975** 

Vol. XX, No. 3



Above: Bob and Helen Peterson of the Buck Ridge Canoe Club **(PA)** in the "Dimples" section of the Youghiogheny. At the successful conclusion of this 9%-mile run, they received many compliments on their homemade canoe cover from the accompanying kayakists, who at first were quite skeptical. Photo by Lou Metzger.

Below: Jim Sindelar watches unidentified boater play in a hole at The Ledge, Rapid R, Maine (Fall, **1974)**. Photo by Tom Peterson



# American WHITEWATER

Sponsored by The American Whitewater Affiliation

**MAY/JUN 1975** 

Vol. XX, No. 3



### The American Whitewater Affiliation

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Send Race Schedules and results to the Racing Editor. Ray Gabler.

Send membership subscription payments, changes of address, non-receipt of copies to A&can Whitewater, P.Q. Box 321, Concord. 3301.

Send requests for advertising information to your nearest AWA Advertising Representative.

Send advertising copy and proofs to the Editor, Iris Sindelar.

Send Payments for Advertising and Club Affiliation does to the Business Manager. Richard

American Whitewater is mailed to all members of the American Whitewater Affiliation, an affiliation of boating clubs and individuals interested in whitewater paddle sport. Membership is open to interested individuals at 55.00 per year and to clubs at \$10.00 per year. Club

membership includes listing in the **Journal**.

Publication is planned at 6 times yearly. **Single** copies. 51.00 each. **Surplus** back copies are available at reduced prices. Write Geo. Larsen, P.O. Box 1584, **San** Bruno, CA 94066.

The Staff and committee members listed above are unpaid Whitewater enthusiasts who volunteer their time and efforts to bring **affiliate/member** subscribers this journal. Your contribution of priciple. latters recognize the good of the property of tribution of articles, letters, race results and schedules, photos and drawings are essential for their continued efforts and the timely publication of the American Whitewater Journal.

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COVER: The feeling of isolation: Fred Hartline on the Middle Fork of the Salmon, Idaho. Photo by Scott Arighi, Wildwater Associates, Oregon City, OR.

# Letters from Readers

March 18,1975

April 15, 1975

Dear Editor:

As a member of the Czechoslovak team sent to the International White Water Canoe Competition at the Verdon Gorges in France last summer, I managed to get away and find political asylum in the West. Only last week I was finally granted my American immigration papers, and I at last arrived in New York.

In Czechoslovakia I was evaluated in 1972 as one of the top 25 whitewater canoeists in the country. In addition to competing in international meets, I have been designing and constructing canoes and kayaks for eight years now, the last three years for teams representing the Czech Sports Union. A canoe on which I collaborated was the one with which the Czechs won first prize in the World White Water Championship in Switzerland in 1972.

In the United States I have already found a warm reception among American friends. But I also hope soon to be able to resume my contact with canoes, both for business and for pleasure. I would be most deeply grateful for any assistance you might give me in this direction. Additional information on canoeing and canoemaking in the United States would be useful in helping me find employment in our sport.

Sincerely,

Vladimir Vanha c/o Rosenstein 526 W. 112, #63 New York, NY 10025



Dear Editor:

I am writing in response to the letter published in your MAR/APR 1975 issue by O.K. Goodwin, Chairman of Sefety of AWA.

1. I cannot believe you printed such an article and 2. I cannot believe the article was written by a safety chairman!

Though admittedly slalom kayaks can cause some danger, it certainly doesn't seem to be such a threat to the sport as O.K. Goodwin has tried to make your reader believe.

If the sport does get a bad name it will be from those who do not practice adequate safety standards and believe me—many of those are owners of downriver kayaks and canoes. It seems that a safety chairman could spend his time doing more to promote safety standards other than attacking slalom kayaks.

I am very disappointed in your journal for this article, and I hope you do not start promoting this sort of thing. It seems to me Mr. Goodwin is looking for violence and trouble with the slalom kayak. If we all practice safety in the water and good sportsmanship in general, there should be no difference in what type of boat one uses.

R. Wall IT5 Delaney Dr. Pittsburgh, PA 15235

(The "Letters from Readers" section is intended to be, as much as possible, a forum for readers' opinions on thought-provoking subjects, controversial or not. Though you did not agree with the point of view expressed, it DID make you think about it and elicited the valid observation that attitude is much more important than the type of boat used. But how about a beginner who, even with the best attitude in the world, has

yet to learn to control his or her boat? Being aware of the potential problems of a poorly-controlled needle-nose might prevent this person from causing damage he or she would sincerely regret.

It is easy to cast stones at persons whose activities one has only superficial knowledge of: Mr. Goodwin openly acknowledged that letter as personal opinion by submitting it as a Letter to the Editor, and it represents an exceedingly small proportion of the time, energy and thought he continues to devote to whitewater boating safety—and the rights of paddlers as individuals in the face of increasing safety legislation.—Iris Sindelar, Ed.)

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### WHITEWATER FILM AVAILABLE

"To Kayak," by Peg Dice. 16mm., color, sound, 33 minutes. Copyright 1975.

A U.S. National Slalom Champion demonstrates the basic paddling strokes in slow motion and is filmed using them during a slalom race. Members of the Raw Strength and Courage Kayakers Club of Michigan demonstrate a fish-eye view of the Eskimo roll, kayaking equipment and safety practices, and recreational kayaking on rivers in Ontario, Michigan and West Virginia.

"To Kayak" shows whitewater slalom racing on the Gull River in Ontario and at the Savage River International Race in Maryland, where the 1972 Olympic World Champion paddler is seen in action. Downriver boats and techniques are shown at the Hillbilly Wildwater Race on the Cheat River in West Virginia.

Rental fee \$35; purchase price \$350. Contact Peg Dice, filmmaker, 2022 Day St., Ann Arbor, MI 48104.

(The AWA Journal staff is constantly deluged with inquiries about available films. If you know of any good films that are available to the public, please write to Iris Sindelar, Ed. AWA Journal, Box 321, Concord, NH 03301. Include the name of the film, a brief description if possible, how to get hold of it, rental fee, and any other pertinent information you may have (length, color? sound? 8 or 16 mm, etc.) Thanks! ILS)

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### **SUMMER 1975 JOINT CANOE CRUISE**

The A.C.A., A.W.A. and U.S.C.A. plan to hold a joint summer canoe cruise on the Suwannee River in Florida August 17 through 24. This will be a leisurely trip, taking seven days to cover the 120 miles of river. The water is primarily class I; but depending upon water level, there may be one class II or class III rapid. The shore line is white sand with a campsite on every bend. There will be opportunities to dive in the clear water at some of the 10 or so springs feeding the river along the way.

Plans for this trip are hurried because of the publication dates, but here are the details. The trip will start at the Florida state highway Route 6 bridge on Sunday morning, August 17 for car shuttle. Take-out will be at **Branford** on U.S. Route 27 on Sunday, the 24th. Suitable clothing for daytime paddling will be shorts or bathing suits: For evenings, long pants, long sleeved shirts, or maybe even a jacket, would be in order. A good rain tent is needed and a tarp is handy for sitting out the daily **4:00** P.M. rain. Bring fins and mask for diving.

Food and supplies will be available along the way at about four places; but because of time, it may be best not to plan on supplies at these places. Plan a minimum of four days' supply of food and water.

To get there from the west, take 1-75 into Florida and get off at Florida state highway Route 6 going east. Follow Route 6 about 25 miles to where it crosses the Suwannee River. From the east, use 1-95 to 1-10 and go west until the U.S. Route 441 goes north at Winfield. Go north for about 21 miles; then turn west on state Route 6 for a couple of miles until the road crosses the river.

Car shuttle should start at 9:00 A.M., so please be prompt. There is not adequate time for preparing information packets, but questions can be answered by calling trip leader Rodger Losier at (404)451-5133. Call Rodger if you plan to attend so he will know how to get in touch with you in the event that plans change.

Bring your PFD and be prepared to rear it.

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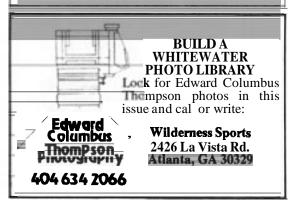
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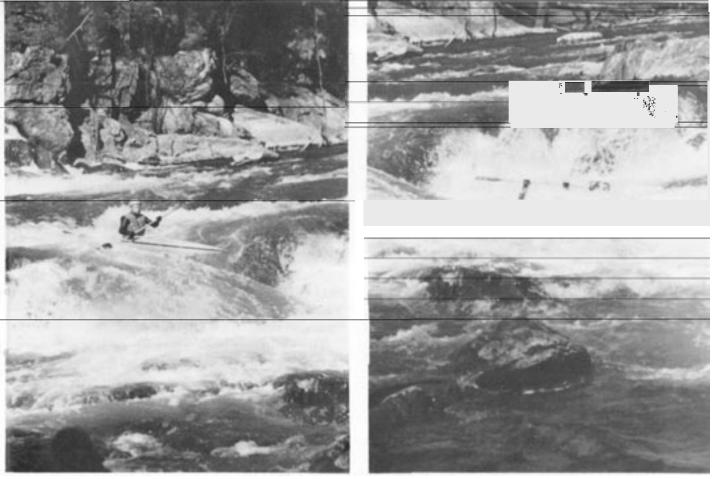


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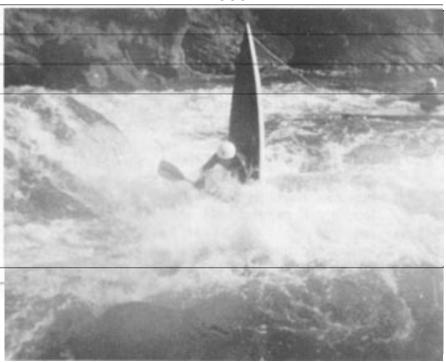




OVER... UNDER

### THROUGH?

Pete Skinner of New York demonstrates proper river-running sequence of prepositions. Photos  $\overline{\text{by}}$  Dan Voeth.



# Rating System for Boating Difficulty

### by Dick Schwind

(From the book West Coast River Touring: Rogue River Canyon and South, by Dick Schwind. Available from Touchstone Press, Beaverton, OR 97005 for \$5.95. See review. SEP/OCT 1975 AWA Journal.)

As in other wilderness sports, rating systems have been developed to classify the difficulty of river runs. There appear to be two important rating systems in the United States. Rafters on the larger rivers in the mountain states use a one-to-ten rating system. Canoeing and kayaking groups in both the Eastern states and Pacific Coast states International Water use the Classification, which rates rivers as Class I to VI. In both systems, Class I is the easiest to run.

Unfortunately, there is little standardization among boating groups using the International system, which is very vague to begin with—for example, "Class II. Easy. Rapids of medium difficulty, with passages clear and wide...." Ever-changing water levels greatly complicate any efforts to standardize. Most clubs tend to rate their best boaters as Class IV talent and work down from there. No one would be so foolish as to boat Class V rapids and Class VI is often interpreted as a waterfall. The weakness in a system that classifies rivers by height of the waves, length of rapids, and maneuvering required is that it is too easy for the new boater to think he is a much better boater than he actually is, possibly not realizing his mistake until partway down a wilderness run and in real trouble.

The International system was adapted for use in this guide by dividing

each class in two—that is, 1, 1½, 2, 2½, etc.—and by listing the *skills* needed by the paddler boating rivers of a particular class to feel reasonably comfortable, but still challenged. In an established river touring group, the trip leader would consider a boater with these skills as an asset, or one without them as a liability to the safety and strength of the group. This system replaces the classic definitions based on river difficulty and omits Classes V and VI, which are almost synonymous with "unrunnable."

The skills for each class (in addition to those in the previous classes) for the paddler are listed below (not directly applicable to rowed craft).

### Class 1 paddler:

Has: Knowledge of basic boating safety
At least moderate swimming ability

Can: Paddle in a straight line without excessive steering strokes

Turn the boat in a new direction and paddle around single major obstacles—for example, bridge piers in current

### Class 1½ paddler:

Has: Effective sweep, pry, and draw strokes and low brace (single paddler and canoe stern) Moderate self-rescue ability

Can: Maneuver around well-spaced rocks and avoid brush in mild current
Spot eddies and has knowledge of their effect on the boat as entering and leaving them

### Class 2 paddler:

Has: Moderate ability to spot submerged rocks that should be avoided Ability to plan route in short rapid with several well-spaced obstacles, then boat the route planned

Effective draw stroke at canoe bow

Moderate ability to judge which rapids can be safely navigated

Can: Ferry across moderate currents facing upstream

Cross eddy lines of moderate strength with some confidence Estimate, if in an open canoe, what waves will ship water

Remain stationary in moderate current or greatly reduce speed in fast current by back paddling

Class 2% paddler:

Has: Effective cross draw or pry stroke at canoe bow

Effective high brace (single paddler)

Ability to effect simple rescues of others that are upset

Can: Brace instinctively on either side in kayak, low brace in

canoe bow, and high brace in the stern

Confidently take straight, reasonably symmetrical vertical drops of 2% feet in white-water boats

Back ferry across moderately swift current

Catch small eddies in mild current or medium-sized eddies (2 boat lengths) from swift current or jet

Boat through short rapids with closely spaced rocks

Class **3** paddler:

Has: Good ability to evaluate difficulty of rapids and make independent judgments as to which should not be run

Ability to rescue another boat in most situations

Strong swimming ability Good physical condition

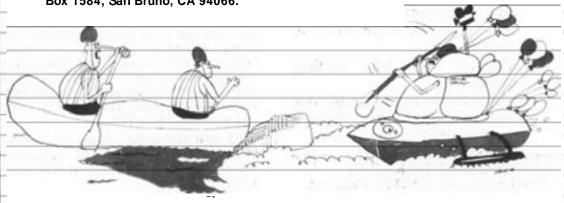
Can: Accurately judge effects on boat of large hydraulics (4-foot-high

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waves, reversals, fast jets)

Maneuver and brace well in big water (4-foot waves that are well spaced)

Confidently enter very swift current from an eddy

Catch small eddies (behind 3-foot-wide rock) in swift current

### Class 3% paddler:

Has: Strong paddling abilities

Ability to surf fairly large standing waves

Knowledge for handling unusual circumstances: reversals, side currents, turning drops

Finesse in boat placement, using current to maximum advantage

Can: Perform adequate Eskimo roll in unplanned tip-over

### Class 4 paddler:

Has: Very strong swimming ability Excellent physical condition Good rolling ability

Can: Back ferry across very swift currents

Scull out of small reversals

### Class 4% paddler:

Has: Very reliable rolling ability **an** either side

Ability to stay in boat in very turbulent water for third and fourth attempts at roll

Very expert development of all boating skills

Can: Perform very deep skulling strokes

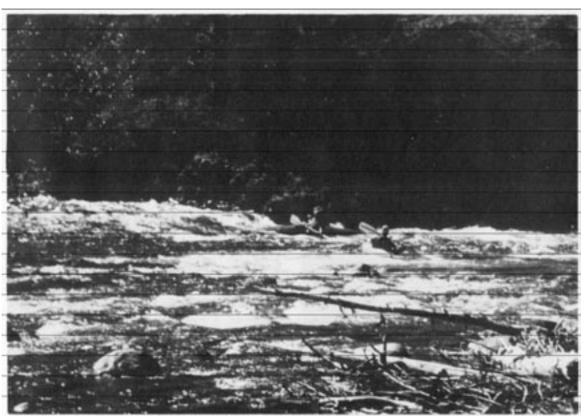
Catch almost imperceptible side eddies while boating through very big white water

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- CLASSIFIED AD RATES: 30c per word. Send to AWA Editor, Iris Sindelar, 264 East Side Dr.. Concord, NH 03301.
- WHITEWATER COACHING MANUAL by Jay Evans, U.S. Olympic Coach. \$5 5 Sanborn Rd., Hanover, N. H. 03755.
- CANOEING INSTRUCTORS (Kayak in Britain, Canadian in France) required for season or short or long periods Feb.-Sept. Details and application form from Trevor Westwood. PGL Adventure Centres, 510 Station St, Ross-on-Wye HR9 7AH England. (0989-4211)
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- WILDWATER TOURING (see review in Amercan Whitewater JUL/AUG 1974) \$8.95 postpaid. Covers both HOW and WHERE to tour on whitewater. Make checks payable to: Wildwater Associates. Send to: 16624 S Copley Rd., Oregon City, OR 97045.
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The Lower Stillwater

### KAYAKISTS 3, STILLWATER 2, 1 DRAW

by Andy Westerhaus, 1905 River Hills Dr., Burnsville, MN 55337 Photos by Joanne Westerhaus

Boaters beware! The Stillwater River sounds like a pushover. Before leaving Montana's beautiful Beartooth Mountains the Stillwater is a picture of contentment as it meanders through a mountain meadow. Abruptly this scene changes into a boiling, cascading, unrunnable madhouse as it enters a narrow gorge and drops about 200 feet in ½ mile. Woodbine camp lies below this gorge, tucked between the river and the sharply rising Beartooths. This campsite ranks with Elk Bar on the Middle Fork of the Salmon and Marble Canyon in Kootenay National Park as my favorite mountain campsites.

We were in Woodbine camp, relaxing, having some lunch and recounting the highlights of our morning run on the lower Stillwater River. I was playing chess with Dr. Marte. It was an explosive game—wide open, with many mate threats on both sides. But my mind was on the upcoming second run on the upper Stillwater, which was making a muffled rumble in the background. Ralph Beer and Joerg Steinbach didn't seem too concerned, but then their-first run on the previous day had been letter perfect. In my mind I was recalling the mistakes I'd made on that run . . .



The Gorge above Woodbine Camp. The hiking trail leads to the Beartooth Primitive Area.

We had put in half a mile above our chess game. It was early in the day, the sun was coming down on the river, and the snow melt water was cold. The river was steep, leaving only small eddies to launch a boat. I should have warmed up on some easier water, but it was too late for that now. At the camp we had to ferry to the left side of the river in order to run a sloping drop which in turn would give good position on a series of haystacks. I nearly missed the leftside eddy after a rather pusillanimous ferry.

The queens, rooks. and minor pieces were removed from the board in a series of quick exchanges. Nothing but the monarch and pawns left. After the excitement of the middle game I tend to

lose interest and play sloppy—very much like yesterday's run . . .

The haystacks, a series of large standing waves, were our major concern. In themselves, they would be pure delight to run in a decked boat, but in this case they continued up to the lip of a small falls followed by a nasty rapid. These haystacks were flanked by eddies on both sides. The left eddy was our target.

Just above the haystacks I slipped into the shade, causing my glasses to fog over badly—another mistake—I should have covered the lenses with a film of anti-fog solution. The end of the line was near; Joerg was yelling at me to get out. Another face wash gave me a quick glimpse. I was right of center; the right eddy was reached with little to spare. The right bank portage would be very difficult, so I took the ferry option, caught the bottom of the wave just right, and shot into the left eddy. My confidence went up.

If everything went as planned, a series of pawn moves would yield a passed pawn and a won game. I began the moves. Egon grunted, and my mind wandered back to the river...

Judging from the unbroken dead pine limbs near the untrodden ground, our portage was probably the first. The rapid below the fall was full of large boulders and very tricky. I put in at the base of the rapid; Joerg and Ralph 25 yards upstream. I watched them come past me, cheered their success, and pulled in behind them. The river made an easy turn to the left and then boiled downhill as far as I could see.

Western boaters relish this type of heavy water. Anything other than big water is just riffles to them. You must understand that all western boaters stand 6' 6" erect, weigh 250 pounds, walk on all fours, and live on a diet of fiberglass waffles and bronze wieners. The males are even tougher. On frosty,



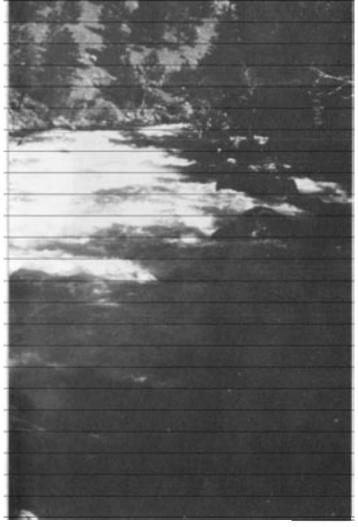
The falls at Woodbine Camp, which we portaged. Kay Swanson of Columbus. Mont. ran this in 1974 at somewhat higher water.

quiet mountain nights their hot air can warm an entire campsite. The air gets so dense the campfire tends to suffocate.

One-half mile of heavy, continuous Class 4-5 water lay ahead. The two boats ahead of me would help me in selecting the best route. This advantage quickly disappeared since I caught only momentary glances of a bow or stern. A weird feeling overcame me. Instead of going down a river I felt as if I were stationary while the waves and water were moving towards me. Large waves would roll in, sometimes dissipating into a hissing bubble soup, others tossing my kayak around, others breaking on top of me. This illusion was probably the result of concentrating so much on the water in front of me that I lost sight of the banks. With no boulders in the mainstream there was nothing to break this illusion.

Some large boulders appeared ahead of me. They would provide a nice eddy. This eddy I didn't want to miss, I needed a rest. I nearly ran over both Joerg and Ralph, already in the eddy. The eddy celebration was a rare experience. We were on a Rocky Mountain high, sharing the experience of doing a difficult thing well. I listened. "Good ride cowboys," "Used every trick in the book," "Quality up there," "Didn't see much of you out there," "Just missed a hole that woulda flattened a boxcar," "Yaah-hoo," "Anybody bring the champagne!" The sweetness of success was soon to be shattered by a discouraging defeat.

The series of moves resulted in the passed pawn. With careful play, promotion to a queen was assured, and soon the win. My mind wouldn't stay off the river...



Start of the heavy section below the falls at Woodbine Camp.

The river below us was not as fierce: the worst was over. On the way out to the mainstream I broadsided through a hole, upset, went into more turbulence before I could start to roll, went broadside on a large boulder, and then bailed out. The boat and I parted ways around the boulder and rejoined below. We both went off to a long swim. I hung onto the back grab loop, but each time we hit a hole I would wind up downstream of the boat, not the best place to be. About the time I worked myself to the other end we would hit another hole and the process would repeat. After nearly half a mile of this, the rapids abated and I was able to haul myself and boat to shore. The river said, "Checkmate."

I relaxed too soon, made a bad move, and my worthy opponent crushed me.

Good rivers are worthy opponents. You may win, but you always hold them in high regard.

I pushed the passed pawn. Had I, in a moment of overconfidence, overlooked some obvious move, and would I get racked up? I didn't find out for sure. since Egon resigned. My previous match resulted in a solid win for Egon. Maybe this second game was a good omen.

Basic rules for running big water, like guidelines for winning at chess, are not easy to devise. To get mentally prepared for our second run I tried to summarize what to do while in the heavy water. "Maintaining a great deal of downstream momentum is tiring and it reduces your chances of avoiding large holes. Stay loose, enjoy the ride, but be ready to work your tail off when a large hole comes boring down on you."

Tear-away painter lines were taped to the kayak decks. Two life jackets apiece were strapped on. We were ready for our second run. The previous experience made for an easy run to the portage.

Ralph and Joerg shortened the portage by putting in further upstream than the previous day. I carried to the base of the rapid and waited. This rapid was particularly tough to enter, since it was full of large boulders and the current was fierce. Joerg broadsided a boulder before he reached the mainstream. The river claimed another swim.

Joerg and his boat came tumbling past me. He made a smart move by forgetting his boat and swimming quickly to shore. The long, heavy rapid below is no place for a swim. I took turns watching Joerg swimming and Ralph coming down above me. Ralph entered the mainstream nicely and came down through the maze of boulders expertly. Joerg made it to



The Lower Stillwater

shore with little to spare.

Ralph and I trailed Joerg's boat at a comfortable distance. In heavy water like that, not much can be done to help a swamped boat to shore. In the meantime, it was a good idea to keep it in sight but not get too close, since a water-filled boat does funny things in big waves and holes. After a few hundred yards the front air bag popped out of the boat. The boat was doomed! It started to flip end-for-end and gyrate on its nose. Before we could get near, the boat wrapped around a large rock. As I went rushing past the stranded boat, a quick glance was enough to tell me it was totaled. The deck was flattened against the hull, the boat was bent almost to a right angle and two large rips were visible. The river said, "Checkmate."

The long heavy water lay just ahead. A number of large holes appeared and went past on both sides of my boat; another large monster lay 20 yards ahead. Its center was slightly to my right, but my kayak was angled to the right, looking right down its throat. Two or three backpaddling strokes were all I had. They weren't quite enough. The bow caught the hole, spun me around backwards and left me on the eddy line. I backpaddled hard and breathed a sigh of relief as I cleared the soup. A quick look over my right shoulder told me I'd been had. All I saw was a vertical wall of brilliantly aerated water. I was into a large hole backwards with little downstream momentum. The river said. "Discovered check."

I felt tricked. This beast should be making a big noise, warning uninitiated flatland kayakers of its presence. A river called the Stillwater shouldn't work me over like this. Once before I had felt this sort of near panic. As a youngster I was riding home on my bike

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in front of an ominous black storm. I glanced over my shoulder that time to see an approaching tornado funnel.

One hard backstroke, a gulp of air, and I hit the wall. I threw myself and paddle back through the wall as far as I could and leaned on the paddle. The boat stood vertically on its stern and slowly rotated clockwise about my paddle. I realized I was still bracing on my paddle when I was far clear of that beast. I spotted a nice eddy on the left bank, took a shot at it, and wound up in a smaller one just downstream. As I crawled onto the bank I realized I was breathing quite hard—a combination of exercise and altitude, but probably just as much from excitement.

As I was resting on the bank, another drama was unfolding. Ralph's boat wascoming down between large boulders. near the opposite bank. Ralph was hanging onto its stern, bulldogging it toward the bank whenever he could. I felt like I was watching a slow motion movie from a very detached vantage point. I finally realized he might need help, so I scrambled down the rockybank to get into my boat, slipped on a wet rock and broke my fall with my thumb. I stuffed my hand into the cold river to ease the pain. When I looked up I was thankful to see Ralph waving to me—both he and his boat were secure.

Ralph and I walked up to see whatcould be done for Joerg's boat. Ironically, the front air bag was floating in a small eddy near the bank, less than 50 yards from the beastly hole that had tried to devour me. I was able to pick up the air bag without getting wet!

Ralph hiked back to camp to getsome rope and hooks to free the boat.— Before he could return, it worked free and continued its self-destruction as itbounced and tumbled downstream. Joerg took over my boat to see if anything could be salvaged. I'd had my fill of paddling for awhile and offered the river a draw.

When Ralph returned I gathered up the excess gear and started hiking to a nearby dude ranch. Ralph went downstream to swim across the river to his boat and continue his paddle. When I got to the ranch, the guests were sitting in the shade of a large tree, enjoying cocktails after their day's trail ride. I must have been a real sight, emerging from the woods in the 90-degree heat with a full wet suit, helmet, two life jackets, rope, spray skirt and air bag.

In the win-loss column I would score as follows: Kayakers 3, Stillwater 2, 1 draw. A worthy opponent indeed.

Amy and Rita Westerhaus survey ruins of Joerg's boat.



In Gaylord Staveley's book, Broken Waters Sing, dealing with his conquest of the Green and Colorado Rivers in a small decked rowboat, he wrote:

"Broken waters don't sing for everyone. But the solitary man or woman has been forgotten in the mushrooming madness for mass recreation. Running a river is one of the few remaining ways to compete against Nature rather than against others, or against society. It's a wonderful change, a wonderful struggle, because the river lets you know immediately whether you've won or lost. In the battles of dayto-day life, one can't always recognize one's wins and losses. But the successful run of each rapid is a clear-cut victory all in itself, and the run of a whole river reiterates all of the victories along the way."



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### PRIVATE TRIPS CLEARING HOUSE

### by Preston B. Ellsworth

The sport of river running has experienced such growth that it has gone beyond the garage boat builder and army surplus rafts, where it all started. On some rivers, private and commercial use has grown to the point that governmental agencies must ration user days. Health, safety and equipment standards have been necessarily enforced on the most popular rivers. In several instances, private, non-commercial and guided commercial interests have been in conflict over the limited use days allocated. Rules, restrictions, quotas, equipment standards! It's enough to make an old hand quit in disgust and look elsewhere for recreation.

Most newcomers to the big rivers find the quota system and regulations a bit complicated, but the enduring values of river travel keep us all coming back for another big trip, in yet another wilderness watershed. The long trips on the big and rough scenic rivers are the toughest nut to crack. Most boaters hope someday to do the Colorado, Salmon, Snake, or the many smaller rivers that are available for raft or kayak trips for only a few weeks in the spring. Where to find suitable companions for such a trip, how to train and equip, where and how to find support boats and provide logistics are not covered in some of the fine river guides now available. How to put it all together—"Aye, there's the rub!"

To date, river running and canoe clubs have done the job, and well, of preparing members with training and experience. The sheer numbers of new boaters attracted to the sport have activated many new clubs. Such clubs must direct their energies to beginning and intermediate weekend trips, pool

training, etc. Unless the club is blessed with a membership of exceptional ability and drive, the problems of a "big trip" are enough to discourage most groups, let alone the self-propelled individual in search of companions of equal or superior ability.

Here is an idea: perhaps time has come to create a clearing house to get major private trips together. Where individual boatmen, their friends and families either hire the logistics done or do it all themselves, the cooperative approach spreads the cost to each participant, yet allows each to operate his own boat. There could be mixed kayak and raft parties to solve the problem of over-loaded kayaks and allow the wife, girlfriend and kids to come. Raft or kayak only parties with a large kitchen boat would be possible. The concept of such a clearing house, would help in these problem areas:

- 1. On a rationed river, a holder of a private permit could fill his allotment in case some one drops out, with a standby list of qualified boaters. Fewer allocated user days would then be wasted.
- 2. Help in solving some of the logistic and support problems, such as two unrelated parties getting together on food, transportation etc. How to write an acceptable permit application, what are the unwritten ground rules, timing of application to agency etc.
- **3.** Serve as a river classroom to train future private party leaders.
- 4. In cases where a private permit is difficult or impossible to obtain, enough boaters to interest an outfitter to support them (independ-

ent boaters) at a discount rate.

- 5. The ability to get boaters together to do a rarely run river when the water's right.
- **6.** Uniting qualified trip leaders willing to lead, and who have obtained a permit with boaters who want the experience of a big water trip or one in a remote area, such as Mexico.
- 7. Allowing the isolated boater a chance to participate in his sport.

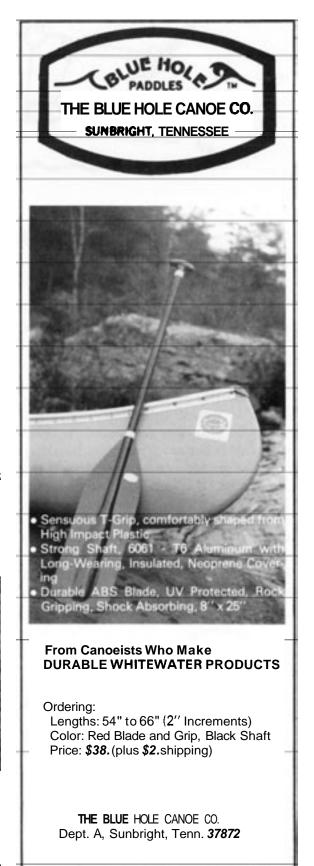
In short, the association would bring the economics of scale to the big rivers of the West. Trips would be self supporting, but done on a non-profit format. Interested boaters should address their interest, comments, trip proposals and other ideas to: Rivers, P.O. Box 1386, Durango, Colorado 81301. We hope to coordinate a couple of trips for this summer and fall and several operations for '76.

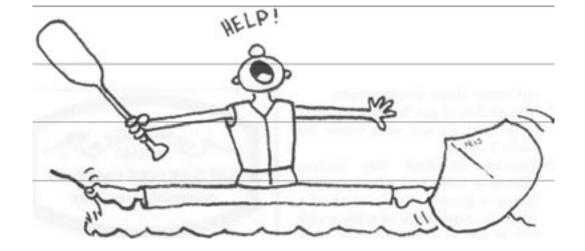
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### THE ART OF BOARDING A CANOE

by Iris Sindelar

EVERYONE knows how to get into a canoe, right? You just step right in and make yourself comfortable. Here are some variations of this maneuver that I have observed among canoeists:

THE BIG TOE STRADDLE—Canoe is pulled up to the bank but is still floating free so it won't become grounded when occupant has boarded. Canoeist firmly places one foot in the center of the canoe, leaving the other foot on the bank. Canoe drifts away from the bank until canoeist is clinging to the bank with one big toe and clutching a gunwale with the other. At this point, either canoeist loses grip and falls into the water, or canoe tips

over and dumps canoeist into the water.

FLYING RESCUE TAKEOFF—Canoeist standing on shore sees another boater in trouble and leaps to the rescue. He aims for the cockpit of his C-1 with paddle poised for a brisk take-off stroke. Boat in the meantime drifts six inches to the left. Boater lands six inches to the right of center. Boat turns turtle; boater surfaces to see companion being swept on downstream.

SUDDEN SOMERSAULT—Actually a variant of the above maneuver. Boater sees trouble in midstream, shoves canoe into water and initiates flying leap. Boat strikes sandbar. Boater somersaults over the gunwales and lands ignominiously in two inches of water.

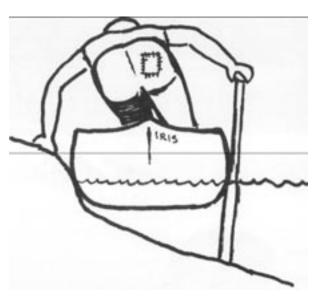
FIRST-TIME FLIPSTEP — SO named because it is rarely used except by first-time canoeists. Would-be occupant confidently places one foot several inches to the right or left of the keel-line. When weight is shifted to this foot, canoe flips and boater is bucked out, either face-down into the mud of the bank or swan-like into the water. Picturesque quality of this maneuver is best appreciated when practiced with fully-loaded canoe (provided gear is not tied down or waterproofed).



NO-NONSENSE VISE GRIP—For those who prefer a less colorful start to their canoe trip, there is of course an alternative to the above: position boat next to bank, jam paddle down firmly into the river bottom on the far side of the boat and hold snug against the canoe (see illustration). Using paddle for support, swing quickly and gracefully into the canoe. Take care to keep center of gravity over the keel line as much as possible. Paddlers opting for this mode of entry should be aware, however, that blood-thirsty spectators will probably be disappointed and may retaliate.

The Straddle, Flipstep, and Vise Grip are just as effective for taking out as for putting in.

All of the above assumes boater cauldn't find anybody to hald his/her canoe while embarking.



No-Nonsense Vise Grip: swing gracefully into the canoe.

Wolf River Slalom, May 1974. Langlade. Wis. Photo by Walker Townsend, Indianapolis. IN.

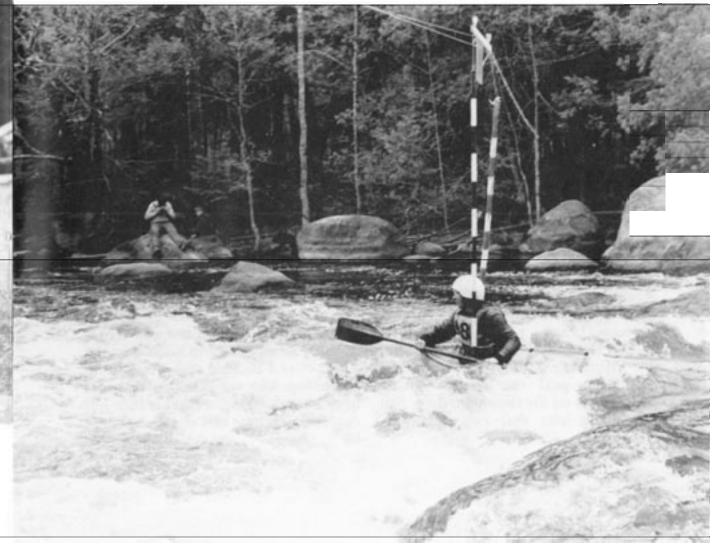




Figure 1. Car with rack and kayak

### "A Custom-Made Cartop Carrier"

by Carl E. Trewiler, 1979 Walnut St., Coshocton, OH 43812

One day in the fall of 1973 during the gasoline shortage I decided to do my bit and retire my gas hungry 1962 V8 model for one which was a bit more stingy with fuel. After looking over the complete offering of the various automobile companies and closely examining three specific models I made my choice. A nice blue Pinto station wagon seemed to fit my desires for gas economy, reasonable carrying capacity, low cost (?) and a relatively sturdy rain gutter. However, I failed to reckon with the wishes of my family for I could not get them past the sporty looking Mustang II on the showroom floor. Not too much later that rain gutterless,

plastic grilled, rubber bumpered auto was housed in my garage. I had ended up with a small economical car but not only was there no place to clamp a roof rack, there was not even a good place to tie down the ends of my boats!

At first I chose to ignore my problem by free-loading with various friends and other members of the Coshocton County Golden Age Kayak and Canoe Club (total membership of 3). After missing a couple choice weekends and after a particularly memorable trip back from the Cheat river I decided that I had to do something. Did you ever ride in a car, have a kayak on top of that car turn 180 degrees on its long axis and then endure

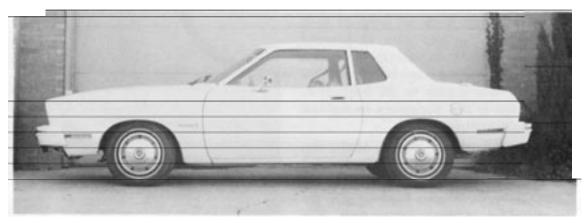


Figure 2. Car with brackets and no rack.

the comments of the owner amid the clatter and banging as the car slowed from 70 mph? Ignoring my problem just would not do!

From the first, it was obvious that I had to add something to gain points of attachment. In the beginning I thought in terms of some sort of roof rack and devised all kinds of custom made clips, brackets and clamps. Alas, they were equally impractical or impossible to fabricate. In addition, any sort of roof rack on that short roof would still require substantial front and rear tie down points for the ends of the boats. After much agonizing I realized that the attachment points had to somehow arise from quarter inch gaps between the hood and trunk lids and their respective fenders.

The rack that was finally constructed is shown in Figure 1 with a kayak. The superstructure is made from inert-gas arc-welded 6061-T6 aluminum and two pieces of white pine. The car without the rack but with the mounting brackets is shown in Figure 2 for comparison.

The brackets used to attach the rack to the car, Figures 3 and 4, were fabricated from single **pieces** of stainless steel. Stainless steel was used because it is considerably stronger than aluminum and still does not need to be painted. Most any kind of stainless

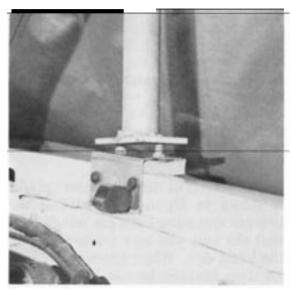


Figure 3. Right front support bracket and unbolted upright.



Figure 4. Right front sloping brace bracket with diagonal brace end.

would probably work as long as it is bent with the proper care to prevent breaking or stress cracking. Note that the holes for the carriage bolts are filed square so that access to the bottom of the bracket is not necessary to tighten the respective nuts.

Figure 5 shows the details of the top of the right front support. The hole at the top end of the one-inch-diameter diagonal brace is also filed square for the shoulder of the carriage bolt. The aluminum cross member was selected so that the inch-and-a-half-diameter uprights fit snugly inside the channel. The wood cross piece is bolted outboard of the upright by the longitudinal tie bar to insure complete rigidity of the welded joint. Flat washers are used beneath every nut to reduce the tendency of the aluminum to compress into the bolt threads when the respective nut is tightened.

The bottom of the right front upright is shown in Figure 3. Note that the bracket mounting bolts are installed so that the nuts and lock washers are on the blind side. When selecting an area for these brackets be sure there is room to work on the blind side of the fender. I was not so careful one time and have an extra hole to prove it. Not particularly visible is a layer of neoprene-covered nylon between the bracket and fender to prevent scratching the finish of the car. The ethafoam pad beneath the bracket is to help hold the carriage bolts in place and to prevent things from snagging on the sharp corners.

The bottom of the right front diagonal brace is shown in Figure 4 with the diagonal tie bar end. The bracket was bent as shown and the diagonal tube bolted outboard to provide clearance for the opening and closing of the hood. The lower bracket bolt is one of the original fender bolts and is threaded into the unibody frame,

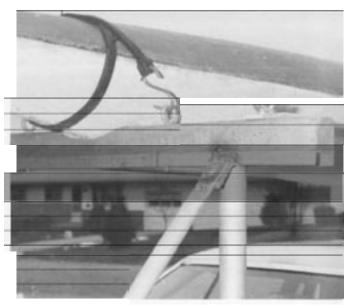


Figure 5. Detail of right front upright juncture with cross member.

making this bracket extremely sturdy.

The brackets for the left front are the mirror images of those for the right front. The brackets for the rear are the same as for the bottom of the front uprights except they have a shorter rise because of a narrower fender lip.

The rack costs about fifty dollars broken down as follows. The aluminum, purchased from Williams and Company, was about thirty dollars. The welding done locally by a personal friend cost fifteen dollars. The miscellaneous hardware, bolts, nuts, eyebolts, washers, etc. was purchased in a hardware store for about five dollars. This is a bit more than roof racks but then I was in an impossible situation.

The six-piece rig can be installed or removed in less than ten minutes by one person. A simple open end or box end wrench is used to snug the twelve hex head nuts, and fingers are used to tighten the wing nuts. These wing nuts, see Figure 5, are prevented from loosening by lock washers between the wing nuts and the flat washers. The cross members are hung for storage, Figure 6, and the other pieces are simply stacked on end in a corner.

For short trips I usually do not bother with the diagonal front braces and tie

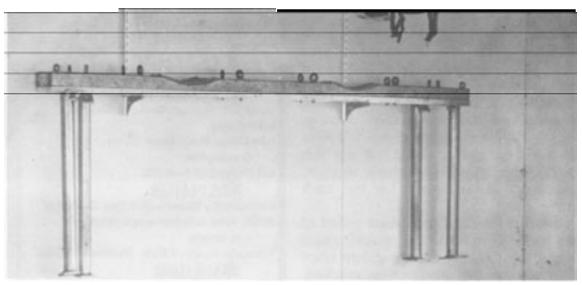


Figure 6. Cross members hung on bookshelf rack.

the boats down with rubber cords as shown in Figures 1 and 5. On longer trips or any high speed trip I still use the rubber cords but back them up with quarter inch nylon cord. The cord is tied to one eyebolt, Figure 5, run over the boat through an eyebolt on the other side, then through the grab loop of the boat, back through the first eyebolt, back over the boat again and tied to the second eyebolt. When tied in this manner on both ends the boats simply do not move relative to the rig. The center tie., Figure 1, is used to prevent boat rotation.

Since the car can seat only two paddlers comfortably, I usually carry only two boats. However, on occasions, particularly on shuttles, I have carried four paddlers, their boats and all their gear. Because of the low height of the boats and the limited trunk space, wet gear is usually and conveniently stowed in the boats. Paddles are either jammed into a boat, Figure 1, or tied to one of the lengthwise braces. One of the nicest features is the ease and speed with which the boats can be loaded and tied down.

After driving several thousand miles my first problem was encountered.

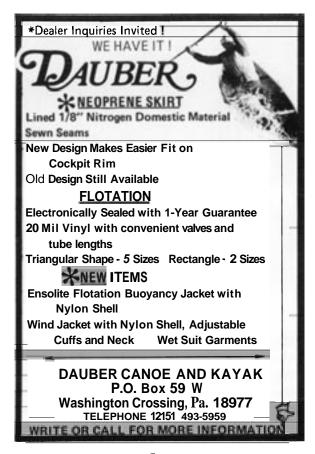
Aluminum, as some of you know, has a nasty habit of stress cracking. The weld on the back cross member at the inboard juncture with one of the uprights has stress cracked and for this reason this particular design for the superstructure is probably not trustworthy. I have attempted to solve the problem by welding small diagonal braces on the side of the upright and bottom of the cross member.

A probably better and certainly simpler design would use inch-and-a-quarter aluminum pipe for the uprights with  $3\frac{1}{2}$ " x  $3\frac{1}{2}$ " plates of inch aluminum welded on the top. A solid 2" x 4" would then be bolted to the respective uprights to make cross bars. The extra metal would allow sounder welds and the wooden cross brace should eliminate the stress cracking. If the reader tries this please let me know how it turns out.

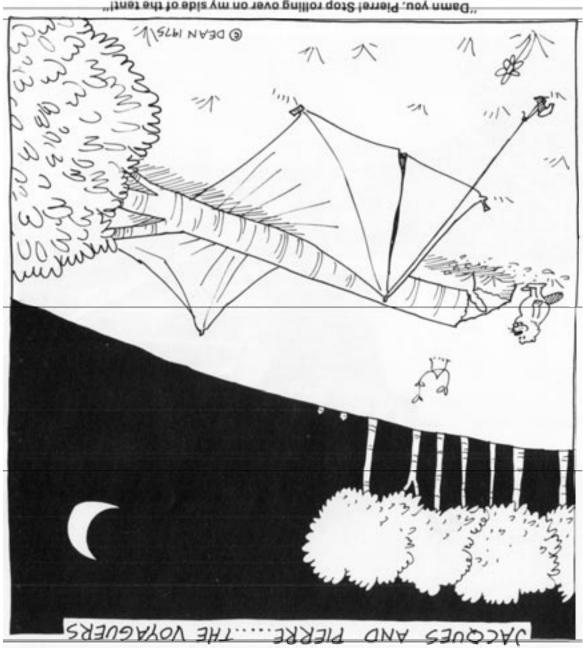
Except for a few sizes I have intentionally not given any dimensions for several reasons. First, the rack was custom designed for a Mustang II and unless you have an identically dimensioned Mustang II it would need to be modified for your car. Second, the real problem with this rack was not deter-

mining the proper dimensions but rather setting up the jigs to allow welding at the proper angles. Anyone who is competent with this type of metal working should be easily able to construct a similar rack from the descriptions and photographs. Finally, as I have already pointed out, if I were to make another I would not use this particular super-structure design, making the dimensions for this rack useless.

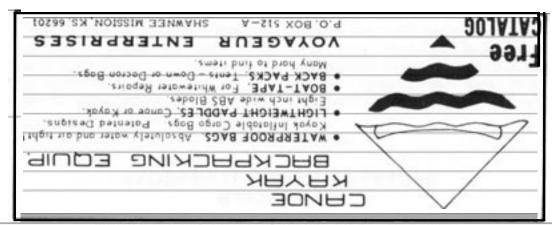
Needless to say I am rather proud of my rack. In spite of my trouble there was no real danger of an accident since only the inboard welds stress cracked. The outboard welds are still sound and perfectly capable of carrying the normal load. A real side benefit is its bait value. Whenever I arrive at a put-in some other boater will invariably wander over to examine my rack and if I am in need of a shuttle - - . Thus the rack is not only great for getting to and from the river but also invaluable for getting on the river.



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"Damn you, Pierre! Stop rolling over on my side of the tent!"





Earl and Douglas Potts of Yorktown Heights, NY at 1974 U.S. Open Canoe Championships, Nantahala R. Photo by Edward Columbus Thompson.

### RACING TIPS PADDLING C-2 WITH A PARTNER

by Tom Southworth

You probably already know what's tough about paddling C-2 slalom. It's keeping your partner from hitting so many poles. Either he hits them outright or else he jams you into the gate in such a way that no paddler

anywhere could avoid a hit. Don't despair, chances are your lack of togetherness as a team is more to blame than your partner's myopia, poor balance and cowardice all put together.

Ideally, your boat should be like a

well-oiled machine paddled under power in such a way that every move either of you makes is predictable and expected by the other. Most teams can develop this type of racing precision if they are willing to train and race seriously over several years. The following tips should be considered as basic.

1. Stroke *Together*—Every single stroke should be taken in unison. If the stroke rate is too rapid, the sternman will be forced to cheat on his forward pull in order to have enough left in each stroke to steer the boat. Never permit a stern paddler to skip every third or fourth stroke in order to get the boat back on course. Establish a rate that is as fast as the stern man can keep up with while maintaining full steering control with every stroke. That rate will be slower than the bow man is capable of, for which he must compensate by putting extra strength into every pull. It is par-

through slalom gates without either paddler missing a stroke.

2. Turn Together—First, it's important to realize that a C-2 with weight in both ends is meant to turn around the center of the boat. Either paddler trying to turn his end alone will find it difficult. But if the turn is coordinated, started at the same time in both ends and executed in unison, the boat will turn easily. Again, turning strokes should be taken together and in a steady rhythm. Mastering this is tough, no question about it. Start by counting (out loud) a three-stroke cadence. For most 180-degree turns, 2½ strokes will do the job, so make half of the third stroke partially forward to pick up speed in the new direction. Draw strokes are fairly obvious and draws are easy to practice together. Pry turns are more difficult, but potentially more powerful. The bowman's three strokes should be (1) a pry that slides forward into (2) a



sweep or forward pull depending on what's needed. The sternman's strokes should begin with a push-away which must not be initiated before the bowman's pry because if it is, the bow's pry doesn't catch any water and is useless. The second stern stroke is usually another push-away followed by a forward stroke that scoops so far under the keel line of the boat that it continues the turn but also begins the forward push. Always count when you practice, and try to count when you race too.

**3.** Train together—When you think about it, all you have to do in a slalom is to negotiate forward, reverse and upstream gates and get from start to finish in a hurry. And we have already established that the major difficulties in doing that relate to one's partner. Virtually all of the C-2 paddlers that I know are saddled with partners who have learning impediments that can only be overcome by constant practice. Don't fight it. Just find a practice course, set up a dozen gates and practice all possible slalom combinations until you are together on every stroke. If your partner still can't do things quite right, at least you'll be so familiar with his shortcomings that you will know when and how to compensate to save the situation.

Slalom racing being competitive means that a paddler's skill depends in part on how well the others in the class can perform. The winners in World class competition are distinguished by their speed. On the regional and national levels many races are decided by penalties. Because of the teamwork required in C-2, it is virtually impossible to train at one speed then try to step it up during a race. You must race under control at a pace that's familiar from practice.

The complexity of coordinating two people's minds and actions adds a dimension of difficulty to the mastery of C-2 that is quite uncommon to the

singles classes. Rather than focusing on individual skills, C-2 paddlers must concentrate on paddling together in order to achieve top performance.

This column, a regular feature # American Whitewater, is designed to help the novice racer develop better techniques. Each "TIPS" column will feature a specific slalom or downriver racing skill. Please send questions or situations you'd like discussed to:

> Ray Gabler, AWA Racing Editor 151 Jensen Cirde W. Springfield, MA 01089

### 1974 ATLANTIC DIVISION **SLALOM CHAMPIONSHIPS**

(These results were incorrectly published in the **SEP/OCT** 1974 issue.)

- 1. john Sweet 2. Robert Kauffman
- 3. Dave Knight
- I. Ned lose
- 2. Steve Martin3. Peter Clechenko

### K-1W

- 1. Barbara McKee 2. Rasa D'Entrema
- Rasa D'Entremont
- 3. Mary Hesselgrave

- 1. S. Feldman/P. Liebman 1. S. Chamberlin/J. Stahl
- 3. K. Huffman/G. Huffman

- I. R. D'Entremont/G. Lhota
- 2. S. Chamberlin/S. Chamberlin 3. C. Knight/D. Knight

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- 2. COMPLETE NAMES and LEGIBLE result sheets. Complete names on both partners in doubles. Indicate if C1W and/ or C2W's run with C1 or C2 classes. Indicate foreigners and Canadians.
- 3. Give number of gates on course.
- 4. Results must be NUMERICAL.



Dan Isbister at Tariffville Gorge, April 1975. Photo by David deCourcy.

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Also available: U. S. Whitewater Team posters at \$2.00 each + .35 postage. Specify slalom or wildwater design. Profits on the above items go to support the development of the U. S. National Whitewater Teams, slalom and wildwater.

Order from: Elizabeth Metzler **220 Hillview** Dr.

Springfield, PA **19064** 



### **BOOK REVIEWS**

### NEW ENGLAND WHITE WATER RIVER GUIDE by Ray Gabler. Tobey Publishing, paperback, 1975.236 pp.

A good, conscientious guidebook which covers in detail a number of the most popular New England whitewater runs. As more and more quick-buck artists hit the guidebook market, it is reassuring to see this book; the author has run the rivers personally in the time-honored tradition, and a real effort has been made to provide water level information.

The book treats some sixty-odd "runs" on approximately 45 rivers. The runs are the sections of the rivers which are most often run by area boaters because they have the best rapids, convenient put-ins and takeouts, and are generally suitable for weekend whitewater boaters.

Information on each run is generous: length, average gradient, maximum gradient, difficulty (International Scale, I to VI), scenery, level information, gauge information, length of shuttle, and detailed suggestions on how to run the difficult rapids. There is also a map (traced from USGS maps) for each river, showing put-in, takeout, gauges and danger points.

Generally written from the viewpoint of covered boats (a number of runs are not suitable for open canoes), runs and levels suitable for open canoes are indicated.

Particularly commendable is the author's effort to provide level information on the rivers. If USGS river gauges existed, level information is based on these, and if there was no usable gauge, the author painted his own on convenient bridges or rocks so that a reference would be available.

Available from Tobey Publishing, Box 428, New Canaan, CT 06840 for \$5.95 plus 35c postage.

Jim Sindelar

# "CANOE POLING" by Al, Frank and Syl Beletz. A. C. MacKenzie Press, paperback, 1975.148 pp.

Poling a canoe has long been recognized as the fastest means of navigating upstream. It is also the only way to ascend grade II or III rapids, should the impulse ever strike. Poling is quite popular in the foothills of the Ozarks, for exploring shallow streams or simply permitting a round trip without car shuttle.

Drawing upon their own expertise and that of many peers and predecessors, the Beletz brothers of Maplewood, Missouri have compiled an informative and entertaining treatise on "Canoe Poling". The 148 page book is written in a variety of styles—instructive, descriptive and narrative, and is profusely illustrated with photographs, sketches and cartoons. While it stresses the basics, it also gives a glimpse at a few of the more kinky applications like poling in surf, on ice, and in an Olympic C-1.

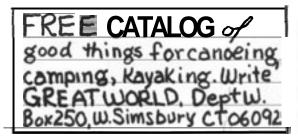
No more qualified authors could be found for a book on canoe poling. Indeed, there are likely no other three people who have done as much to promote and develop a single aspect of canoeing. After developing cruising and competitive poling techniques in the St. Louis area, Al, Frank and Syl Beletz were instrumental in securing poling as a recognized activity of the American Canoe Association. In 1965, under auspices of the Meramec River Canoe Club, the first ACA National Poling Championship was held. It has grown annually, and with it has grown the Beletz storehouse of poling knowledge, anecdotes and humor.

The book is a must for canoeist and humorist alike, and easily worth the \$3.95. It is available at paddling retailers or by mail from A. C. Mackensie Press, Box 9301 Richmond Heights Station, St. Louis, Missouri 63117.

(From the Illinois Paddling Council Newsletter, Vol. 7, No. 1)

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