



# AMERICAN WHITEWATER

Conservation • Access • Events • Adventure • Safety

BY BOATERS FOR BOATERS  
July/August 2008

# Paddling Fitness

**Find Out How Intensity  
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What's AW Doing for Paddlers?  
**Find Out Inside**





EJ  
Trying to keep up with  
his kids

Lauren  
Team JK since  
age 8

Spins a good yarn

Clay  
World Cup Bronze  
Medalist

Stephen  
Hobbit King-Jumping  
Bean combo, World Cup  
Medalist

Jay  
World Champ  
Ultimate Fighter  
looking for a  
sparing partner

Dane  
Beat Dad this year

Emily  
World Champ  
just got her starter  
home (VW Van)

Pikey  
Adopted by Kristine  
as team mascot

Jason  
National Champ  
Hip Hop King  
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# AMERICAN WHITEWATER

**A VOLUNTEER PUBLICATION PROMOTING RIVER CONSERVATION, ACCESS AND SAFETY**

**American Whitewater Journal**

July/August 2008 - Volume #48 - Issue #4

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Cover: Paddlers explore the  
Bear River (ID)  
photo by Doug van Houten



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# Purpose American Whitewater

## River Stewardship: An Integrated Approach

Our mission: "To conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely," is actively pursued through our conservation, access, safety and education efforts under the umbrella of River Stewardship. The only national organization representing the interest of all whitewater paddlers, American Whitewater is the national voice for thousands of individual whitewater enthusiasts, as well as over 100 local paddling club affiliates.

AW's River Stewardship program adheres to the four tenets of our mission statement:

**CONSERVATION:** AW's professional staff works closely with volunteers and partner organizations to protect the ecological and scenic values of all whitewater rivers. These goals are accomplished through direct participation in public decision-making

processes, grassroots advocacy, coalition building, empowerment of volunteers, public outreach and education, and, when necessary, legal action.

**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, encourages equitable and responsible management of whitewater rivers on public lands, and works with government agencies and other river users to achieve these goals.

**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 American Whitewater Safety Code.

**EDUCATION:** AW shares information with the general public and the paddling community regarding whitewater rivers, as well as river recreation, conservation, access, and safety. This is accomplished through our bi-monthly AW Journal, a monthly e-news, [americanwhitewater.org](http://americanwhitewater.org), paddling events, educational events, and through direct communication with the press.

Together, AW staff, members, volunteers, and affiliate clubs can achieve our goals of conserving, protecting and restoring America's whitewater resources and enhancing opportunities to safely enjoy these wonderful rivers.

AW was incorporated under Missouri nonprofit corporation laws in 1961 and maintains its principal mailing address at PO Box 1540, Cullowhee, NC 28723; phone 1-866-BOAT-4-AW (1-866-262-8429). AW is tax exempt under Section 501 (c) (3) of the Internal Revenue Service.

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# The Journey Ahead

The issue of the *American Whitewater Journal* you hold in your hand is one of the most important publications we put out; it's our Annual Report Issue. Why is that important? American Whitewater is a membership driven organization; the work chronicled in our Annual Report could not be done without the support of membership dues and donations and the Annual Report is our way of reporting to you where your membership dues and donations are used. Our river stewardship work is the core mission of the organization and the part that gives your membership in American Whitewater value.

American Whitewater is much more than the organization responsible for the publication you hold in front of you. We are the organization responsible for restoring flows to many of our most highly treasured whitewater rivers!

Our regional river stewardship program, an integrated approach to the American Whitewater mission of conservation, access and safety, is performing at a very high level. Our stewardship team is racking up on-the-ground achievements while building internal capacity to more fully involve the paddling community.

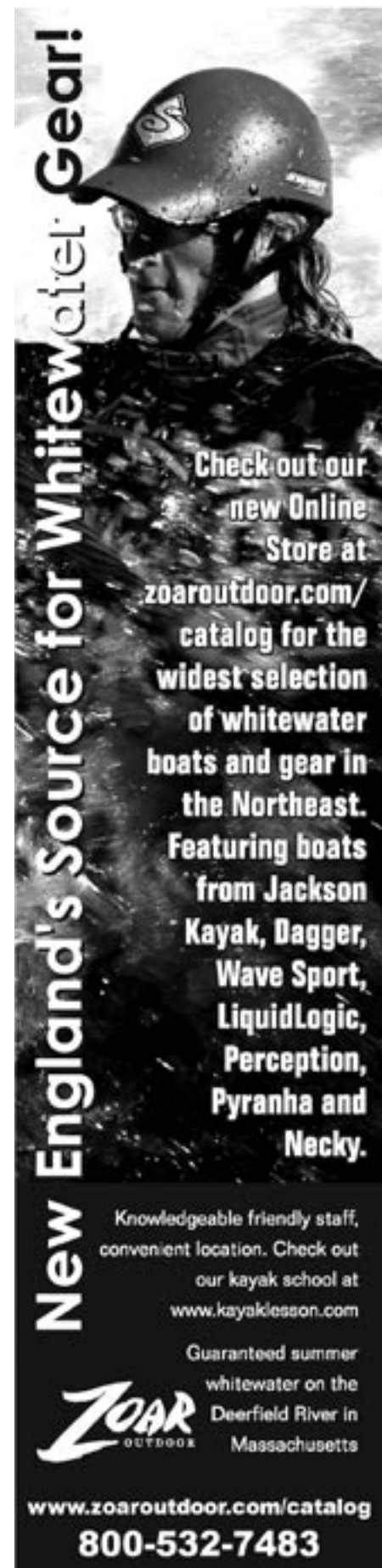
Thanks to membership support, 2007 was a great year for American Whitewater's River Stewardship Program. Our year was filled with on-the-ground success stories as well as steady progress on our many long-term projects. We expanded our capacity in Colorado, California and in the Northwest. At the same time we focused on volunteer recognition at events, in our Journal and web articles and in our volunteers of the month. Perhaps the most exciting part of the year was the rise of the Outdoor Alliance from a fledgling group to an influential and extremely productive national coalition. Our stewardship team strived to balance our national and regional projects with our outreach obligations, and we are very pleased with the results.

On each project we work on, we seek land conservation, public river access, stream flow information, and flow releases that

benefit the aquatic ecosystem as well as recreation. We have a proven track record of success with each of these goals. These enhancements create a triple bottom line: they provide local communities a sustainable economic base, they result in healthier rivers, and they provide opportunities for healthy nature-based recreation. Reconnecting people and communities with their rivers creates an enthusiastic and lasting constituency for river conservation.

American Whitewater has a great story to tell right now. Our stewardship projects are making a real difference to rivers and local communities across the country, while providing flows for boating and habitat. If you are reading this publication and you are not a member, please consider supporting this work. If you are a member, thanks for your support, pass this issue on to a friend and let them know what we are doing. There has never been a better time to support American Whitewater!

*Mark*



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# Mind Over Water

## The “Cutting Edge”: a Beautiful Anarchy

By Doug Ammons

*Editor’s Note: Doug Ammons is a Ph.D. in psychology, a world class kayaker for 25 years, and author of the book The Laugh of the Water Nymph. He contributes this regular column to American Whitewater as a forum to discuss the psychology of whitewater paddlesports.*

I recently had a discussion with some passionate steep creekers about the “cutting edge.” They love their pastime in the way only wonderfully fanatic paddlers can, and insisted that steep creeking was the “the most cutting edge” in kayaking—the area where there was the highest level of difficulty, and people were pushing limits the most. I disagreed with them.

The cutting edge is usually defined as the hardest things done in the sport. This sounds impressive and dramatic. It also implies something that cuts like the sharpest knife. The truth is more complicated.

When you start looking at it, the cutting edge is hard to characterize because it refers to so many different things. It has a media-induced buzz, but it is also used as slang for people’s ideals, including what they are struggling toward, and what they think they have accomplished. It represents these and much more—from our most neurotic desires to the precious things we aspire to, which sometimes are one and the same.

The cutting edge is a huge, sprawling confusion—more like a crate full of broken bottles than the edge of the single sharpest knife. There isn’t just one edge, there are lots of them, with people throwing more bottles into the crate all the time. Like a piece of broken glass, the edge changes constantly and drastically from one aspect of the sport to another. There is no measure of the edge, although we attempt to put numbers on it—the height

of a falls, the flow in cubic feet per second, the feet per mile, and our ever-elastic Class V rating. In all of these, the assumption is that the higher the falls, the bigger the river, the steeper, then the harder and more cutting edge it is. However, anybody who has been around the sport for a good length of time will, if pushed, be able to list provisos for all of these. It depends on the nature of the drops, how clean they are, what support is possible, the equipment used, subtleties of the line, how much you know about a run, objective hazards, and many other things. Finally, even though it’s implied that the edge is “razor sharp,” many parts of the “cutting edge” turn out not to have much cut to them.

In terms of difficulty, I would argue that every aspect of the sport has elements of the cutting edge, because people are always pushing each thing as far as they can take it at any given time. People are constantly defining new branches of the sport, so the ways in which you can be at “the edge” are always multiplying. Consequently, there are dozens or even hundreds of cutting edges. Yet, we only recognize certain things.

Let’s start with some things that probably everybody will agree are currently “cutting edge.”

An example I saw just yesterday would be the “Young Guns”. By name and action, they and their many followers are certain that what they’re doing is raddest and baddest cutting edge, which includes 100-footers, hard steep runs, hard play moves, their self-chosen name, and their movies (Young Guns, The Source, etc). Their ads say they are running the tallest waterfalls, reaching “new heights” in freestyle, and pioneering “global first descents” in “impossible locations”. Despite the hyperbole, my hat is off to them. There is no doubt they are great kayakers and paddling very difficult whitewater.

A contrasting example is a small, two-person Austrian-Brit team that this spring quietly dropped into the last unrun section of the Indus gorge and kayaked it. This is challenging big water

in a canyon that is steep, cliffed out, and forbidding. It helped that they were alpinists as well as excellent paddlers, which made the rope work and complex portaging more feasible. That extra set of skills was another dimension that had to be integrated into their paddling skills. They went on to do the first descent of another river coming off Nanga Parbat into the Indus that had an astronomical gradient, and which they described as having “more sieves than eddies.” My hat is off to them, too. There is no doubt that this is a huge accomplishment in the world of expedition whitewater.

Depending on your point of view, perhaps the Indus runs are “more cutting edge” than those of the Young Guns. Or, if you’re partial to the youngsters, you may think that their “big air” freestyle moves, waterfalls, trips to Vietnam and Africa, and steep Sierra drops are more impressive. Comparing these two current examples starts to underscore the variation in what people consider cutting edge. As a simple fact: the more things you look at, the less clear that edge becomes.

There are a lot of strange things about this appeal to the cutting edge. For example, tune in next year and people will have done even taller tallest waterfalls, have soared to newer heights in freestyle, and have done more global first descents in even more impossible locations. You can see the problem. If the location was “impossible” then by definition they couldn’t be there. If what they will be doing next year will be so earthshaking, does that mean they’re slacking it this year? Is the cutting edge nothing more than a synonym for what’s new and cool?

The edge is often used as advertising shtick and easily degrades into clichés and hype. Guinness got cold feet on world record waterfalls shortly after the initial widely publicized efforts of one paddler led to a quick succession of other people running higher falls. It’s unclear why anybody was talking about world records in the first place, but now, this quest has taken other forms, with a group supposedly “testing the limits of free fall.” I’m a bit puzzled



by this pursuit: what does it mean to test the limits of free fall in a kayak (150 or so feet) when, for example, base jumpers go off things from 400 to several thousand feet tall, and for that matter, skydivers regularly do free falls from 15,000 feet. To complicate matters, a skydiver even went out of a plane at 10,000 feet in a kayak, doing flips and rolls on his way down. Hilarious, interesting, and let's face it, very weird. Why is a free fall in a kayak so important? We appear to be talking about the skill in landing safely when running a large waterfall, but did the skydiver in the kayak have less skill than it takes to run a 100-footer clean? Is this getting ridiculous? Funnier? Both?

In search of clarity, let's look at the opposite extreme. With all the breathlessness that accompanies the new feats, you might note that sometimes people do things that stand for a long time and are unrepeated, like Walt Blackadar's amazing 1971 solo of the Alsek. Such things are undisputed examples of "cutting edge." The fact they aren't repeated seems as though it is due to the runs being so hard and exposed that others do not want to take them on—cutting edges that stand the test of time. That might be so. However, again there's more to it.

I firmly believe that anything one paddler does can be done by many other paddlers as well. Nobody is so good that he or she can do things no other paddler can. This is a myth about the "cutting edge." What is really happening is that people of multiple talents and equivalent ability make individual choices about what challenges to take on. The sport doesn't just constantly progress by the best people pushing the same limits harder and farther. The edge has all the quirks of the people who seek it.

The sheer variety reflects how different rivers and creeks can be, how many ways they can be difficult. Not only that, it reflects how differently people can see these things. Frankly, it's anarchy out there - people pick their own challenges, and most of the paddlers aren't interested in trying to repeat something that has

already been done. They deliberately do things that are new and different. They want to put their own mark on the board with their own style. The cutting edge is a combination of all the things people do. It shifts and changes according to interest, equipment, focus, publicity, time, sponsorship, and even fads. Most of all, it reflects the huge range of personality in our sport and what individuals see as their personal challenges.

Consider waterfalls again: The focus on running big waterfalls has led to it being defining "cutting edge" in many people's eyes, particularly for non-paddlers. Paddlers have gone higher and higher, and even claimed world records. But arguments about the details sprout up just as fast as the descents: whether something was 98.5 feet or 100 feet, whether that is higher or lower than 32 meters, whether it was entirely a freefall, or whether putting jugs of water in the bow of the boat (to help keep the nose down) should be counted against the run, or even whether running the same falls at a different water level makes it 1.5 feet lower or higher. The little arguments multiply like mushrooms. Every single such comment illustrates the "edge" is not a single thing, but more like a generic symbol. We seek absolutes—the hardest, the highest—but only can ever find what is relative. The details shift and differ, making the "edge" a strange and fuzzy place.

Particularly over the past 10 years, big gnarly falls have taken a special place in some people's minds. The appeal is straightforward—a big waterfall is impressive. Height speaks for itself and is immediately equated to difficulty: the higher the falls, the more difficult it must be. On an aesthetic level, the visual simplicity leads to great photos that anybody can look at and say "wow!" You can communicate the feeling of difficulty instantly at a gut-level. In contrast, if you've ever given a slide show, you'll know it's hard for viewers to understand what is going on even in super difficult Class VI + whitewater. After a certain point, everything is white and chaotic, and it doesn't matter if it gets whiter and more

chaotic. There are thousands of rapids that are harder and more dangerous than probably any waterfall that has been run, at least in the sense of requiring more moves, more energy and skill to do them right, and having much worse consequences for failure. By way of proof, let me ask this simple question: how many people have died in hard rapids and how many have died doing big waterfalls? The score, to state it in a very crude way, is about 100 to 0. No excellent paddler has ever died from the impact of a high waterfall, but plenty of top end paddlers have died running hard rapids. Now don't get me wrong, more deaths don't make paddling hard rapids better; every single one of them is a tragedy. My point is simply this: using death as the ultimate measure of difficulty and consequences, waterfalls are far less dangerous than the usual Class V. However, the finality of that single arc off the edge is spellbinding to non-kayakers and kayakers alike, so waterfalls take a special place at the "cutting edge."

Running waterfalls is a rather odd pastime. Surely it is spectacular, which for most people is probably a good enough reason to do it. However, I'm reminded of the oddness by the guy who ran a 105-footer in Oregon in an inner tube after "scouting" for just three minutes. The kayaker who ran the falls originally scoped it out for months, but the tuber just glanced at the falls, climbed aboard and shoved off. He made it fine, although he fell off his tube at the bottom. That means he ran the falls as well as several well-known paddlers ran their big ones. But it begs a question for the present discussion: what does it mean that something formidable in a kayak is easy in an inner tube? Why is it that a waterfall requiring "cutting edge" skill and daring in a specialized kayak can be run by somebody using a tube you can buy for \$10 at a gas station? If you think about that very much, it suggests running falls in a kayak is silly. At least it undermines making such a big deal about height. What would happen if the goofy, skilled, and ballsy tuber did Alexandra Falls (107 feet)? How would we make sense of such a run?

We may never know because it's doubtful

# Mind Over Water

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that the tuber will get sponsorship from Goodyear Tires to roam the world running huge waterfalls in his inner tube. You will never see the innertubing equivalent of Twitch or The Source. Maybe he can get hooked up with the team that is supposedly testing the limits of freefall. However, just imagine what would happen if he were shown running even one of the things they do—much less the showcase 107-footer right after the kayakers. It'd make the whole thing into a joke—the edge-daring kayakers against Zoltan the spoofer. Further, as readers of this magazine may remember from an earlier story, a high school friend of mine—a highly skilled gymnast, rock climber, and kayaker—jumped off a 180-foot waterfall, landed perfectly, and survived—a little worse for wear, but okay. That's 70 feet higher than the kayakers are looking at. And Al Faucet ran a 200-footer in a wooden dugout canoe nearly 80 years ago. Why is it a bigger deal to run a smaller falls in a kayak than it is to run a taller one in an inner tube, a dugout canoe, or without any craft at all?

There's no question kayaking requires more skill, or at least different skills than tubing or jumping, but a question arises: isn't it weird to celebrate kayaking skill when that skill isn't actually required? We seem to be making something harder than it really is. The edge should lead us to a greater understanding of our true limits, not to deluding ourselves about our skill and daring. When the innertubers are seeing more clearly than we are, then we've got a problem. We need to apply the old Chinese proverb: "He who criticizes me correctly is my teacher." The question for us collectively is, are we willing to learn from a tuber?

Waterfalls are an example of the peculiar and loose definition of "cutting edge." They are spectacular. Some of them are hard and dangerous; others are dramatic and high but easy in an inner tube. You'd think that if the edge was so sharp, it would at least pop the tube.

Let's go back to that original comment about steep creeking being "the most

cutting edge" in kayaking, and consider contrasts between the types of edge paddling—what is different and why. Expeditions put a premium on doing difficult things self-contained out in the remote sticks. It's not only the difficult paddling, it's everything about the difficulty of where you are. The first time a proud steep creeker does an expedition in a third world country where he gets strung out puking with some GI problem and still has to do Class V for the next week, he probably will change his tune. There's a different element of mental and physical toughness involved in expeditions. Or, if he does one of the big wilderness rivers up north, camping out of a boat for days that weighs 80 or 100 pounds, running hard big water, portaging, living on slim rations, he probably will come back thinking that creeking on day runs with an unloaded boat—no matter how hard—is not the sum of the sport, and actually is a lot funner and less obnoxious than other forms of the edge.

But this can immediately be reversed. When the creekers' boats are unloaded, they can take bigger risks, and attempt wild moves that you would never try in a loaded boat 100 miles back in the Himalaya. This turns the tables. The expeditionist taken down a cutting edge creek will not be dissing the creekers afterward. Any of the rest of us will be in the same situation if we proclaim our favorite runs are the hardest of all terrain.

To complicate things, the cutting edge of steep creeks hybridizes with other forms. Here is a personal example: I soloed the full Clark Fork Yellowstone canyon in one day back in 1994. It's basically a Sierralike steep river in a deep granite canyon, rated class V+/VI, 26 miles long and about 3000+ feet of drop. It has never been done without portages, and if you go there you'll see why (Jackson, Wyoming paddler Greg Goodyear did it once with an astonishing four portages). I had a flow of about 2000 cfs (considered high) and did 8 portages (considered low), all of them strenuous, with several roped and quite awkward

around cliffs. There are no big waterfalls but there are lots of steep, long rapids and sieves. The Class V does not let up till the last couple of miles, which are continuous Class IV. I suppose this shows if you can list enough numbers, the run must be cutting edge. It is a spectacular place, going from alpine meadows at the put-in, to a deep desert canyon at the take-out. Usually, it is done as a long two- or three-day run. I didn't know the run (I had run it once five years earlier), and that was part of the draw for me. I was looking for a full expedition-like experience on a complex run, all condensed into one day. I put in at 6 am and took out at twilight, utterly exhausted. That's approximately three major steep creek runs in a row—runs you don't know—in the wilderness, with portaging complexities, severe exposure, and no support. It's a multi-day, hybrid wilderness/steep creek/expedition run done solo in a day. Tommy Hilleke and John Grace's one-day descent of the Middle Kings in 2007 is somewhat in the same vein.

One could say this kind of thing was "cutting edge," but actually it's a specific personal challenge, and only a certain kind of person would want to do it. Tommy and John's run was also in remembrance of their close partner Daniel DeLaverne, who had died the preceding year. Suffice it to say, there aren't a lot of people out there seeking these particular edges, a fact that doesn't mean they are better or cooler or harder. They fall somewhere between steep creeking, hard river running, and expeditioning, making them difficult to characterize.

People haven't repeated either of the above runs in the same ways, but it isn't because they can't. More likely, it is because there's no reason to do it except the personal reward for having taken on these particular challenges. Others attempt to go faster, or add new sections, do it at higher water levels, and so on. Despite all the numbers above, the runs are not quantifiable in the sense of a "world record" waterfall. They're just hard. Try one of them and then we can talk about it. The paddlers running 100+ foot waterfalls could say the same thing



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# Mind Over Water

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to those of us who haven't run something nearly as high.

Here are a few additional examples, some of which are variations on a theme. Scott Lindgren's runs of the upper Karnali and Tsangpo. Olaf Obsommer's multiple steep runs in Norway. Felix Lemmler's "exponential" runs on the Oetz and waterfalls up to 42 meters (137 feet). Willie Kern's amazing runs in the Sierras, and lately in China. The "Triple Crown" trip that Gerry Moffat put together in 1998, where we did the three classic northern big water expedition runs back to back (Sustina, Alsek, and Stikine). Erik Boomer and Tristan MacLauran did it themselves two years ago. Tommy Hilleke, Daniel DeLavernne, and company did their "Seven Rivers" expedition as another extension, doing seven multi-day Sierra Classics in one summer (2004). The same group also did something I find especially impressive: the Stikine canyon in a single day.

The crux is, people want to define their own challenge. That's what the edge is, for each of us personally and for the sport as a collective.

There are plenty of other things. Ben Friberg started pushing the idea of a vertical mile creeking in a single day. Interestingly, we did something similar back in the late 1980s and early 1990s on the North Fork Payette—doing three runs in a day (a vertical mile). That metamorphosed and in 1993 I did 8500 vertical feet of Class V in a day. In 2007 the group of Bryan Fletcher, Fred Corielle and Ryan Casey did a full 10,000+ feet (two vertical miles)—six top to bottoms in a single day. That's incredible! Friberg is encouraging creekers to do this, but they have different terrain—smaller volume, steeper, tighter drops, more "technical" in a number of senses. So which is harder, multiple top to bottoms back-to-back on the NF Payette, or multiple runs on a steep creek of your choice? There is no answer

to that, because they are different kinds of paddling. Which is the cutting edge? Well, I guess both might be, in their own strange ways. Finally, consider Steve Fisher's runs of various huge, wild cascades in Quebec. Are they impressive enough as single runs, or will he have to do a vertical mile of them to be cutting edge? It seems safe to say they stand solidly by themselves.

The bigger issue for the cutting edge is, across the sport there is no reason at all why Blackadar's, Hilleke's, Lindgren's, Friberg's, Fisher's, the Young Gunners, or anybody else's challenge should be the yardstick for the cutting edge. These multiple examples—all different and all difficult—show there isn't and can't be any clearly defined edge that everybody agrees on. That's not the way the sport functions for people on a personal level, and it doesn't reflect how the sport progresses.

I can only speak accurately about the things I've directly experienced, but another prospect for "most cutting edge" would be the North Fork Payette at 6500-7000 cfs. It more or less qualifies as a steep creek, but with a massive amount of water. No waterfalls, but lots of steep drops. The drops are not sieve-like, or bedrock slides, or waterfall cascades, but incredibly powerful and fast big water—30-mph exploding waves and holes going solid for a half-mile or mile at a time. The half-mile stretch through Jacob's ladder/Golf Course drops maybe 250 fpm, but with 6500cfs—10 to 20 times the usual "creek" flow. I challenge any whitewater aficionado to take a look at that river at that level and then tell me waterfalls, creeks, or even expeditions are the single "most cutting edge" part of kayaking. T'ain't so. You will have to make room for more.

Big water has its own cutting edge, and I think nearly every paddler would have to completely reappraise his attitude once he dealt with certain rivers, even those that have been run before: Devil's Canyon on the Susitna at 25,000+ will never be

a pushover, the Stikine at any level, the Tsangpo, Indus, Oetz, Thule Bheri in Nepal, the Zambezi at 90,000 cfs, (as Steve Fisher) recently did, and so forth.

In the end, what it means is that together we have made an astounding sport with enough challenges to satisfy all of us for a lifetime. We're generating new challenges all the time. We hold in our hands a diamond in which we are constantly creating new facets, a gemstone that keeps getting more beautiful and ornate, with more edges the longer we work it.

Height doesn't define the cutting edge, nor steepness, flow, nor total vertical. Nobody owns the cutting edge, and nobody can say what is hardest. Not the Young Guns—despite what they claim—and not any of the rest of us—despite what we do or criticize. All of us can create an edge of the sport if we are motivated and skilled enough. The cutting edge is open to our imaginations—expeditionists, waterfallers, creekers alike, and it exists on flowing water that is big and fast, small and steep, and everything in between. There will be new cutting edges next year and the year after, despite the old edges not being surpassed or even repeated, and even if the edges don't cut very much.

The cutting edge is a symbol. In its anarchy it represents what is new, hard, and interesting; it represents fads, boat design, and advertizing shtick. It represents the ideals we strive for, and the places we go for challenges. In all these senses, it is a microcosm of everything from the neurotic weirdness to the most beautiful aspirations of our sport. What more could we ask for?



# Stewardship Updates

## Wild Sky Wilderness

By Thomas O'Keefe

In May American Whitewater joined our partner organizations on the banks of the North Fork of the Skykomish River to celebrate the passage of the Wild Sky Wilderness Act. Wild Sky is the first new wilderness area in Washington State in more than a quarter century. The new wilderness includes the headwaters of several whitewater runs including the North Fork Skykomish, Silver Creek, Rapid, and Beckler.

Wild Sky was sponsored by Senator Patty Murray and Congressman Rick Larsen and covers 106,577 acres of forested lands on the west slope of the Cascades. Significantly, approximately 30% of the protected land includes low elevation forests which have typically not been a part of past wilderness legislation in this region. Protecting these forests is essential

for protection of in-stream flows and water quality in rivers like the Skykomish, which is one of the most outstanding recreational and natural assets in the region.

American Whitewater was originally founded on guiding principles that include protection of the wilderness character of waterways through conservation of water, forests, parks, wildlife, and related resources. We have been strong supporters of Wild Sky through letters of support and visits with the Congressional delegation in Washington, DC.

We are pleased to see this long effort come to fruition and continue our work on a number of legislative initiatives to protect headwater creeks and rivers that provide some of our nation's most outstanding whitewater runs. With our first-hand knowledge of headwater areas we are able to tell compelling stories and show breathtaking photos of these special places.

## Pending legislation to protect headwaters

Clean Water Restoration Act (S. 1870, H.R. 2421)

Roadless Area Conservation Act (S. 1478, H.R. 2516)

Alpine Lakes Wilderness Additions and Wild Pratt River Act (H.R. 4113)

Lewis and Clark Mt. Hood Wilderness Act (S. 647)

Owyhee Public Land Management Act (S. 2833)

Snake Headwaters Legacy Act (S. 1281)

*Washington State Congressman Rick Larsen, Senator Patty Murray, and Forest Supervisor Rob Iwamoto at the dedication of the new Wild Sky Wilderness.*

Photo by Thomas O'Keefe



# Stewardship Updates

## Susquehanna River Settlement Reached (PA)

By Kevin Colburn

Holtwood Dam has a problem. The dam's generation flows are released at only one point into the extremely wide Susquehanna River, leaving the rest of the channel below the dam dry. A fish elevator next to the generators is designed to attract and lift shad and other migrating fish past the dam. The problem is, in the spring time, flows exceed the generation capacity and water spills over the width of the dam, and migrating fish can no longer find the fish elevator. They bump up against the dam, they get lost, and they likely fail to reproduce as a result. While these spills are a curse for the fish due to the design quirk of the dam, they are a blessing for paddlers who enjoy some of the finest playboating in the region during these times.

Several years ago the dam owner, Pennsylvania Power and Light (PPL), proposed to add additional generators next to the existing ones so that water would spill less often. This would double their generation capacity and likely improve fish passage, but would result in further losses of boating opportunities. Just as bad for paddlers, they proposed to physically excavate several rapids including Storm Hole, the premiere playspot at

Holtwood. American Whitewater worked with local paddling clubs and businesses to understand this complex proposal and to get involved in the decision making process. We decided as a group that we would like to support the added generation and fish passage benefits if only boating opportunities could be protected.

We approached the dam owner and began negotiations that would last for more than two years. First and foremost, paddlers advocated for the preservation of the natural rapids like Storm Hole that were slated for excavation. PPL reworked their engineering plans and were able to save Storm Hole and other natural rapids. Then there was the issue of reduced boating flows. In a normal situation AW would advocate for spills over the dam that would restore some or all of the lost boating opportunities. In this case, however, spills would likely reduce the ability of shad to find the fish lift and ultimately reach their upstream spawning grounds. The solution was found in PPL's plans to reroute about 1200 cfs of generation flow through the narrow and rocky Piney Channel. While 1200 cfs is not enough to bring in the superb natural surfing waves that form at high water, it would be more than adequate for newly constructed waves. Given the unique fisheries benefits, and the context of ongoing massive channel excavations, paddlers negotiated the construction of two new whitewater features that will be

boatable during generation times.

In May of this year we signed a settlement agreement with PPL regarding their Holtwood Dam on the Susquehanna River. The agreement calls for:

- Two new river access areas, including reasonable access to Piney Channel
- Online flow forecasting
- Protection of natural features (and restoration should impacts occur)
- Two new features created and maintained in Piney Channel
- An average of 70 half-days of releases (annually) into Piney Channel that optimize surfing at the newly constructed features, based on inflow targets. These releases will mitigate the 35 full days of spills lost through the changes at the dam. The dam will still spill an additional 35 days each year at flows sufficient to bring the natural features in.

Now that we have reached settlement, the Federal Energy Regulatory Commission will review PPL's proposed changes to the Holtwood Dam, including our settlement agreement, and issue a decision. This decision will then trigger the implementation of our settlement agreement and the rest of PPL's proposal. It will take a few years to transpire, but as the dam is altered paddlers will have their most basic interests met, while fish passage and power generation are enhanced. AW would like to thank the great group of paddlers working on the Holtwood Dam project.



Matts Samms on Holtwood's iconic Storm Wave

Photo by Jeremy Lauks



## Mongaup River (NY) Reopened To Paddling

*By Kevin Colburn*

Access and flows at the Rio Dam on the Mongaup River (NY) reopened in April after being closed to recreation since May of 2005. The closure was due to a sinkhole that formed in an upstream dam and forced the reservoir to be drawn down, recreational access areas to be closed, and even a short-term evacuation of downstream areas. Boaters followed developments at the project closely as the dam was repaired, and the reservoirs upstream were refilled and reopened. Anxious to see that the 2008 boating season was not affected, AW joined the Kayak and Canoe Club of New York, an AW affiliate, in petitioning for the reopening of the Rio Project. On April 4th, FERC ordered the resumption of one and two-turbine recreational releases, in time for the 2008 season.



*Paddlers explore the Bear River (ID) on a cold April day. Flows have been absent from the Bear for over a decade.*

Photo by Doug van Houten

## Bear River (ID) Releases Begin Amidst New Dam Threat

*By Kevin Colburn*

In April American Whitewater celebrated the first of many planned boatable pulse flows in Idaho's Black Canyon of the Bear River. The release was attended by around 50 paddlers who braved the sub-freezing temperatures to explore a river that's been dewatered for years. Intense ecological monitoring revealed that no fish were stranded on the banks as the flows receded, a good sign that flows will not have unacceptable impacts. To the contrary, flows moved large amounts of fine sediment out of the canyon that had built up as a result of dewatering. This effect should provide habitat that is more suitable for native species. Ecological monitoring will continue for at least three years to measure any positive or negative effects of the releases.

Elsewhere on the Bear a different power



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# Stewardship Updates

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## Lolo Creek (ID) Access Improved

*By Kevin Colburn*

In case it seems like all river access issues are protracted and unpleasant, consider Lolo Creek. Lolo is one of the best whitewater creeks in Idaho and is a strong candidate for Wild and Scenic designation. When the Department of Transportation built a new bridge at the take-out, they eliminated parking areas and a gage used by paddlers, anglers, and people just wanting to go for a swim. In response to calls from paddlers, AW reached out to the Bureau of Land Management (BLM) and asked about using a parcel of land the BLM owns just downstream of the bridge as a take-out. The BLM agreed and promptly put up a small day-use sign indicating that it is OK to use their land as a take-out. They also called the USGS and began working on a new staff gage for the newly installed bridge. If only every access challenge were this easy .... Thanks BLM!

## Tuckasegee River One Step Closer to Restoration (NC)

*By Kevin Colburn*

American Whitewater has been working on restoring ecological and recreational vitality to the Headwaters of the Little Tennessee River for nearly a decade. Our efforts on the Cheoah River continue to yield exciting results. The dam relicensing processes on the Nantahala and Tuckasegee rivers, however, are held up by a contentious dam removal, which is a core part of the settlement AW signed with Duke Power and many other stakeholders. This spring FERC rejected several challenges to their 2007 approval of the dam removal. While additional hurdles to removing Dillsboro Dam remain, including potential litigation and even a county take-over of the dam, FERC's decision marks yet another milestone in the process. Paddlers are leading advocates for the removal of the dam, and have played an integral role

*Lolo Creek (ID) offers some of the best whitewater in a state that's got plenty to boast about. A new access point makes the creek easier for paddlers to enjoy.*

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in restoring the whole river system. AW would like to thank all those who wrote letters and attended meetings in support of the dam removal. We would also like to thank the Conservation Alliance for their support of American Whitewater's work on this issue.

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# Stewardship Updates

## Colorado Stewardship Report

By Nathan Fey

### Alternative Management Plan for Upper Colorado River

In June, the conceptual outline of an alternative management plan for the Upper Colorado River was finalized by a broad group of stakeholders, including American Whitewater. Since 2007 AW has been working with conservation groups, water providers, and state and federal agencies to establish a management plan that will protect the Outstandingly Remarkable Values (ORVs) of the Colorado River from Kremmling to Glenwood Springs, for the next 20 years. The ORVs were identified by the BLM in their review of rivers in the upper Colorado basin eligible for federal protection under the Wild and Scenic Rivers Act.

The Upper Colorado River stakeholders group was convened by the Colorado River District and Front range water providers, in response to the BLM's determination that the mainstem of the Colorado river from Kremmling to Glenwood Springs is eligible for Wild and Scenic protection. The stakeholders are negotiating an alternative to Wild and Scenic Rivers designation that would allow flexibility for future water development, while protecting the outstanding recreational fishing and paddling, scenic values, and wildlife habitat dependant on sufficient flows thru the river corridor.

After nearly a year of negotiations, the stakeholders group has finalized a collaborative plan to provide the US BLM with a management alternative that will be included in the environmental review of future management options for the mainstem of the Colorado River, from Gore Canyon to Glenwood Springs.

As part of the stakeholder groups' final management plan alternative, American Whitewater is working to quantify flows necessary to protect river health

and support rafting and kayaking. In July, AW will wrap-up a survey of flow preferences for commercial outfitters to fill data gaps needed to help establish the flow management component of the stakeholders alternative plan.

### New access agreement for South Platte River

American Whitewater has reached an agreement with Sportsman's Paradise, a private fishing club on the South Platte River, granting paddler's access to Wildcat Canyon. Historically, the act of floating through club property to access Wildcat Canyon has resulted in harassment by landowners, physical assault on paddlers and criminal prosecution. The new agreement secures permission for paddlers to enter and cross club property via vehicle, in order to access public lands to the north of Sportsman's Paradise property. The agreement will undergo a trial run this season, with the goal of formalizing the arrangement for 2009, ensuring many years of fantastic paddling through Wildcat Canyon. See full article in this issue of the AW Journal for detail on the new agreement.

### New Reservoirs to serve Colorado's Front Range

The US Army Corps of Engineers has released the Draft Environmental Impact Statement (DEIS) for the Northern Integrated Supply Project (NISP) and is preparing to issue a permit, under Section 404 of the Clean Water Act, to dredge and fill lower segments of Colorado's only Wild and Scenic River, the Cache la Poudre. The Northern Colorado Water Conservancy District (NCWCD) has requested authorization from the US Army Corps of Engineers to excavate and place fill material into the Poudre River, South Platte River, Owl Creek, and various wetlands in connection with the construction of two new reservoirs, Glade Reservoir and Galeton Reservoir. The purpose of the Proposed Action is to provide 16 local municipalities with 40,000 acre-feet of new reliable water supply

from the Poudre River through a regional water delivery project coordinated by the District.

The Army Corps permit will allow the District to construct a new dam for Glade Reservoir through a valley northwest of Laporte, CO, allowing for storage of 170,000 acre-feet of water. The reservoir will inundate about seven miles of US highway 287, which would be rerouted to the east. In addition, the existing Poudre Valley diversion and canal will be rehabilitated and improved to transport water from the Cache la Poudre River to Glade Reservoir. Glade Reservoir would be filled with a new water right as well as agricultural water normally diverted for irrigation at point further down the Poudre River.

Under the Proposed Action, the District also intends to construct the South Platte Water Conservation Project (SPWCP), which includes the proposed Galeton Dam and 40,000 acre-foot Galeton Reservoir. Construction of the SPWCP includes a new diversion on the South Platte River, and a system of pumps and pipelines to deliver water from the river into Galeton Reservoir.

If NISP/Glade Reservoir were to remove the projected average of 40,000 acre-feet per year from the river, it is estimated that peak flows that are necessary to maintain the health of the river would be lost. These peak flows clean accumulated sediment and algae from the river's bed and support a healthy, vibrant riparian community. The USGS has calculated that flows to flush the Poudre River through Fort Collins must peak above 2,000 cfs. The river has been altered from a situation where flushing flows historically occurred 15 out of 20 years to the current situation where flushing flows happen about 10 out of every 20 years. If Glade is constructed, flushing flows at or above 2,000 cfs will be rare, occurring only about 5 years out of 20, essentially eliminating quality recreation along the river.

The decision to issue the permit will be based on an evaluation of the probable

impacts, including cumulative impacts of the Proposed Action on the public interest. To make this decision, public input is used to assess impacts on endangered species, aesthetics, recreation, conservation, and fish and wildlife values to name just a few. The draft EIS is available on the AW website. Comments are due the end of July 2008.

## Gross Reservoir Enlargement

The U.S. Army Corps of Engineers (Corps) is currently drafting an Environmental Impact Statement (EIS) to analyze alternatives for a water supply project for Denver Water. Denver Water approached the Corps with a need to increase its water supply on the North end of its system (i.e. the Moffat Collection System) to meet demand and system reliability needs. The alternatives analyzed in the Draft EIS include an enlargement of Denver Water's Gross Reservoir, located in Boulder County, Colorado. Denver Water has directed the Corps to analyze the Large Gross Enlargement alternative in the draft EIS as its preferred alternative. Denver Water will file an application for its preferred alternative prior to the release of the draft EIS.

Gross Reservoir is part of a hydropower project licensed by the Federal Energy Regulatory Commission (FERC). Therefore, to construct this project, Denver Water will also need a FERC license amendment. Information regarding the impacts of the proposed enlargement will be analyzed in Corps' EIS, and the FERC is a cooperating agency in the NEPA process. FERC will still require a license amendment application from Denver Water. Unlike the Corps' EIS process, whereby the public will comment to the Corps on the Draft EIS once it is released, the FERC amendment process requires the applicant (Denver Water) to consult with and take comments from interested stakeholders and agencies on the applicant's proposed changes to the FERC license. This is because Denver Water has not yet filed a license application with FERC. The consultation process is to help Denver Water craft the



*Part of the area to be affected by the new reservoirs proposed under the NISP.*

FERC license amendment application with input from resource agencies and other interested parties, in compliance with FERC regulations at 18 CFR § 4.38.

American Whitewater staff and volunteers are serving as stakeholders in the process.

## Browns Canyon Wilderness Area

In late May, United States Senator Ken Salazar introduced S.3066, the Browns Canyon Wilderness Act, which will designate approximately 20,000 acres of federally-owned land in Chaffee County near the Arkansas River as the Browns Canyon Wilderness Area, to be managed in accordance with the 1964 Wilderness Act. "The Browns Canyon area is quintessential Colorado; the area boasts some of Colorado's most pristine forests, great hunting and fishing habitat and draws outdoor enthusiasts from across Colorado and the country during nearly every season," said Senator Salazar. "It is very much deserving of this wilderness designation and protection.

Browns Canyon is located in central Colorado, between the towns of Buena Vista and Salida. The proposed wilderness area stretches from the Arkansas River on its western edge, east to the high elevation forests of Aspen Ridge. The US Forest Service and the BLM have jointly managed the area. Wilderness designation for the area will balance growing recreational use of the region, as well as preserve the

spectacular backdrop the area gives to the most popular whitewater destination in Colorado.



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# Stewardship Updates

## Wildcat Canyon

By Nathan Fey

In Colorado's South Platte River basin above Cheesman Reservoir Wildcat Canyon offers paddlers pristine, boulder strewn Class V whitewater. Along the 7.5-mile stretch of steep and remote river, paddlers can find 15-foot slides, 12-foot vertical drops, undercuts, logjams, and sieves. The remoteness, technical difficulty, mandatory portages, and mental fortitude needed to safely run this stretch of whitewater, makes Wildcat Canyon, one of the most adventurous trips in Colorado.

The run, which has rarely been enjoyed in the last few years, stretches through U.S. Forest Service lands between Eleven-mile Reservoir and Cheesman Reservoir, both owned by the Denver Water Board. Access to the canyon necessitates paddling through a stretch of private property collectively known as Sportsman's Paradise, a fishing club straddling the South Platte River. To run Wildcat Canyon, paddlers typically start their runs upstream of Sportsman's Paradise at the Happy Meadows USFS campground, and float through club property to access USFS lands downstream of Sportsman's Paradise. Historically, the act of floating through club property to access Wildcat Canyon has resulted in harassment by landowners, physical assault on paddlers and criminal prosecution. In numerous reports, paddlers have described being forced out of their boats in Class II whitewater to avoid man-made obstacles intended to block downstream navigability through private lands. For nearly a decade, American Whitewater has held this private control of public access to Wildcat Canyon in the national spotlight.

## Colorado Navigability

The Colorado Supreme Court has noted that all streams in the state are non-navigable, while the Colorado courts have not indicated which test of navigability of streams applies in Colorado. The extent of the public's right, if any exists, to float or otherwise recreate on non-navigable streams running through private property

is unsettled. Without engaging in any sort of analysis, several cases in Colorado refer to rivers like the Eagle, the Arkansas, and the South Platte as being non-navigable. These cases do not limit the possibility that a Colorado court can find a particular stream navigable as no state statutes or regulations define or describe a navigability standard.

In 1983, the Colorado Attorney General issued a formal opinion stating that persons who float or boat on Colorado streams across private lands without the owner's permission do not commit trespass, so long as they do not touch the stream bed or banks. However, the Attorney General's opinion is not legally binding, which results in inconsistent understanding and enforcement of trespass provisions. American Whitewater and its affiliates maintain that the public can float on streams (without touching bed or banks) that cross private property without permission. Private landowners have made contrary assertions and have blocked navigability through private land, in some locations forcing trespass. Until the court resolves the issue, these inconsistencies are likely to persist.

## Good Faith Agreement on the South Platte

In 2002 in an effort to avoid testing the issue of navigability, American Whitewater and Sportsman's Paradise reached a good faith agreement that took the conflict over access on the upper South Platte out of the national spotlight. Tim Kelley and American Whitewater reached the agreement by offering certain guidelines for paddlers when floating sections of creeks and rivers that are frequently fished, or that pass through private property. Sportsman's Paradise agreed to remove the metal rack hanging from their bridge that created a river wide strainer, endangering public safety and forcing trespass. This man-made obstruction to downstream navigation was intended to block paddlers from impacting fishing waters along the club's two miles of river corridor, and created opportunities to file charges against paddlers by forcing them

out of their boats and onto private lands. While Sportsman's Paradise approved of the guidelines, club members still preferred that paddlers not float through their property. The agreement has rarely been tested since 2002.

## 2007 Access Agreements

In late 2007, Sportsman's Paradise and American Whitewater came together in an effort to refine the 2002 good faith agreement and bring a formal end to the decade long conflict. Working collaboratively to identify areas of conflict and potential solutions, American Whitewater and representatives of Sportsman's Paradise have reached an agreement that will ease the clash between private property interests and the public right to float the South Platte River. The agreement provides paddlers with a new put-in adjacent to USFS lands north of Sportsman's Paradise. It also allows paddlers an alternative to the three-mile portage around Sportsman's Paradise property, and the uneventful and unnecessary two-mile paddle on Class II (III) water through private property

In an effort to improve and enhance access to a section of the South Platte River known Wild Cat Canyon, both parties (Sportsman's Paradise and American Whitewater) have agreed to the following arrangements:

1. Sportsman's Paradise will allow access through its property on the private road via car or van to the entrance of Wild Cat Canyon with an escort by an approved Sportsman's Paradise member or caretaker.
2. Arrangement for the access must be made 24 hours in advance and no later than 6 p.m.  
Access can be arranged by calling 719.748.3212 or e-mailing [sportspd@Wildblue.net](mailto:sportspd@Wildblue.net)
3. The pick up vehicle will be escorted off Sportsman's property after unloading all gear and boaters.
4. Boaters will try to arrange to arrive



in groups in order to minimize inconvenience to Sportsman's caretaker.

5. All guests and boaters agree to hold harmless from all liability Sportsman's Paradise

6. The following recommendations are for safety and convenience of both parties:

- A. All boaters arrive between 8 am and 10 am
- B. River flow rate should be at least 275 cfs

7. This agreement is for one year from date of signing—both parties will have input for improvements on the anniversary date. Agreement may be terminated by either party with 30 day written notice.

8. American Whitewater will make good faith effort to notify its members of the agreement by website, email and by posting information in local kayak shops.

## Guidelines for Paddlers

**Plan ahead:** Before driving to Sportsman's Paradise, meet at the take-out. Prior to departing for SP, paddlers will account for all their personal and group gear needs for the daylong trip. Paddlers are advised to coordinate gear and shuttle vehicles at Coral Creek and then car-pool to Sportsman's Paradise. To keep this run to a day-trip length, paddlers need to plan on launching between 9:00 and 11:00 a.m. Make sure you are at the Sportsman's gate on time.

**Travel in conscientious groups:** Paddlers are advised to travel through Sportsman's Paradise and Cheesman Canyon as well coordinated and prepared groups. Before meeting a Club representative at the gate into Sportsman's Paradise, paddlers should load as few cars as possible with group gear, double check equipment, change, and be ready to move quickly. Once at the USFS gate, park your vehicle, unload and stage equipment quickly. Drivers and vehicles

will be shuttled back to public parking, and returned to the put-in.

**Be Courteous:** Please be considerate of private property owners and club representatives. Say a friendly hello and respect their need for solitude and space. Remember that you represent all paddlers, and your actions can impact the future of river access in Colorado for better or worse.

## The Future

In 2008, the Wildcat Canyon access agreement will undergo a trial run with the goal of formalizing the logistical roles and responsibilities for 2009, hopefully ensuring many years of fantastic paddling through Wildcat Canyon. American Whitewater would like to thank Landis Arnold, Jonathan Kahn, Tim Kelley, Joe Keck, and Jay Kenney for their efforts to represent paddlers in the negotiations and for evaluating a workable access alternative to Wildcat Canyon.



# Come Play With Us!

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# Paddling Fitness

## The Upstream Afterthought

By Matt Pascal

It was 6 pm on the day of the 2007 Over the Falls Festival. The crowd on the shores of the Youghiogheny River in Ohiopyle, Pennsylvania had thinned to only a few spectators meandering about and even fewer exhausted paddlers loading up their cars. The Falls City Pub was probably overflowing at this hour. As festival personnel dismantled the registration booth, a small group of barefoot athletes quietly pranced across the trampled grass on their way to the Lower Yough launch site, just downstream of the falls. They carried boats half as heavy and twice as long as those taking gravity-assisted thrill rides over the 20-foot falls a few hours before, which was perfectly suited to their purpose: fighting gravity. One by one they launched into the calm water below the powerful falls, where the low sun was casting a deep shadow over the river canyon.

With dismay, I recognized the likes of Geoff Calhoun, Rodney Rice, and other nationally ranked downriver racers. As I'd announced to friends earlier in the day, it would be remarkable if I finished the 2007 Attainment Race; it would be a miracle if I didn't finish dead last. A total of twelve men started the attainment race. No women entered and only eleven boats would ceremoniously take the finish rock to their bow with a grand thud.

At approximately 6:45—a casual thirty minutes past the arranged start time—all but one of the boats were lined up awaiting the starting shout (there'd be no gun, no physical starting line, no walkie-talkies, and no local legend starters like Barry Tuscano calling the shots). My bow was sheepishly sitting about six feet behind the others because I was certain that I'd be in the rear at once; I was floating in one of only three boats under 12 feet long. The starter made it clear that it was me she was waiting for, and so I even more sheepishly drifted up between two of my competitors. But I use the term "competitors" loosely

because my attention was fixed on my true competition: Entrance Rapid—I was not worried at all about the boaters surrounding me.

"Don't burn out on the way down," I was advised by one of the veterans before the race. So as the starter shouted, "Go!" I took my best crack at slow, firm, and technically sound forward strokes in the wake of the other racers. I wasn't dead last yet, and even found the courage and strength to slip into the next-to-dead-last position as the race field narrowed to a single file through the tight race lines of Entrance. One racer had told me that the turn-around point was "right before the big drop in Cucumber" (the rapid below Entrance), and so I was relieved when I saw Geoff and Rodney take big, sweeping turns around an exposed rock well before that, in the pool at the bottom of Entrance. With that turn, the race had become a two-dimensional competition; beating other competitors was only a bit more of a priority than fighting the Yough's mellow but persistent current. In my case, however, the latter was all I was thinking of.


Within a few yards of the turn around, I watched Rodney's boat smack a big rock hard, giving Geoff a slight lead, which he maintained for the remainder of the race. Soon it was my turn to point my bow upstream; I was able to see that I was comfortably ahead of the last paddler. This gave me a surge of confidence until I looked further upstream and saw that the leading racers were already halfway back up the rapid. Eddy to eddy the race hopped, each boater taking slightly weaker strokes in the eddies to save strength for the maneuvers through the strongest current. Somehow, on the way down, I hadn't noticed that there was a crowd of several dozen spectators on the large rock island in the middle of the rapid. And, for added effect, a local legend had come to witness the race. Towering over the rest of the onlookers was Charlie Walbridge, shouting encouragement to the racers from under his beret.

At the small surf hole known to playboaters as Nemo, my break came. The paddler

who I had been closely following (he later introduced himself as Max) missed the wave that initiated trajectory to the next eddy and subsequently slipped behind me into a lower eddy. In a blast of previously unnoticed strength, I quickly jumped into the service eddy for Nemo and looked at the move. With Max's example, I now knew what not to do and would try to use that information to initiate what I had to do in order to advance my standing in the race. Of course, when I powered out of the eddy I failed to advance beyond the hole. I even missed the initiation wave. But, as the other racer struggled downstream, I was able to quickly make my way back in the service eddy, still ahead of Max! I had a second chance!

I'd love to report that I took the opportunity to stay ahead of a fellow racer. I'd similarly love to report that I decided against it

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in a display of gentleman's courtesy by slipping aside and allowing Max to take his second chance before I'd taken mine. However, all I can report is that I selfishly tried and genuinely failed again. But, my third attempt was successful and I slowly continued to gain elevation behind Max. A few more moves and I was in a large eddy looking at a river-right-to-river-left move across the strongest bit of current I would encounter. Adding to the intimidation was the crowd on the rock island, just on the opposite side of the current from me. The dynamic feeling of looking across the long and difficult ferry at friends and strangers all collectively screaming encouragement at me reminded me that "I can do it" is a profound feeling. If Hollywood was involved, the next moment would have come in slow motion.

---

*The author paddling the wrong way in Entrance Rapid on the Lower Yough.*

Photo by Daniel Smith

Holding my angle and driving for a hole to give me a shove in the right direction, I launched into the current and dug in hard. A dozen quick, hard strokes later, I found myself against the island, inches from the shouting crowd. The encouragement provided by them, which I later determined in part to be inspired by my being the last racer to pass them, was sufficient to push me through the remainder of the race via several more hard ferries.

Once in the flat water, I put together a valiant but insufficient effort to overcome Max before the finish line. The effort did little more than shave off a second or two from both of our overall times, and after tapping the rock by the stick gauge with my bow, the timer shouted, "Fourteen forty-seven!" I'd finished the race, and what felt like a half hour of excruciatingly hard paddling was actually less than half that. I turned around, looked downstream; the final boater was nowhere to be seen. I then noticed that the miracle of finishing somewhere ahead of dead last would not

be realized as I spotted him in the crowd, boat on shoulder, slowly walking up the trail away from the river, leaving me in last place.

Hours before, I had joined over 200 paddlers in braving the falls, but only 12 of us had elected to line up at the stick gauge that night for the Attainment Race. Ten beat me, but crossing the finish line to find several of the fastest whitewater racers on the planet encouraging me will remain an inspiration to me for years to come.





# Paddling Fitness

## Yoga for Paddlers

By Andria Davis

### What is Yoga?

When you hear the word “yoga,” you probably think of extreme stretching, meditating under a tree, and self-deprivation. Hmm, let's see ... flexibility, sitting still, and not indulging in life's pleasures? What could be further from a boater's reality? Luckily these perceptions of yoga are false. Actually, the goal of yoga is to create happiness, peace, and pleasure in one's body and mind, so it's really a great tool for us pleasure seeking water fiends. (Note: you can find schools of yoga that believe just about anything: there are some that practice asceticism and some that believe that life is a nectar that is meant to be drunk—I practice the latter).

There are many facets of yoga and you can take your study as deep as you want to go. What I teach is “Hatha Yoga,” which is where you learn body alignment through postures, breath awareness through breathing exercises, and mind awareness through meditation.

One of the ways that yoga creates peace in the mind and body is by cultivating awareness—awareness of body, awareness of mind, awareness of all that is going on around you at all times. This awareness is what makes yoga a perfect tool for athletes—especially paddlers because we are immersed in an environment in which there are many things happening at once, both in our minds, and in our bodies. The more you can comprehend it all, the better you will become on the river.

So, how can you use this practice to help your paddling? In this system we start with the body, so we begin with postures. Yoga class and yoga videos are not designed to teach you how to contort yourself, but to uncover the ways in which your posture is holding you back in life or causing you injury. This really has nothing to do with stretching per se. If stretching is what you need to do, however, then you do it in order to bring your bone structure back into balance, to take pressure off

of your ligaments and tendons, to create proper functions in the muscles, and to create proper blood flow through the body, which results in more energy and more power.

Let's begin with the shoulders, the most common place for mis-information and abuse in paddling. This is the point where my teaching differs from that of your average yoga instructor, because most yoga teachers think that everyone needs to have more open shoulders. Think about it. We are kayaking and landing on that naturally very unstable joint day in and day out—do you really want to open it? If you do, you are opening yourself up to injury. Yoga is a tool for self-awareness, so start by observing how you hold your shoulders when you paddle. Are you bringing them out of alignment and therefore causing stress on the joint? Probably. We all do. So we'll start with some poses to teach you to hold your humeruses (upper arm bones) into the shoulder sockets. This is where we get into the flexibility thing. If your biceps, triceps, lats, and pecs are all so tight that you cannot properly align the shoulder, what can we expect when we paddle? We need to practice poses that will help the weaker part of the equation—the ligaments holding it all together and those poor little muscles called the rotator cuff. We don't want to stretch the shoulders, we

want to stretch the muscles surrounding the shoulders, not including the rotator cuff.

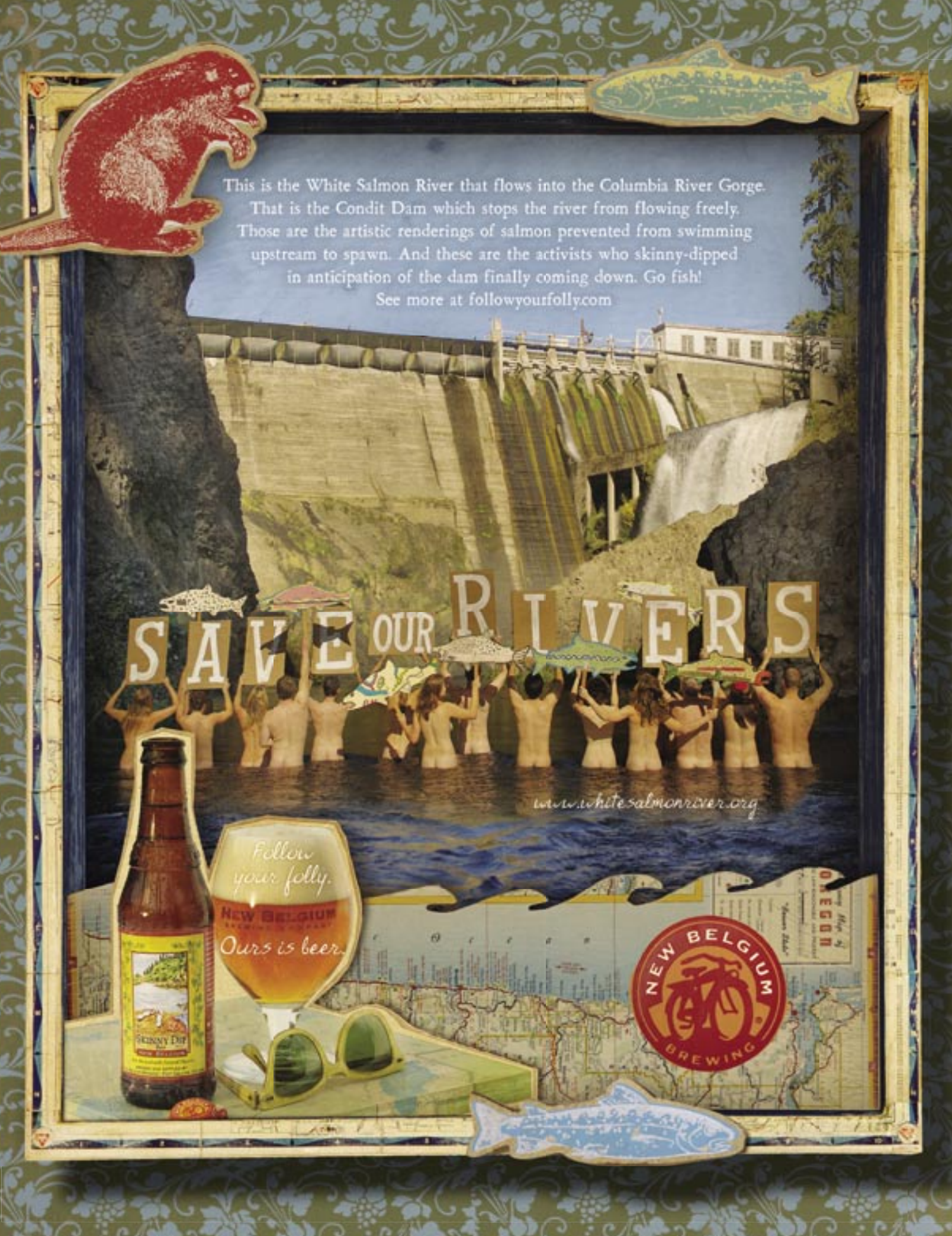
When you are performing the following poses, remember to breathe steadily and fully.

*continued on page 28*

*Top photo: Urdhva Hastasana/Upward Arms Pose  
Bottom photo: Adho Mukha Svanasana/Downward Facing Dog*







This is the White Salmon River that flows into the Columbia River Gorge.  
That is the Condit Dam which stops the river from flowing freely.  
Those are the artistic renderings of salmon prevented from swimming  
upstream to spawn. And these are the activists who skinny-dipped  
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# Paddling Fitness

## High Intensity Training For Paddlers

*By Matt Young*

The effectiveness of this article will depend greatly on how each reader views paddlesports in general. If your idea of a day of paddling consists of floating leisurely down a river stop right here, turn to the next story, and continue reading, because this article has no importance to you. However, if you think of paddling as a series of maximal efforts linked together to descend a river, an intense session of playboating practice, or potentially a swim to a safe eddy, keep on reading; this is going to help.



*Nordic skiing can be fun, fast, and really good for you.*

**Photo by Megan Seifert**



## Training Your Heart?

For starters, think of the last time you were paddling a challenging rapid, or surfing a dynamic wave. Would you compare that feeling to a jog or a sprint? Was your heart beating at a moderate pace with your breathing steady and regular? Or was your heart beating quickly with erratic breathing? Better yet, what would it feel like if you had to exit your chosen craft and swim in the river? Would your heart beat like you are out for an easy jog or a 100-yard dash?

I would be willing to bet that in all of the situations listed above your heart would be beating very quickly—if not at your maximum heart rate, then pretty close to it. If you are going to ask your body to perform at that level of intensity you need to practice. This type of practice is commonly referred to as interval training, which is employed by individual and team sport athletes at all levels. Generally speaking, interval training involves periods of maximal or near maximal effort combined with periods of moderate effort. To get the most of interval training it is helpful to have a heart rate monitor to make sure you aren't cheating, but it's not absolutely necessary.

## Do The Math

For interval training it is helpful to know your maximum heart rate. A person's max. heart rate is the maximum number of times the heart can beat in one minute. This number is different for each person. Factors like fitness level, age, gender, and genetics all play a significant role in determining a person's max. heart rate. The easiest way to predict max. heart rate is to subtract your age from 220. Although this is the easiest prediction, it is also the least accurate because it does not take into account many significant factors. However, for our purposes it will work. If you come to enjoy the benefits that interval training gives you on the river (or in any other part of your life), you should definitely investigate a more accurate method of determining your maximum heart rate. One session with a good personal trainer

could help you accomplish this.

So use the formula given above (220 minus age) to predict your max. heart rate, then calculate what your heart rate would be if it were between 80% and 90% of your max. This is the range you want to be in when doing your intervals, or short bursts of power. For a 25-year-old person the calculation would be as follows:

$$\begin{aligned} 220 - \text{age} &= \text{estimated max. heart rate} \\ 220 - 25 &= 195 \end{aligned}$$

$$\begin{aligned} 195 \times 0.80 &= 156 \text{ (80\% of max. heart rate)} \\ 195 \times 0.90 &= 176 \text{ (90\% of max. heart rate)} \end{aligned}$$

Thus, this hypothetical 25-year-old would target his or her high intensity interval training between 156 and 176 beats per minute.

## Paddling

If we are talking about developing better fitness for paddling, then there is no better practice than paddling. You can do interval training with any kind of boat although a long fast one will be the most fun. After an easy warm-up try paddling easy for two minutes then sprinting (try to maintain a heart rate that falls between your estimated limits) for one minute. Repeat 15 to 20 times. There are a lot of different types of interval workouts a person can do. Make sure you are mixing a period of rest with a short period of exertion. Wildwater racers are fanatics about their interval training. You can find a lot of good information about different flatwater workouts at the USA Wildwater website [www.usawildwater.com](http://www.usawildwater.com).

## Running

Probably the easiest way (logistically) to give your heart the kind of practice it needs is by running. Make sure you are good and warmed up before attempting any kind of high intensity workout. Try jogging at a moderate pace for 3 minutes then picking up the pace, close to a sprint for 1 minute. During your 1-minute burst of intensity your heart rate should be around 80%-90% of your max. (This is

where the heart rate monitor comes in handy). Repeat several times.

Another good way to fit some interval training into your daily routine is to find a hill, mountain, or large set of stairs and run up for about a minute. Moving up an incline quickly will surely raise your heart rate to the target level. Once you get to the top, or a minute has passed, turn around, jog down, and repeat until you feel like you're going to vomit.

## Interval Training Without Thinking About it

Quite often, other sports that we participate in, such as mountain biking or cross-country skiing, offer unintentional interval workouts. For those of us who are lucky enough to experience winter with real snow, there is no better way to give your heart off-season practice than with cross-country (also called Nordic) skiing. The powerful whole body movement associated with both skate and classic techniques combined with some undulating terrain will get your heart rate up in no time. Pick-up the pace a little on up-hills, and rest on the downhills; you'll really feel a difference come paddling season.

Mountain biking is another sport that provides a natural interval workout. The heart rate gets elevated especially high when the terrain gets steep and technical. If you're really searching for a high intensity workout, keep the chain in the middle ring in the front and power through the climbs instead of spinning in a low gear. You can certainly accomplish the same task on a road bike, it just takes a little more conscious effort to get your heart rate up really high.

The nicest thing about cross training for paddling with skiing or biking is that it's fun. One of the biggest reasons that many people do not incorporate higher intensity training into their normal fitness routines is that it hurts. Doing higher intensity workouts on a bike or on skis

*continued on page 28*

# Stewardship Updates



*This page: An inflatable Kayak in Kahuna on Washington's Canyon Creek*

*Next page: The finish line at the 2008 Canyon Creek Race*

**Photos by Thomas O'Keefe**

## Canyon Creek Race Back on the Water

*By Thomas O'Keefe*

After a couple of down years, Washington's Canyon Creek Race is back and attracting top competitors to one of the finest Class IV creek runs in the Pacific Northwest. Nearly 100 competitors came out to race and at least as many came out to watch with temperatures in the upper 70s for one day of what was otherwise a very cool and wet spring.

Up-and-coming paddler Geoff Calhoun bested local favorite Tao Berman in the men's expert class and Christie Glissmeyer handily won the women's expert class. Perhaps most entertaining was the raft division with Scott Waidelich and Paul Gamache beating out a competitive field that included over a dozen R2 teams.

The Canyon Creek Race was originally organized to highlight the hydropower development threat this creek faced when a water right for hydropower was obtained by a private developer in 1991 followed by a formal application to federal regulators in 1994. A Conservation Alliance grant supported our original work on this project and AW Regional Coordinator Andrew Wulfers helped spread the word on the threat and organized the first race. In 1997 the permit for the hydropower project was cancelled but a new application could appear at any time, and ultimately we would like to see Wild and Scenic designation which would protect this creek from any hydropower development. Let's all give a big round of

thanks to Luke Spencer at Next Adventure and the dedicated crew of local folks who continue to bring attention to the spectacular whitewater that makes this one of the nation's top creek runs.





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# Stewardship Updates



## McCloud River Flow Studies

*By Dave Steindorf*

Over the past two years American Whitewater has been attending meeting and planning studies on PG&E's McCloud/Pit hydroelectric project in Northern California. This project is the biggest producer of power in PG&E's hydro system, even though it only has three powerhouses. The McCloud/Pit project produces so much hydroelectric power because of the large volume of water in this spring-fed system. Many boaters regularly enjoy late summer runs down the upper McCloud. The sight of 600 cfs gushing from Big Springs on this run is something to behold. However, after this water reaches McCloud Reservoir, most of the river's water is diverted to Iron Canyon Reservoir and then down to the Pit River. Below the McCloud Reservoir, flows are reduced to 180 cfs year round.

This past spring, flow studies were

conducted below the McCloud Dam to determine how much water is necessary to maintain the health of the river. These studies were designed to examine flows necessary for fish, frogs, bugs, maintaining the river channel, as well as recreation. The recreation flow studies evaluated flows of 1000, 800 and 600 cfs on the McCloud River below McCloud Reservoir. This 22-mile reach has two main sections. The top 3.5 miles, from the dam to Ah-Di-Nah Campground, is a Class IV-V run through a spectacular steep canyon. The lower 20 miles from Ah-Di-Nah to Lake Shasta is a remote wilderness run with great Class III-IV rapids. Virtually all of this reach runs through private property, so camping is limited to areas below the mean high water mark. There is one piece of public property below Clayborne Creek that is adjacent to the McCloud River Club. With your support American Whitewater can

*Top: Bo Shelby, Ron Rogers, Charlie Guilbault, and Jim Pepin on the McCloud River between the McCloud Dam and AH-Di-Nah campground.*

**Photo by Dave Steindorf**

*Bottom: Doug Whittaker runs Double Drop on the McCloud River during the whitewater flow study.*

**Photo by Jim Pepin**

make this great resource a reality.

River reaches of this length, beauty, and moderate difficulty are hard to come by in California. American Whitewater will be working diligently to improve this fantastic resource over the next several years of the relicensing process.





*The iconic "teacups" section of the Upper South Yuba, which has already benefited from new realtime gauge data through PG&E as a result of the relicensing project*

**Photo by Catherine Howard**

## **Yuba/Bear (CA) Flow Study Needs You!**

*By Dave Steindorf*

The relicensing of PG&E's Drum Spaulding project and Nevada Irrigation District's project on the Yuba and Bear Rivers hit full stride in 2007 and 2008. This is an extremely large, complicated project. As such, it requires a unique approach in assessing the whitewater resources on this project's 20 river reaches. Doing flow studies the old fashion way on this project would have broken the bank. There are over 100 miles of river between the Middle Fork Yuba, the South Fork Yuba, and Bear Rivers that have their flows controlled by dams incorporated in this project. Doing discrete flow studies on each of these reaches would be excessively time consuming and logistically challenging. Typically, flow studies are done with a small team of boaters over a period of several days. However, in this study, the

plan is to give boaters flow information, both real-time and forecasted, for each of these reaches and then let people go boating. PG&E and NID have agreed to provide flow information to American Whitewater and Dreamflows. After boating any of the reaches that are a part of this study, boaters are asked to fill out an online survey that is available on the AW website ([www.americanwhitewater.org](http://www.americanwhitewater.org)). It is critical that boaters complete a survey after each of their runs to establish the data necessary to complete the study. This means that anyone and everyone has the chance to participate in this study. One other important difference in this new style of flow study is that it will be occurring over the next two years, rather than the typical two to three days, giving more people an opportunity to experience the runs and make their comments. Some

of the flow events, like those on the South Fork and Middle Fork of the Yuba, will happen as a result of spills. On other runs, such as Fordyce Creek and the Bear River, flows will be scheduled in advance. All of these flow events will be posted on the American Whitewater online release calendar. Be sure to check the calendar for boating opportunities that will be occurring on the Yuba and Bear Rivers. And please remember to fill out the online survey each time you paddle one of these stretches. The information gathered in these surveys will be used to help craft new flow schedules for each of these river reaches. Thanks for doing your part!

# Paddling Fitness

continued from page 20

## Urdhva Hastasana/Upward Arms Pose

Begin by standing with your arms at your sides. Rotate your palms facing outward and lift your arms overhead. (Rotating out like this moves the rotator cuff tendon out of the way so it doesn't get pinched as you raise your arms overhead). Your arms should be overhead with your palms facing inward now. Ok, can you straighten your arms? As you try to straighten them, draw the arm bones down into the shoulder sockets. Shoulder mobility should come from your shoulder blades and not from your humeruses coming out of the sockets. So draw down with the inner shoulders and then feel your shoulder blades. Draw your shoulder blades into your back (this activates a seriously weak muscle, the serratus anterior, which in most paddlers causes shoulder instability) as you spread them apart at the same time. Now, without lifting the humeruses out of the shoulder sockets, stretch through the outer shoulders and outer arms. Release down through the inner shoulders, draw the shoulder blades into the back, then spread the energy across the back and out through the outer shoulders. Now lengthen and relax your neck and jaw and drop the bottom of the rib cage down. The rib cage comes up because of tight lats, so this exercise is stretching those muscles as well as other torso and arm muscles in order to get your shoulders into the proper alignment. Practice this exercise with your arms overhead and with your arms straight out in front of you with palms facing in. When you can do it and understand it and straighten your arms all the way, you are ready for down dog, the absolute best exercise in yoga for teaching paddlers proper alignment and shoulder awareness. (Note: Notice how these exercises are similar to the graceful "slalom style" of kayaking—arms straight, shoulders firm, with the flexibility coming from the torso.)

## Adho Mukha Svanasana/Downward Facing Dog:

Begin on all fours, in the yoga position known as Tabletop. Have your arms straight down under your shoulders, your thighs straight down under your hips and your shins and feet parallel. Spread your fingers wide and press evenly into your hands as you push into them and lift your knees off of the floor and your pelvis into the air. Keep your knees bent for now. Draw your inner shoulders in, draw the shoulder blades into the back, spread them apart, and lengthen out through the outer shoulders. Release your neck and head muscles. As you lengthen through the outer arms, see if you can lengthen through the waist and push back through the hips. Lift your sit bones (those little bones that all your weight rests on when you ride a bike) and release the heels down. Don't worry if you can't straighten your legs—keep your knees bent if there is strain. There should not be strain in yoga poses—yoga should create peace in your body, remember? So, just work towards the final position without injuring yourself. Move your awareness back to your shoulders and then back through your body to your legs. Keep working with this pose and you will find that your shoulders will hopefully feel better (if they feel worse, you may have an injury that needs attention—see a medical professional!) and probably also your back. Sometimes the reason your back hurts is because those tight hamstring muscles that are preventing you from straightening your legs are pulling on your lower back in unnatural ways. Perhaps we can work on that back in another issue. For now, stay healthy and safe and run some cool rivers this season!

*Andria is an avid kayaker and yoga teacher who created the "Yoga for Paddlers" DVD in 2004 to address the physical imbalances specific to paddlers. For a copy of Andria's DVD, Yoga for Paddlers, visit [www.yoga-ventures.com](http://www.yoga-ventures.com).*

continued from page 23

is a great way to give your heart practice beating fast while at the same time enjoying yourself. I originally began participating in these high intensity activities only as something to do when I could not paddle. Over the years I have come to look forward to skiing and biking almost as much as paddling.

High intensity interval training should be incorporated as part of a daily fitness routine. Interval training is by no means the secret answer to all of your fitness woes. This kind of training is just another piece that can complete the fitness puzzle. Two to three days a week of higher intensity training is all you need to feel a difference on the river. The key here is to prepare your body for paddling a challenging rapid, surfing at your favorite play spot, or taking an unfortunate swim. As always, the only person that can tell you whether or not you are healthy enough to participate in this kind of vigorous training is a doctor.

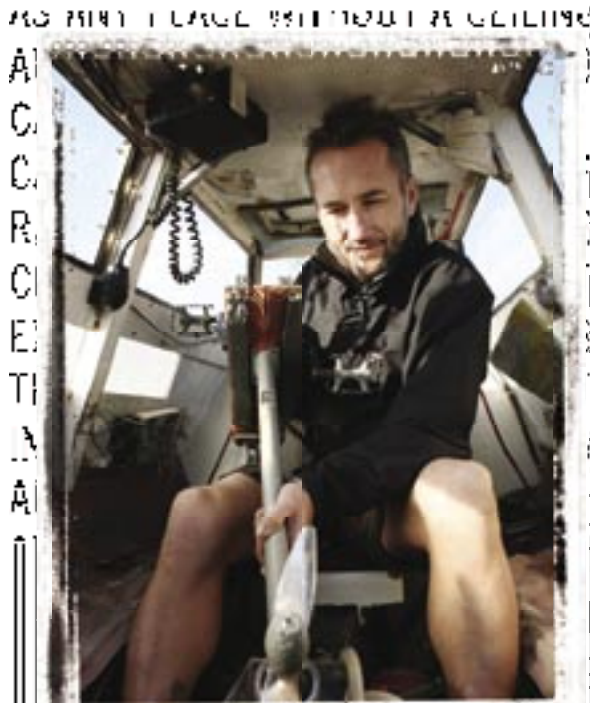
This isn't rocket science, so get out there often, have fun, make it hurt, and it'll all seem worthwhile when you feel better in your boat.

*Matt Young is a Phys. Ed. Teacher and Team Pyranha Paddler living in Lake Placid, New York. On any given day, he is probably participating in any one of the activities mentioned above.*



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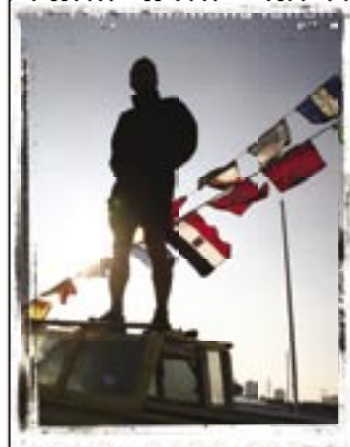
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# Paddling Fitness

## The Length of the Klamath

By Tyler Williams

I had already been dragging, pushing, and heaving my heavy boat for 15 minutes when the portage got interesting. The slope I was crossing was about the steepness of an advanced ski run. A few steps below me, the hill rolled off into a vertical cliff that plummeted 60 feet to the base of the dam. My goal with each heave of the boat was to chock it, however precariously, against a bush or boulder, then rest and plan my next move. This worked until my route ended at a gully of solid poison oak. There was no way I was going in there.

I found a sturdy mountain mahogany, pulled out my throw rope, and put the boat on belay. With a couple of friction wraps, I could control the descent of the monstrous kayak, but there was one problem: Sixty feet of slope, 40 feet of rope.

I let the rope snake around the tree trunk as the boat lowered over the edge and out of sight. The end of the coil arrived, and the rope was still taught with the full weight of the kayak, which was dangling somewhere below. There was no hauling

it back up at this point, so I dug my heels into the soft dirt of the hillside and grabbed the line with both hands.

One foot at a time, I crept slowly downhill. In theory, the boat would hit bottom in 20 more feet, which was nice, because that was exactly how far I had to go before reaching the cliff edge. Four steps down, I was still holding the full weight. Five steps, six steps, seven, I neared the edge. The rope slackened, and the weight was suddenly relieved. Hallelujah! I scurried down to the lip and saw the boat sitting almost vertically, with its nose resting on a nubbin of rock at the base of the cliff. Scrambling down the drop-off, I grabbed the kayak and stabilized it on the rocks. Another bullet dodged.

Paddling reservoir slack waters and portaging dams doesn't exactly provide great incentive to run a river from source to sea. In the context of the Klamath's entire spectacular course, however, a few dam portages along the way seemed merely a small inconvenience, or so I thought.

The Klamath is one of only three rivers to bisect the Cascade Range. The Columbia River and California's Pit are the other

two, and neither is borne of Cascade waters. The Klamath, however, starts with water that has tunneled out the backside of the spongy Cascades, much of it from beneath iconic Crater Lake.

The spring sources of the Upper Klamath are the very definition of purity. They are clear, cold, and copious, forming instant rivers of up to 500 cubic feet per second. Springs of this magnitude take some time to comprehend upon first sight. They are suddenly just there, instant rivers of air-clear water gurgling out from a pile of rocks in the woods. One minute you're in a dry ponderosa pine forest, and the next you're along an idyllic small river. Most of the Klamath springs originate at the base of a forested lava flow coming off Mt. Mazama, the ancient volcano that holds Oregon's Crater Lake. Within a 10-mile radius there is Fort Creek Spring (300 cfs), Wood River Spring (500 cfs), Crooked Creek Spring (100 cfs), Tecumseh Spring (50 cfs), and Sevenmile Spring (200 cfs). Perhaps the most impressive of all is redundantly-titled Spring Creek Spring, an idyllic bubbler located on the east side of the lava flow.

Boiling pots of sand litter the bottom of

*continued on page 40*





# 2007 ANNUAL REPORT



Dear Members and Donors,

As paddlers and stewards of America's whitewater resources we have much to be thankful for in 2007. Your support of American Whitewater enabled us to gain ground on significant issues facing our rivers both at a regional and national level.

Our regional river stewardship program, an integrated approach to the American Whitewater mission of conservation, access and safety, is performing at a very high level. Our stewardship team is racking up on-the-ground achievements while building internal capacity to more fully involve the paddling community. This Annual Report highlights the methods and achievements of our stewardship efforts.

On the financial side of the organization, 2007 performance was outstanding. Total revenues for the year were \$1,443,175 and expenses were \$1,353,964 allowing the organization to reinvest \$32,365 in its' reserve fund.

American Whitewater has a great story to tell right now, one that I took with me to Capitol Hill last fall when I provided congressional testimony on the anniversary of the Clean Water Act. In that testimony I shared the story of the Cheoah River in western North Carolina. A river that had been dammed and water diverted through a massive nine-mile long pipe in 1928. The river went completely dry and died. Generations came and went, a resource extraction and manufacturing economy came and went, and by the dawn of the new millennium Graham County, through which the Cheoah flows, was the third poorest county in North Carolina.

About ten years ago, the 50-year old federal license for the Cheoah dam neared its expiration, and the power company was required to apply for another license that would for the first time fully comply with the Clean Water Act. Relicensing a hydropower facility takes years, requiring significant scientific studies and stakeholder involvement.

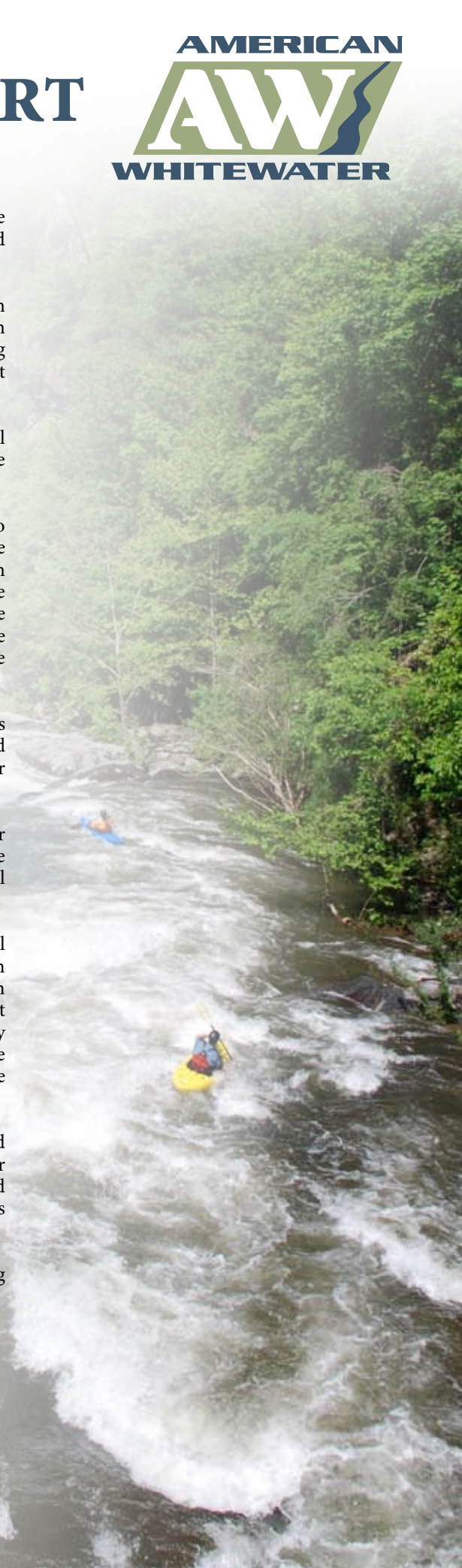
As one of the stakeholders, American Whitewater helped secure a test release of water into the barren riverbed so that paddlers could explore and assess the river. What we found surprised everyone involved. The Cheoah River was not merely a good recreational resource – it was fantastic and utterly unique – perhaps the best river in the region.

As the studies and negotiations played out, American Whitewater, along with federal and state agencies created a shared vision of a restored Cheoah River. Our vision included protection of riparian land, creation of new river access areas, protection and reintroduction of endangered species, a reinvigorated local economy, and most importantly the return of water to the long dewatered river. We were able to successfully negotiate a new license for the dam that included high flow events for boating. The Cheoah is just one of dozens of similar flow restoration success stories from around the nation. Citizens everywhere are asking for their rivers back.

The stewardship projects contained in this report create a triple bottom line for users and communities. These projects are good for rivers and their ecosystems, they are good for recreational users who spend their wet dollars in local communities and they are good for communities who are dependant on experience-based economies where clean rivers are the destination.

As American Whitewater members, thank you for your continued support. The following project successes are made possible through your dues and donations.

A handwritten signature in black ink, appearing to read "Mark Sykes".





# 2007 SUCCESS... PROGRESS... EXPANSION!

2007 was a great year for American Whitewater's River Stewardship Program. Our year was filled with on-the-ground success stories as well as steady progress on our many long-term projects. We expanded our capacity in Colorado through a new staff hire, in California through hiring part-time contract positions, and in the Northwest through various contract and collaborative projects. At the same time we focused on volunteer recognition at events, in our journal and web articles, in volunteer of the month awards, and through granting Ron Stewart a Lifetime Achievement Award. Perhaps the most exciting part of the year was the rise of the Outdoor Alliance from a fledgling group to an influential and extremely productive Coalition. Our stewardship team strived to balance our national and regional projects with our fundraising and outreach obligations, and we are very pleased with the results.

## PROTECTION...

The rivers we enjoy represent the headwaters of our nation's river systems and are often the last remaining wild rivers in the region. We continue to play a leadership role in protecting these last wild rivers at both the state and national levels. Our work focused on protection of backcountry rivers through roadless area preservation, Wilderness designation, and Wild and Scenic designation. In addition, we worked to oppose new dams and diversions, and to restore the original intent of the Clean Water Act which has been weakened by recent Supreme Court decisions that removed protection for headwater areas.

Rivers like the Middle Fork of the Feather in California and South Fork Salmon in Idaho flow through Forest Service lands that currently have no roads and are not protected from future road construction or resource extraction. The backcountry paddling experiences these rivers provide are highly valued, and we have helped policy makers understand the recreational value of these special places. We have helped the Outdoor Alliance become the leading recreational voice for protection of roadless areas.

We play an active and effective role in Wilderness and Wild and Scenic River campaigns. The paddling community knows these headwater areas firsthand and speak with passion to the recreational values they provide. Our perspective is authentic and knowledgeable, and we provide compelling testimony for the protection of rivers' for their recreational value as well as their environmental value. We continue to play a leadership role in advocating for the protection of rivers in the Cascades of Washington and Oregon, the Snake Headwaters in the Rocky Mountains, the Owyhee in Idaho, the headwaters of the Colorado, and other places across the country.

*The Bruneau River in Southwestern Idaho is one of many rivers that AW worked to protect through Wild and Scenic, and Wilderness designations. AW has a 50 plus year history of advocating for the protection of our Nation's wildest and most spectacular rivers.*

Over the past year we have seen renewed interest in hydropower as the industry continues to work to define hydropower as "renewable energy". Currently more than 500 hydropower projects are proposed in southwest British Columbia and several are already under construction. Several hundred new sites have been identified in the Oregon and Washington Cascades. We conducted outreach on this emerging issue and have worked to discourage legislative attempts to provide new incentives for hydropower development, while developing plans for legislative protection of some of our most highly valued rivers.

Consumptive water uses like irrigation, lawn watering, and drinking are increasingly at odds with the values that water provides while in rivers and streams. On the front line of this issue is the state of Colorado, where a 20% shortfall in water supply is forecasted in the near future. American Whitewater created a new position in 2007, the Colorado Stewardship Director, to make sure that whitewater rivers are not sacrificed to wasteful consumptive uses. In Colorado we are working to quantify instream flow needs for recreation and overall river health and this work will have implications for water policy throughout the intermountain West.





*The removal of Marmot Dam on Oregon's Sandy River marked a major success for our river stewardship program which seeks the removal of outdated, uneconomical, or especially environmentally destructive dams. (AP Photo)*

## RESTORATION...

For many years, American Whitewater has viewed rivers impacted by hydropower as a tremendous opportunity for river restoration. We helped restore thousands of river miles, often at places that have been dewatered for decades, for the benefit of fish, wildlife, and people. In many cases we can put water back in rivers while power companies continue to economically generate hydropower. In other cases where the ecological impacts are high relative to the efficiency of generation, we advocate for removal.

American Whitewater celebrated the removal of Marmot Dam, on Oregon's Sandy River in 2007, marking the conclusion of a major project for our organization. Through our Campaign for the Headwaters of the Little Tennessee, supported by the Conservation Alliance, we continue to play a leadership role in the efforts to remove Dillsboro Dam on the Tuckasegee River in North Carolina. We also continued our efforts to remove the outdated Condit Dam on the White Salmon in Washington. On Sullivan Creek in Washington a utility tried to walk away from a hydropower project that has not been operational for decades and we made a successful case for holding owners responsible for dams and facilities on public waterways.

On other rivers we are working to modernize hydropower operations so recreational and ecosystem needs can be met while continuing economic production of hydropower and delivery of water for consumptive uses. We conducted ecological and recreational studies on the Sultan and Green Rivers in Washington, Crooked River in Oregon, and the McCloud, Feather, and Yuba Rivers in California. In each of these cases we have the goal of integrating recreational values and ecological needs into future operating plans for these rivers.

One of the most significant impacts to headwater areas is the legacy of roads that were built for resource extraction on public lands. Today many of these roads provide access to rivers but they are not being maintained and currently our 380,000 miles of Forest Service roads face a \$10 billion maintenance backlog. We successfully advocated for a new federal program to remove redundancies in the road network and focus scarce maintenance resources on roads that provide public access. This program is designed to restore water quality of rivers impacted by unmaintained roads.

## RECREATION...

Rivers need all the friends they can get. We firmly believe that responsible paddling is good for paddlers, good for communities, and good for the rivers themselves. Our work on public access helps ensure that the personal connection between people and rivers is maintained.

American Whitewater was very pleased to publish the second edition of our Navigability Toolkit in 2007. The revisions were completed by Morgan Lewis, LLC on a pro bono basis and now serves as the definitive online source for state navigability laws.

American Whitewater maintained the access lands that we own on the Watauga River (NC), Johns Creek (VA), Elkhorn Creek (KY), and Blackwater River (WV), as well as the ones we assist in managing on the Gauley (WV), Big Sandy (WV), and Upper Yough (MD) rivers. These resources were managed collaboratively with volunteers.

American Whitewater has successfully requested that countless new river access areas be constructed in association with hydropower dams. Throughout 2007 we worked on dozens of these opportunities. Thanks to ongoing efforts we saw the opening of new access areas on the Swan (MT), Cheoah (NC), Saranac (NY), Feather (CA) Butte (CA) Pit (CA).

American Whitewater staff maintained our role as the leading non-governmental organization working on river management issues nationally. Throughout the year we met with officials ranging from on the water river rangers to the leadership from the Bureau of Land Management, US Forest Service, and National Park Service in Washington, DC. Paddlers may never notice the best management of rivers on federal lands – but behind the scenes a lot of work is required to support public recreation. American Whitewater has been working with our partners in the Outdoor Alliance to support responsible funding levels for federal agencies' recreation programs. This work has been highly successful and we are proud to help fund our agency partners.

While we worked proactively and positively on river management issues across the country, we also continued to challenge poor management on the Chattooga River (NC,SC,GA). Throughout the year we organized public participation in the user capacity analysis process, including the first and only legal paddling trip on the upper Chattooga in over 30 years. Our work on this issue is maintaining a high bar for US Forest Service management of rivers nationwide.

## A UNIFIED VOICE...

Outdoor Alliance is a coalition of six national organizations devoted to conservation and stewardship of our nation's public lands and waters. Outdoor Alliance includes: Access Fund, American Canoe Association, American Hiking Society American Whitewater, International Mountain Bicycling Association, and Winter Wildlands Alliance, and represents the interests of the millions of Americans who hike, paddle, climb, mountain bike, ski and snowshoe.

In 2007 we represented recreationists and the places where we recreate on many issues including the protection of roadless areas, mining law reform, restoration of the Clean Water Act, and funding for federal agencies that support outdoor recreation. Through working with the people that know public lands the best, we have brought an authentic, passionate, and unique voice to National debates on conservation issues.

OUTDOOR ALLIANCE

*AW forced the US Forest Service to allow the first legal descent of the Chattooga in over 30 years in early 2007. The trip revealed a beautiful and unique river that is worthy of protection and enjoyment.*

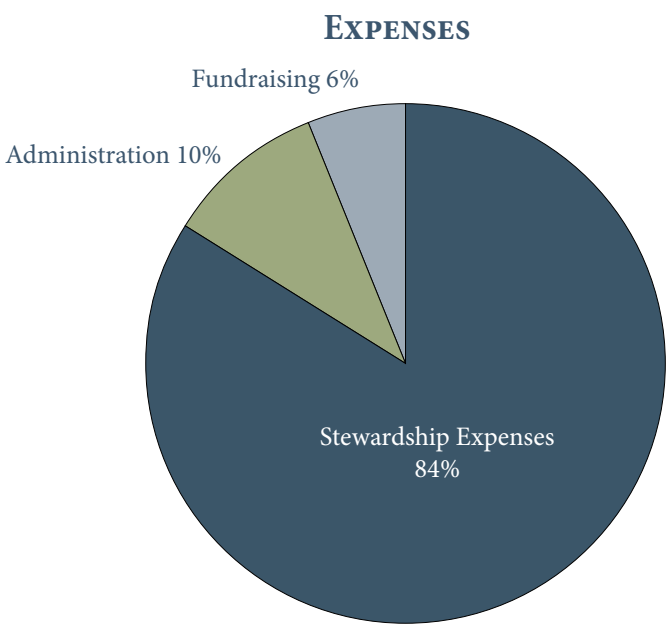
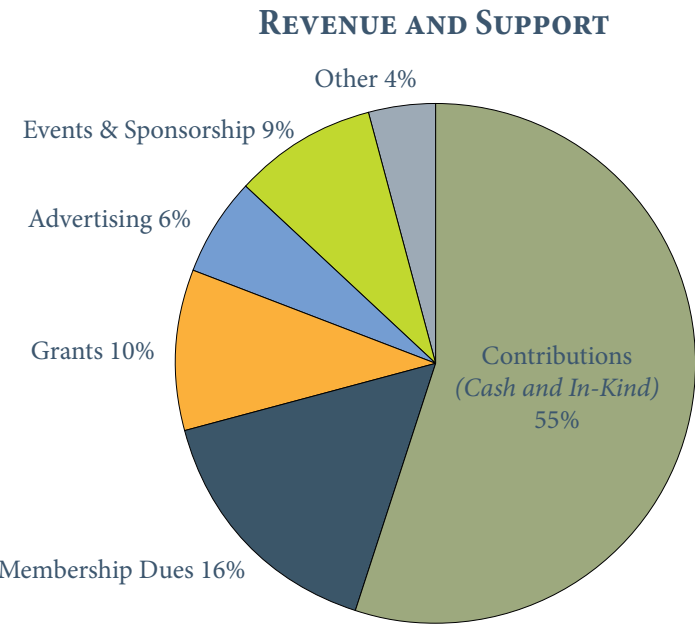




# 2007 STATEMENT OF ACTIVITIES

REVENUE AND SUPPORT	UNRESTRICTED	RESTRICTED	TOTAL FUNDS
Contributions	255,964	9,480	226,444
Membership Dues	235,526		235,526
Advertising	90,075	133,650	90,075
Grants	8,505		142,155
Events	74,610		74,160
Sponsorship	51,450		51,450
Products	26,491		26,491
Management Fees & Services	16,980		16,980
In-Kind Contributions	527,448		527,448
Interests & Dividends	7,365		7,365
Misc. Income	4,631		4,631
Net Assets Released from Restriction	134,775	-134,775	-
<b>Total Revenue</b>	<b>1,434,820</b>	<b>8,355</b>	<b>1,443,175</b>
STEWARDSHIP EXPENSES	UNRESTRICTED	RESTRICTED	TOTAL
Access & Conservation	714,683		714,683
Public Education	430,568		430,568
<b>Total Stewardship Expenses</b>	<b>1,145,251</b>		<b>1,145,251</b>
SUPPORT EXPENSES			
General & Administration	132,982		132,982
Fundraising	75,731		75,731
<b>Total Supporting Services</b>	<b>208,713</b>		<b>208,713</b>
<b>Total Expenses</b>	<b>1,353,964</b>		<b>1,353,964</b>

	UNRESTRICTED	RESTRICTED	TOTAL
CHANGE IN NET ASSETS	80,856	8,355	89,211



## MORGAN, LEWIS & BOCKIUS

American Whitewater would like to give special recognition to the law firm Morgan, Lewis & Bockius LLP. In 2007, Morgan Lewis lawyers contributed more than 92,000 hours in pro bono representation to organizations like American Whitewater. Over 25 Morgan Lewis attorneys committed their time and resources to serving the public good in the development on the AW Navigability Toolkit. These volunteers researched case law state courts developed to define the scope of the public's rights and privileges on our nation's waterways.

AMERICANWHITewater.ORG/CONTENT/WIKI/ACCESS:START

# 2007 ASSETS AND LIABILITIES

ASSETS	2007	2006	+ / -
Cash	160,594	153,609	6,985
Accounts Receivable	39,435	21,797	17,638
Grants Receivable	26,699	39,141	-12,442
Investments	188,848	113,300	75,548
Prepaid Expenses	19,127	18,433	694
Inventory	11,844	9,892	1,952
Direct Deposit Advance	-	9,667	-9,667
<b>Total Current Assets</b>	<b>446,547</b>	<b>365,839</b>	<b>80,708</b>

LONG TERM ASSETS	2007	2006	+ / -
Lands Held for protection	63,256	63,256	-
Computer Equipment, net	10,093	3,675	6,418
<b>Total Long Term Assets</b>	<b>73,349</b>	<b>66,931</b>	<b>6,418</b>
<b>Total Assets</b>	<b>519,986</b>	<b>432,770</b>	<b>87,126</b>

CURRENT LIABILITIES	2007	2006	+ / -
Accounts Payable	16,592	22,859	-6,267
Other Liabilities	8,288	2,722	5,566
Note Payable, Current	-	5,125	-5,125
Payroll Liabilities	16,314	12,573	3,741
<b>Total Current Liabilities</b>	<b>41,194</b>	<b>43,279</b>	<b>-2,085</b>

NET ASSETS			
Unrestricted Net Assets	328,250	247,394	80,856
Restricted Net Assets	150,452	142,097	8,355
<b>Total Net Assets</b>	<b>478,702</b>	<b>389,491</b>	<b>89,211</b>
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>519,896</b>	<b>432,770</b>	<b>87,126</b>

2007 marked the first year of the enhanced flow schedule on the Upper Yough that included 10 new Saturday releases. AW help empower local paddlers and other stakeholders to create the new schedule.





# 2007 HONOR ROLL

## INDUSTRY PARTNERS

Class V	KEEN
Class IV	Dagger Jackson Kayak Subaru Wave Sport
Class III	Kokatat Patagonia Teva
Class II	Clif Bar Immersion Research
Boof	Northwest River Supply Pyranha Watershed Dry Bags Werner
Wave	Astral Buyouncy Kayak Session Smith Sport Optics
Eddy	Brush Mountain Publishing Chaco Girls at Play Liquid Logic Outdoor Play Palm Equipment SNEWS

## FOUNDATIONS

Bailey Family Foundation Butte Firesafe Council California Hydropower Coalition CLSJ Foundation Charles Stewart Mott Foundation Cloud Mountain Foundation E & B Von Mertens Charitable Trust Echo Valley Garden Homes Fund George & Miriam Martin Foundation Goldman Foundation Hewlett Foundation Hooter Fund II Hydropower Reform Coalition Jay Kenney Foundation KEEN Foundation Murray Foundation National Environmental Trust North Carolina Community Foundation Osilas Pugh Family Foundation Resources Legacy Fund Foundation Stanley Family Fund The Arches Foundation The Mountaineers Foundation William C. Kenney Foundation
---

## IN-KIND DONATIONS

\$100,000 +	Morgan Lewis & Bockius
\$50,000 +	Patton Boggs
\$10,000 +	Kayak Session Kokatat
\$5,000 +	Confluence Watersports Exact Target KEEN Leiter & Cramer PLLC
\$1,000 +	Blue Sky Outfitters Bob Center Clif Bar David Finney Werner Huck Immersion Research Jackson Kayak Liquid Logic Mion Footwear Outdoor Adventure Center Palm USA Penstock Productions, LLC Seattle Raft & Kayak Smith Sport Optics Tanya Shuman Dave Steindorf Wyman Liquors
\$500 +	eNRG Kayaking Leavenworth Mtn. Sports Paul Martzen Patagonia Snap Dragon Designs Werner Paddles WRSI Helmets

*A flow study conducted on Washington's Green River could lead to improved flows in the future. AW is a nationally recognized expert on recreational instream flow studies.  
Photo by Tom O'Keefe*

# 2007 HONOR ROLL continued

## IN-KIND DONATIONS

**\$100 +**  
Cascade Wellness Center  
Cocoon Design by Salt  
Cold River Package  
Das Rad Haus  
Don Kinser  
Dress Well Outdoors  
H2O Paddles  
Jack's Plastic  
Laurel Highlands Outdoor Center  
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River Rox  
Riversport  
Sealline  
Seattle Raft and Kayak LLC  
Shred Ready  
Team Scum  
Teva  
Watershed, LLC  
Yakima  
Zoar Outdoor

## EVENTS & FESTIVALS

American River Festival  
Deerfield River Festival  
Feather Festival  
French Broad River Festival  
Gauley River Festival  
Moose River Festival  
National Paddling Film Festival  
Ohiopyle Over the Falls Event  
Potomac River Festival  
Wenatchee River Festival

## AFFILIATE CLUBS

ADK Schenectady  
AMC - New Hampshire Paddlers  
AMC Delaware Valley Chapter  
Adobe Whitewater Club of NM  
Appalachian Paddling Enthusiasts  
Appalachian State Univ  
Arkansas Canoe Club  
Atlanta Whitewater Club  
Bardstown Boaters  
Bayou City Whitewater Club  
Benscreek Canoe Club

Big Thompson Watershed Forum  
Birmingham Canoe Club  
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FORVA  
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SCSU Outdoor Endeavors  
San Miguel Whitewater Association  
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Sierra Club/John Muir Chapter  
Sierra Club Loma Prieta Chapter  
Sierra Club SF Chapter  
Sierra Nevada WW Club  
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Zoar Valley Paddling Club

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*The removal of Marmot Dam on Oregon's Sandy River marked a major success for our river stewardship program which seeks the removal of outdated, uneconomical, or especially environmentally destructive dams. (AP Photo)*

## RESTORATION...

For many years, American Whitewater has viewed rivers impacted by hydropower as a tremendous opportunity for river restoration. We helped restore thousands of river miles, often at places that have been dewatered for decades, for the benefit of fish, wildlife, and people. In many cases we can put water back in rivers while power companies continue to economically generate hydropower. In other cases where the ecological impacts are high relative to the efficiency of generation, we advocate for removal.

American Whitewater celebrated the removal of Marmot Dam, on Oregon's Sandy River in 2007, marking the conclusion of a major project for our organization. Through our Campaign for the Headwaters of the Little Tennessee, supported by the Conservation Alliance, we continue to play a leadership role in the efforts to remove Dillsboro Dam on the Tuckasegee River in North Carolina. We also continued our efforts to remove the outdated Condit Dam on the White Salmon in Washington. On Sullivan Creek in Washington a utility tried to walk away from a hydropower project that has not been operational for decades and we made a successful case for holding owners responsible for dams and facilities on public waterways.

On other rivers we are working to modernize hydropower operations so recreational and ecosystem needs can be met while continuing economic production of hydropower and delivery of water for consumptive uses. We conducted ecological and recreational studies on the Sultan and Green Rivers in Washington, Crooked River in Oregon, and the McCloud, Feather, and Yuba Rivers in California. In each of these cases we have the goal of integrating recreational values and ecological needs into future operating plans for these rivers.

One of the most significant impacts to headwater areas is the legacy of roads that were built for resource extraction on public lands. Today many of these roads provide access to rivers but they are not being maintained and currently our 380,000 miles of Forest Service roads face a \$10 billion maintenance backlog. We successfully advocated for a new federal program to remove redundancies in the road network and focus scarce maintenance resources on roads that provide public access. This program is designed to restore water quality of rivers impacted by unmaintained roads.

# RECREATION...

Rivers need all the friends they can get. We firmly believe that responsible paddling is good for paddlers, good for communities, and good for the rivers themselves. Our work on public access helps ensure that the personal connection between people and rivers is maintained.

American Whitewater was very pleased to publish the second edition of our Navigability Toolkit in 2007. The revisions were completed by Morgan Lewis, LLC on a pro bono basis and now serves as the definitive online source for state navigability laws.

American Whitewater maintained the access lands that we own on the Watauga River (NC), Johns Creek (VA), Elkhorn Creek (KY), and Blackwater River (WV), as well as the ones we assist in managing on the Gauley (WV), Big Sandy (WV), and Upper Yough (MD) rivers. These resources were managed collaboratively with volunteers.

American Whitewater has successfully requested that countless new river access areas be constructed in association with hydropower dams. Throughout 2007 we worked on dozens of these opportunities. Thanks to ongoing efforts we saw the opening of new access areas on the Swan (MT), Cheoah (NC), Saranac (NY), Feather (CA) Butte (CA) Pit (CA).

American Whitewater staff maintained our role as the leading non-governmental organization working on river management issues nationally. Throughout the year we met with officials ranging from on the water river rangers to the leadership from the Bureau of Land Management, US Forest Service, and National Park Service in Washington, DC. Paddlers may never notice the best management of rivers on federal lands – but behind the scenes a lot of work is required to support public recreation. American Whitewater has been working with our partners in the Outdoor Alliance to support responsible funding levels for federal agencies' recreation programs. This work has been highly successful and we are proud to help fund our agency partners.

While we worked proactively and positively on river management issues across the country, we also continued to challenge poor management on the Chattooga River (NC, SC, GA). Throughout the year we organized public participation in the user capacity analysis process, including the first and only legal paddling trip on the upper Chattooga in over 30 years. Our work on this issue is maintaining a high bar for US Forest Service management of rivers nationwide.

*AW forced the US Forest Service to allow the first legal descent of the Chattooga in over 30 years in early 2007. The trip revealed a beautiful and unique river that is worthy of protection and enjoyment.*

## A UNIFIED VOICE...

Outdoor Alliance is a coalition of six national organizations devoted to conservation and stewardship of our nation's public lands and waters. Outdoor Alliance includes: Access Fund, American Canoe Association, American Hiking Society, American Whitewater, International Mountain Bicycling Association, and Winter Wildlands Alliance, and represents the interests of the millions of Americans who hike, paddle, climb, mountain bike, ski and snowshoe.

In 2007 we represented recreationists and the places where we recreate on many issues including the protection of roadless areas, mining law reform, restoration of the Clean Water Act, and funding for federal agencies that support outdoor recreation. Through working with the people that know public lands the best, we have brought an authentic, passionate, and unique voice to National debates on conservation issues.

**OUTDOOR**  **ALLIANCE**





# 2007 STATEMENT OF ACTIVITIES

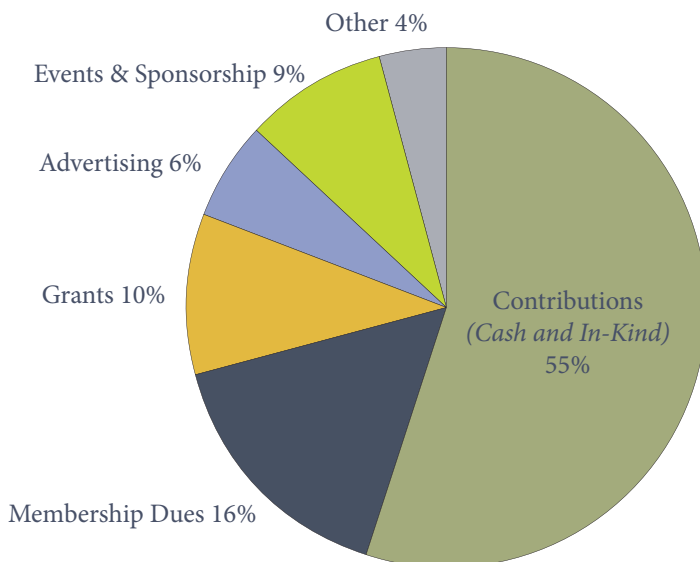
REVENUE AND SUPPORT	UNRESTRICTED	RESTRICTED	TOTAL FUNDS
Contributions	255,964	9,480	226,444
Membership Dues	235,526		235,526
Advertising	90,075	133,650	90,075
Grants	8,505		142,155
Events	74,610		74,160
Sponsorship	51,450		51,450
Products	26,491		26,491
Management Fees & Services	16,980		16,980
In-Kind Contributions	527,448		527,448
Interests & Dividends	7,365		7,365
Misc. Income	4,631		4,631
Net Assets Released from Restriction	134,775	-134,775	-
<b>Total Revenue</b>	<b>1,434,820</b>	<b>8,355</b>	<b>1,443,175</b>

STEWARDSHIP EXPENSES	UNRESTRICTED	RESTRICTED	TOTAL
Access & Conservation	714,683		714,683
Public Education	430,568		430,568
<b>Total Stewardship Expenses</b>	<b>1,145,251</b>		<b>1,145,251</b>

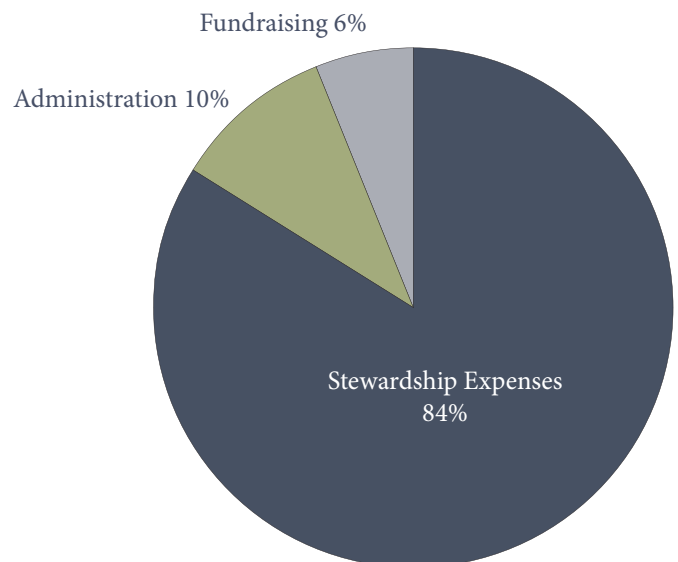
SUPPORT EXPENSES		
General & Administration	132,982	132,982
Fundraising	75,731	75,731
<b>Total Supporting Services</b>	<b>208,713</b>	<b>208,713</b>
<b>Total Expenses</b>	<b>1,353,964</b>	<b>1,353,964</b>

	UNRESTRICTED	RESTRICTED	TOTAL
<b>CHANGE IN NET ASSETS</b>	<b>80,856</b>	<b>8,355</b>	<b>89,211</b>

REVENUE AND SUPPORT



EXPENSES



**MORGAN, LEWIS & BOCKIUS**  
American Whitewater would like to give special recognition to the law firm Morgan, Lewis & Bockius LLP. In 2007, Morgan Lewis lawyers contributed more than 92,000 hours in pro bono representation to organizations like American Whitewater. Over 25 Morgan Lewis attorneys committed their time and resources to serving the public good in the development on the AW Navigability Toolkit. These volunteers researched case law state courts developed to define the scope of the public's rights and privileges on our nation's waterways.

# 2007 ASSETS AND LIABILITIES

<b>ASSETS</b>	<b>2007</b>	<b>2006</b>	<b>+ / -</b>
Cash	160,594	153,609	6,985
Accounts Receivable	39,435	21,797	17,638
Grants Receivable	26,699	39,141	-12,442
Investments	188,848	113,300	75,548
Prepaid Expenses	19,127	18,433	694
Inventory	11,844	9,892	1,952
Direct Deposit Advance	-	9,667	-9,667
<b>Total Current Assets</b>	<b>446,547</b>	<b>365,839</b>	<b>80,708</b>

For the fiscal year ended December 31, 2008, the total net assets of American Whitewater increased by \$89,211. This amount included a \$8,355 increase in temporarily Restricted Net Assets

<b>LONG TERM ASSETS</b>	<b>2007</b>	<b>2006</b>	<b>+ / -</b>
Lands Held for protection	63,256	63,256	-
Computer Equipment, net	10,093	3,675	6,418
<b>Total Long Term Assets</b>	<b>73,349</b>	<b>66,931</b>	<b>6,418</b>
<b>Total Assets</b>	<b>519,986</b>	<b>432,770</b>	<b>87,126</b>

American Whitewater is a registered charitable corporation under section 501(c)(3) of the Internal Revenue Code. Financial statements are audited by Stephen C. Corliss, CPA, LLC.

<b>CURRENT LIABILITIES</b>	<b>2007</b>	<b>2006</b>	<b>+ / -</b>
Accounts Payable	16,592	22,859	-6,267
Other Liabilities	8,288	2,722	5,566
Note Payable, Current	-	5,125	-5,125
Payroll Liabilities	16,314	12,573	3,741
<b>Total Current Liabilities</b>	<b>41,194</b>	<b>43,279</b>	<b>-2,085</b>

<b>NET ASSETS</b>			
Unrestricted Net Assets	328,250	247,394	80,856
Restricted Net Assets	150,452	142,097	8,355
<b>Total Net Assets</b>	<b>478,702</b>	<b>389,491</b>	<b>89,211</b>
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>519,896</b>	<b>432,770</b>	<b>87,126</b>

*2007 marked the first year of the enhanced flow schedule on the Upper Yough that included 10 new Saturday releases. AW help empower local paddlers and other stakeholders to create the new schedule.*





# 2007 HONOR ROLL

## INDUSTRY PARTNERS

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## FOUNDATIONS

Bailey Family Foundation

Butte Firesafe Council

California Hydropower Coalition

CLSJ Foundation

Charles Stewart Mott Foundation

Cloud Mountain Foundation

E & B Von Mertens Charitable Trust

Echo Valley

Garden Homes Fund

George & Miriam Martin Foundation

Goldman Foundation

Hewlett Foundation

Hooter Fund II

Hydropower Reform Coalition

Jay Kenney Foundation

KEEN Foundation

Murray Foundation

National Environmental Trust

North Carolina Community Foundation

Osilas

Pugh Family Foundation

Resources Legacy Fund Foundation

Stanley Family Fund

The Arches Foundation

The Mountaineers Foundation

William C. Kenney Foundation

## IN-KIND DONATIONS

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Morgan Lewis & Bockius

### \$50,000 +

Patton Boggs

### \$10,000 +

Kayak Session

Kokatat

### \$5,000 +

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Clif Bar

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*A flow study conducted on Washington's Green River could lead to improved flows in the future. AW is a nationally recognized expert on recreational instream flow studies.*

*Photo by Tom O'Keefe*



A man with a beard and short hair is hiking through a sun-dappled forest. He is carrying a dark blue kayak over his shoulder and holding a large red and yellow Werner paddle. The background is filled with trees and sunlight filtering through the leaves.

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*Toby MacDermott (aka "Budget") hikes to harvest the goods of the Raven's Fork River in Tennessee.*

photo by Raphael Thiebaud

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# Paddling Fitness

*continued from page 30*

Spring Creek, indicating where water is gushing in from below. Every cobble is visible ten feet below the surface. Endemic bulb algae cluster together on the riverbed like a hundred brown billiard balls. The place was so beautiful that I felt guilty for launching my hulking plastic boat there, but from the minute I saw it, I knew that Spring Creek was where I would start my journey down the Klamath.

However, within a dozen miles of the put-in, the water had gone from pristine and drinkable to stinky and warm. The main culprits of the pollution are cows who graze along the length of the tributary Sprague River. Further hindering the water quality is Klamath Lake. This once rich marshland is now a shallow dammed lake that heats up dramatically in the summer sun. I was surprised, then, to see a family of river otters playing the warm lake water as I pulled into my first night's

camp on an uninhabited island.

The next day, I paddled across the lake into the town of Klamath Falls. Here I passed the "A" Canal that diverts about half of the river's water to the farms of the massively engineered Klamath Project. I portaged Link River Dam just below the canal diversion, ran a few Class III rapids, and took out at the city dock in Klamath Falls. After a day of rest, it was time to switch into my creek boat, and run whitewater below Keno Dam.

This is where the Klamath cuts through the Cascade Range in a series of basalt gorges. Some of these gorges are under reservoir waters, some rumble with the roar of the river, and some conceal an apocalyptic riverbed of dry rocks, while the river is diverted out of its channel into concrete tubes.

Local paddler Grant Weidenbach and I saw the first of these de-watered sections after we portaged Boyle Dam. We launched on a meager 100 cubic feet per second at the dam outflow. For the next two miles, we scraped down the low water, making progress only through a series of pins and portages. Just as the rock bashing became nearly intolerable, I felt cold water on my hands, and the flow magically increased. Springs! Like a prizefighter staggering back to his feet, the Klamath struggled back to life. For the next few miles, we bounced down a lovely small river full of Class IV whitewater.

Six miles below Boyle Dam, two huge tubes spilled down the hillside to the river, returning the power-generating Klamath to its riverbed. The river now ran a warm 2,000 cfs as it raced through the Hells Corner Gorge.



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The Hells Corner run has a somewhat undeserved bad reputation among whitewater boaters in the region. The rocks are relatively sharp and the water quality, having come from cattle pastures and agricultural runoff, is less than ideal. Still, the whitewater is big and fun, and the warm water is undeniably comfortable.

"Swims are definitely bad for rafting business on the Hells Corner run," Grant said coyly as we approached Caldera, the biggest rapid on the upper Klamath. Indeed, the river was fast and shallow, and a swim here would inflict bodily damage. Caldera was the start of a nearly continuous three-mile section of chaotic and powerful rapids. I made sure to follow Grant at precisely the right distance—far enough back to change my route if I didn't like his line, yet close enough to see where he was going. He led me through flawlessly, and the continuous rapids

brought us to the take-out too soon. I wanted more, but at the same time I was glad to have the rapids behind me. I was also glad that I hadn't run it alone. The Hells Corner run of the Klamath is the crux of the river's penetration through the Cascade Range, and it lives up to its name.

When the water slowed below Hells Corner Canyon, I traded my whitewater kayak for a 14-foot-long touring kayak, the boat I would live out of for the next two weeks.

I left my truck at a back yard corral behind a friendly rancher's house (a rancher who thoughtfully fences his cattle away from the river, no less), spread my things out in the shade of an oak, and began to pack my touring kayak for the remaining 220-mile journey to the ocean. Sleeping bag, pad, and tent went up front; clothes bag,

food bag, spare paddle, and cook kit in the back; camera, binoculars, and maps were stashed behind the seat; I was set.

Horrendous winds slowed my progress on Copco Reservoir, and I had to quit early for the day at a sheltered gravel beach. The next morning, glass smooth water made for a pleasant paddle down to Copco Dam, and the poison oak portage commenced.

Once safely back at the river with my boat, I rounded a corner to find the entire Klamath going into a steel grate, destined for the Copco #2 powerhouse. The outflow from the grate spat a flume of water not much bigger than my household rain gutter during a summer thunderstorm. This puny spout of water would be my river for the next three miles.

The low water portaging was similar to running a river. Each "rapid" would start

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# Padding Fitness

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with a scout for the deepest water. I would then give the boat a push with hopes that it would thread the boulders, glide downstream, and stop in a convenient position. Often it didn't. I would then boulder-hop down to the stuck boat, maneuver it free of the obstructing rocks, and zoom it onward again. This was all done, of course, while standing knee deep in the creek. In places where the creek was briefly void of rocks, I was allowed the luxury of jumping into the boat and paddling a few strokes before getting stuck again.

And so the afternoon went, pulling, slipping, and grunting my way down the trickling remnants of the Klamath. It was hard to imagine that a real river once existed here. A forest of mature alder trees now filled the canyon bottom, and a high water stain showed evidence of occasional

surplus flows released during floods. The normal base flow, however, was a measly 10 cfs.

Surging up from beneath an old power station, the re-released river allowed me the luxury of floating once again. It carried me for a joyous half-mile before slowing in Iron Gate Reservoir. Iron Gate is the last reservoir on the Klamath. Below Iron Gate, the river flows unimpeded for 190 miles to the Pacific. Above Iron Gate though, salmon no longer swim.

Fish ladders around the dam were never installed, so Klamath silver and king salmon that make it this far now end their upstream journeys at Iron Gate Fish hatchery, located a quarter-mile below the dam. The hatchery was completed in 1966, not long after the dam closed its doors. Pacific Power, the dam owner, had to build

the hatchery as a part of federal licensing requirements, and at the time it seemed like a fine solution. The dam would produce power, and the hatchery would maintain the fishery. Steadily decreasing numbers of salmon in the Klamath since the dam, however, has shown that we can't have it both ways.

Ten miles below Iron Gate, the river passed beneath Interstate 5, and it was clear that changes were afoot. A range of mountains rose to the west, and the Klamath carved directly into them. Although it was still an arid country, ponderosa pines began to dot the hillsides, and craggy volcanic spines jutted into the emerging river canyon.

Undammed tributary streams entered the river regularly, and the Klamath's flood plain gradually redeveloped. The potato



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# Paddling Fitness

fields of eastern Oregon were long gone. This was the Lower Klamath.

The Lower Klamath Basin qualifies as a semi-inhabited wilderness. Residences are scattered, and that's just the way folks here like it. Most of the communities along the Lower Klamath are really just a loose conglomeration of misfits who live in the hills, an eclectic grouping of backwoods loggers and dropout hippies.

On my way into the riverside town of Seiad Valley, I passed a ramshackle two-story house with piles of old clothes heaped window high inside. Forest green paint was peeling beneath a moss-covered roof. A peace-sign wreath of Christmas lights hung out front, along with another sign proclaiming the property as "Wildwood." Across the highway, an abandoned tractor overgrown with blackberry vines was parked strategically to face oncoming traffic. On the tractor's imposing front blade, a clearly printed message stood out in red letters: "State of Jefferson."

The defiant title refers to a mythical 51st state consisting of northwestern California and southwestern Oregon, a region whose inhabitants have always felt disconnected from the state capitals in Sacramento and Salem. Official proposals for the new state have actually made it into government

hoppers a time or two, but mostly the state of Jefferson (named after Thomas, of course) is a state of mind. In this is isolated, mountainous country, outside influence is slow to gain a foothold.

I realized that I was the outsider when I passed a few Karuk Indian men standing on the shore above Ishi Pishi Falls. The Karuks are a proud people, and their most revered spot on the entire Klamath is a rapid that I had been warned about for the last hundred miles: Ishi Pishi.

Every great river has a place where mountain and water meet in a dramatic display of force. In the Pacific Northwest, it's often a place where salmon are slowed in their migrations, and humans come to gain sustenance from the traffic jam of fish. On the Columbia River, that place, before it was subdued by a dam, was Celilo Falls. On British Columbia's Fraser River, it is Bridge River Rapid.

On the Klamath, the sacred spot is Ishi Pishi Falls, a Class V-VI rapid that has been run by a number of top paddlers. The Karuks, however, do not look favorably upon hotshot boaters that come along to run through their sacred maelstrom. In light of this, I never even considered running the rapid. Lucky me. The river snaked through giant boulders,

then coalesced into a powerful flush of white and churned through several deep hydraulics. After two trips of gear and one trip with the empty boat on my shoulder, I was ready to launch again at the foot of the rapid.

My long time paddling partner Seth Ricker met me here, and we paddled together through the next section of whitewater highlighted by Ike's Falls. Near here, we drifted past the confluence of the Cal-Salmon. Its confluence is a benchmark in the life of the Klamath. With the waters of the Salmon added, the Klamath is noticeably bigger as it begins to bend out of the mountains toward the Pacific. The interface between the warm interior and the cool coast was dreadfully apparent as a gale intensified. It was evidently not an unusual occurrence. Trees along the river canyon were "flagpoled," as Seth pointed out, in a permanent growth pattern shaped by the prevailing upstream winds.

The blow continued as we passed the town of Orleans, where the Klamath entered a wide valley, the first such opening since the river had penetrated the mountains below Iron Gate. Pure stands of Douglas fir were more prevalent than before, and it looked more like the Pacific Northwest than California. At camp that evening, it was too cool and breezy to linger far from our campfire.

We enjoyed a meal of steak (probably raised on the trampled riverside meadows I had passed at the start of the trip) and potatoes that Seth had brought in as a celebratory protein boost for the final leg of my trip. I barely stirred the next morning at first light when Seth paddled out of camp to return to work. When I peered out of the tent hours later, fog shrouded the ridge tops 500 feet above the river. I was nearing the ocean.

I stopped to eat lunch at the confluence of the Trinity River. It was almost as big as the



*Nearing the mouth of the Klamath*

# REV

Team Paddler **Matt Hamilton** Location **McCoy's on the Ottawa River** Photos **Billy Harris**

## MAN UP!

So it was the coldest day of winter so far...-15°C and the brand new Rev arrived at the Ottawa airport, got to man up and get out. How did it perform? The boat worked great! The high knee area made for more foot room and a more aggressive paddler position. All the goodies that come in the outfitting bag sure help to customize the fit quick too. The boat carved really well and edge transition was super easy. It accelerates much faster than the 4 Twenty on edge. The looseness of the hull made it easy to get around and the improved rocker made me feel very confident on the wave. All in all the boat is a great machine for some serious action. I am looking forward to warmer weather to play in too. Till then I'm going to enjoy the foot and a half of snow forecasted for tonight. Time to ski!

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# Paddling Fitness

Klamath, slightly cooler to the touch, and pale blue in color. Although the Klamath had been nibbling away at mountain ranges guarding the coast ever since the Salmon confluence, it was here at the Trinity where the Klamath finally made its break. With the waters of the two big rivers joined, the mighty Klamath pivoted northwestward, and made a determined straight line march to the sea.

Motorized fishing boats began to appear on the water. One of the powerful aluminum jet boats came roaring upstream toward me, then pulled ashore, its occupants waiting for my approach. "Hello there," a square dark Yurok man chewing sunflower seeds called out from his captain's chair. "Hello," I replied as I paddled over to his beached boat. The man asked me where I'd been, and where I was going, then quickly jumped to

dam politics.

"There's a meeting tonight. We're trying to get those dams outa there," he said. Next he repeated the same chorus I had heard from a Lillooet Indian on British Columbia's free-flowing Fraser River the previous summer. "I only caught fifty fish this spring," he exclaimed. I waited. "Fifty fish!" he repeated, "that's not many, I have to feed a lot of people."

As I shoved into the current, I wished him good luck with the fall salmon run. "Oh they'll come back," he replied hopefully. Having seen the upper river, I was less optimistic, dams or no dams.

Occasional wafts of salty ocean air blew upstream, tempting me to stroke through an afternoon headwind and make it to the ocean that evening. Following an hour

of splashy slow progress in wind waves, my resolve softened, and I pulled in to camp. The Highway 101 bridge had just receded behind me when I dragged my kayak 60 feet from the water to a soft flat area of clay-embedded gravels behind a driftwood log.

With four hours of daylight left, I decided to go for a walk. Leaving my gear strewn across the gravel bar at camp, I weaved around exceptionally clear pools of cold water on my way to the edge of the riverbed. The pools, I assumed, were the result of river water seeping through the gravels beneath the island I was camped on. I would learn otherwise.

Stepping carefully back to the riverbed three hours later, I found thigh-deep water where I had earlier walked across dry gravels. Was this the right spot? After



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checking my landmarks and enduring several seconds of disconcerting confusion, a light bulb came on. Tides!

I splashed through the cold clear water in anxious haste to see if my camp was still there. The perplexing clarity of the pools now made perfect sense: ocean water doesn't carry much sediment.

The bright red of my kayak was a welcome sight, and the rest of my scattered gear was still there too. I had unknowingly pitched my camp just high enough to avoid the influx of ocean. Water lapped at the new shoreline a half dozen feet from my cook stove, kayak, and drying clothes.

Camp hadn't floated away without me, but the tide was still rising, and there wasn't much higher ground in sight. I dragged my boat to the edge of a willow jungle that was a few feet higher, and pitched a quick-getaway camp among giant weeds of clover.

No water lapped at my tent during the night. In the morning, the water was below the previous afternoon's level, and I set out on a calm currentless bay. A spit of sand 20 feet tall and a quarter-mile-long hid the ocean from view, but I could hear the crash of surf waiting on the far side. Cool salty air washed over me with an onshore breeze.

A rock pinnacle stood on river right at the mouth. This was Oregos, the Yurok's guardian of the Klamath. Seen from the correct angle, Oregos appears to be a mother holding a child in her arms. When it is time for the salmon to run, Oregos, acting like a gatekeeper to the river mouth, gives the signal to proceed, and the fish pour in from the sea.

Oregos had apparently just opened the Klamath door, because I saw Yurok men throwing fish nets into the water where the Klamath channel squeezed around the far end of the sandbar.

I wanted to stop and ask the fisherman about this sacred place, and what they thought about the Klamath dams. Instead, I found myself caught in a surreal haze,

like I was invisible, watching the work of a people from centuries ago. I floated past.

The surreal scene rapidly warped into real time when I realized that I was on a river current, drifting headlong for the ocean break. A chaos of currents swirled about me as river ran into ocean swell. The Klamath swiftly carried me down the beach. Waves broke to my right, and random surges of opposing currents exploded in vertical bursts off my bow. As I scanned the water trying to make sense of it all, a woman on shore shouted to me, "There's sharks out there!" Or maybe that's just what I heard. A row of seal heads popped out of the surf, looking at me curiously.

The waves magically abated just then, and no walls of white loomed seaward. I went for it, sprinting straight out to sea before the next set of swells broke. Even in my flurry of paddle strokes, I noticed a shocking cold on my left hand—the Pacific. I was no longer on the warm waters of the Klamath.

*Tyler Williams is the author of Whitewater Classics and other paddling guidebooks. In 2008, he will be paddling Idaho's Salmon River to the ocean as part of his ongoing expedition: Source to Sea—exploring western North America's rivers from headwater to salt water. For more information, please visit [www.funhogpress.com](http://www.funhogpress.com).*



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# Paddling Fitness



## **"Beer is always goot!" A Report From The 2007 U.S. Wildwater Team at World Cups 2007**

*by Rich Roehner*

Ever see a Wildwater kayak spin a perfect 360° on a big breaking wave? Happens several times a day here. I've never seen the French, Germans, Austrians, etc., have so much trouble. Even the Italians, who have the home court advantage, are having a tough time of it. The course is really tough!"

*– Doug Ritchie, US Team Manager describing the World Cup #3- Ivrea, Italy, Wildwater Sprint Course via Internet posting.*

The words of a drunk motorcyclist in Austria form the title of this article. We were asking him if we could use a phone in the bar to call Tomás Záster, to confirm a meeting place somewhere near the Czech, German, Austrian borders. We met Tomás in an open field outside the local "burg" and traded several thousand euros for all of the Wildwater kayaks & canoes the U.S. National team would need for the 2007 World Cups series. These races are where the best Wildwater paddlers in the world test themselves against the river, and Tomás makes some of the best boats for this in his boat shop located in the Czech Republic. The drunk could not understand what we were asking, but his reply gave us a mantra useful for surviving the competition in Europe this summer.

The 2007 Wildwater World Cups were held on the Salaachtal, Teplá, and Dora Baltea rivers (in Austria, Czech Republic, and Italy, respectively). After we did the deal with Tomáš, the U.S. National team headed to Lofer, Austria to outfit the new boats and to prepare for World Cup races #1,2 on the Salaachtal River. Fortunately,

Tom Wier (C-1 Paddler), the veteran National Team member was able to fight off jet lag and negotiate the tight corners and tunnels of the Austrian secondary road system and get us safely to our new home, Pension Auer, in Lofer, Austria. The U.S. Canoe and Kayak National Wildwater Team in Lofer for World Cups #1,2 consisted of Tom Wier (C-1), Rodney Rice (K-1), Jeremy DiCasalo (K-1), and Mike Baker & Rich Roehner (C-2). Joining the team in Karlovy Vary, Czech Republic for World Cups #3,4 were Jennie Goldberg (K-1W), and Doug Ritchie (K-1 and Team Manager). Hollie Noble arriving in time for World Cups # 5,6 in Ivrea, Italy completed the 2007 National Team.

The week in Lofer, Austria was spent learning the courses for the Sprint and Classic competitions on the Saalachtal River. This meant several workouts a day, and multiple feedings of brot (breads), bananas, salami & cheeses, meuslix, and yogurt, all of the best euro quality! The sprint course was fairly technical Class III+ with several must make turns to avoid pitoning on the limestone rocks studding

the course. The longer "Classic" course was a shallow Class II affair and short by Classic standards. It forced you to exhaust yourself in the flats before finishing back through the sprint course, just when you are in anerobic stupor! We were able to leverage off of Tom Wier's previous competitions on the course as well as the German Wildwater National competition being held on the course during our first weekend there to quickly learn the "lines" through each rapid. The German Nationals included juniors, including twelve year olds and younger, who were more comfortable in their wildwater boats than some of the U.S. team. It was pretty obvious to all of the US team in Lofer what it will take to get our country competitive in this sport again. As luck had it, we were also in Lofer for the Corpus Christi holiday, complete with parades, outdoor mass, and of course – flowing beer! The "burgermeisters" oompah bands set the atmosphere.

The performance of our augmented US team in Lofer was not up to potential; perhaps we had overtrained during the previous week, or maybe the "Euro" jitters took firm hold. We did learn and re-learn that this sport of wildwater is all about paddling forward WITHOUT bracing strokes. We saw the best teams in the world swimming when they were a couple inches off-line, the result of TOTAL commitment to the forward stroke in whitewater.

Next up was the trip north to Karlovy Vary, Czech Republic, for World Cups #3,4. The trip carried us over the rolling bohemian countryside, now with two rental vehicles to carry additional teammates Jennie Goldberg (K-1W) and Doug Ritchie (K-1M, Team Manager). Once in the Czech Republic we were treated to waves from roadside workers (not highway crews!) in the small towns, and special attention from the Czech traffic cops enroute to our rustic cabins overlooking the Soviet era resort town of Karlovy Vary. The Teplá River flowing through the town received timed releases from a lake upstream. The river wound through this resort town (whose main attraction is thermal springs) in a concrete lined channel. Rapids were

formed by curious placements of concrete structures along with wing dams formed by aluminum supported wood sheets jutting into the current. Combine these unusual hydraulics with scaffolding erected in the river channel for start and finish platforms, and you get a totally different paddling experience—one shared with the several thousand spectators lining the channel. Mattoni, the European bottled water supplier, was the awesome sponsor of WCs #3,4. Aside from the main attraction, the event featured bands, karaoke, dance contests, soccer ball juggling, etc. It was the 10th year of the "Kanoemattoni" festival. As if to ensure visiting teams were even more distracted, the organizing committee provided a party at a local castle which included costumed mimes performing biazarre acts. This party, complete with as much free Pilsner you could drink, was held the night before the classic race—but no one missed it!

In spite of this weirdness (or maybe because of it), the U.S. Team improved their percentage times against the lead boats in each class. For the most part, the strong Czech team dominated the classes here on their home turf. By the end of the Classic race in World Cup #4 the competitors were becoming familiar, and the races were taking on a community atmosphere, with make-do conversations at riverside overcoming language gaps.

A little more on the tired side now, we took the road show on to the next venue, World Cup races #5 and #6 on the Dora Baltea river, in Ivrea, Italy. On the way we stopped by the Munich airport to pickup Hollie Noble, the final U.S. Team member arriving in Europe, along with family members of the team now making the trip to cheer us on. After spending the night in Munich, we experienced both the high of driving over the Alps, and then the low of "whiteknuckle" driving through highway construction zones at over 100 mph en route to Ivrea. As the international teams arrived in the sweltering Italian heat, and looked at the swollen Dora Baltea river, which was slip-streamed through an artificial channel on river right to serve



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# Paddling Fitness

as the sprint course and classic course finish, any separation between teams dissolved: we all now faced a common enemy. Well maybe the French team was still slightly aloof. Over the next few days, all of the teams threw the best they had against the course from hell and suffered for it. The course comprised of several ledge type drops, with wingdams pushing reactive waves to several feet high with abusive side eddies. The eventual World Cup Champion C-2 team from France wiped out in a practice run and suffered a shoulder injury that knocked them out of the competition. Many other competitors were sidelined with similar shoulder, and ankle injuries, and abrasions, contusions, and ripped shorts (the result of swims which included being dragged over poorly finished concrete).

Our U.S. Wildwater team relied heavily on “creek boating skills” to make it down the Ivrea sprint course. In particular, Jennie Goldberg (K-1W) using a conventional (not a wing blade now standard among international K-1’s) paddle became the darling of the crowd for pulling off multiple combat rolls during practice runs down the gnar course. In fact, Jennie had the highest finish (6th place in sprint) for a U.S. paddler in recent world cup history,

by managing to stay in her boat when so many paddlers couldn’t! East coasters Rodney, Hollie, and Caz all drew from their experience on the Upper Yough. The Internet is full of videos capturing the carnage. Just type “Ivrea, Wildwater” into your search engine if you’d like to see some for yourself.

That night after the World Cup # 5 sprint race carnage, our team hunkered down in our rented B&B (complete with pool, dilapidated tile roof, and steel castle door to the street) and tended to our abrasions and all made the mental commitment to paddle the hell out of the relatively flat classic course (bowing to pressure from team leaders the race organizers changed the finish of the classic to just after the first two drops of the sprint course, avoiding the meatier lower section) the following day. And in good form, most of the US team came up within 10% or better of the percentage time of the winning boats in the classic race World Cup #6. The course in Ivrea is now the subject of heated debate as to whether it will be used for the World Championships in 2008. While the 90% flatwater classic course needs to be upgraded to another site, the sprint course is a true challenge. Most of the U.S. team welcomes another shot at it in the future.

At the closing ceremonies, shirts were traded, beverages raised, and plans made to continue to push deeper into what four time World Champion Gene Burny described to U.S. coach Bill Endicott as the “Danger Zone”; where there is a delicate balance between anerobic threshold, forward stroke technique, and river reading lies.

## Wildwater! Coming Rapidly to a River Near You

*by Rich Roehner*

So maybe you are a hotshot rodeo star, or a creeker, or a huckster, or any of the other boater categories we put ourselves in. Maybe you missed out on getting to run that 30 footer first, or the first descent of whatever, or maybe you’ve just plain have yet to decide how and where you want to make your mark. Maybe you are old school, or maybe new school, but in any case you are looking for something in whitewater paddling, some experience that is as new and full as when you ran your first rapid. Well here is a suggestion: take up paddling Wildwater boats (K-1, C-1, or C-2)! And then if you are so inclined



to progress to wildwater racing you can take this new experience beyond the edge of what four-time World Champion Jean-Pierre Burny described to U.S. coach Bill Endicott as “The Danger Zone.”

At first glance you might think Wildwater paddling is old school since the boats are over six feet long. But Wildwater pre-dates the “Old School.” In fact, I’m here to tell you that Wildwater should be viewed as graduation from “New School.” A Wildwater paddler is free to experience the entire river. Going with the flow is the method, following the stream line, the essence. The forward stroke becomes your “zazen,” and your ability to read the river your exercise.

On a more down to earth level, Wildwater paddling frees you from lugging around heavy chunks of plastic that look just like everyone else’s. A Wildwater boat is composite in construction, weighs less than 25 pounds, and easily goes zero to a thousand meters in less than 5 minutes on a river. Your ability to paddle a Wildwater boat is determined by your ability to reaccelerate the boat after every wave, hole/stopper, and turn; and so the joy of acceleration becomes your quest and your addiction. Did I mention you decorate your Wildwater boat with your color scheme, stickers, and repair patches to make it your own? And girls at play, do you want to beat your boyfriend, husband, or brother at something? Chances are you can equal or better their times if you are just both learning since great bench press numbers are not much help (and often hinder) in Wildwater land!

One of the best reasons to paddle Wildwater is to derive the same head rush from your local Class III river that you do from regional Class V runs. If you understand statistics and the definition of

the river scale it means you are more likely to live longer and experience the benefits provided by the aerobic exercise that comes with Wildwater paddling. Don’t get me wrong, I am not suggesting that you quit hole riding, waterfall hucking, steep creeking, or any other wonderful pursuits, only that you set yourself a goal to extend your paddling capabilities to Wildwater. I know that once you do this you’ll be hooked on speed and have a link with whitewater paddling long after your rodeo/hucking days are over.

So do it! Beg, borrow—but do not steal—a Wildwater boat; and take it down to the river. Do it now, be the first in your Orca pod to “break on through.” Don’t wait for someone else to do it first. You will benefit from the experience whether your goal is to become functional in the boat, make the U.S. Team, or be a World Champion.

## Wildwater Racing Is ...

Wildwater courses have only a start and finish line, no gates, just holes, waves, streamlines, etc.

“Sprint” races are 1 to 2 minutes in length and contested on Class III – IV courses.

“Classic” races are 10 to 30 minutes in length and generally contested on Class II- IV courses.

All wildwater boat dimensions must meet rigid specifications set by the International Canoe Federation (ICF).

Wildwater Boat Classes include:

- K-1 Men
- K-1 Women
- C-1 Men
- C-2 Men
- (C-1, & C-2 Women are being considered by the ICF)

The U.S. Wildwater Team was selected in April 2007 at Team Trials on the Yough, in Ohio, PA.

In 2008 the World Championships for Wildwater Racing will be contested in Europe, again in Ivrea, Italy

In February 2009, the World Cup Series will be held in Tasmania down under, so START TRAINING!

Be prepared to shoulder the costs of your international competition desires as Wildwater is not an Olympic event (a good thing?) and current USACK funding for the sport is minimal.

Go to [www.usawildwater.com](http://www.usawildwater.com) to learn more!

*The US C2 team in Lofer, Austria*

Photo by US Wildwater team member





# News & Notes

## The 27th Annual American River Festival September 5-7, 2008

It's a revival of the West's Best Rendezvous for boaters and non-boaters in the traditional style of LOTS OF FUN!

Skill level does not matter; never boated before? Doesn't matter! Age?? Doesn't matter!

We are talking fun for experts and beginners, friends and spectators, kayakers and rafters, canoers, IKers and river boarders. All are welcome and all will have a good time!!

- Henningson Lotus Park, Lotus, California
- Non-Profit to benefit river access, conservation and the community
- Topo Duo (Tandem Kayak) races for families and adults
- Citizen's Raft Races and Outfitter's Cup Raft Race
- Kid's Kayak Fun Fest, clinics and fun!
- "milk bottle" Slalom and an expert venue as well
- Whitewater Rodeo
- Tethered Hot Air Balloon Rides
- Tug-O-Wars on land and water! (individual or Bring a TEAM!)
- Boatercross
- Raffles, demos, clinics

Spectators will have riverside seats for viewing most of the events and checking out sponsor booths and land based activities at the same location.

Our traditional kick off dinner and film premier at The River Store in Lotus, CA on Friday night will open the festivities. Saturday night, come enjoy great food, live music and live and silent auctions during the American River Festival Party.

Our mission is to educate new and seasoned boaters and non-boaters as well about conservation and river related activities. We aim to offer a super fun event for river enthusiasts to support and for everyone to participate in. Citizens will have the opportunity to get introduced to river sports such as kayaking and rafting through

beginner clinics or activities for kids and adults. Existing paddlers will have clinic options for slalom, swift water safety and more.

To be a sponsor or find out more information about the event, visit [www.AmericanRiverFestival.org](http://www.AmericanRiverFestival.org), email [robin@TheRiverStore.com](mailto:robin@TheRiverStore.com), or call (530) 626-343

## Lockapalooza 2008: August 16-17

*By Paul Twist*

Lockapalooza has evolved into an event local paddlers as well as visitors from around the country look forward to every summer. In August a crowd of paddlers and enthusiasts pack the grounds at Lock 32 in Pittsford, NY to watch this celebration of Rochester's whitewater kayaking community. It is a two-day event that offers a variety of activities for kayakers including free instruction for participants, organized races, and freestyle competition. The event is a big attraction for spectators and a great place to see the possibilities of our growing sport. Perhaps the most inspiring sight at Lock 32 is the crowds of young paddlers on the water, training, racing, competing, and having fun together.

We invite everyone to come to Upstate New York and stop in at Lock 32. Classes and instruction are always available. Mark your calendar for Lockapalooza on August 16th & 17th to see what all the hype is about. The course itself has a set of well defined squirt lines, two waves and three holes. The holes enable all the new moves: phonics monkeys, McNasties, loops, cartwheels, and whatever else you can invent. Best of all, it has consistent water all summer long. There will be free informal instruction in the morning and early afternoon. Later in the day the competition begins with events such as slalom racing, boater cross, and a freestyle rodeo. Participants

are divided into men's junior, youth, or adult categories; women compete in their own division.

At dark we break out the videos, including locally produced whitewater DVDs. Locals have edited their footage to show an impressive array of paddling at the Lock, on nearby rivers and waterfalls, and even in some far away places. There will be a variety of movies, including a short film about the Lockapalooza Rodeo. Free camping will be available on site.

*For more information, please visit [www.lockapalooza.org](http://www.lockapalooza.org), [www.geneseewaterways.org](http://www.geneseewaterways.org), or [www.aerkayakacademy.com](http://www.aerkayakacademy.com).*

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*Danny Doran and Aaron Roney at Lockapalooza, Lock 32*



## Changing of the Guard: Don Kinser Becomes Next AW President

By Mark Singleton

On May 17th, the American Whitewater Board of Directors and staff convened in Sacramento, California for the annual spring board meeting. At that meeting Don Kinser was unanimously approved by the Board of Directors as the new organization President. The previous president, Sutton Bacon, resigned from that position after having served two terms.

Don, who lives in Atlanta GA, is an active boater and a member of the core volunteer team working on the Chattooga Headwaters issue.

After four years as AW President, Sutton Bacon said, "The time is right to step down with AW in the best financial and mission shape ever." In his two terms as President, Sutton oversaw a remarkable organizational transition as the executive offices moved from Washington, DC to Cullowhee, NC and the organization tackled a number of nagging operational issues.

Norwood Scott, a long time California boater, assumes the role as Vice President.

Members of the AW Executive Committee include:

Don Kinser - President  
Norwood Scott - Vice President  
Chris Bell - Treasurer  
Jennie Goldberg - Secretary  
Dave Cernicek - at large

## Pirates and Superheroes Unite For a Cause: The Sean Langevin Memorial Cal-Salmon Nordheimer Race

By Paul Gamache

Under the bluebird skies of early May, on the banks of the Salmon River in California, there was a convergence. Boaters, or in this case Pirates and Superheroes with a few Supervillians mixed in, had gathered for a themed race down the Nordheimer section of the Cal-Salmon. While the race, river, and party were the reason many had come, there was another aspect of this festival that deserved far greater attention.

Last fall Sean Langevin, a friend of many boaters and a true example of someone who loved life in every form, was ambushed and killed along with six members of his Army unit in the mountains of eastern Afghanistan. Just a few months earlier, his wife Jessica had become pregnant with their first child, a girl named Zoe. After hearing of Sean's passing it was decided that this year's Cal-Salmon Nordheimer Race would be a fundraiser benefiting Sean's memorial fund. Throughout the weekend paddlers enjoyed an entirely free event, camping, and New Belgium Beer not only as a celebration of Sean's life but with the hope of making a difference for the family of a lost hero.

As the sun faded along the grassy hillsides of the Nordheimer Campground; paddlers sat among friends, new and old, and retold their version of the race. Some clean lines and many ugly ones. The Salmon River Restoration Council spoke on how boaters

can do more for rivers than to simply use them.

Just as darkness set, attention turned to Jesse Coombs and Ben Stookesberry who had rolled out an enormous video screen on top of a raft trailer. Using the band The Next Shipment's equipment, they unleashed their film Hotel Charley III, which has one of the greatest endings of any kayak movie ever made. Salmon River local Rush Sturges of Young Gun Productions premiered his film Source next and everyone sat bobbing their heads, cheering in awe, as one great film led into the next. Mixed in was a raffle organized by Daniel Brasuell, featuring amazing gear from Colorado Kayak Supply, Kokatat, and Immersion Research.

In the wake of a tragedy, boaters came together, had a great time, and with the help of some amazing sponsors and individuals, worked together to try and make a difference. For everyone who made this festival and fundraiser possible, thank you.

For information on how to make a donation to Sean's Memorial Fund please feel free to email me at [Paulgamache@gmail.com](mailto:Paulgamache@gmail.com).

Special thanks to Daniel Brasuell of AWetState, American Whitewater, New Belgium Brewery, Kokatat, Colorado Kayak Supply, Immersion Research, Cali-Product, Ben Stookesberry and Jesse Coombs of Clear H2O Films, Rush Sturges of Young Gun Productions, Darin McQuoid Photography, the Salmon River Restoration Council, Orion Meredith of Meredith Family Vineyards, Diane Gaydos, Matt Hogge of Bigfoot Rafting Company, the band, The Next Shipment, Grapevine Apparel, Face Level, Information Miner, and the Salmon River Outpost.

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*(One raffle entry per \$10 given)*
- 2. Go paddling...**
- 3. Check the AW website to see if you won one of our monthly prizes from Smith Sport Optics.**
- 4. Wait for October 15th to see if you won the free trip in Ecuador with Small World Adventures!**  
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- Restore flows to rivers long blocked by dams
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- Be a voice in Washington DC for river protection

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*For more information check out [smallworldadventures.com](http://smallworldadventures.com)*





# The Last Word

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## Why “Paddling” and “Fitness” Do Belong in the Same Breath

*By Ambrose Tuscano*

Let's face it. Physical fitness has never been an integral part of whitewater paddling. Sure, to move that raft across the current you need a certain amount of muscle, and it's a lot easier to roll that kayak or canoe without a big belly, but at the end of the day, whitewater is much more forgiving than many land-based sports. So why did we decide to devote this issue of *American Whitewater* to fitness? Because improving fitness can make you so much better and safer doing what you love.

Many experts agree that the key to physical fitness is some sort of regular aerobic exercise and strength training regimen. Combined, they can have a host of positive impacts on our bodies that make us stronger, lighter, and better capable of prolonged activity. I think back to the Reno River Festival this year in which Eric Jackson handily won the invitational freestyle contest. I know EJ is one of the most technically sound, experienced paddlers in the world, but what caught my eye in Reno was his physique. Obviously EJ's been training. And I couldn't help but think that in order to achieve his extraordinary level of success, he has had to realize the value of aerobic fitness and strength training.

But what if you don't have a gym membership? What if you're unable to run because your knees won't support it? What if you can't afford a bicycle or a Bowflex? Don't lose hope; there are still ways to pursue strength training and aerobic exercise.

We don't have the space here for a complete discussion of the subject, but let's look at one type of aerobic exercise that has been overlooked by many whitewater paddlers for years: flatwater paddling. To make the most of this form of exercise you'll need a touring, downriver, or slalom hardshell boat. However, these can be pricy, so if you don't want to spend the money to acquire one of these, start looking around for a whitewater craft that's survived the 1990s. Anything over

12 feet in length should serve your purpose, and is likely to be available on the cheap.

After you've haggled yourself a Prijon T-Slalom (or similar model) for about \$25, all you need is a lake, flatwater river, or other pool of water. No matter where you live, one of these bodies of water is almost certain to be closer to home than your favorite whitewater run. Not only is flatwater paddling good for your physical and mental health, it's good for the environment and your pocketbook too.

So what should you do with yourself on flatwater? Chances are you've come to find paddling a boat through flatwater a dreaded chore, rather than an opportunity. So the first thing you should do is embrace the concept. When you get that three mile paddle out from our favorite whitewater run, don't think of it as a necessary evil, realize that it's your best chance for aerobic exercise all day and take advantage of it.

The next step is to make time for flatwater outings. While it may be hard to get energized for these at first, after a few times out on the water you should find that they soon become an activity that you look forward to. Flatwater paddling can be mindlessly relaxing. You don't need to keep your senses on high alert the same way you do on a whitewater river. When you're paddling flatwater, you'll find that much of the feeling of accomplishment comes not at punctuated intervals throughout the trip (like rapids on a whitewater river), but rather at the end of the exercise. After a couple of hours of pushing your body on flatwater you will feel tired in a good, healthy sort of way. And you can rest assured that the next time you're out on whitewater you'll be stronger and less injury prone because of your commitment to exercise.

Another big plus to paddling on lakes and flatwater rivers is that it doesn't need to involve as much driving. Because you can start and end at the same point, you don't need multiple vehicles to run a shuttle. So you and your friends can carpool to the water in the same vehicle (and remember, it's probably pretty close to home). With so much less driving, not only do you reduce your gas expense and carbon footprint, but

you also save lots of time. You know how even the shortest whitewater run seems to take at least half of a day, between the preparation, driving, shuttle, paddling, and more shuttling? Well, with a flatwater paddle, you can probably spend more time paddling than driving, and end up with the bulk of your day to do all those other things that you never seem to have time for.

So, you might say, flatwater paddling might improve my aerobic capacity, but what about strength training? Don't you need access to large, expensive equipment in order to make your muscles stronger? Nope. Many exercises can be accomplished with things you'll find in your own home. Try holding a wall sit for a couple of minutes and you'll find the truth of this statement. Sit-ups, push-ups? Same thing. We've got so much potential for strengthening ourselves right at home, we don't necessarily need anything but some good information about what we can do and how we can do it. Luckily, in this Internet age, information isn't too hard to come by. So don't let anything get in your way of this being the year you make physical fitness an integral part of your life.

Obviously there are many other pursuits that will help you improve fitness both in a boat and out of one. Several mentioned in this issue, and in previous issues of *American Whitewater* include freestyle paddling, attaining, downriver and slalom training and racing, running, cycling, yoga, and Nordic skiing. There are limitless possibilities for whitewater paddlers to pursue physical fitness. If we get out there and seize the opportunity we'll all be better, healthier, and happier for it.

# Gauley River Festival

September 19 - 21, 2008 ~ Summersville, WV

[www.americanwhitewater.org](http://www.americanwhitewater.org)

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patagonia





# AW Corporate Partners

## Class V Sponsor



In 2006, Keen's contributions will aid American Whitewater's projects in the Southeast, and the Pacific Northwest. In the Southeast Keen's support will help American Whitewater's work restoring the Catawba watershed. Additional funding from Keen will support AW's projects on the Columbia River Basin and the Cascade range in the Pacific Northwest.

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# YAKIMA

Our history spans many generations of folks working hard to get out there to do what they love. Some of you have been with us since the beginning, and we thank you. Some of you are new to the party. Welcome.

We've been making "bomber quality" racks for over 25 years. Our products are more functional and durable than anything else on the market and they are created with you in mind. We hold incredibly high standards for our products. After all, we use them all the time and there's no way we're going to use anything except the best. We're a bunch of active, outdoor enthusiasts who play hard and work hard so that you can play hard. You've got trails to blaze, rivers to run, and mountains

to climb, and we just want to help you get there.

Our support for American Whitewater is a commitment to you and a commitment to our rivers. American Whitewater stands up to fight for and protect our rivers and we are committed to standing up to protect our planet with our Planet Payback initiatives. The choices we make as a business, the materials we use in our products and the community in which we thrive all fall within our Planet Payback program. We are proud to work with AW and all of our great corporate partners to ensure that our children can paddle the same great rivers we enjoy today.

These days we call Portland, Oregon home

with the mighty Pacific to the West, the Central Cascades to the East and wild rivers and creeks everywhere in between. If you are in the area paddling the Little White, the Clackamas or the Rogue ... come by and see us. If there's ever anything wrong with your rack, tell us and we will work to make it right. If you have any suggestions on how we can make things better, don't be afraid to share. We're here to make your journey to the put-in "sweet and easy" no matter where your favorite river might be.





# Join



## AMERICAN WHITEWATER Today!

American Whitewater has been extraordinarily fortunate in our ability to leverage a strong grassroots base—members and other volunteers—to assist our limited staff with many whitewater river conservation and restoration efforts.



Over the years, American Whitewater volunteers have participated in numerous hydropower meetings as well as instream and recreational flow studies; filed comments and assisted with an uncountable number of filings; appeared as expert witnesses; lobbied; worked to fight new dams, remove existing dams, deny licenses, and improve public access to rivers and streams. In nearly every river stewardship issue AW has been involved with, the outcome has been favorable to paddlers. Not only has AW secured favorable decisions for the paddling community, but we are the only national organization representing paddlers as these decisions are being made.

A growing membership base is crucial to our ability to continue with our work. Some studies show that there are currently over 100,000 whitewater paddlers in the U.S. American Whitewater currently has 6,300 active members. When considering the amount of whitewater river miles that AW has had a direct impact on, this membership number is unimpressive. We need all paddlers to join American Whitewater. If you are a member, please

be sure that everyone you paddle with understands the work AW does, and how you, as an AW member, value that work.

Membership support is what will determine our ability to continue our river stewardship work in the years to come. Individual Annual Memberships are only \$35. If you are a member of your local paddling club and your club is an Affiliate Club member of AW, join as a Club Affiliate Individual for \$25. This is less than a tank of gas or an inexpensive night out. This is certainly not too much to pay to have a national organization representing your paddling interests all across the country.

Join on-line today at <http://www.americanwhitewater.org/membership>, call 1-866-BOAT4AW (866-262-8429), or fill out the form on the back of this page and mail it to:

Membership  
P.O. Box 1540  
Cullowhee, NC 28723

## MEMBERSHIP APPLICATION

### CONTACT INFORMATION

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, St, Zip \_\_\_\_\_  
Telephone (     ) \_\_\_\_\_, AND e-mail \_\_\_\_\_  
Club Affiliation \_\_\_\_\_

### MEMBERSHIP LEVELS

- ☐ \$25 Junior (*Under the age of 18*)
- ☐ \$25 Individual for Affiliate Club Members (*SAVE \$10 if you are also a member of an AW Affiliate Club*)
- ☐ \$35 Individual One Year
- ☐ \$50 Family (*Immediate family members excluding children over the age of 18*)
- ☐ \$65 (2) Year Membership
- ☐ \$75 Affiliate Club Membership
- ☐ \$100 Ender Club (*Receive AW's annual Ender Club T-Shirt FREE Circle Size: S M L XL XXL*)
- ☐ \$250 Platinum Paddler (*Receive AW's IR Platinum Paddler Polartec Basec T Circle Size: S M L XL XXL*)
- ☐ \$500 Explorer Membership (*Receive a Dry Bag from Watershed FREE*)
- ☐ \$750 Lifetime Membership (*Receive AW's Lifetime Membership NRS Paddlers Duffle FREE*)
- ☐ \$1000 Legacy Membership (*Receive AW's exclusive Kokatat Knappster Shorty Top FREE*)
- ☐ \$2500 Steward Membership (*Thank you items will be arranged on an individual basis*)

### ADDITIONAL SUPPORT OR SUBSCRIPTIONS

- ☐ \$5.00   ☐ \$10.00   ☐ \$25.00   ☐ Other \$ \_\_\_\_\_   ☐ \$ \_\_\_\_\_ monthly (*\$10 minimum via monthly credit card or checking acct. withdrawal. Send voided check w/check option.*)
- ☐ \$30.00 Kayak Session Subscription (*Includes a \$5 donation to AW*)
- ☐ \$40.00 LVM Subscription (*includes a \$8 donation to AW*)

### MEMBERSHIP INFORMATION

- ☐ Do NOT share my name with like-minded groups
- ☐ Do NOT mail me the AW journal, I will read it online (*Helps us conserve and, saves AW money too!*)

### PAYMENT INFORMATION

- ☐ Cash
- ☐ Check # \_\_\_\_\_
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# Affiliate Clubs

# AW's Original Purpose

by Carla Miner

The Affiliate Club Program lies at the very heart of AW's existence. AW's original purpose since 1957 has been to distribute information among its Affiliate Clubs. AW's relationships with local clubs have provided the backbone for the river conservation and access work it accomplishes. Over 100 clubs are now AW Club Affiliates and they are all doing great work on your behalf. If you don't belong to a club consider joining one.

For the past five years Clif Bar has sponsored the Flowing Rivers grant, a joint initiative between Clif Bar and American Whitewater that puts money in the hands of people who are protecting the rivers that are running through their backyards. The 2007 funding supported initiatives from the Foothills Paddling Club (SC) and the Willamette Kayak and Canoe Club (OR). The Foothills Paddling Club is using their funding to enhance an access area and purchasing water quality equipment. The Willamette Kayak and Canoe Club is using their funding to organize a safety education weekend. To read more about the two projects see <http://www.americanwhitewater.org/content/Article/view/articleid/29549/display/full/>.

AFFILIATE CLUBS, we want to know what you are doing. Send your events to us a [ben@americanwhitewater.org](mailto:ben@americanwhitewater.org) and we will include them in the Journal.

The AW Journal Club Affiliates by state:

## **Alaska**

Fairbanks Paddlers, Fairbanks

## **Alabama**

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

## **Arkansas**

Arkansas Canoe Club, Little Rock

## **California**

Chico Paddleheads, Chico  
Otter Bar Lodge Kayak School, Forks of Salmon  
River Touring Section, Angeles Chapter  
Sequoia Paddling Club, Windsor  
Sierra Club Loma Prieta Ch., San Jose  
Sierra Club SF Chapter, Livermore

## **Colorado**

Avid4Adventure Inc., Boulder  
Big Thompson Watershed Forum, Loveland  
Colorado Whitewater Asso, Englewood  
Front Range Paddle Asso, Lafayette  
Grand Canyon Priv. Boat. Assn., Colorado Springs  
Pikes Peak Whitewater Club, Colorado Springs  
Pueblo Paddlers, Pueblo West  
San Miguel Whitewater Asso, Telluride  
University of Colorado Kayak Club, Boulder

## **Georgia**

Atlanta Whitewater Club, Atlanta  
Georgia Canoeing Association, Atlanta  
Paddlers4Christ, Ellijay

## **Idaho**

Idaho Whitewater Assoc., Boise

## **Illinois**

Chicago Whitewater Assoc., Chicago

## **Indiana**

Ohio Valley Whitewater Club, Evansville  
Hoosier Canoe Club, Indianapolis

## **Iowa**

Iowa Whitewater Coalition, Des Moines

## **Kansas**

Kansas Whitewater Association, Mission

## **Kentucky**

Bardstown Boaters, Frankfort  
Bluegrass Wildwater Association, Lexington

## **Maine**

Outward Bound, Newry

## **Maryland**

Blue Ridge Voyageurs, Silver Spring  
Greater Baltimore Canoe Club, Kingsville  
Mason Dixon Canoe Cruisers, Smithsburg

## **Massachusetts**

Brian White, Boston  
AMC - New Hampshire Paddlers, Honover

## **Minnesota**

SCSU Outdoor Endeavors, Saint Cloud

## **Missouri**

Missouri Whitewater Association, St. Louis  
Ozark Mountain Paddlers, Springfield  
Ozark Wilderness Waterways, Kansas City  
Kansas City Whitewater Club, Kansas City

## **Montana**

Beartooth Paddlers Society, Billings

## **Nevada**

Sierra Nevada Whitewater Club, Reno

## **New Hampshire**

Mt. Washington Valley Paddlers, Franconia  
Merrimack Valley Paddlers, Merrimack

## **New Mexico**

Adobe Whitewater Club, Albuquerque

## **New York**

ADK Schenectady, Schenectady  
Colgate University, Hamilton  
FLOW Paddlers Club, Rochester  
Housatonic Canoe & Kayak Squad, Ossining  
Town Tinker Tube Rentals, Phoenicia  
Zoar Valley Paddling Club, Dunkirk

## **N. Carolina**

Base Camp Cullowhee, Cullowhee  
Carolina Canoe Club, Raleigh  
Davidson Outdoors, Davidson  
Dixie Division ACA, Tuxedo  
Mecklenburg Regional Paddlers, Indian Trail  
Triad River Runners, Winston, Salem  
Watauga Paddlers, Boone  
Western Carolina Paddlers

## **Ohio**

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

## **Oregon**

Face Level Industries LLC, Portland  
Oregon Kayak and Canoe Club, Portland  
Oregon Whitewater Association, Beaverton  
Lower Columbia Canoe Club, Portland  
Northwest Rafters Assoc, Portland

## **Pennsylvania**

AMC Delaware Valley Chapter, Sugarloaf  
Benscreek Canoe Club, Johnstown  
Bradford County Canoe and Kayak Club, Sayre  
Canoe Club of Greater Harrisburg, Mechanicsburg  
Conewago Canoe Club, York  
Easton Whitewater Parks Commission, Bethlehem  
Holtwood Hooligans, Lititz  
Lehigh Valley Canoe Club, Lehigh Valley  
PA Organization for Watersheds & Rivers, Harrisburg  
Philadelphia Canoe Club, Philadelphia  
Three Rivers Paddling Club, Pittsburgh  
Lehigh Valley White water Club, Lehigh Valley

#### **S. Carolina**

Foothills Paddling Club, Greenville  
Palmetto Paddlers, Columbia

#### **Tennessee**

Eastman Hiking and Canoeing, Kingsport  
Memphis Whitewater, Memphis  
Tennessee Scenic River Assoc., Nashville  
Tennessee Valley Canoe Club, Chattanooga  
University of Tennessee Knoxville, Knoxville

#### **Texas**

Houston Canoe Club, Houston

#### **Utah**

USU Kayak Club, Logan  
Utah Whitewater Club, Salt Lake City

#### **Vermont**

Vermont Paddlers Club, Essex Junction

#### **Virginia**

Blue Ridge River Runners, Lynch Station  
Canoe Cruisers Association, Arlington  
Coastal Canoeists, Richmond  
FORVA, Roanoke  
Float Fishermen of Virginia, Richmond

#### **Washington**

EPIC Outdoor Adventures, Cheney  
Paddle Trails Canoe Clube, Seattle  
Spokane Canoe & Kayak Club, Spokane  
University Kayak Club, Seattle  
Venturing Crew 360, Snohomish  
Washington Kayak Club, Seattle  
Washington Recreational River Runners, Renton  
Whitman College Whiteater Club, Walla Walla

#### **West Virginia**

West VA Wildwater Association, S. Charleston

#### **Wisconsin**

Hoofers Outing Club, Madison  
NE Wisconsin Paddlers Inc. Appleton

#### **Wyoming**

Jackson Hole Kayak Club, Jackson

#### **Canada, British Columbia**

Vancouver Kayak Club, Vancouver

## **Discounted AW Membership for Affiliate Club Members**

*By Carla Miner, Membership Manager*

AW offers a discounted Affiliate Club membership of \$25, a \$10 savings. If you are renewing your AW membership or joining as a new member, select the Affiliate Club Discounted Personal Membership online at <https://www.americanwhitewater.org/content/Store/?crn=199>. Or, if you are renewing or joining by mail or telephone just mention the name of the Affiliate Club you belong to and you can take advantage of the \$25 membership.

A list of AW Affiliate Clubs can be found on our website at [https://www.americanwhitewater.org/content/Affiliate\\_view\\_](https://www.americanwhitewater.org/content/Affiliate_view_). If you do not see your Club listed here please encourage them to renew their Club membership or to join AW as a new Affiliate Club. Your Club's membership and your personal membership enable our staff to be active and engaged in the process of river stewardship. When you join or renew your membership your support is helping to meet the many challenges whitewater rivers face.

If you have any questions about the Affiliate Club membership, please contact me. I can be reached at 866\_BOAT-4AW or [membership@americanwhitewater.org](mailto:membership@americanwhitewater.org).

## **Join American Whitewater as a Club Affiliate!**

### **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. List club events in the *AW Journal*.
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 the 2008 Clif Bar Flowing Rivers grant

**For more information,**  
contact Carla Miner at  
[membership@americanwhitewater.org](mailto:membership@americanwhitewater.org)  
or sign-up on-line at:  
[www.americanwhitewater.org/membership](http://www.americanwhitewater.org/membership)



# 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, Photoshop 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.

Send your material to:

Journal Editor

P.O. Box 1540

Cullowhee, NC 28723

E-mail: [editor@amwhitewater.org](mailto:editor@amwhitewater.org)



PO Box 1540 Cullowhee, NC 28723

[www.americanwhitewater.org](http://www.americanwhitewater.org)

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