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american whitewater

November / December 2001

**Cruising
Cal at 50**
page 42

**My Sweet
Runnin Goat**
page 50

Valley Falls Anyone?
page 15



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Departments

Corner Charc 4

Letters 6

Conservation 12

- Klamath River
- Hydropower on the **Gauley**
- Hydropower Legislation
- Making the Lower Snake River Wild Again

Access 15

- Valley Falls Access at Risk?
- Ohiopyle Falls on the Lower **Yough**
- **Patagonia** Wins Moving Mountains Award
- No Trespassing? No Problem.
- AW Joins Campaign to Protect California's Wilderness
- Donate Your Boat!

Events 24

- Rolling down the River
- Freestyle Competition Opens a New Door
- NOWR Freestyle Event Results
- Getting Started
- Ohiopyle Upstream Race Results

Vote 50

- **Vote for** the American Whitewater Board of Directors

River Voices 55

- River Passage
- Slight of Craft
- Creatine and the WW Paddler

Humor 63

Journal of the American Whitewater

Volume XLI, No. 6

Features

Vive la Kipawa Libre

by Dax Jacklin

30

My Sweet Runnin Goat

by Steve Stratman

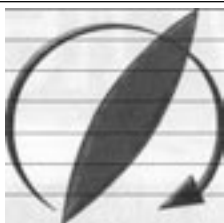
34

Cruisin Cal at 50

by John Mattson

42

☐ Cover: Top inset: Alex Henes Running Devils Cnnyon: Photo by John Mattson. Background photo is JKV running the Bottom Falls at Valley Falls and the inset is Bob Gedekoh showing Johnny K how to run the top falls. Photos by Patty Ellick



Corner Charc

'When the going gets tough...the tough
cherish their paddling even more.'



Risa Shimoda
Executive Director
American Whitewater

The energy at the Gauley Festival this fall was pretty special. Shortly after the incidents in New York and Washington we hosted a record attendance of 5,000 guests and will have raised a record amount for running this great organization, so that more river miles can be protected and restored. The crowd was talking patriotism and the tone was a step more somber than years before: as usual, it continued until the wee hours. Negative energy was channeled and transformed, it seemed, with neither the naivete nor cowardice of pretending the world had not changed.

Yep, the events of the Autumn of 2001 have provided ample reason for reflection and pause. Regardless of how you, your friends, and family were touched on September 11th, you have undoubtedly navigated through a variety of emotions and discussions that will frame your plans to work, play, and love.

Work. We'll still need goods and services that reflect consumer interests and the capacity for manufacturers and service providers to make them available. You may view your workgroup differently, as one in which members owe life and respect to each other.

Play. The word itself seems a bit irreverent relative to the gravity of terrorism. Play as a means for escape from day-to-day toughness...does this concept provide sufficient rationalization to justify your planning to have a heck of a time say, next weekend? Do we dare plan to have fun, overtly, or should we feel guilty in light of change about which we don't yet know?

Love. It has been a time to renew our dedication to our priorities and to be ready to call on personal, professional and emotional resources that may force us out of our comfort zone. If your love is enjoying a backyard run, perfecting loops, or investigating new reaches only newly-runnable because boats have gotten shorter, that shouldn't change. If your ability to experience that love for a time, the river will await your return.

Likewise, the American Whitewater mission will not change. We hope to be able to continue to count on you for your membership, willingness to lend your mind, heart, and hand to drive the dozens upon dozens of projects going on around the country, increasing around the hemisphere.

this issue:

We know you care enough about AW to entertain actively supporting our mission this month. Consider participating in the American Whitewater **Paddle Ecuador** membership contest, to become eligible to win a trip paddling in the destination that has zoomed in popularity! You become eligible by simply signing two friends up as members. Your club can also be eligible to win the trip (to award to a deserving person like you!) by signing up fifteen members.

Seem like a lot of work to have a chance to win a \$1,400 trip? Read the rest of this publication to get a sense for the value of the work you'll be supporting.

If you have a boat you'd like to sell but don't want to go through the hassle, or...might not get what you'd like...get with the AW Boat Donation program and write off the value of that dust-collecting antique!

Legislation going down: Check out the update from Conservation Director John Gangemi on energy legislation that WILL affect us all in the near term.

More 'New' water in California - Actually 'restored,' re-watered reaches may be in the cards, once the relicensing on the Klamath River (CA) proceeds.

Have you been to the American Whitewater website lately? americanwhitewater.org has become the most highly-visited site to find out about whitewater news and issues. Boater Talk gets more chat traffic, true, so... we've hooked up! There's now an AW link on BT for issues related to our conservation, access, or safety programming. We are trying to be where you are, evidencing that we are part of the reason that you have that place to boat.

Notes on articles in

Vounteer Note...

There is not a greater contributor to American Whitewater's efforts the past couple of years than by our StreaMaster Matt Muir, who has been the honcho for the AW StreamKeeper Project. We really should, first and foremost, thank Matt's family for the time he spends on recruiting and managing his more than 150 volunteers, and providing information on 3,500 river reaches around the country. Those 'looking in' observe in amazement that boaters would have the time and inclination to take such fantastic ownership of the river reaches that comprise our whitewater network.

Matt's unbounded enthusiasm and energy for the SK project along with his unwavering support for American Whitewater is inspirational. Buckeyes rule.

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Letters

Test of Faith

Dear Editor,

While Gordon Bare's article about the first descent of the headwaters of the Salween was a fine read, there was one comment I found a bit disconcerting. When discussing the piousness of the Tibetan people he says, "the manifest intensity of the religiosity far surpasses that usually evident in Judeo Christian settings" [Page 47]. Not to disparage the Tibetan people, but I'd put the religious intensity of some of our local folks down here in the N. W. Georgia, N. E. Alabama area up against the Tibetans any day.

I'd be proud to take Mr. Bare down a quick early morning run on South Sauty Creek after which we could attend the 11:00 a.m. service at one of the many fine snake-handling churches in the Sand Mt. area. Once there, he would observe people taking up poisonous snakes and drinking strychnine - that is a pretty intense Judeo Christian setting in my book. There is a good book about the snake handling churches called "Salvation on Sand Mountain" by Dennis Covington for anyone who might be further interested.

Bill Thornton

Rome, GA

Editor's reply: I wonder which is a bigger test of faith, running Gorilla, or drinking strychnine? They both sound pretty scary to this pagan baby!

TOO MUCH BEER???

Dear Editor,

I really enjoyed reading the article "Idaho's River of No Return" written by Jeremy Deem (*American Whitewater*, September/October 2001 p.72.) It helped convince me to keep trying for a permit.

Now, I don't think of myself as being a stick in the mud or any such thing, but I don't think I'd advertise the fact that for a seven day, six night trip with twenty people that I needed to take 45 cases of beer along. I calculate that to be $45 \times 12 = 540$ cans of beer, or 27 cans per person - which is a large enough quantity to wonder if this group has a substance abuse problem.

As with so many other sports, the younger folk look up to the older and hopefully expe-

rienced folk. Do we, as paddlers, want to send that kind of message/image to our youth?

Thank you,

David Krueger

Eureka, California

Editor's reply: Interesting point. Maybe it was root beer.

CORRECTION

The accident review article in the September/October 2001 issue of *American Whitewater* discussed a February 1 drowning on the Pigeon River. In doing so, author Charlie Walbridge indicated that he did not understand why Ed Owens ran first, and indicated that he would not have done so personally. In fact, Mr. Owens ran first involuntarily. He was maneuvering above the rapid prior to getting out and scouting. Instead, he flipped at the top of the drop and was washed into it.

This unfortunate error resulted when a paragraph from a previous version of this report was not deleted when corrections were made. The new material arrived after our official deadline and was added under considerable time pressure. Charlie Walbridge and the staff of the Journal regret the error.

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The editorial staff of *American Whitewater* carefully reviews all material submitted for publication. We are particularly interested in receiving full-length feature articles, conservation and club news, special event announcements, articles pertaining to whitewater safety and short, humorous pieces.

Articles should fit our established format; that is, they should be stylistically patterned to fit into our Features, AW Briefs, River Voices, Conservation Currents, Safety Lines, Humor or End Notes sections. Exceptional photographs and whitewater cartoons are also welcomed.

If possible, articles should be submitted on a 3-112-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. 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. Because we publish in black and white, photos with a lot of contrast work best.

American Whitewater feature articles should relate to some aspect of whitewater boating. Please do not submit articles pertaining to sea kayaking or flat water. The best features have a definite slant... or theme. They are not merely chronological recountings of river trips.

Open the story with an eye-catching lead, perhaps by telling an interesting anecdote. Dialogue should be used to heighten the reader's interest. Don't just tell us about the river... tell us about the people on the river... develop them as characters. Feature articles should not be written in the style of a local club newsletter.

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 III and IV rivers as well. Feature stories do not have to be about a specific river. Articles about paddling techniques, the river environment and river personali-

ties are also accepted. Pieces that incorporate humor are especially welcome. Open boating and rafting stories are welcome.

Don't be afraid to let your personality shine through and don't be afraid to poke a little fun at yourself... and your paddling partners.

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, *don't* send it to us! Because of our deadlines you will not be able to review the editorial changes we make prior to publication.

American Whitewater is 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.

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Purpose

American Whitewater

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

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

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

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

EDUCATION: Through publication of the bimonthly magazine, and by other means, American Whitewater, (AW) provides information and education about whitewater rivers, boating safety, technique and equipment.

SAFETY: AW promotes paddling safely, publishes reports on whitewater accidents, maintains a uniform national ranking system for whitewater

rivers (the International Scale of Whitewater Difficulty) and publishes and disseminates the internationally recognized AW Whitewater Safety Code.

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

AW was incorporated under Missouri nonprofit corporation laws in 1961 and maintains its principal mailing address at 1430 Fenwick Lane, Silver Spring, MD 20910 (301) 589-9453. AW is tax exempt under Section 501(c) (3) of the Internal Revenue Code.

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Conserve

Klamath River, Oregon



In early September, Conservation Director John Gangemi traveled to Klamath Falls Oregon to tour PacifiCorp's hydropower facilities undergoing relicensing and to become familiar with the whitewater resources impacted by hydropower operations. Gangemi reflected on the trip, "Obviously, water allocations are a hot topic in the Klamath basin and I was a bit reluctant to travel there pushing a whitewater boating agenda. I anticipated significant opposition to any downstream water use so I arrived incognito—less the paddling gear. In the four-day visit I witnessed little evidence of the water wars other than petitions in gas stations and placards along the road. I realized there is far more happening in Klamath Falls than the press would like me to believe. And I found some great river reaches with whitewater potential currently dewatered by hydropower operations. Ironically, my flight out was packed with golfers attending a weekend tournament in Klamath Falls. None of them complained about brown greens."

PacifiCorp initiated the relicense process for the Klamath Project in December of 2000. The project consists of six dams and seven powerhouses. American Whitewater notified PacifiCorp of our intent to conduct controlled whitewater flow studies in several of the reaches impacted by project operations. The site visit was the initial phase of these studies enabling us to identify a range of flows for further study. PacifiCorp's project license expires February 28, 2006. PacifiCorp is required to submit a detailed application for a new license complete with terms and conditions in February 2004. Over the next two years American Whitewater will focus on developing and executing study plans investigating the whitewater resources on this river.



Top: Penstocks delivering water back to Klamath River via the J. C. Boyle Powerhouse.
Above: Amphibious descent of the J. C. Boyle bypass reach on the Klamath River at the 100 cfs fishery flow.
Right: Caldera rapid on the Klamath River. Photos John Gangemi.

Hydropower on the Gauley

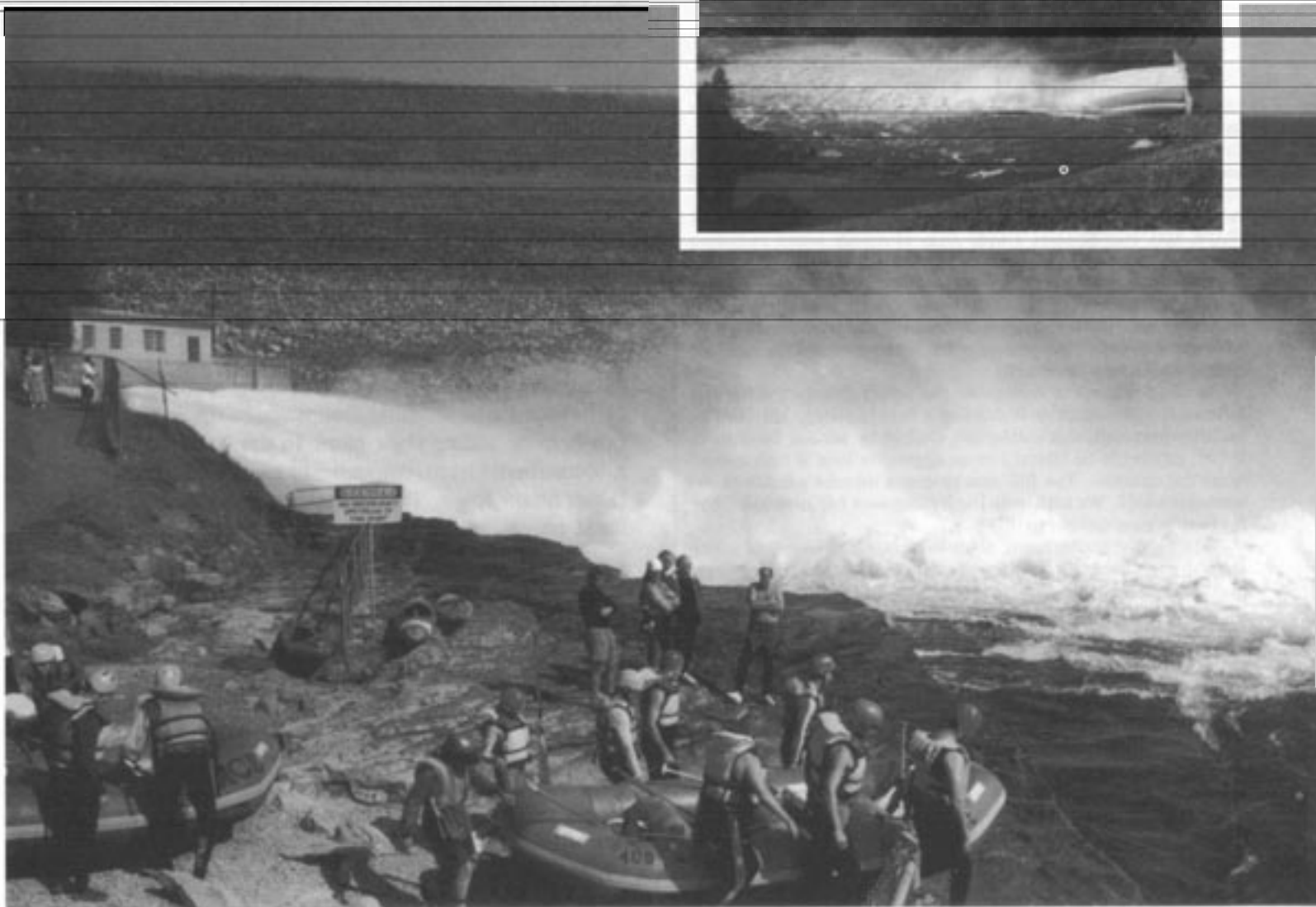
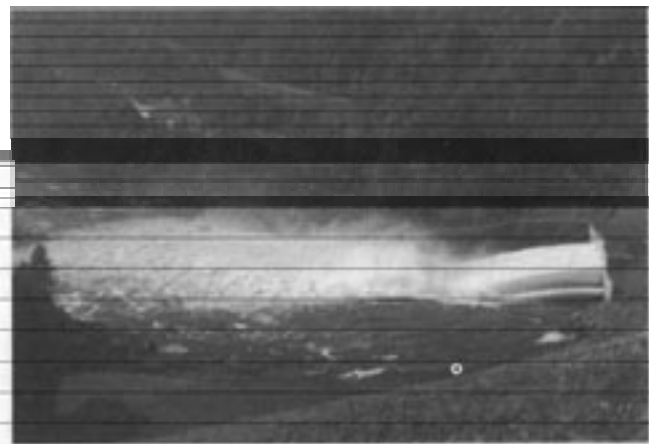
Boaters for years have grown accustomed, if not downright excited, to see the dramatic plume of water at the Upper Gauley River put-in below Summersville Dam in West Virginia. This jet of water symbolizes the start of the fall Gauley season—six weekends of whitewater releases. For many boaters, Gauley season is an important annual pilgrimage. But, this year the dramatic plume of water from the base of the dam formerly stirring excitement in paddlers is no longer present during the whitewater releases. The City of Summersville commenced operation of an 80 megawatt hydropower project at the base of the Summersville Dam on July 29, 2001. Instead of shooting out the tubes, the water now spins turbines before bubbling up from the base of the dam. During the past two seasons the Upper Gauley put-in has been a construction zone. This construction has been part of the retrofit to accommodate hydropower generation at the dam outlet.

Releases from the tubes have not been eliminated entirely. The Army Corps of Engineers operates Summersville Dam for flood control as well as storage and delivery of water for downstream barge traffic. The Corps continues to operate the tubes when the City of Summersville is not operating the hydro plant for power generation.

The City of Summersville applied for a hydropower license for the existing Summersville Dam in the mid 1990s. American Whitewater was an active participant in this licensing process. Although supportive of retrofitting Summersville Dam for hydropower generation, American Whitewater insisted that the project not alter the popular six-week fall whitewater release schedule on the Gauley and, along with the National Park Service, requested improvements at the Upper Gauley Put-in. With construction nearing completion at the put-in, access improvements are now being implemented.

Former Gauley River put-in below Summersville Dam. Photos by

JoAnn Lang.



Hydropower Legislation: The Next Installment

Cresta Dam on the North Fork Feather River, California. American Whitewater successfully negotiated an annual schedule of whitewater releases previously eliminated by hydropower operations. Hostile amendments to Senator Bingaman's Energy Bill could limit public input in the relicensing process jeopardizing recreation opportunities. Photo John Gangemi.

On August 2, 2001, the House passed a comprehensive energy bill that includes provisions to make limited improvements in hydropower relicensing. American Whitewater Conservation Director John Gangemi spent three days in early July meeting with members of congress to ensure that changes to the relicensing process did not come at the expense of the environment. The bill, referred to as the Securing America's Future Energy Act of 2001 (SAFE Act), encompasses a wide array of energy issues including provisions to all oil and gas drilling in the Arctic National Wildlife Refuge. The hydropower component requires federal resource agencies to consider less expensive alternatives to the mandatory conditions imposed. The hydropower component also requires the FERC to revise data collection procedures to better evaluate the need for hydropower licensing reforms.

As we go to press in September, the Senate Energy and Natural Resources Subcommittee is drafting a Senate energy bill. Unlike industry proposals, this committee, chaired by Senator Bingaman, D-NM, appears to be taking a more aggressive look at hydropower licensing reforms. The Bill also proposes interim conditions on annual licenses. We anticipate the Hydropower Industry will lobby for hostile amendments to this Bill.

"The paddling community needs to be integrally involved in the legislative reforms currently proposed for hydropower relicensing," claims John Gangemi. "The hydropower industry, in an attempt to capitalize on the crisis atmosphere surrounding energy resources, is trying to lower the standards required for licensing hydropower projects. The standards are already so low its deplorable. To combat the Hydropower Industry's lobbying efforts, paddlers need to communicate to their legislators the importance of restoring rivers. Inform them that legislative reforms need to improve environmental protections. Anything less jeopardizes our rivers."

Gangemi will be working closely with a consortium of other river groups to ensure rivers receive equal if not better protection in the legislative reform package. You can assist in this effort by contacting your legislators. To locate your legislators go to www.congress.gov. Visit American Whitewater's website www.americanwhitewater.org to view a letter sent to members of the Senate Energy and Natural Resources Committee.

Making the Lower Snake River Wild Again:

Bringing back rapids and salmon for all to enjoy

Near the end of a journey across the American West, Lewis and Clark encountered the amazing wild rapids of the lower Snake River in Idaho and Washington. And until the late 1960s, Americans could enjoy the same excitement on the lower Snake by rafting, kayaking and canoeing in the footsteps of that first exploration.

Then four federal dams drowned the whitewater and pushed wild salmon towards extinction on the lower Snake River. Scientists say that if we act soon, we can recover the salmon and restore the river. But, every year, congress delays and whitewater enthusiasts lose time and invaluable opportunities to enjoy the river.

The Snake River Campaign works to restore 140 miles of free flowing Snake River and 63 documented rapids by advocating partial removal of the four dams. Paddling groups and businesses can help by adding their name to the National Endorsement List to remove the four dams on the Lower Snake River. There is no cost or commitment unless your business/organization would like to be more involved. **Over 2,300 groups and businesses have endorsed dam removal including:**

American Whitewater, American Canoe Association, Lotus Designs, Patagonia, Inc. and others

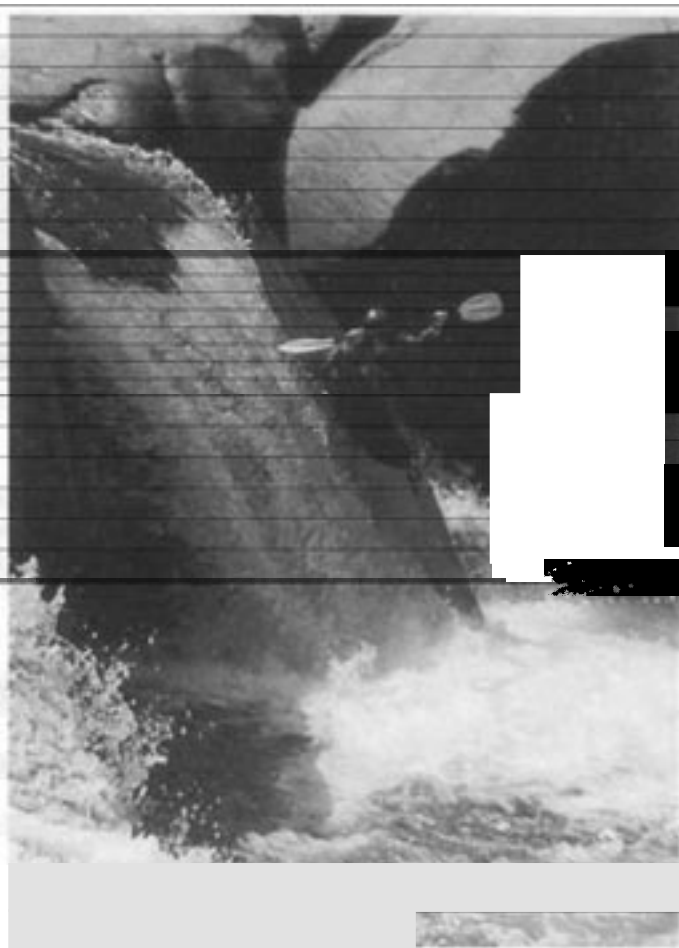
You can join the growing list of supporters, and urge congress to pass the crucial Salmon Planning Act of 2001 (HR 2573) by visiting the following websites: www.taxpaver.net/snake or www.wildsalmon.org. Together, we can make the Snake River wild once again.

Valley Falls Access at Risk (WV)?

By Rob Hammond

Editor's Note: Valley Falls was opened to boating in the 90s following meetings between the park's superintendent and American Whitewater's Executive Director Rich Bowers. Rich often tells the story of how he walked into the meeting and saw a picture in the visitor center of a boater going off the falls. During the meeting, he pointed at it saying "That's all we really want, we just want to run the falls." Surprisingly, the Superintendent agreed that access would be acceptable if boaters would agree to follow the restrictions described below. Please don't let Rich's work go to waste; it's much easier to follow the rules and keep the Falls open than it will be to reopen them a second time.

Valley Falls State Park is one of the under appreciated jewels in West Virginia for kayaking. It is on the Tygart River east of I-79 and the city of Fairmont. This is one of the best places I know for running waterfalls. If ever there was "the" place to learn how to run falls, I think this is it! One of the best things I like about this river is that the falls run almost all summer long, even when most local rivers are more rocks than water!



The river goes through Valley Falls State Park and consists of two sets of falls. The first is about an 8-foot drop and the second is a 12-foot drop. There is a large pool below each and some Class III - IV rapids a short distance downstream. This is all compressed into a 3/4 mile stretch of river that you can take out and run as often as you have the stamina for hiking back up. And since the falls are adjacent to the picnic grounds, by noon, you can count on an audience of locals who watch in awe, at the skill and daring of the kayakers.

Up until now, the park has been friendly to kayakers, with only a few simple rules. However when I went there on Labor Day, I found a disturbing situation. I was with a small group of Ohio boaters and a second group of four boaters that checked in with us. We were all having a good time; mostly running the lower falls, in a spot called the Spout. The second group soon got bored and decided to run other, more challenging lines over other parts of the falls, then they decided to swim over the falls.

Remember what I said about there being a few simple rules, well swimming is one of the prohibitions. There are signs posted everywhere about no swimming, so it is not likely that a boater would not see them. Now we all know that boaters occasionally have to swim when they cannot roll up in their boats. Inadvertent swims are not the issue, but purposely jumping into the water is another story. But the next stunt is what really infuriated the park superintendent. There is a large rock between the Spout and the rest of the falls. One of the boaters did a beautiful double flip off of the rock into the water below. Now most of us learned in our school days, not to dive or jump into water that you don't know, because there could be rocks or other unseen debris that can seriously injure you. I think maybe the other boaters had a little common sense, because they anxiously waited to see if their buddy survived. When he did surface, the other 3 acted like Lemmings and jumped off the rock, each probing a different part of the water.

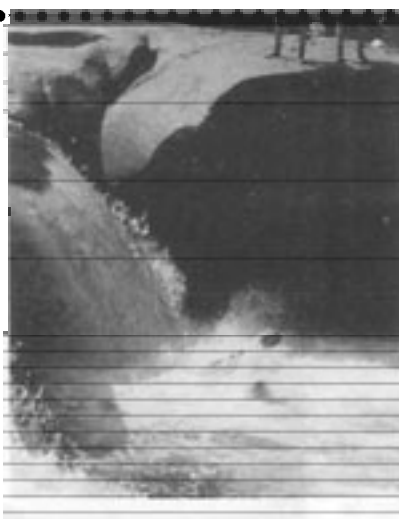
After Superintendent Ron Fawcett gave these boaters a long lecture and tickets, I went over and talked to him. He was very annoyed at these boaters for their risky behavior and was seriously

considering banning all boating in the park due to these and many other boaters frequently ignoring the few simple rules that he has set out. The reason that he was so annoyed is that they had recently had to spend 8 days recovering a body after a similar incident.

Killing yourself by being stupid and using risky behavior may benefit our gene pool, although I would really hate to see a kayaker turn up on the Darwin List. But, Superintendent Fawcett pointed out, that it puts other people at risk as well. In this case the recovery team sustained several injuries as they were climbing over the slippery rocks of the dewatered river looking for the body. The deceased swimmer sustained a head injury. He died with his lungs empty of water, indicating that his death was immediate and caused by the impact of a submerged rock near where our Darwin fame seekers were diving in.

I don't know what the Superintendent's future decision will be about allowing kayakers to continue using the park, but I do know that if we expect to keep the park open to boaters, we need to follow these rules.

1. You must sign in when you come into the park. If the office is open, go in and ask for the sign-in sheet. When the office is closed, a clipboard with the sign-in sheets is located just outside of the office door.



2. No intentional swimming is allowed.
3. Stay off the railroad tracks that run along side of the river. There is a bridge you can use to go over the tracks.
4. Do not wade in the water.

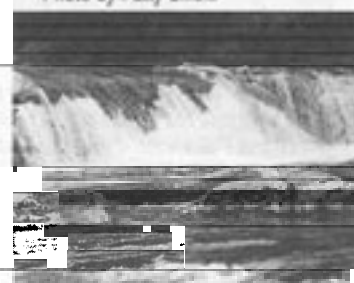
Ron pointed out to me that although boaters are aware of the dangers and can mitigate them by avoiding places with current flow, other visitors to the park do not know about these dangers. If they see kayakers wading and swimming in the water, they won't think anything about wading and swimming themselves. The waters are very treacherous for people without the basic understandings of moving water. A child or even an adult watching a kayaker ignore the rules may imitate what they see. So we need to be aware that we are not in an isolated river, and park visitors are watching us and may try to emulate us. This park had a lot of drownings on this river before they put the "no swimming" rule in place. Superintendent Fawcett will not tolerate seeing the number of drownings

increase.

Let's keep Valley Falls State Park open to kayaking! Please follow the rules, respect the other park users, and tell Superintendent Fawcett, how much you appreciate his park and his support. And - oh - in case you are wondering, the minimum that a ticket will cost for violating the park rules is \$110. Hmm... I can think of just a few better ways to spend 110 bucks!

Bob Gedekoh running the top falls, August 18, 2001.

Photo by Patty Elick.



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Ohiopyle Falls of the Lower Yough (PA)

HARRISBURG, PA — Pennsylvania's Department of Conservation and Natural Resources (DCNR) dismissed American Whitewater's request to open Ohiopyle Falls despite nearly 5,000 uneventful descents by 500 racers in the past two years. However, we are optimistic that new regulations will allow the Superintendent some flexibility in this matter. Boaters will be asked to comment on the new regs this winter, please check our website for more information.

Patagonia Wins Moving Mountains Award

SALT LAKE CITY, UT—The outdoor recreation community recognized Patagonia as the most philanthropic company in the outdoor industry. Patagonia earned the Second Annual Moving Mountains Award in August at the Outdoor Retailer Summer Trade Show in Salt Lake City, Utah.

A broad coalition of non-profit membership groups created the award to honor the leading outdoor company whose support of muscle-powered recreation has clearly gone above and beyond the normal levels of giving. Patagonia was nominated by three of the participating organizations: American Whitewater, Climbing for Life, and Winter Wildlands Alliance.

Access Director Jason Robertson observed, "Patagonia has a long history of supporting American Whitewater. They gave us the grant that established our access program, helped us with annual support for hydropower relicensing and dam removal, and provided the funding to establish the California Hydropower Reform Coalition."

Colorado

BOULDER, CO — American Whitewater and the Colorado Whitewater Association (CWWA) have won the first round in two legal battles in Colorado. First, we were recognized as intervening defendants in the Lake Fork Gunnison navigability and access case. Second, the court has ruled in our favor in the South Platte quiet title case. Check out the access page on our website for more information.

Governor Glendening Intervenes on Savage River (MD)

Annapolis, MD—After receiving hundreds of letters from American Whitewater members at the 2001 Potomac Fest, Governor Glendening asked Maryland's Department of the Environment (MDE) to intervene and arrange a meeting between American Whitewater and the Upper Potomac River Commission (UPRC) "to facilitate discussions regarding release procedures." We are very optimistic that this will lead to improved communication and releases on the river since the UPRC appears to have promised the MDE that they will consider our request and that their decision will be based on the parameters we outlined in our proposal. The response from the Governor states:

The UPRC has informed the Maryland Department of the Environment (MDE) that they will consider your request for regular scheduled releases from the Savage River dam. Their decision must consider the best available information, their ability to fulfill existing commitments for water storage, and the beneficial operation of the Savage River reservoir for all the citizens of Maryland, including the whitewater boating community. The law creating the UPRC grants them broad authority to regulate the flow of water in the Upper Potomac River District, with the condition that the State's authority to regulate water appropriation is not restricted.

AW Testifies Against Extension of Unmodified Fee Demo

By Jason Robertson, Access Director

WASHINGTON, DC—I was invited by Chairman McInnis and the Republican majority in the House to testify about extending Fee Demo in our national forests. This was not my first time testifying to Congress on behalf of American Whitewater's membership, but it was certainly the most difficult because I was also speaking on behalf of a broad coalition of human-powered recreation interests, including industry and sportsmen. The responsibility of speaking for half-a-million people was both exciting and stressful. The fact that the House was entering a closed-door session to discuss the war on terrorism immediately after my testimony added to the pressure as I watched my speaking time dwindle from 5 minutes to 3 minutes. I made all my points in those three minutes, and walked away feeling like I'd just run a 45-foot waterfall - the relief was immediate and the desire to go again loomed large in my mind. Chairman McInnis' staff promises that this is just the first review of the program, so I may get my wish for another run at the Fee Demo sooner than I thought. A complete copy of my testimony is available on-line at www.americanwhitewater.org/archive/article/257/.



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—Carol Moore

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8 Tips for Approaching Landowners for Access

By Jason Robertson

Winter's here and spring's coming, that means water's on the way. Now's the time to do your research, check out the snow pack, watch for rainfall, look at the topo maps, read the guidebooks, and figure out which creeks you're going to run. It's also the right time to figure out how you're going to get to the water. Here are eight tips for approaching private landowners and getting permission to access creeks and streams via their private property. After your visit, consider thanking the owner with a postcard, phone call, or even with some of your stories.

1. Be prepared. Write down your name, contact information, license tag, and car description in advance. Offer this to the owner. Many owners will allow access if they simply know who you are and how to get in touch if there is a problem.
2. Be patient. Take your time to approach the landowner. Don't speed in or out of the owner's driveway, don't appear nervous or antsy.
3. Be courteous. Don't wake, startle, or frighten the landowner late at night or early in the morning. Think about approaching the owner now during the off-season and getting early permission to use their property next spring or fall. Don't wait for when it rains all night and the water is up at 6 AM.

4. Be clean. Dress neatly. Don't wear outlandish gear or inadvertently appear threatening. Wait to put on your wet suits, lifejackets, and helmets until you've spoken to the owner. Jeans and a polo shirt work well. Leave your paddles and sunglasses in the truck.
5. Introduce yourself and your friends if they are with you; only seek permission for a small group to access the property, and only ask to use the property once on your first visit. The owner may volunteer permanent access, but don't press too hard on your first approach. If the owner lets you in once, they are likely to let you in a second time if they see you respect their property rights.
6. Ask about where to park your vehicle, places on the property to avoid, and which trails you may use to access the creek.
7. Be interested. Ask about the owner and the area. Even if your access request is refused on your first request, it's possible the owner will recant and allow you to use their property if you express sincere interest in their community and land.
8. Be positive. Statistically, one in three owners allow access to their lands. If denied at your first choice, follow the creek up the road, and knock on the next door.

Ohiopele Falls...Chattooga Headwaters...Johns Creek...South Platte...Skykomish...The whitewater rivers boaters love to paddle are increasingly under siege.

American Whitewater is the only organization working full-time on whitewater river access issues. The more members we have, the more successful we'll be.

Now you can help strengthen the voice for access and win a 7-day trip paddling in Ecuador! For every 2 new members you bring in to AW we'll enter your name in a drawing for a trip in Ecuador with Small World Adventures.

Get involved in AW's Paddle ECUADOR Membership contest today! See page 22 or go to our web site, www.americanwhitewater.org for details.

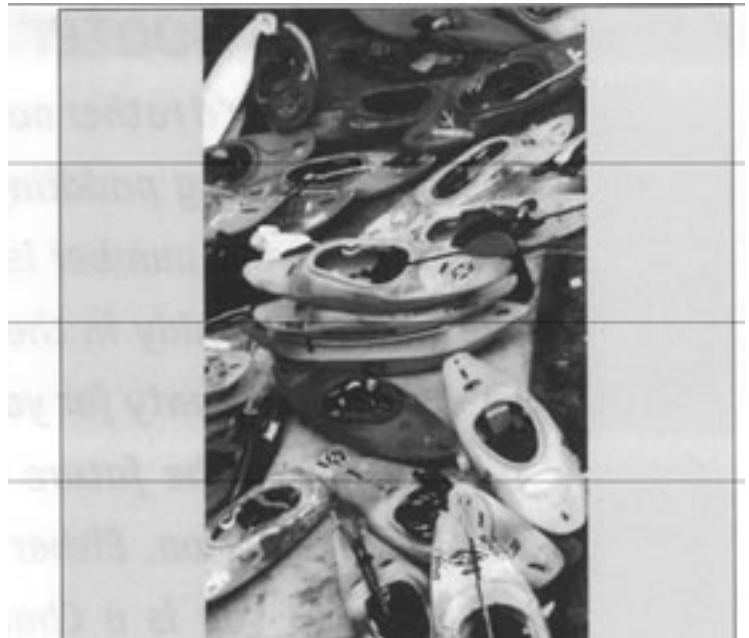
American Whitewater Joins Campaign To Protect California's Remaining Wilderness And Wild Rivers

American Whitewater has joined a statewide coalition of groups to protect the remaining roadless areas and wild rivers in California. Known as the California Wild Heritage Campaign (CWHC) (www.californiawild.org) - the statewide coalition includes the Sierra Club, Friends of the River, California Wilderness Coalition, The Wilderness Society, and over 150 businesses, civic and faith groups.

Over the last year, activists, including American Whitewater members, have walked trails, bushwhacked, and scrambled through the heart of California's most remote and wild country, documenting the first ever citizen's wilderness and wild rivers inventory — consisting of 7.4 (6%) million acres of unprotected wilderness on California's public lands, and more than 3,000 (1.1%) miles of wild rivers, streams and creeks, a significant number of which contain whitewater opportunities.

This hard work is now paying off. For months grassroots activists have been busy educating local, state and federal elected officials to show them the overwhelming grassroots support the campaign has built for protecting these vital and threatened areas - which California risks losing forever without congressional action. We anticipate federal legislation will be introduced to designate many of these areas as wilderness, and rivers as wild and scenic.

For more information, or if you'd like to get involved, please call John Gangemi, American Whitewater Conservation Director, e-mail: jgangemi@digisys.net, phone (406)837-3155.



www.OutdoorPrices.com and American Whitewater partnered to offer a new boat donation program, from which the proceeds are going to AW. The program is simple: you donate your old boat to AW at one of the donation centers located around the country. Our representatives at the donation centers will give you a receipt you can use to value the donation for use as an itemized charitable deduction.

American Whitewater will post the boats for sale at the [OutdoorPrices.com](http://www.OutdoorPrices.com) website, noting where the boats are located and how to contact the donation center. When the boat is sold, American Whitewater will receive proceeds from the sale.

This program is easier and, in many cases, more profitable than selling your boat yourself, and the proceeds benefit river access and conservation! If you are interested in learning more about the program or want to purchase one of the donated boats, go to www.OutdoorPrices.com and look for the American Whitewater logo.

Dirtbag boater though you are, you may have assets you'd rather not leave to thankless heirs, overly demanding paddling buddies or the government when your number is up and you're headed to the great calm eddy in the sky. On the other hand, you may have plenty for your heirs and simply want to help insure the future of America's whitewater resource protection. Either way, one vehicle you have available to you is a Charitable Remainder Trust. Some knowledgeable friends of American Whitewater have provided the article that follows, to explain CRT features and how they can benefit you now and upon your permanent departure into another dimension.

CAN YOU BENEFIT FROM A CH

Generosity and philanthropic motives are important factors behind most charitable giving. However, they are often not the only factors. Many investors also may be motivated by the significant tax, investment and estate planning advantages associated with the making of charitable gifts through a charitable remainder trust.

If you are an investor in your 50s or older, or nearing (or already in) retirement, and if you currently own highly appreciated securities, you may wish to consider a charitable remainder trust in order to take advantage of the tax benefits provided by such a trust. Through a charitable remainder trust, you may receive:

- Relief from capital gains taxes on the sale of contributed assets.
- An income stream for the rest of your (and your spouse's) life.
- A current-year income tax deduction.
- The potential to reduce estate tax liability.
- The ability to diversify your investment portfolio.
- The personal satisfaction that comes from supporting a favorite charity.

How a Charitable Remainder Trust Works

A charitable remainder trust is created to provide lifetime or term income payments to you (and/or your family members), while the *remainder* is eventually payable to a qualified charitable organization. Your payments, subject to income tax, may be an annual fixed dollar amount (**an annuity trust**) that is equal to a percentage of this trust's initial value, or they may be variable annual payments (**a unitrust**) equal to a percentage of the value of the trust fund. In this case, the fund is revalued each year.

Because a charitable remainder trust is tax-exempt, appreciated assets transferred by you to the trust may be sold by the trustee *free of capital gains taxes*. Assets in the trust may then be reinvested in a high-quality diversified portfolio which can potentially generate increased income.

Another benefit a charitable remainder trust can provide you is a *charitable income tax deduction* in the year you fund your trust. Keep in mind that your deduction will be less than the total value of the trust assets if you or other beneficiaries are to receive payments from the trust.

An additional tax advantage provided by a charitable remainder trust is that assets transferred to the trust will not be counted as part of your estate. This helps to reduce the value of your estate, which could reduce potential future estate taxes. Federal and state estate taxes range between 37% to 55% on taxable estates valued at \$675,000 or more (for 2000-01).

Works

CHARITABLE REMAINDER TRUST?

Wealth Replacement

Many individuals who are interested in establishing a charitable remainder trust ask about leaving assets to heirs. While assets in the charitable remainder trust must go to the charity upon the death of the surviving beneficiary, the increased cash flow and tax savings that result from the trust may be used to purchase life insurance in an irrevocable life insurance trust. With a properly structured life insurance trust, (1) premiums are paid with dollars that would have gone to taxes, (2) proceeds are outside the estate and are not subject to estate or inheritance taxes, and (3) proceeds are received by your beneficiaries income tax-free.

Please keep in mind that a charitable remainder trust is irrevocable. Assets in the trust will eventually go to your designated charity. Consult your tax and legal advisors to be sure a charitable remainder trust fits into your overall estate plan. If it does, you may enjoy significant tax, investment and financial benefits as well as leave a Lasting legacy to your favorite charity.

If you would like to learn more, please contact Risa Shimoda at American Whitewater 301-589-9453, amwhitewater.org.

This article does not constitute tax or legal advice. Consult your tax or legal advisors before making any tax- or legally-related investment decisions. This article is published for general informational purposes and is not an offer or solicitation to sell or buy any securities or commodities. Any particular investment should be analyzed based on its terms and risks as they relate to your specific circumstances and objectives.

Brett W. Anthony
Senior Vice President
Morgan Stanley
800-745-2451

AW launches

Paddle Ecuador

Membership Contest

Help AW grow and you could win 7 days in Ecuador!

As you know, American Whitewater is the *only* organization devoted solely to issues affecting whitewater boaters. AW's Access Director Jason Robertson is the *only* person in the country working full-time on whitewater access issues. We've won some battles, but many others keep heating up.

The more boaters that support AW, the more successful we'll be at keeping us all on the rivers we love and respect. That's why at Gauley Fest we launched our Paddle Ecuador! membership contest. Our members are our strongest advocates, and now they have a chance to help us grow and possibly win a trip to Ecuador!

What can you do?

Just get ² of your boater friends to join AW and we'll enter your name in a drawing for a 7-day trip in Ecuador with Small World Adventures.

To increase your chances, get two **more** members...and two **more**...and so on! You have until January 31, 2002 to **earn** unlimited drawing entries.

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We're counting on all boating enthusiasts — young, old, new, experienced — to help rally the troops and strengthen our voice. It's an easy sell to your friends — the whole community benefits from our access and conservation programs, and the price of membership (\$25!) is a small price to pay. So get them signed up — and you could be on your way to Ecuador!

How the contest works:

1. Talk with your friends how AW is to preserve whitewater opportunities and ask them to join.
2. Send a list of the people you've contacted to EcuadorContest@americanwhitewater.org, or 866-BOAT-4-AW.
3. When we receive your friends' membership dues we'll automatically credit you for the drawing.

It's that easy!

For more info. about AW's Access program, the trip in Ecuador, and contest rules go to www.americanwhitewater.org.

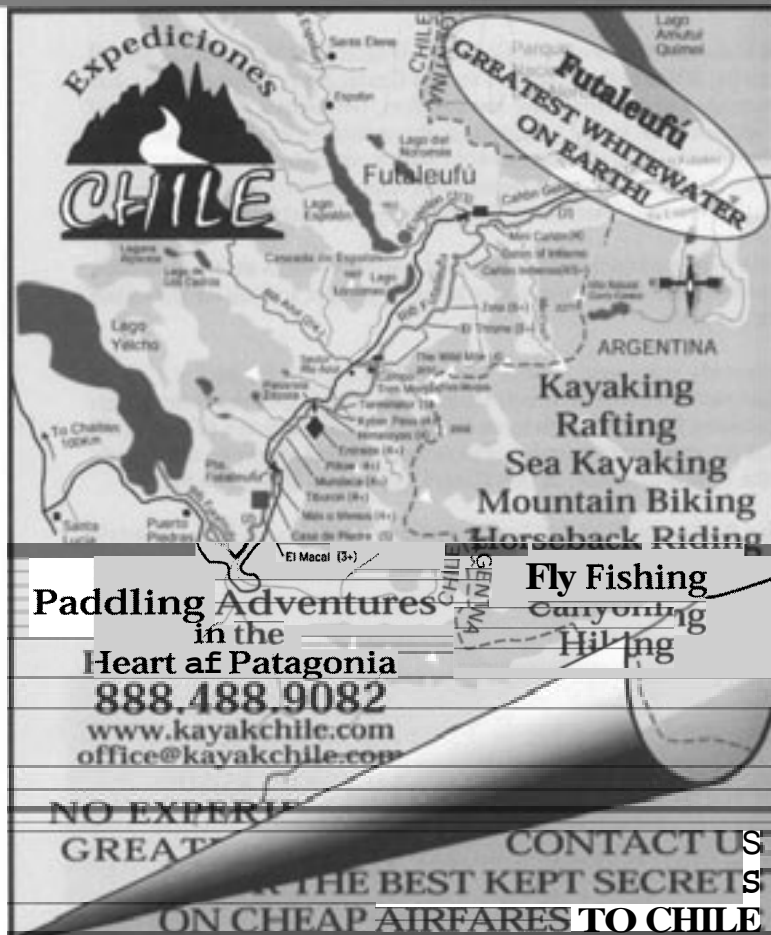


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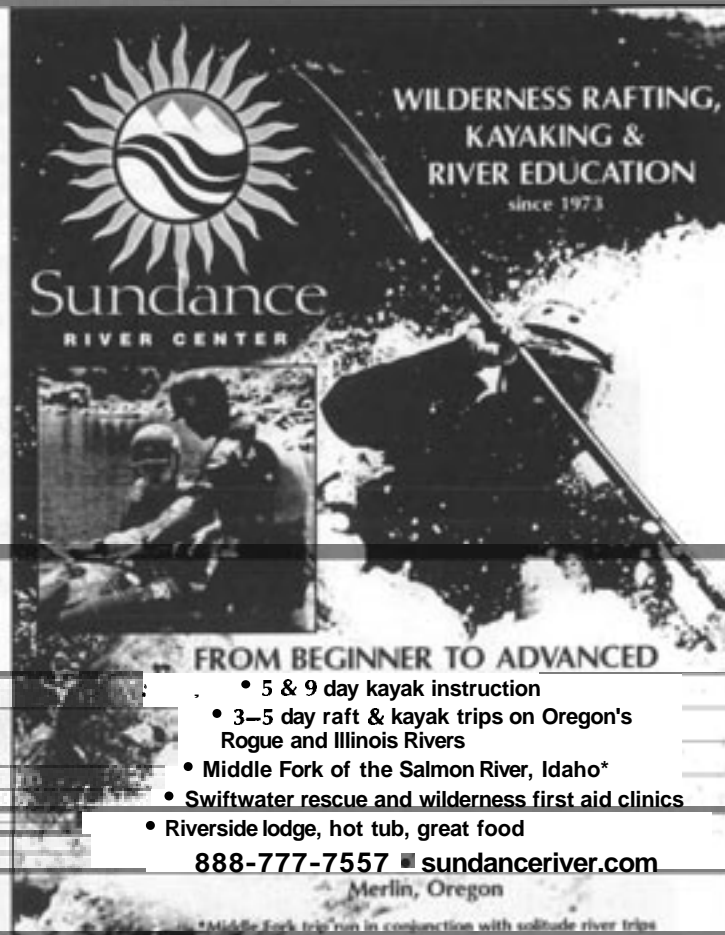
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B. J. Johnson

By Michael Phelan, Events Director

Some of you may have just figured out what whitewater and a rodeo have in common and now you may be wondering what the heck is a "rolling rodeo?" Rolling rodeos are a freestyle paddling format that attempts to capture the essence of a day on the river with your favorite paddling comrades. Competitors and spectators seem to love the format because it offers variety and it demands that paddlers be capable of playing the whole river and not simply have a hole fetish. Typically, rolling rodeos incorporate hole, wave, and freestyle through a rapid (FTR) components that are summed to arrive at a final overall score. Some events are even beginning to incorporate a downriver racing component forcing freestyle paddlers to become cardiovascularly involved.

The concept of a rolling rodeo is not a new one, but it is one that is certainly gaining in popularity. Rolling rodeos are a fun way to maximize the features a river has to offer even if there is no single award winning play spot or there are simply too many play spots to pick from. Spectators seem to love the events because of the variety and creativity displayed by the competitors.

Organizing any whitewater event is no easy task and John Cornwell, Director of the Kayaking School at the Ace Outdoor Center in Fayetteville, WV, and the organizer for the Gauley River Rolling Rodeo, has gotten it down to a science. John managed to get thirty-five pro paddlers, ten judges, two raft loads of paying customers to start at the put-in, compete, judge, and spectate at four events, eat a hot river lunch and get back to the dam in under nine hours. This is a testament to John's competence as an organizer and Ace Outdoor Center's commitment of resources such as buses, rafts, radios, and cold beer for the ride home. John Cornwell also organizes the New and Cheat River Rolling Rodeos. Watch for them in 2002!!

To get an idea of how difficult John's job was consider trying to set a shuttle with a group of friends, on a cold morning, before anyone has had their first cup of coffee and you will get a sense for the issues a rolling rodeo organizer has to contend with.

Lisa Beckstead



The Gauley Rolling Rodeo incorporated a wave event at Geek Wave, an FTR event at Pillow Rock, a hole riding event at Hungry Mother, and a final FTR event at Sweets Falls. The highlights of the competition included Ted Devoe and Bryan Kirk wowing the crowd with some stunning aerial loops at Geek Wave, BJ Johnson demonstrating his prowess at his stomping grounds in Pillow Rock, Calef Latorney's raging hole ride of Hungry Mother, and finally the style and finesse of Dan Gavere's rock spin at Sweet's Falls.

Overall, the Gauley Rolling Rodeo did an excellent job demonstrating just how much fun freestyle paddling can be to watch. So, if you have ever been bored watching cartwheel after cartwheel, maybe it is time to check out a rolling rodeo.

Hundreds of people paddled at Gauley Fest this year. Remember— We might not be paddling the Gauley at all today if it weren't for boater involvement back in the 80s. Now you can help AW get more boaters involved in today's whitewater access issues and WIN a 7-day trip in ECUADOR! Go to page 22 or our web site for more information on AW's new Paddle Ecuador! membership contest,



Freestyle Competition Opens a New "Door"

David Knox, Events Coordinator

September 25, 2001 is a day that saw two "firsts." The first ever Canyon Doors Rodeo was held at (where else but) Canyon Doors rapid on the Lower Gauley river in West Virginia. Much to the delight of the competitors, it was also the first really cold day they'd seen in a few months. With a bonfire blazing and teeth chattering, the 60-plus competitors beat their frozen-solid gear on big rocks to make it pliable enough to put on. They were pleasantly surprised to find that while the air temperature was hovering slightly higher than absolute zero, the water was exponentially warmer than the air. I think "bathtub-like" described it accurately.

"This is the first Canyon Doors Rodeo. There has never been a Canyon Doors Rodeo before this. This is the first Canyon Doors Rodeo." That's what I had to keep telling myself, because the event ran so smoothly, and there was such a large field of competitors, that it rivaled older, more well-established competitions. It even drew pros from all over the country, while keeping a local feel with an expert class dominated by video boaters from the New and Gauley rivers. In addition to local flavor, a PA system was supplied for the event by Perception, providing competitors, spectators, and judges with hours of ear-pounding techno beats.

The rodeo featured a special competition, called the "Mad Trick Contest," sponsored by Mad River Beverages, awarding a brand new boat of choice from Wave Sport or Mad River Canoe to the 3 winners. Contestants in all expert classes were throwing (or trying to throw) the most impressive move during their rides. The 3 winners were John Warner (men's expert), Devon Barker (women's expert), and Rush Sturgis (men's jr expert).

Liz Garland, along with several other people from Backcountry Sports in Fayetteville, deserve much credit and thanks for the countless hours they spent putting this first-class event together. It was fairly unanimous among spectators and competitors alike that this event was fun for all, and well run, all at a top-notch venue. We are all looking forward to next years Canyon Doors event. See you there.

NOWR freestyle event results

through September 30, 2001

(full results posted at www.nowr.org)

Black River Rodeo

July 28-29

Expert K-1 Men

1. Pat Camblin
2. Matt Hamilton
3. Mike Rodriguez

Expert K-1 Women

1. Fanny Gregoire
2. Heather Chapelle
3. Deb O'Keefe

Sport K-1 Men

1. Bic Ulrich
2. Jay Boudreau
3. Nate Jeffries

Sport Jr. Men

1. Zane Wooten
2. Chase Johnson

Wausau Freestyle Kayak Championships

August 24-26

Pro K-1 Women

1. Lisa Beckstead
2. Brenna Kelleher
3. Tracy Hillstrom

Pro K-1 Men

1. Eric Jackson
2. Jay Kincaid
3. Keith Liles

Men's Jr Expert

1. Sean Brabant
2. Pat Keller
3. Kellen Bletsch

Men's Expert K-1

1. Andy Round
2. Zack Bannow
3. Joerg Steinbeck

Men's F-T-R

1. Eric Jackson
2. Jesse Shimrock
3. Dustin Urban

Women's F-T-R

(tie) Lisa Beckstead

Jessie Stone

Men's Pro C-1

1. Chris Manderson
2. Eric Jackson
3. Glen Warner

Men's OC-1

1. Eli Helbert
2. Craig Smerda
3. Roy Crimmins

Men's OC-1 F-T-R

1. Eli Helbert
2. Craig Smerda

Master's

1. Steven Bletsch
2. Mark Jensen
3. Modesto Helix

Men's Sport

1. Nathan Herbeck
2. Eric Eisenger

Boat-0-Cross

1. Eric Jackson
2. Andy Round
3. Sean Brabant

Ottawa River Rodeo

September 1-3

Pro Women K-1

1. Brooke Winger
2. Julie Dion
3. Whitney Lonsdale

Pro Men K-1

1. Jay Kincaid
2. Billy Harris
3. Jesse Shimrock

Pro Men C-1

1. Graham Harada
2. Luke Hopkins
3. Harry Field

Correction

In the July/August issue of American Whitewater, the Ocoee Rodeo results (p.35) should read:

1. Brooke Winger
2. Erica Mitchell
3. Whitney Lonsdale.

Sorry for the mix-up, ladies.

Expert Women K-1

1. Kaz Armstrong
2. Lisa Utronki
3. Fiona Jarvie

Expert Men K-1

1. Flex
2. Jeff Nelson
3. Patrick Camblin

Jr Expert Women K-1

1. Laura Cockins
2. Jane Chipman

Jr Expert Men K-1

1. Mike Rodrigues
2. Dustin Urban
3. Pat Keller

Jr Beginner/Sport K-1 (mixed)

1. Ian Devine
2. Gaalen Licht
3. Jeremia Shields

Beginner/Sport Women K-1

1. Leslie McLean

2. Rosie Pongratz

3. Toni Stanojevic

Beginner/Sport Men K-1

1. Andrew Slater
2. Mathieu Grosselin
3. Garrett Gravel

Cauley River Rolling Rodeo September 21-23

Pro Women K-1

1. Erica Mitchell
2. Debs Pinning
3. Lisa Beckstead

Pro Men K-1

1. Jimmy Blakeney
2. Dan Gavere
3. Calef Letorney

Expert Women K-1

1. Tracy Ingus
2. Christine Warren
3. Devon Barker

Expert Men K-1

1. Shane Groves
2. Chris Young
3. Andy Round

Jr Expert Men K-1

1. Marlow Long
2. Dustin Urban
3. Pat Keller

Canyon Doors Rodeo September 25

Pro Women K-1

1. Debs Pinning
2. Erica Mitchell
3. Whitney Lonsdale

Pro Men K-1

1. Jay Kincaid
2. David Hughes
3. Jimmy Blakeney

Men C-1

1. Luke Moore

2. Brooks Baldwin
3. Ellis Smith

Expert Women K-1

1. Devon Baker
2. Mary Bethune
3. Gwen Greeley

Expert Men K-1

1. Jeff Nelson
2. Ted Phuller
3. Shane Groves

Jr Expert Men

1. Marlow Long
2. Dustin Urban
3. Pat Keller.com

Ohiopyle Falls Waterfall Rodeo September 30

(Not an NOWR event, but worth mentioning)

1. Eric Quigley
2. Andy Maser
3. Josh Widich

Getting Started

By Tanya Shuman



Good instruction often starts in a pool or flat-water environment. Drevo/Ensign photography.

Throughout my travels, I have met many people who are interested in trying the sport of kayaking. I am delighted to help others get started in a sport that I love so much. As with any new sport, there are many questions about kayaking that you want answered before jumping into a boat. I'd like to address some of these concerns so that you'll be more relaxed and confident when first learning to paddle.

First and foremost, it is imperative to begin kayaking with a lesson from a reputable school. Learning from a certified instructor makes kayaking safer, easier, and more fun. To find the best school, go down to the river and ask the boaters who they would recommend. They may have learned from a particular kayak school in your area or paddled with the local instructors. Check online at sites such as

outdoorplay.com, nwrq.com or liquidskills.com for more information about schools. Once you have found a school, research it to find out the history of the instructors; how long they have kayaked, instructed, and if they are ACA certified. Class size is also important. In my experience, having one teacher per four students in a beginner course gives each student individual attention. Finding the right school is important. You want to have fun when you are first learning.

Will I be able to get out of my boat when I flip over?

Yes! Don't worry, you are not alone in this fear. Many new paddlers worry about being trapped underwater inside their kayak. The instructor will go through the steps on how to exit your boat. This is known as a wet exit. Remember, gravity takes over and helps pull you out of your boat. Your lifejacket also works on bringing you to the surface. If you are still nervous, flip over in your boat without the sprayskirt on. After your first capsiz, you will be more at ease and realize that there was nothing to it.

Will there be a kayak that fits me?

Whether you're a 300-pound linebacker or a 90-pound child there will be a boat for you. If you would have asked me this five years ago, I would have said, "No Way!" But since then, boat manufacturers have awakened to the demand of the sport. There are boats for various sizes and shapes. They can even accommodate someone who is 6'7". You want your boat to be an extension of your body and your paddle part of your arms. Whenever you move, your boat should too. The outfitting in the boats has advanced as well. Now you can find adjustable fitting systems that make the boats feel comfortable. The instructors at the school will know which kayak is best for you. They will outfit your boat so that it fits you properly.

What equipment do I need to get into kayaking?

When you take your first lesson the school will provide you with the essentials: boat, paddle, lifejacket, and helmet. Here are some other things that you always want to bring when you kayak:

Shoes: From beginners to pros, shoes are a must. Whether you are swimming or walk-

Professional instructors transition your flat-water paddling skills to moving water. Drevo/Ensign photography.



ing with your kayak, it is important to protect your feet. You never know what is on the bottom of the river. Wearing shoes could save you from tearing your feet on glass. Also you may have to get somewhere fast on the rocks in order to throw someone a safety line. You don't want to hesitate with your footing because you don't have the proper shoes. Find a pair of sandals like Tevas or shoes that will not fall off in the water. Flip-flops are not appropriate kayaking attire.

Water: It is important to bring water with you when you kayak. Inside the kayaks, there are water bottle holders. Make sure to drink water while kayaking. Kayaking can be a strenuous sport and takes a lot of energy.

SunBlock: This goes without saying. You are more vulnerable to the sun on the water. Wear waterproof sunblock and bring sunblock with you while you kayak. Some lifejackets have pockets to carry sunblock with you.

Float Bags: When you start kayaking, you are going to swim. Float bags are bags that are filled with air that are placed in the back of your kayak to help keep the boat afloat. This makes it more manageable for you and other paddlers to bring your boat to shore when you swim.

Nose Plugs: Beginners and pros alike wear nose plugs to prevent sinus infections from unclean water. Also nose plugs prevent the rather uncomfortable experience of water coming up into your nose when you flip

over. Smiley's Nose Plugs are my personal favorite.

Throw Rope: A throw rope is a rescue device that is used to pull someone out of the water. It is an essential piece of safety equipment that everyone should own. This is a piece of equipment that you won't need on your first day of class but will be something that you will learn to use and bring with you at all times

Do I need to be super strong to paddle?

Kayaking is not a strength sport. Good technique and skill are more important. Listen and learn the basic skills and your learning curve will be greater. Remember that the water is your friend. Use the water currents to compensate for strength. With the right skills, you can go anywhere with your kayak.

You may also be concerned that you will not be able to carry your kayak. The instructor will show you various ways to carry your kayak so that it does not feel as heavy. One method is the double-carry where you and another person share the weight of the two kayaks. Find what works for you and soon you'll be bringing your own kayak to the river.

Time to get in the water! Having fun is the most important thing. It doesn't matter if you are kayaking on a lake or paddling over big waterfalls, whether you are a beginner or

River festivals and competitions often include play paddling clinics instructed by professional paddlers. Drevo/Ensign photography.



apro, it is all in the fun. I hope by answering some of your questions you will be more comfortable and relaxed starting a sport that I love so much.

Editor's note: Tanya Shuman travels with her partner, Eric Southwick, kayaking around the world.

She is currently the National Freestyle Kayak Champion, and 1st boat on the US Women's K-1 Team.

2001 Ohiopyle Upstream Attainment Race Results

1. Jesse Whitmore 8:39
2. Andrew McEwan 9:36
3. Middy Tilghman 11:04
4. Simon Beadmore 11:25
5. Steve Kauffman 11:32
6. Bob Vernon 11:54
7. David Hammond 12:10
8. Chris Norbury 12:12
9. Rick Gusic 13:19
10. Greg Akins 13:37
11. Jason Zalewski 13:40
12. Nate Ober 13:48
13. Big Bird? 14:22
14. Chara Obrien 14:24
15. Scott Stough 14:35
16. Rob Anderson 14:47

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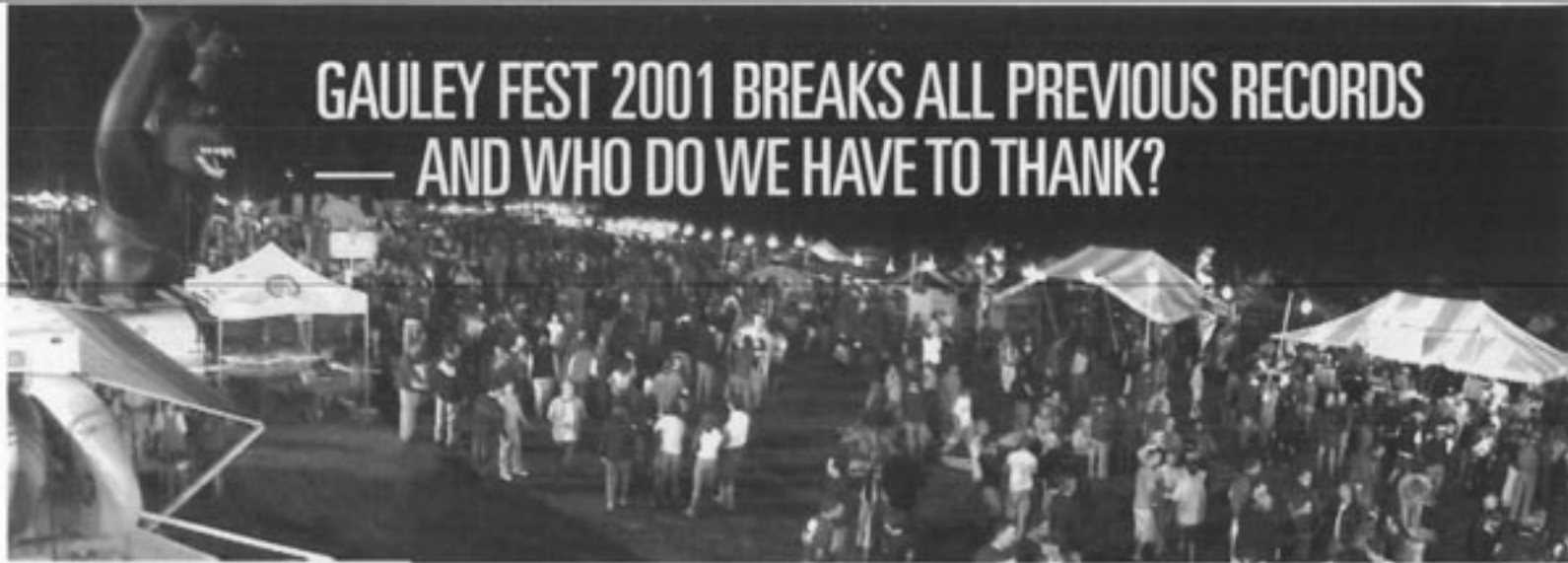
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OUR VOLUNTEERS AND EXHIBITORS!!!

Close to 5000 attendees flooded this year's Gauley Fest Spectacular! And among them were the 200 or so volunteers that made this stupendous event possible. And let's not forget the Marketplace Exhibitors. We want to thank all of you! (If your name did not make it to this list, we apologize.)

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"Vive la Kipawa Libre"

Jack Jordan in the middle of Hollywood Rapid. Photo by Dax Jacklin

("Long live the free Kipawa")

By Dax Jacklin

Dax Jacklin running the dam at the start of the Kipawa River. Photo by Jeremy Lawson



The Kipawa River in Quebec is truly one of the World's most magnificent rivers. Running for 16 kilometers from Lac Kipawa and dropping 90 meters before emptying into Lac Temiscamingue, it contains at least 15 named rapids that rate from Class III to VI. For the past fifteen years paddlers have gathered in June to celebrate the beauty and awesome whitewater of this remarkable river. During the past 3 years, the 'Kipawa River Rally' has become especially important, because Hydro Quebec has set its destructive sights on the Kipawa. It plans to divert the Kipawa's flow through an artificial canal to feed a 130 megawatt generating station, essentially de-watering the river.

A paddler runs the dam. Photo by Dax Jacklin.

The put-in is just above the control dam in Laniel, Quebec. This is one of the most exhilarating ways to start a run! At typical release levels of 160 cubic meters per second, or 6,000 cfs, a huge tongue of water spills through the dam and drops about 10 meters. At the bottom is one of the biggest waves found anywhere, followed closely by its 10 foot "little" brother. Some squirrely water feeds into a large pool.

The next major drop is aptly named Rock n' Roll, a steep rock studded Class IV that claims its fair share of skin every year. This rapid has many different lines, but few paddlers make it look easy. After a short flat water section, paddlers arrive at the top of Tumbling Dice, a long Class III wave train with an absolutely spectacular surfing wave. After some Class II stuff that goes on for about a half a kilometer, a rather long flat stretch follows. But it ends at the top of one of the Kipawa's most dynamic rapids, Buttonhook. This long Class IV+ contains a humongous hole that dominates the left side of the river; boaters must negotiate some big pushy water to make the eddy on the right to avoid communing with the River Gods in the depths of the hole. Another large hole and a Class III run-out finish Buttonhook off. Looking



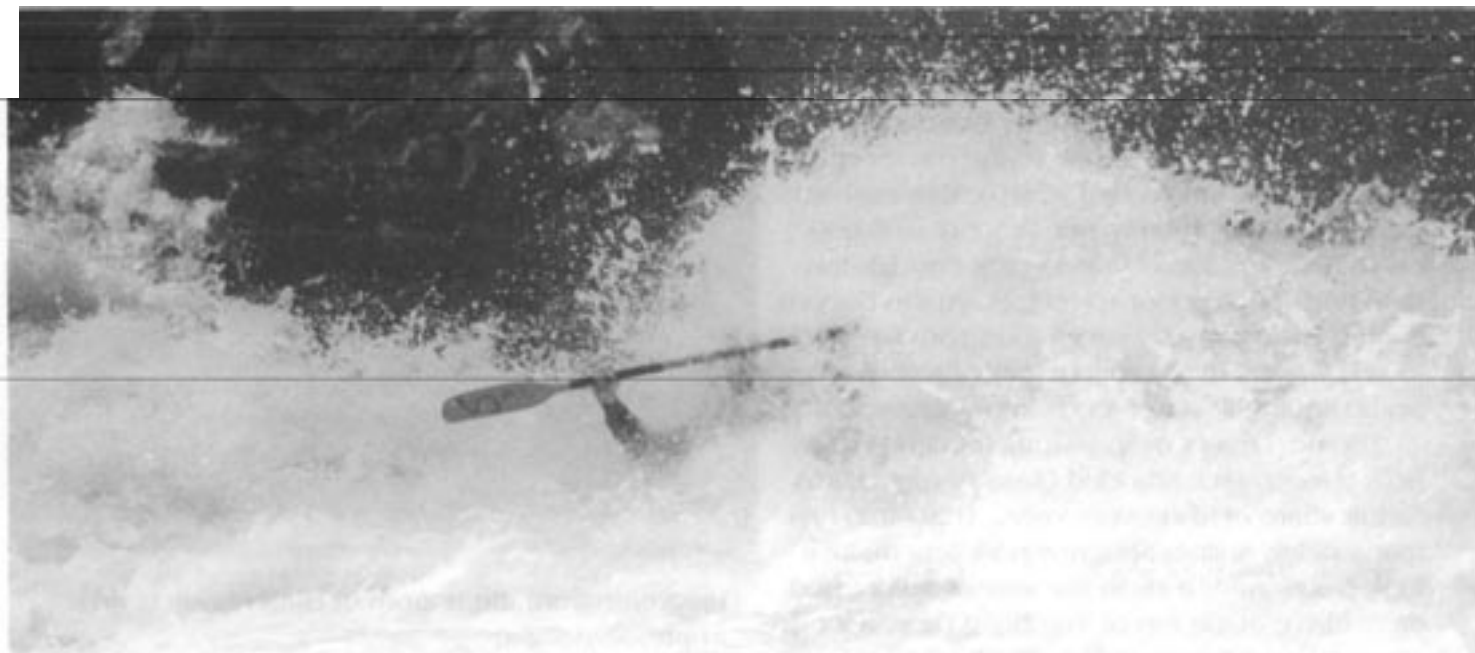
upstream from the bottom of Buttonhook is an impressive sight!

Several Class III's are next; these are pool drop and shorter than the first three rapids. The Zipper is the next biggie, a straightforward wave train with astonishingly huge waves. Next comes Upper and Lower White Pine, the latter approaching Class IV. Class III+ Picnic follows; many boaters have had anything but a picnic at this one! Picnic features a big river wide hole that requires some aggressive paddling to dodge.

Paddlers soon arrive at the The Grand Chute, a mandatory portage. At high water this drop



Rob Sehn in Hollywood Rapid. Photo by Dax Jacklin.



Rob Sehn being swallowed by the wave at the bottom of the dam. Photo by Dax Jacklin.

will take your breath away! If you had to pick between running this or Niagara Falls, you might well choose Niagara. The Grand Chute offers two drops around 10 meters each, separated by an extremely turbulent pool. The first dumps into a terminal hydraulic, the second onto a huge rock slab. I believe even Tao would be happy to walk this one.

Below The Grand Chute are two of the most challenging Class IV rapids on the river. The first is Elbow. Paddlers carry down a steep hill to the bottom of The Grande Chute and launch in the extremely boily water below. They must immediately make a difficult ferry to river left to avoid a couple of large holes on the right. The rapid bends to the left creating an eddy that is the perfect spot to appreciate the larger top hydraulic. This is followed by a long run out through medium sized waves and holes.



1999 Kipawa River Rally with Lac Temiscamingue and the Ontario shoreline in the background. Photo by Dax Jacklin.

The last drop is right after a short flat water stretch. At high water very few run the top section of "Hollywood", most opt to launch below the large ledge drops known as Pete's Dragon. At high levels these ledges are definitely Class VI. The lower part of Hollywood flows right past the Kipawa River Lodge (the sight of the Kipawa River Rally) and empties into Lac Temiscamingue. Hollywood is a long Class IV+, riddled with waves and holes. Most are inconsequential, except for Davey Jones's Locker, a large and destructive hole on the right side three quarters of the way down. The move to avoid the hole sounds simple, but many a good paddler has dropped in for a visit to The Bottom of the Sea. There isn't a better way to end a whitewater run than being dumped into the calm waters of Lac Temiscamingue after the rush of Hollywood!

The Kipawa doesn't always flow in the 160 to 200 cms range. It is runnable at most levels, but is at its pushy best when the water is high. The annual Kipawa River Rally is the second oldest whitewater festival in North America. Only West Virginia's Gauley Festival has been going longer. The Kipawa Fest is held each year on the second to last weekend in June. There is always ample water for a release in the 160-cms+ range.

The Rally is held at the Kipawa River Lodge at the mouth of the Kipawa River. The Lodge has a history going back to the early part of the century. The owners, Scott and Pat Sorensen,

"Vive la Kipawa Libre"

are gracious hosts. The Lodge is very remote, lying at the end of a seven-kilometer long dirt road. Moose and Lynx are common, in fact the Moose have been known to do free bodywork to passing cars. This spot is truly one of the most scenic and beautiful places on Earth, and the view across Lac Temiscamingue to the Ontario shoreline is spectacular!

A Grass Roots conservation group, "Les Amis de la Riviere Kipawa," (Friends of the Kipawa River), was born of need at the 1998 Rally, when the unthinkable news of Hydro Quebec's plans for the Kipawa were brought to the attention of the Rally attendees. The Tabaret project, as it is known, would destroy the beautiful and unique ecology of the Kipawa River, reducing its flow to a trickle. Les Amis's mission statement is simple, "To protect the ecological and recreational values on the Kipawa River from Laniel to Lake Temiscamingue".

Les Amis has been leading the fight to keep

the Kipawa flowing free. The organization received offers by H.Q. that might have guaranteed releases for future paddling, but took the stance that the river should remain untouched and healthy for future enjoyment by all, not just whitewater paddlers. Thanks in part to the efforts of Les Amis and the town of Laniel, at this summer's Rally a grand opening of the new four season trail was held, allowing hikers, cyclists, and skiers to access the Grand Chute and enjoy its grandeur.

The Kipawa is Canada's Futalefu, pristine and wild, yet threatened by hydroelectric development. Paddlers that have plied its crystal clear waters have fallen under its spell, and are very concerned for its future. The fight to save the Kipawa River continues...

For more information on the Kipawa River and Hydro Quebec's Tabaret project, visit the website at www.kipawariver.ca/

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My Sweet Runnin' Goat

By
Steve
Stratman

"Don't you think that's kind of dangerous?" My mind chugs along until I figure out what Chris is talking about. He's looking at the beat-up walkman on the dashboard of my truck.

"I don't have a radio, Chris," I say blankly.

"Still, it's kind of dangerous to drive around listening to headphones, don't you think?"

A bemused interest wells in me.

A few minutes before, Chris and I were out getting drubbed in the surf of Lake Superior. The swells were breaking at about six feet. We surfed them until they broke, then wrangled the moving holes all the way to shore. I got hammered good a couple times, and Chris got mashed along the bottom once, lost his paddle, and hand-rolled, spitting sand.

"Chris, the air temperature is 33 degrees, we're lucky we're not hypothermic. We just spent two hours out there getting thrashed about in water that can't be more than 40 degrees, and now we're naked, standing in a parking lot." I thread my sandy, shivering foot through the leg hole in my underwear. It looks like a certain amount of sand is going to stay in there.

Unconvinced, Chris sweetly looks on as the irony veers around him, gliding harmlessly on down the beach. We finish strapping down our whitewater kayaks on my truck, get in and turn on the heat. There are people with down coats outside.

Methodically and without guile, the hole at the bottom of Two Step on the Baptism River flogs the consciousness right out of me. Tumbling in space, pounded by water, I'm out of my boat; it's somewhere above me in the maelstrom. I keep bonking it with my head every time I make a revolution. I had half a breath going over the lip of the drop and didn't paddle when I hit the hole at the bottom. Now I'm sucking aerated water through my teeth, trying to hold on to the world for a few more moments.

Breathlessness fades towards euphoria, my struggling stops.

"Get your boat!" blurts my friend Paul. Somehow, I'm not in the hole anymore.

Are you crazy? I think. My boat's back in there—I don't want to go back in there. Oxygen lubricates my brain enough for the words to bend back into their intended message: "Grab my boat!" he urges again. I do.

On shore, water drains out my nose when I bend over to gather my gear, and what's left of my dignity. "Chris, how long was I under?" Chris floats by in the eddy next to me.

"Too long," he says heavily. What possesses me to think I know what I'm doing?

Gunnison Gorge, Gunnison River, CO

I reach down in the eddy underneath the boat and grab one of Bill's flailing arms. Moments ago he was upside down and against a rock wall, his paddle scraping and poking around, scraggling for a brace or a hold or anything to get upright. Then he slid upside down through a narrow cleft of rock.

In horror, I watch the unwatchable. A triangular rock, granite edges hewn to an insolent angle, rises up to cleave anything in its path. A last attempt at a roll puts Bill's head squarely on target. It snaps back from the impact. His boat continues on to settle upside down in the eddy below. There, under the boat, I locate an arm and hoist a benumbed Bill to the surface. His hands clamp on his face.

"Bill. Let me see your teeth." I figure

they are mashed in, blood escapes though his fingers.

"Bill. Let me see your teeth," I say again. Shyly, his hands venture off his face.

His teeth are OK. "Bill. You have a bad cut on the bridge of your nose. Your eyelid has an inch long cut. It's almost cut through, you'll probably need 4 or 5 stitches."

The next eddy down, I get out and customize a butterfly bandage and sit on the front of Bill's boat. His eyelid is slit down to a micron, ever-so-thin membrane. Chris watches from his boat, leaning back, lanky arms folded on his PFD, a cool look of dissociated curiosity spread on his face. A biologist examining a dissection could have a similar look. What makes me think I know what I'm doing? I tape the upper half of Bill's eyelid back firmly to the lower half.

November 26, 2000,

**Washington
State.**



Left to Right:
Craig Ringsven, Chris Ringsven, Steve
Stratman at the Cascade River Put-in
Steve Stratman

In terms of sheer exuberance and hard-core likability, Chris could guilt a golden retriever into thinking it was boring and unworthy. Physically, he'd guilt just about anything. On climbing Mt. Rainier, he had this to say: "Steve, don't climb Rainier in your paddling clothes, you'll get sweaty, then clammy. They're not very good for climbing."

If he gave me his legs I wouldn't climb Rainier.

Now, directly behind me, Chris and

all the optimism he can muster lie belly down on a rock examining my predicament. I don't know the name of the creek, and certainly not the rapid. And it's never been more painfully clear that I sure ain't god's little boater, but that's never really been a surprise to me anyhow.

"Steve! Knievel, I think we can get you out," Chris says. His voice speaks to me like the wizard from behind the curtain. The bow of my boat is wedged under a rock. Water is pinning the stern down, mashing me forward and cascading around my shoulders.

"I want to get out, Chris. I'm cold." Any second I'm afraid the current will catch an edge and flip me upstream, which can be only bad. Ten minutes stagger by.

Click. He puts a caribiner to my stern strap. He heaves and I push, the stern catches some uplift and I wrangle my front end free. Scroink. I paddle out. I'd rather just forget about this one.

Four days later, we're in the bowels of Elkhorn Canyon, heart of the Dosewallips River on the Olympic Peninsula, Washington. Now we're both belly-down on a rock staring at Chris' creek boat. The bow is wedged under his very own rock, and water is pinning the stern down. But this time it could have been set in concrete. It's been stuck there for two days.

We bought a come-a-long winch-thing at Home Depot in Seattle but it's jammed with moss and has clicked through its last ratchet. It hoisted the stern off the bottom a little but the boat's still hostage. In a fit of innovation and desperation, I jam a big slimy log down in the caw of all the hoo-haw and lean into it. The boat pops out like a cartoon banana.

"Holy shit, Stratman. I can't believe you did it."

Smarter people would have seen the coming of dusk, darkness and everything nocturnal, and dragged their recalcitrant boats back out of that primordial, steamy dark canyon, plopped them in the truck and headed to a buffet somewhere. My mishap some days earlier was strike one, and Chris' errant, under-the-rock ferry move two days before portended strike number two. However, the

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allure of a steamy, dark canyon is too much for us.

The trail to Rivendell from Tolkein's Lord of the Rings, is the only way I can describe that canyon. A river cut through rock, swathed in moss, and clouded in wraith-like penumbra. We boat-scout near blind drops, boof off misty ledges, then peer back up the elfin, watery path. The fading light puts a knot in my gut.

With creeping surety I'm finding this Dosewallips event to be risky. It's starting to speak to me in a hushed voice at the base of my skull. As darkness looms like the gallows pole-well, it certainly ain't no May pole-my mood of survival becomes burdensome. One canyon spills out, only to drain into another one. Rays of hope only to be snuffed out by more drama.

Chris leads the way. His skill is masterful, his judgment great, and his exuberance irritating. Piker. I get sucked into a hole directly and flip, wash out, and roll up just before chunking unceremoniously backwards down a scrapey chute into an eddy. We round a corner and slip down into another rock maw of a canyon.

A massive log appears. It spans the entire chasm at the waterline, ends chunked into the walls like a giant curtain rod. Blackish, swirling water casually pillows against it before being greedily sucked underneath. It could continue on down through a urinal to hell for all we can tell. I look around; we're too far in, there's absolutely no way to go back. Twilight roosts like gathering ravens.

It's an easy decision, I'd rather starve to death and be eaten by tent caterpillars right here on a rock than go under that log.

Chris spots a tiny, one-boat eddy shyly tucked away a few yards upstream from the log. Just over the eddy is a dark, two-foot wide cleft in the rock—a cold, black cat-eye looking out over the river. One by one we make that eddy and chuck our boats through the cleft. They splash down four or five feet into an inky-black pool of unknown depth and civility. The pool is walled in by a dank cave worthy of a Gollum's approval and would be a great place to keep your giant, gene-altered leech if you really

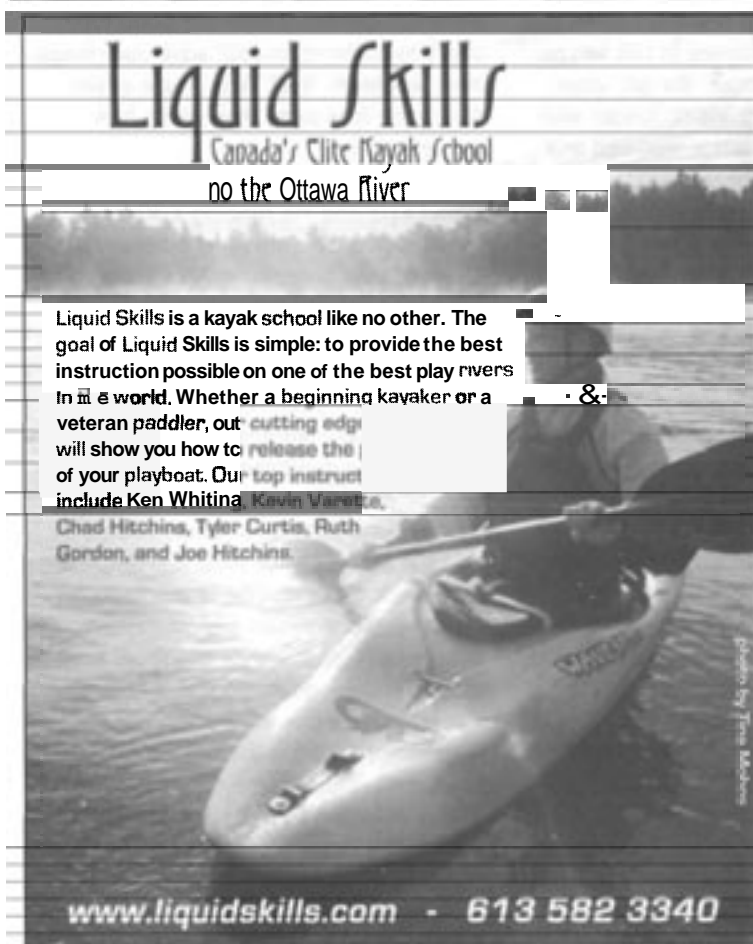
liked him. There seems to be promise of a way out too, which is nice.

Floating in the cave I look Chris in the eye, "You got me in here, now you get me out." The corners of his mouth turn up and blue eyes light up a face handed down to him from a long line of sturdy, pillaging Vikings. He turns and paddles through a window of light. Craning my head, I listen. Nothing. I think about the log. Go to the light, Carol Ann. I back up, strike a paddle, and scoot out over the lip.

Six feet below I carom into a silky soft pool, abreast the Dosewallips again. Chris is there with a wild grin. "Holy shit, can you believe it, Steve-o?" he says.

A couple hours later, with a clever twist of fate, Chris and I stroll unscathed into some smarmy seafood joint near The U of W in Seattle. Chris sports only his trademark-blue polypropylene long underwear, drooping a few sizes too large at the crossroads. They're inside out today, the tags are showing.

There's a big hole melted in the chest of the fuzzy, pile top he's wearing.



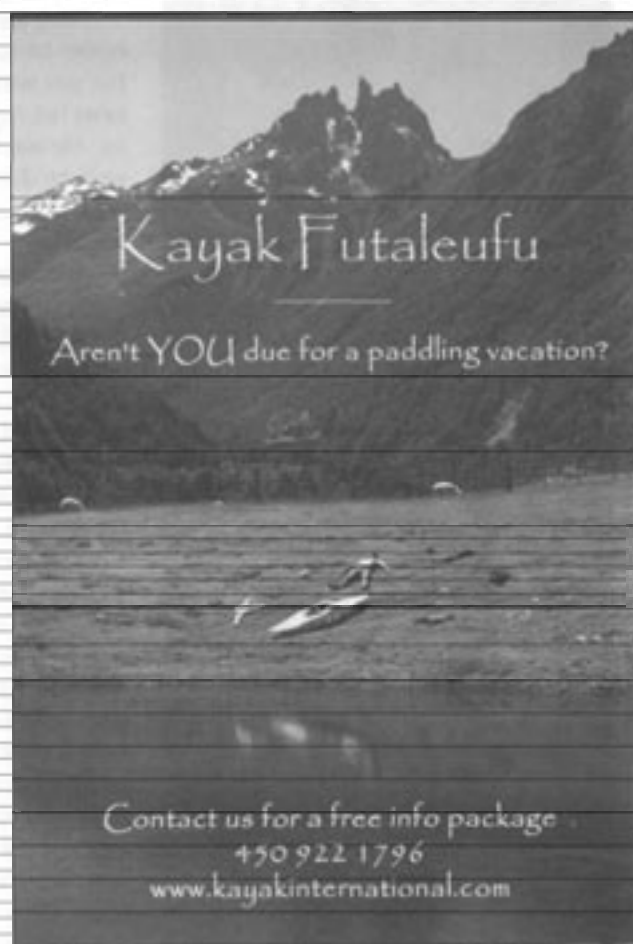
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Last year some crotchety, old fire alarm woke us all in the wee hours of the morning. It had been offended by a lot of stinky, black smoke rising off said top, which Chris had spread across the electric heater. As it dried, it crossed the line to become fuel, but only slightly less wearable, evidently.

An undersized black hat pastes down my tangled mass of river hair so as not to frighten the patrons, and my leather motorcycle jacket keeps a rankly smell of funky gear to a small waft. We thread our way through the khaki crowd on our way to the men's room; imagine two trolls crashing a Gap commercial. "Sometimes I have to check and make sure my unit isn't hanging out, that happened to me once," Chris says to me.

December 3, 2000, 7 days later. Minneapolis, MN

I can see I have a message on the machine when I walk through my back door. I hang my keys up, put some shit down amongst the melange on the floor and flick the button over. The voice of Chris' younger brother rings out.

"Hey Steve, this is Craig, I came over earlier because I wanted to talk to you, but you weren't home. We got some news last night. Chris is no longer with us. He was boating this weekend and well, he didn't make it. I wanted you to know because you were one of his favorites."

Strike three. It's a new world.

Chris was kayaking a dam release on the Nisqually River in Washington, which runs off the feet of Mount Rainier. He was dropping down a sneak route on a Class-V rapid called Hammer Slammer when his boat got wedged in front of a submerged rock.

Imagine, for a second, a few things: a couple-hundred CFS (cubic feet per second) of water, your chest, and a seemingly innocent flat thing, in this case let's say a submerged rock. Now mix them up. If it happens your chest ends up in between the other two things, the couple-hundred CFS might as well be a bulldozer. If it mixes up any other way, you continue on downstream as you would have a hundred times before, sweetly unaware of how close you came. The water pinned Chris against the stern deck of his boat and he

drowned before anyone could help him.

Now, we whitewater boaters in Minnesota had never lost a friend on the river. When we gathered at the funeral chapel in Hopkins, Minnesota we found ourselves surrounded by a swelling host of Chris' loved ones, family, friends, fans, admirers, teachers, coaches, etc. We were all profoundly humbled to see how big his world really was.

You may hear people-like me, perhaps-brag about lurid, near-death, experiences. Tales of carnage and freak show mayhem. But most of it's intent on bullshit. To be sure, the only people that know full well the consequences of what you do are the people that have to live without you after you're gone.

Stories these days come seam-sealed, slicked up and edited, between cover photo and the back page, money-maker ad. They trail believers like the unforgiven following a preacher to the riverside. The only difference is, be careful that when your head gets dunked it comes back up again before you pass out. If it doesn't, what possessed you to think you knew what you were doing? Demystify your experience, behead it from the boob tube, the "I'm-cooler-than-you" adventure magazine, whatever. Real TV is a base adventure, treat it as such, then watch it in peace, I guess.

Recently, I watched a video of my friend Kyle and me running a 30-foot waterfall on the Baptism River on the North Shore of Lake Superior in Minnesota. Later, as I showed it to a bunch of people a funny joke I'd heard once elbowed its way in my head: "What are the last words of a redneck?" Ans.: "Hey y'all, watch this!" The fuzzy line that separates reason from being a dumbshit seems to be underfoot, or at least nearby.

Speaking of reason. Winters in northern, flat places can be long and unspeakably bleak. Occasionally, in moments of clarity, perfectly smart and interesting people will feel the Wyle E. Coyote anvil of reason clank down on their heads, and something like this will bounce out of their mouths: "What the hell am I doing here, am I stupid?" So either they tough it out by wringing some humor or purpose out of their situations, or they end up in prison.

Or else they do what my sister did, they move.

I'd like to move, but I need to save some money first. However, my method of saving money involves ending up with a little less money at the end of each month than I have at the beginning. So I rely on wringing humor and purpose out of my situation. Usually more humor than purpose, however.

Not ironically, Sandstone Federal Penitentiary is a couple hundred yards away from our beloved Kettle River. I believe you'd recognize by name a fair number of notables that have passed through those doors. I won't name names, but the reason most of these people end up there can be traced back to expensive bad habits and unspeakably bleak states of mind.

Do I think running cock-a-hop down some craggy, rain-swollen creek in a plastic tub with little regard for the people who love me can shore up fits of unspeakable bleakness? Maybe following some smoke-and-mirrors career dream that I never put much faith in anyway would be better? Maybe you're starting to see my predicament here.

I've heard of elk being driven to madness by swarming clouds of mosquitoes. Mix together a stagnant, swamp-water cocktail of flatness, irritating weather patterns and a short attention span, and I'm a snortin', bull-goose loony in a pickup full of boats on my way to any steep creek or river with a lick of rain or snowmelt in it. Sadly, among fanatics around here, I'm just a garden-variety weirdo. But as far as real mosquitoes go, we have more nasty, thick swarms of mosquitoes around here than anyplace I've ever been in the world. Anyplace. That includes, but is not limited to, Vietnam, Malaysia, Bolivia, Brazil, the Bronx, and a sampler platter of Central American countries. CLANK (Wyle E. Coyote anvil).

Sometime in April, 2001, on the Montreal River, Wisconsin. Or the Upper Peninsula of Michigan, depending on which side of the river you're on.

Chris' little brother Craig and I hang onto a root in an eddy around the corner from the rest of the group. The water's in the woods, and the eddies are looking

pretty anorexic. It's been a few years since the river has been smoking along as fast as it is now. I'm surprised to see our good friend Kent flash on past, headlong on his way towards a half-drowned tree. But he's not in any boat that I can see.

"Helgggg," a wave swallows him up. Craig and I peel out after him.

It's funny how it can take you half an hour to decide something as stupid as what to eat for dinner. "Do I want pepper on my salad? I don't know, does it really taste different with pepper on it? Do I want a lot of pepper? Hmm, the waiter is expecting an answer..." But slip

a little adrenaline in



Steve Stratman, Ilgen Falls, Baptism River, MN.

Steve Stratman

your Bordeaux and suddenly you're General West-freakin'-moreland, snorting the pepper and trampling the garcon on your way out the window.

"You get Kent," I yell. Kent's paddle rises up on a boil of water and washes up on my bow. Everything's so clear. Unlike in college, or with career things, or in r-e-l-a-t-i-o-n-s-h-i-p-s.

A little ways downstream I clip Kent's paddle into a caribiner and trail it off my stern on a line attached to a belt on my waist. I slip back into the current with hopes of reuniting it with Kent and his boat somewhere downstream.

I feel a little tug on the line and Craig scoots up right alongside. For an instant, dread whispers in the base of my skull again. But only for an instant because we're both blindsided by a hole. I

pull through, but Craig catches an edge and flips. The line jerks taut and all of a sudden I'm pulled to a sickening halt. The line goes slack and Craig's boat drifts out of the hole upside down. I begin to feel ill.

"My shoulder's out!" Craig yells when he breaches the surface. The line became entangled around his wrist and yanked his shoulder right out of the socket.

Honestly, I don't know if it's all worth it. My best friend's dead, and I took his little brother out and maimed him. His folks were there on the road when he walked out of the woods for cryin' out loud.

Right now I'm sitting here with 13 stitches. I was just looking at a rapid

when I slipped and fell on my ass in a ripe meadow of poison ivy and broke a bottle of Guinness in my hand. I'd had nary a swallow of it either.

If I ever quipped about danger, and I have, I ought to be flogged, and to call these experiences glorious makes me want to puke. But to think they meant something, well, I'll go along with that. It is what it is. I'll just try to demystify it and concentrate on not getting hurt. I owe it to everyone around me.

The more you demystify life, the more tattoos seem pointless, but who am I to preach? I got one and it hurt like hell. I'm not at all sure why I do what I do. I'm beginning to believe that only people close to me know why I do it. Sure as shit Chris didn't know exactly why he was doing it either. Maybe it's only important that we know how to do it. But I sure ain't god's perfect little boater, this much is clear to me. So I have to make allowances for that, I guess.

Did I mention my buddy Alan broke his foot on the Kettle River this spring?

Editor's note: Every once in a while someone sends me an article that is really good. This one is really, really good.



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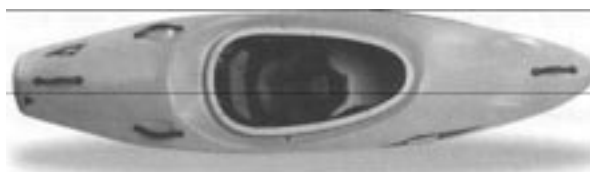


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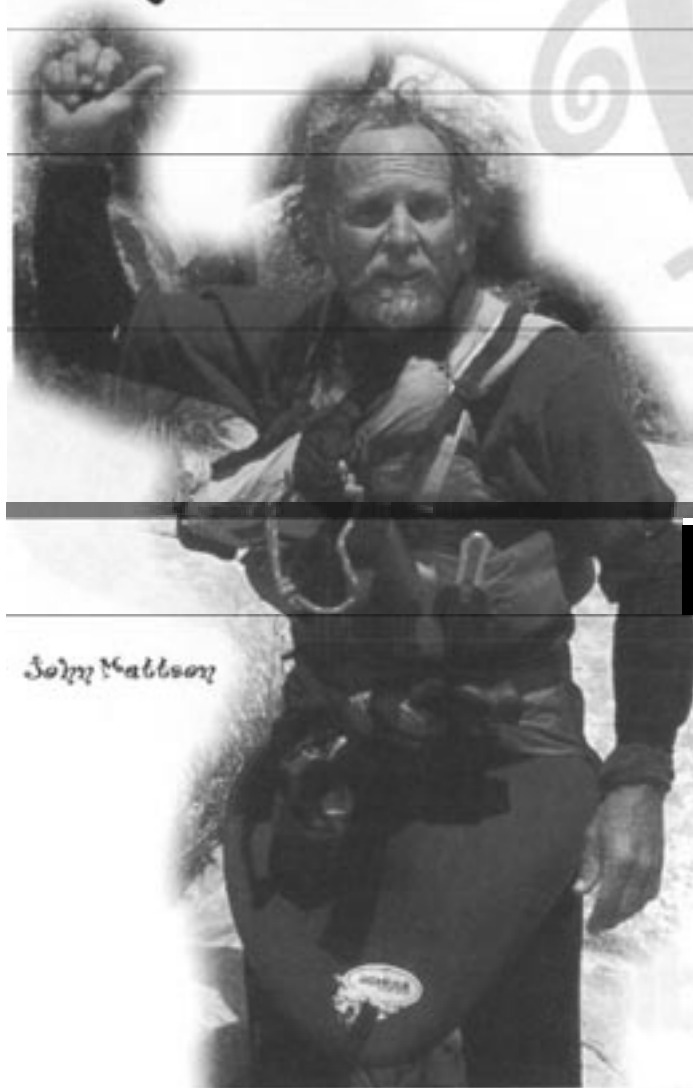
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Cruising Cal at 50

By John Mattson

two old apples, two kayaks, and a Datsun Pickup are just across the Nevada desert. They are to relive one happy childhood and try to hang on to another.



Route 50 has been dubbed the loneliest road in America. It is an old 2-lane hi-way that threads its way through the middle of Nevada. Lonely is a vanishing word in the American west that used to be so lonely. It is something that many of us have learned to cherish.

This country is beautiful in the spring. There is just enough moisture to sprout the wild flowers and everything is green and blooming. There are a few great mountains, lots of rolling hills, a few coyotes, and a town every 150 miles or so.

The miles roll away quickly as we jamb away and listen to some great bluegrass music. We camp in a sagebrush patch in the middle of nowhere and gaze into the brilliant sky. We wake early and have breakfast in an old mining town. This classic old cafe is one of the last survivors of the days of the mining boom.

All too soon we are in Reno. There are lots of flashing lights, fancy cars, and all the paraphernalia that goes with an economy based on greed and stupidity. We buy some of their cheap gas, try one of their smorgasbords, and head off into the Sierras.

Our first stop is the American River. There is a great camp in the bottom of this spectacular canyon where we meet our friends and settle down to a serious fiesta. An incredible chorus of songbirds greets us at sunrise.

After a lazy morning, we decide to paddle Chamberlain Falls. We are already camped at the put-in and it sounds like a great warm-up.

This run proves to be a great Class 3-4 in a dramatic



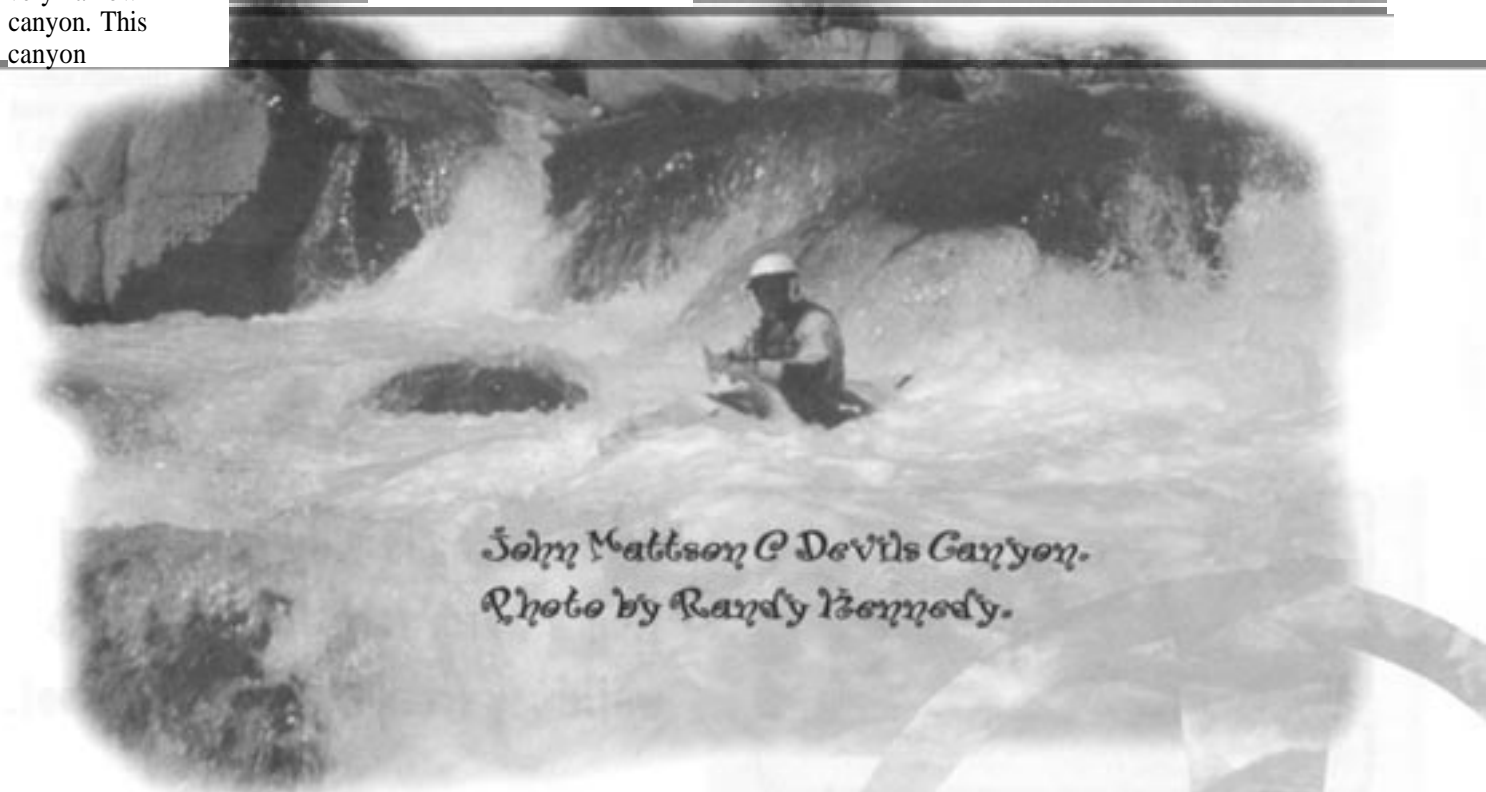
canyon with tall granite walls and some delightful whitewater. It is great fun, but doesn't quite supply the adrenaline that we fear and need. Tomorrow we will step up the action and paddle Giant Gap. "A classic 5-run in a remote box canyon," the guidebook says.

We prepare another fiesta and party heartily into the late evening. Tomorrow will be a long day, but it is great to be with friends and the wine flows freely.

We are up at dawn and on the way to the put-in. We have to drag our boats down a long winding trail to the river. We arrive hot and sweaty and jump into the icy water to wash the poison oak off our bodies.

There is a bit of a warm up as we paddle towards the Gap, a section of difficult whitewater in a very narrow canyon. This

**We prepare
another fiesta and
party ...**



*John Mattson @ Devils Canyon.
Photo by Randy Kennedy.*

is spectacular and so are the rapids. There are many Class IV to V drops demanding challenging moves. Fortunately there are pools below most of them.

We reach a very intimidating rapid named Nutcracker that cannot be scouted. Randy thinks he remembers the line and I follow right behind. It is a blind corner with a strong current going into a nasty looking wall. There is a big drop that we can't see right below it. We manage to avoid the wall, but the blind drop is bigger than it looks. I brace hard in the first hole and stay upright, but I come up blinded by the whitewater and go immediately into a second hole. This one knocks me over, but there is a nice pool to roll up in at the bottom.

Randy keeps warning us about a rapid named Locomotion and says that he hopes he can remember where it is. He seems to be pretty concerned about it so we are too. He suddenly catches a small eddy on the right and signals for us to stop. This rapid is difficult to scout, so three of us drag our boats up to a small ledge and scramble downstream. We must wade in the rushing water up to our calves and then scramble up a 5.4 to an easier traverse.

The rapid consists of a very bad river-wide ledge hole. There is a thin line on the right, but if you miss it you will recirculate in the hole. The portage is extremely difficult.

Randy Kennedy @ Devils
Canyon. Photo by John
Mattson.

We set up a throw-line and signal to Mark who has a good line. Colleen comes last. She falters right at the hole and drifts sideways, but manages to straighten her boat and makes it through. I look at Alex and comment. "I guess it's not too bad."

Mark grabs the safety line and we scramble back upstream.

Everyone has made it through safely as I climb into my boat and head downstream. I am trying to go very fast and straight and I think that I have a good line. Suddenly I hit something that knocks me over and I end up in the hole. I try to ride it out, but it is futile. I am getting nowhere and un-

able to breathe, so I dive for the bottom and resurface downstream.

The water is very cold, but I find a warm rock to climb onto while my friends rescue my boat.

There is more Gap to go so we head on down to yet another drop that is hard to scout. Randy thinks that he remembers it and paddles on. It is a big drop with a powerful lateral that slams most of us into a rock wall, but we are all well padded and, once again, there is a nice pool at the bottom. There are a few more rapids with exciting and challenging moves as the Gap widens.

At the end there is a very long solid Class IV+ with a Class V finish. We search in vain for a clean line. Randy thinks he remembers one from his youth. He had a bad run then, but decides to try again. He barely makes the edge of a thin boof and finishes with a big tail stand.

I am not convinced and start to portage.

Alex has a clean line and Mark decides to give it a go. He takes the same line as Randy, but gets pushed a little bit farther right. This is enough to make him miss the boof and he spins onto an ugly flake backwards. Luckily he avoids getting pinned, but swims out of the adjacent hole.



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Colleen slips and drops her boat. It has a pretty clean line without her. We collect all the gear and head down stream.

After a little more Class IV the river eases and the tired group is happy to reach the bridge that marks our camp. Another day, another river, and another grand dinner party at camp. It is a hard life, but somebody has to do it. We toast our good fortune and start to make plans for the next river.

The Middle Fork of the Feather is at a good level for a run in Devil's Canyon. I have been wanting to paddle this for years, but the water had always been way too high. The Middle Fork is a little bit harder than I really feel up for, but if I don't do it now, I probably never will. Randy and Alex are eager, so we start the logistics. The next day is spent driving, buying food and gear, and hiring a shuttle driver.

The weather is sunny and warm so we pack light and head on into the first of three gorges. What a great feeling it is to start a multi-day trip on a new river. Three days of spectacular wilderness scenery and whitewater adventure lie ahead. There is always a little apprehension when I start a big adventure, but the curiosity of the unknown pushes me onward.

This first gorge starts with some easy whitewater but picks up steam as the day progresses. The hard rapids are formed by gravel bars with ledgey boulder fields at the end. The low flow makes some of them quite technical, but we will be happy to have the low water when we reach the lower

After a little more Class IV the river eases and the tired group is happy to reach the bridge that marks our camp.



canyons. The first canyon opens and we find a large beach on river left that looks like an old mining camp. We build a nice fire and run around barefoot in the sand before retiring under the bright stars.

The next canyon is more difficult, the rapids are continuous Class III and IV with a few Class V's. We are able to eddy scout most of them with a few scouts with a couple of portages. Randy is getting very bold with his eddy scouting. He picks the wrong line in a very large drop and we watch him disappear over the edge. We rush to shore and see him safely downstream, shaking his head. We scout and find a clean line and are greeted at the bottom by a somewhat pumped up Randy.

"Please, somebody else lead and save me from myself!" After a few more tough rapids we arrive at a hiking bridge that marks the end of the second canyon. It has been one of the most continuous days of whitewater that I have ever paddled, and we have one more canyon to go.

We take an evening hike on an almost abandoned horse trail that leads out of the canyon. We walk through a great forest of ancient Ponderosa pine to a small side creek that is waiting for a first descent. We are hoping to look downstream into the third canyon of the Devil, but the forest is too thick.

After another warm, dry evening around a fire, we hit the hay early.

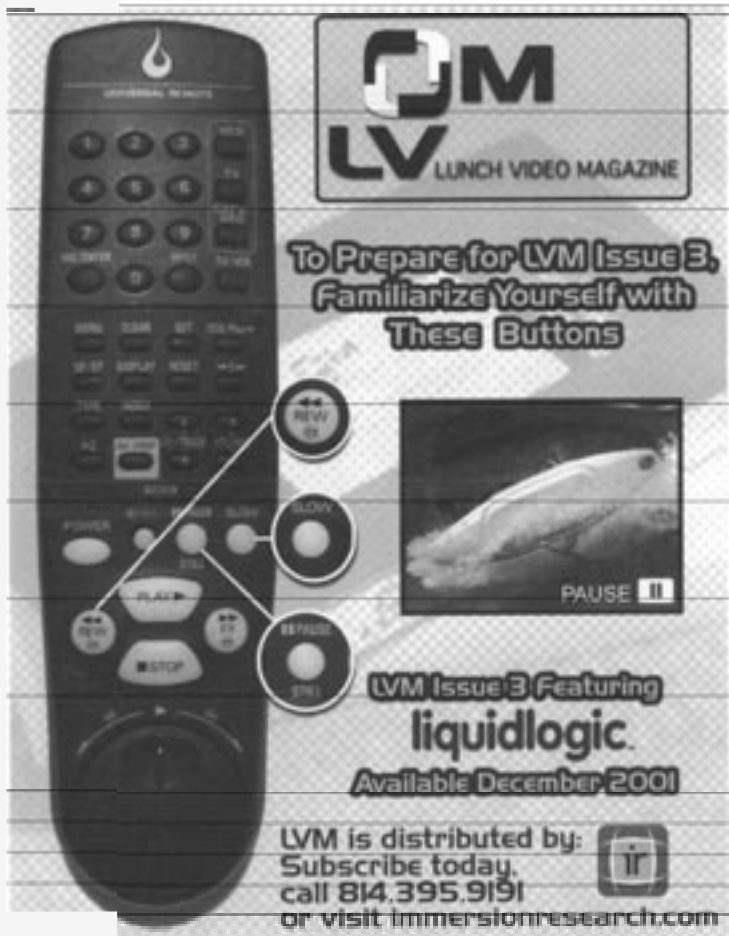
I am very tired and a bit sore, but I cannot sleep. I lie awake looking at the stars and thinking about El Canyon Del Diablo, which lies ahead. I think about all the great rivers that I have run and the times that I have been frightened by them. I have seen the thrill of victory and the agony of defeat. To dance on the edge is such a great thrill, but to fall off of it is no fun at all! Once more I have brought myself here. Now I must muster the strength and courage, because this great river will accept no less.

We awaken early and are all a little tense as we paddle into the last gorge.

There is a lot of hard whitewater and a lot of scouting. Most of the rapids have clean lines, although some are not easy to make. I portage a bit more than my friends, but many of the rapids cannot be portaged.

There is a solid IV+ in an near box canyon that leads into a Class VI that we plan to portage. Luckily there is a pool above the portage and the trail is obvious. This section has been run, but it looks like solid Class VI to us and we happily shoulder our boats.

Rowdy Randy thinks that we are near the end, but he remembers one more hard rapid that cannot be portaged. We

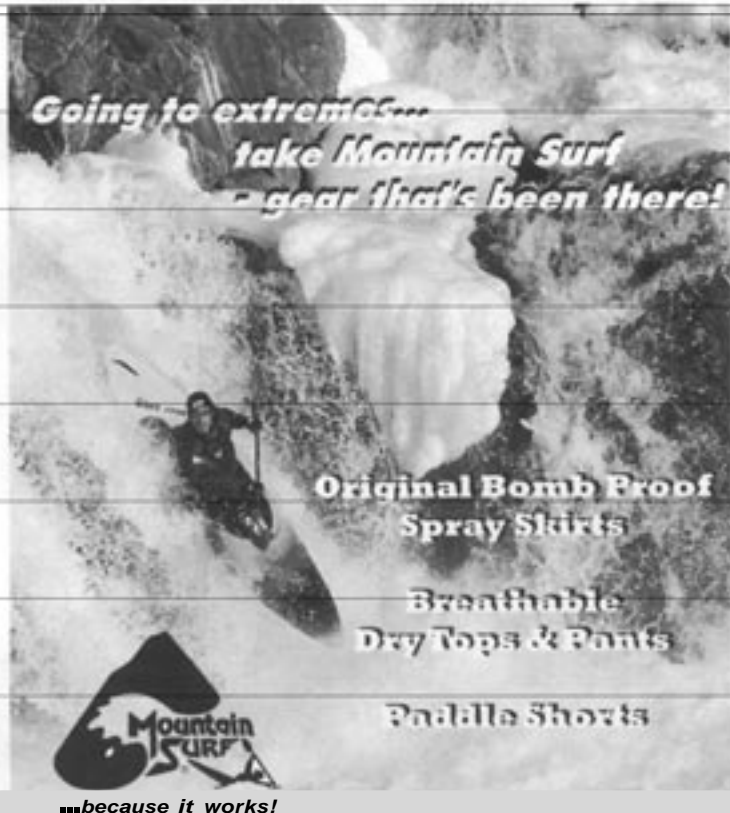


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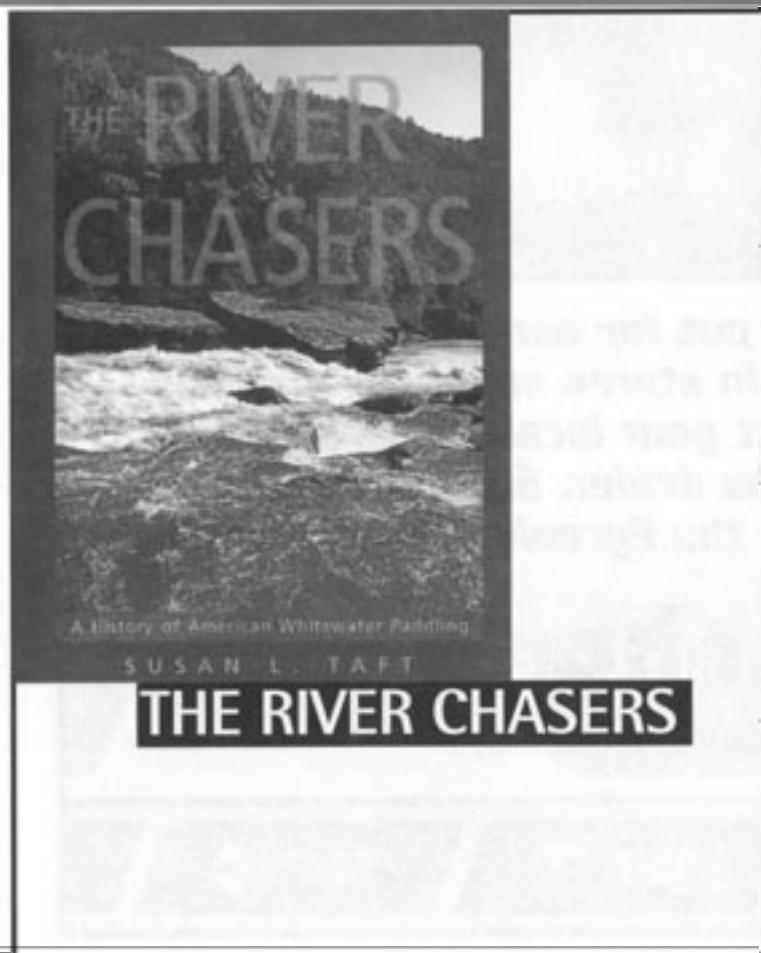
Cruising Cal at 50

Alex Henes @ Devils
Canyon. Photo by
John Mattson.

pass a couple of rapids that fit that description, but the whitewater just keeps on coming. We try to convince ourselves that we have passed the "big one" and are nearing the take-out bridge. But then we come to a really, really big drop. A careful scout reveals a thin, turbulent line and no portage. We psyche ourselves up one more time and take our turns. I hit my line, but the boiling water knocks me over and I get some more roll practice. Thank God for these California pools!

After a few more rapids, we see the bridge. Cold beers are waiting for us and we celebrate another great run. A life filled with rivers is truly great.

We psyche ourselves up one more time and take our turns.



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David Cernicek Jackson Hole, Wyoming

I grew up on the rivers of the west. My passion for rivers led me to a career of river-related work. I have a unique perspective on rivers since I have worked on river issues from many different viewpoints. I have been rafting and kayaking noncommercially since 1982, and have lived and boated in most areas of the country.

I worked as a guide and manager for commercial rafting companies in Colorado and Idaho. While completing a master's degree in natural resource management, I worked as a professional researcher investigating river user behavior. My specialties are river carrying capacity, crowding and conflict issues. I have spent countless hours for many river conservation related causes. During my education, I worked with the National Park Service's River, Trails and Conservation Assistance Program in Washington D.C., where I participated in national river conservation policy formulation and the Wild & Scenic Rivers Program.

I have worked as a river ranger on the Rio Grande and Rio Chama in New Mexico, the Stanislaus and Toulumne Rivers in California, and the Hoback and Snake Rivers in Wyoming. I am currently the River Manager for the Bridger-Teton National Forest in Jackson Hole, Wyoming where I administer all river corridor use. Part of my job is

coordinating the Snake River Fund, a donation program used on the Snake River in lieu of a mandatory fee program. This one-of-a-kind program is led by the river using community and works in partnership with the US Forest Service to protect and care for the Snake River Corridor.

My desire to be a part of the

American Whitewater Board of Directors stems from my commitment to work closely with any group truly interested in protecting rivers and working to find solutions to the ever-increasing threats to the wonderful experiences they bring to all who use them.

Adam Eichberg Denver, Colorado

I am honored to be a candidate for the American Whitewater Board of Directors. As a fourth generation Coloradoan and sixth year boater, I have a deep love for the outdoors and for the country's rich rivers. Between backyard runs in Colorado and frequent trashings in holes in Ecuador, I have had the privilege to explore this love both as a professional and a volunteer.

I have served on the board of the Colorado White Water Association for four years, including one term as president. As a representative of the private boater community I currently serve on the State of Colorado task force charged with exploring solutions to the state's current river access dilemma. I'm also an active board member of the Colorado Environmental Coalition, a statewide coalition of advocacy groups working to improve Colorado's quality of life.

Professionally, I act as the Associate National Director of the Trust for Public Land's Conser-



vation Finance Program. This unique program works with local communities to find creative ways to secure new money to protect open space, parks and waterways. I'm incredibly excited about applying my passion for conservation and my skills to protect and preserve whitewater resources across the country by serving on the American Whitewater board.

Pam Fitz

Denver, Colorado

I am an avid boater and river enthusiast, having learned how to kayak in 1989 in Colorado. I became in love with the sport and have been out each summer on day, weekend and multi day trips in the United States and other countries. In 1994, I began to be involved in the Colorado White Water Association (CWWA), by being recruited for the board of directors in position of President. I have been involved in recent years in Instruction program in Colorado.

As CWWA has grown from a 500-member organization to over 850, our programs and offerings have increased. I believe I have been instrumental in fundraising, event coordination, political activism issues, membership enthusiasm and instructing beginners on kayaking.

Qualities that I believe I have that would further the success of the American Whitewater organization are those of volunteer dedication, commitment, belief

Joe Greiner

Raleigh, North Carolina

I like to think of myself as a teacher, a "good shepherd", and a good-will ambassador.

I have been paddling since 1978, starting in the stern of a tandem canoe and switching to kayak in 1982. I got a lot of my experience through club boating and I have served the Carolina Canoe Club as Cruise Chair and Secretary/Treasurer. I was a club delegate to the Chattooga Symposium of 1990. I was lucky to be a participant in Nantahala '90, an international rafting peace rally, where I was a member of one of the Soviet teams. My wife, Nancy Gilbert, and I have been the event volunteer coordinator for the American Whitewater Gauley Festival the last nine years. I have been present at all but two of American Whitewater directors meetings over the last nine years.

I owe a lot to many people who showed me boating techniques and who introduced me to vari-



Dunbar Hardy

Durango, Colorado

I began paddling Whitewater Rivers in 1980 at Deep Woods Camp in Brevard, North Carolina. As a 10 year old I began exploring the classic whitewater rivers of the Southeast. Moving water captured me, and I have paddled whitewater rivers ever since. I have been teaching kayaking and canoeing for the last 13 years. I have also been an American Whitewater member since 1992.

I currently live in Durango, Colorado and am the Paddle School Director for Four Corners Riversports. I am an Instructor Trainer in Whitewater Kayaking and a Swiftwater Rescue Instructor with the American Canoe Association. I am also a freelance photographer and writer, and have worked with a number of outdoor magazines and companies, as well as numerous book publishers.

My passion for teaching and paddling has led me all over the world. I have traveled, paddled, and guided internationally for the last 7 years throughout North America, Central America, South America, Asia, and Africa. I have also competed in national and international whitewater events. I have trained and competed in both slalom and whitewater freestyle in both kayaks and canoes.

continued next page ►

in the ability to preserve and protect the rights of those who enjoy the river corridors throughout the United States and abroad. I have been told I have a quality that allows me to create excitement and enthusiasm among people to form together to get things done, a leadership quality that is a positive trait to a volunteer organization.

When I am not volunteering,

I am a Solutions Specialist for a software company. We provide account origination software for banks across the nation. At present, I am in the major accounts group, and in contact with banks over \$2 billion in asset size doing technical presentations, proposals, account management and troubleshooting as needed. Our product is an internet based java application.



ous rivers. I can never repay those who have given their time and energy to me. But I have become an ACA Instructor-Trainer and I share my enthusiasm and love for whitewater and its settings

with those who want to learn technique or who want to see a new river with a good shepherd along.

Paddling has taken me to all six boatable continents and to places that I would never hike to.



I like gravity on MY SIDE. My travels and paddling longevity have made me sensitive to the twin issues of conservation and access. These are issues that American Whitewater staff and its board and its members address more effectively than any other organization. I am in awe of the efforts of the American Whitewater Staff, many AW board members, and the many AW members who are access and conservation volunteers working on whitewater issues. I have been of some support to these people in the past and will continue that support in the future.

I feel that all of us in the boating community are thrice blessed: First, with our health, second, with the magical, mysterious, and sometimes mythical places that are open to us, many of which are

hidden from the majority of people, and third, with our skills that allow us to safely visit these places.

To share the skills, I will continue to teach those who want it. To share the places, I will continue to be a good shepherd to those who ask. To help preserve those places, I would like the privilege to serve as a member of the board of American Whitewater, where I will continue to support those who are in the forefront of the conservation and access causes.

I will continue to do all I can to be a good ambassador for the sport on and off the river, within and without the boating community, helping to spread the fun around and to deliver the messages of conservation and access.

Vote for the American Whitewater Board of Directors

Hardy continued

I am committed to paddling as a way of life, not just as a sport. I am at a place in my life where I am mostly interested in giving something back and sharing my experience. I want to contribute to the world of Whitewater Rivers, whether it is through teaching someone the skills to learn to paddle and begin to explore rivers, or it may be through one of my stories in a magazine, or someone looking at a photograph of mine from some faraway place. I want to inspire people to learn and to explore the world we live in, and the rivers that flow around us. Through my experience of teaching, and through my photography and writing, I want to share with the next generation of new paddlers and to help protect and improve the access of Whitewater Rivers.

I strongly believe that American Whitewater is the only whitewater-specific organization in existence whose mission and purpose fits my goals, and for that reason I ask for your consideration as a board member. I thank you for your time, and am honored, in being considered as a candidate for nomination to the Executive Board of the American Whitewater.



Jeffrey Leighton Lafayette, CA

I have had the privilege of serving on American Whitewater's board since 1998 and have been its treasurer since 1999. I continue to be awed by the accomplishments of American Whitewater's staff and volunteers as well as its vigilance and responsiveness to emerging opportunities and issues. In recent years, AW

has significantly increased its ability to address the conservation, access and safety issues that are of concern to whitewater enthusiasts. I am seeking a second term so that I may continue to assist AW in these efforts.

I am a life-long outdoor enthusiast. I have always had a particular fondness for rivers and began kayaking in the late 80's. I

enjoy kayaking with the friends that I have gained through boating as well as my wife Deborah and my two children, Erika (15) and Brian (10). We all seem to enjoy rivers for the same reasons; their beauty, the rich habitat they provide for wildlife and the opportunities they offer for adventure, excitement and spiritual renewal. Rivers must be preserved because they are the arteries of our ecosystems. Obtaining and insuring access is important so that we can enjoy our rivers and because people care most about protecting those places that are open to them.

In my professional life, I provide financial, management and advisory services to foundations and nonprofit organizations, a number of which are focused on environmental and conservation issues. I am also a CPA and have extensive corporate and nonprofit management experience. As a second term AW board member, I will continue to help American Whitewater develop its capacity to conserve and restore America's whitewater rivers and to provide increased access and opportunities for their safe enjoyment.

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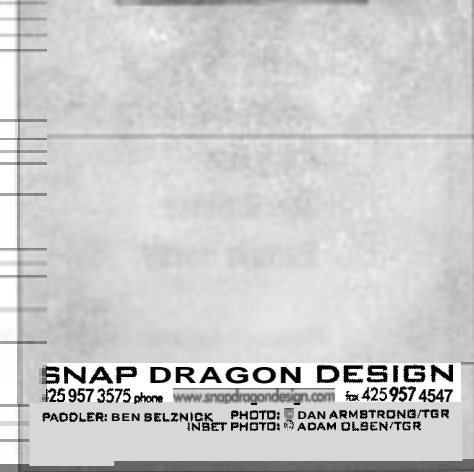
Aaron Pruzan Jackson Hole, Wyoming

I am the owner of Rendezvous River Sports/Jackson Hole Kayak School in Jackson Hole, Wyoming. As a retailer and instructor I have introduced thousands of people to the sport of kayaking since I began teaching in '93.

In '96 I began the non-profit Jackson Hole Kayak Club which provides an inexpensive means for kids to get into paddling. The club, in conjunction with AW, NOWR and the USCKT is involved with several events which I coordinate. They include, the Wyoming Whitewater Championships - down river and freestyle, and The JH Showdown - whitewater slalom. I also help organize & sponsor the JH Ski Club's annual Pole, Pedal, Paddle Quadrathlon.

As a board member of the Snake River Fund I have helped work with Bridger-Teton National Forest and the Jackson Hole Community Foundation in a unique alliance to keep the Snake user fee free. With the initial help of a \$50,000 anonymous donation, the Snake River Fund was founded in 1999 in response to the planned fee demo program on the popular Snake River Canyon. Since that time the fund has raised over \$200,000 in donations from outfitters and private users all of which goes to the resource.

As a paddler my interest is primarily in expeditionary kayaking with a smattering of DR, slalom and freestyle competition. I am fortunate to have been involved with several first descents in Wyoming and Chile. I also have paddled many classic remote rivers including the Stikine in British Columbia, the Susitna in Alaska and numerous runs down our backyard expedition - the Clark's Fork of the Yellowstone. Lately I'm spending time working on split-wheels and blunts and trying to figure out what a tricky-wu is.



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Sara Stephenson

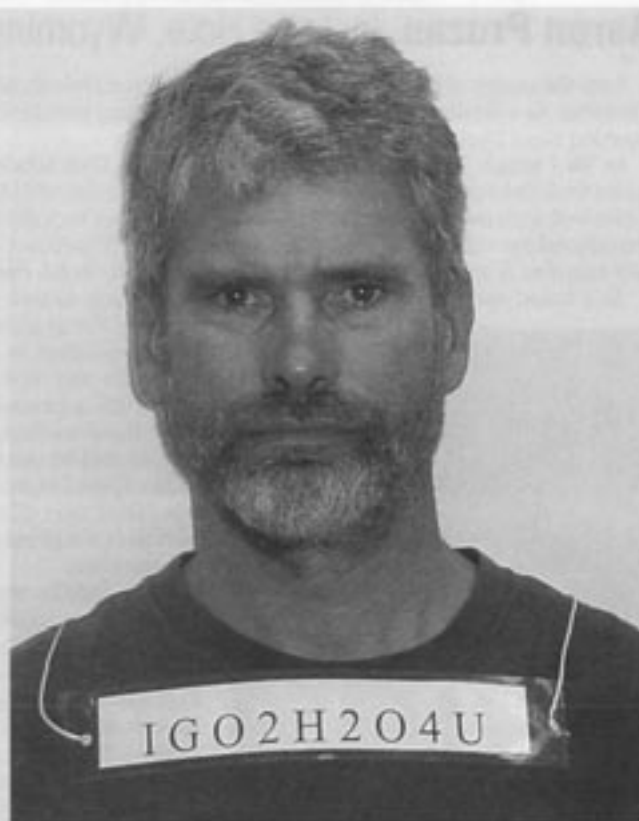
Asheville, North Carolina

If the success and attendance of the 2001 Gauley River Festival is any indication, the exponential growth of whitewater enthusiasts provides an exciting opportunity for American Whitewater. I would like to help AW capitalize on the expansion of the whitewater community and the outdoor industry through increased fundraising and financial management, while maintaining its core mission of conserving and restoring America's whitewater resources and enhancing opportunities for enjoying them safely.

After several years as a weekday "corporate woman" and weekend Ocoee warrior in Atlanta, Ga., I now live in Asheville, NC. I have been an avid paddler in the southeast area for over four years. I have been a member and financial supporter of American Whitewater since being introduced to kayaking and have volunteered for paddling events such as the Tallulah River Festival and the Gauley River Festival. I am a Certified Public Accountant in the state of Georgia and North Carolina, currently serve as the V.P. of Finance and Business Development for Great Smokies Diagnostic Laboratory, Inc. in Asheville and have over 9 years of con-

sultant experience with Ernst & Young, LLP.

I find it an extreme honor to be nominated to the Board of Directors of AWA and am truly excited to give something back to the sport that changed my outlook on life. I would like to help AW grow in size and visibility through increased organized sporting events and fundraising. I also hope as a financial advisor I can help the organization place its hard earned resources "where it counts!"



Barry Tuscano

Bolivar, Pennsylvania

I'm happy to have the chance to give back a little to the organization that has given all of us so much. Every time I find myself paddling an "AW" river I marvel at our good fortune to have American Whitewater to represent the boaters interests. If reelected to the board, I will spend the next three years spreading the word about AW and urging boaters to get involved in their local issues. I will also take a leadership role in assuring that AW remains the effective, responsive, and dynamic organization that our members have come to expect.

Annual American Whitewater Board Elections

The following individuals have been nominated for three-year terms to the Board of Directors of American Whitewater. American Whitewater members may vote to approve as many of these candidates as they choose. Mail the completed ballot to Elections1 American Whitewater, 1430 Fenwick Lane, Silver Spring, Maryland 20910

- ☐ **David Cernicek**
- ☐ **Adam Eichberg**
- ☐ **Pam Fitz**
- ☐ **Joe Greiner**
- ☐ **Dunbar Hardy**

- ☐ **Jeff Leighton**
- ☐ **Aaron Pruzan**
- ☐ **Sarah Stephenson**
- ☐ **Barry Tuscano**

Member's name (printed as on magazine address) _____

Member's signature _____



Dale Briggs, Ohio C-1 paddler, ventured out in a Winter Flash Flood and was photographed boating in front of a stalled car on a street in Cincinnati. The photo was captured by Steven M. Herppich of the Cincinnati Enquirer and appeared on the front page, January 4, 2000. Dale's adventure inspired the following poem.

RIVER PASSAGE

I bow to the River Prince
Though he plays the knave
Laughing at the trump
Against my queen.

I sing with the River Prince
When he wears the lotus leaf
Softening the ringing
Of his crown

I sail with the River Prince
Through water still before the bow

Sluicing familiar caress
Against his oar

I part with the River Prince
In darkness land and water meet
Dreaming cannot portage make
Around the falls

I dream of the River Prince
Ashen face in moonlight raised
Cying for the fool
He cannot be

by: writer J.W. Arnold

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Ode to Wet River Gear

By Josh Bethea

I love the
pain of a
febuay morning
pulling cold,
dripping polypropylene
over my head

The smells of
yesterday and the
day before
that cold, soggy
smell of river

It's this delicious
pain, this boating
ritual delight
that stuns the senses
to submission

This is fun...right?

Dreaded with a
smile, the ritual
goes on, raising
goose bumps and
questions of sanity

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Slight of Craft

By Jason Robertson

Rocks?

Yeah, I clipped the bow on the ledge. Let's try the corner. Can head on down to fish ladder and the triangle if there's nothing on the seam.

I turn my head, cross my body with the paddle, wait while the stern catches, spin the boat on end, slice the bow in a diving arc under the current, and disappear.

Mothering. That's the only word that comes to mind in the dark under the warm July water.

The water exerts an even pressure on every surface of my body. The dive reflex kicks in and my body slows to meet the river. Breathing is put on hold. There are no scents. Eyes are closed to the murk. My pulse slows and drums towards dreamland. Ultimately I feel little other than the pressures of the current. Yet, my senses are alive and thrive in deprivation.

I hear rocks rattling against each other and echoing sounds once reckoned by fishermen as an eternal bone yard dance with Davy Jones.

Gentle fingers massage up and down my back as I wash through and spiral round the current interface.

I continue crossing my body with the paddle, spinning. I'm locked carefully in place underwater. I raise my arms momentarily and feel my fingertips clear the surface. The bow of the boat is slightly compressed around my legs. I crunch my abs and lean back surfacing in a black attack. The bow clears vertically, and I watch as my body follows with the bow framed briefly in a halo of sunshine. I lean hard right, slam the right blade from waist to toes bringing the stern out in a rain bowing arc of droplets, turn the downward stroke into a lateral shove, lead

with the head to the left, cross with the paddle, spin under the falling angle of the boat and around onto the surface and into the current, leveling out with the boat 6 inches under the surface. Breathe.

Nice.

Yeah. Felt good. Startin' to get the hang of the mysteries.

I cross the paddle from waist to stern, stand on my toes and pirouette clockwise, tracing the current's pulse with my paddle, and look downriver.

Seen Keith?

Nah. Said he'd be later, 'round 4, after work.

Look. Blue Heron. They're really coming back.

No sense waitin', let's head on down.

We're gone. Phil floats low on stern and I float high on bow. We balance our comfort and gentle our toes.

The boats fit tightly. They are specially made to fit the owners. Whenever people see mine, the first question I get is whether I sit inside, the second is how, and the third is

about the volume. The pattern is constant, only the phrases change.

A gallon of water weighs 8.5 pounds, I weigh 145. That means I need about 17 gallons of displacement for neutral buoyancy, plus a gallon or two to lift my torso above the surface. It also means that a gallon in the boat will totally change how it handles and how deeply it will corkscrew.

I set the paddle across my lap, lean forward, grab the bow with both hands and slowly tilt forward. My face is gripped by the surface tension and the dive reflex kicks back in. The current swings me around. Iswoop.

Phil calls out.

Look like a bottle bobbing.

I feel like a bottle.

Actually, I feel stiff. My back is tight. There's no room for thought. There are only two courses of action. I can revel in the ache and lie on the deck or I can do some dynamic stretching. Guess that means there's really only one choice, aggressive movement. Why else have the boat?

I throw my head and shoulders back, ▶

The Birth o

Squirt Boating

By Kent Ford

I remember the day recreational squirt boating was born.

It was the winter of '77, and slalom racing boats had been shrinking in size to enable undercutting the poles. These designs allowed the paddler to lean back, backsweep, and get the stern deck underwater. This proved to be a handy skill at the model basin, the Navy's indoor submarine testing facility near Washington, D.C. Slalom team members trained there in the evenings, practicing in gates hung from catwalks 100 feet above the water. Since the gates were suspended from so high, they tended to swing forever if anyone hit them, so one pole was lowered to drag in the water, so it wouldn't swing.

We had a pretty competitive crowd practicing C-1 there most evenings... including Ron and Jon Luginbill, Davey Hearn, and Bob (Bumbo) Robison. I think it was Bumbo who diverted our workout one evening into a contest of who could "sneak" furthest under the pole. But this proved hard to judge, so we changed the rules to see who could hit a pole furthest up with the bow. Bumbo excelled at this game, since he had a tall torso and long arms for leverage.

Soon we were all 'cutting down' our boat designs for sneaking, and cranking pivots. The boats spun faster with the boat in a pivot, and you could apply this for changing your momentum. And, most fun of all, for a year or two, we could freak out our international competition by getting big air in the warm up areas above a race start.

A bunch of the West Virginia boaters watched this develop and figured out how fun these moves could be for river running. Led by the Snyders and Jesse Whitmore, they designed specialty boats, cut them smaller and smaller, and took squirting sport to the next level. I believe they were the fathers of squirt boating, and consider where it has taken the sport today!

▶ grabbing the paddle in both hands as I straighten and fall towards the left, under the boat, but over the water. I watch the surface flow inches under my face as the paddle blade skips across the surface. Don't catch an edge. Breathe. I come around, slap the paddle in a continuous spin, and continue falling to the left in a second screwing motion. My nose spats briefly at the water. I feel my vertebrae relax and pop. Reflexively I close my eyes as my face plunges in and relax in the bliss of a natural realignment. For a brief moment, that is more imagined than real, I am lying upside down in the water and my momentum seems frozen. But with a shrug of the shoulders I continue the spinning motion and surface upright before launching into a cartwheel and finishing back on the bow. Breathe.

Water wraps my waist and I hear air burping out of the spray skirt. Now that I've noticed the sound, I also feel it gurgling up my spine. Water rises round my calves. A gallon in hand, time to give it back to the river. A few more acrobatics and I'll be set. Then it'll be time to bail and stretch on dry land. Breathing.

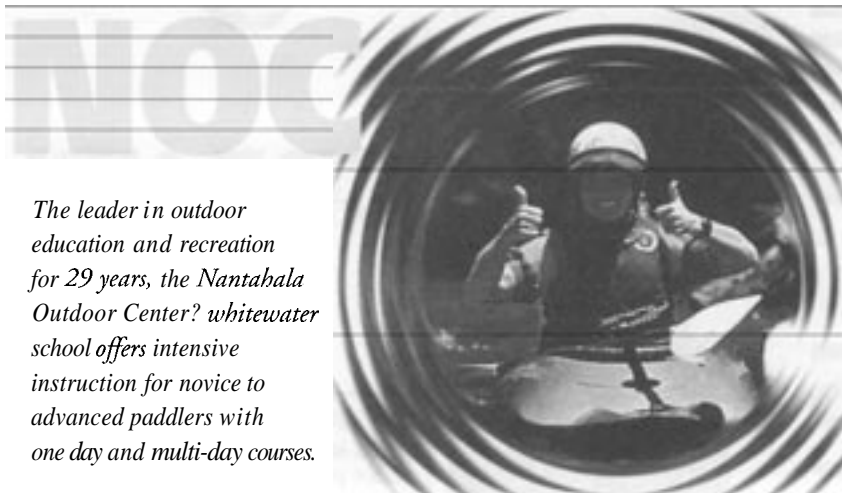
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CREATINE and the **WWW** Paddler

By Dan Drury

As an exercise physiologist and a white-water paddler, I am often asked to answer some pretty detailed questions while floating between rapids. Although I thoroughly enjoy talking to fellow paddlers about the intricacies of paddling bioenergetics, I wish these questions could be saved for a long portage, a campfire or maybe even the shuttle trip. It is pretty difficult to answer questions such as, "What supplements REALLY work?" or "What's a good weight lifting program for me?" or "Why does my shoulder hurt when I do this?" in three to five minute time blocks. Anyway, these frequent questions have lead me to write this article to clear up some of the misconceptions about one nutritional supplement that still remains very popular. If you haven't heard about 'Creatine' yet, take a few minutes to read this article.

First of all, let me state up front that I am not a salesperson. I have a doctoral degree in Exercise Physiology and I am an Assistant Professor of Exercise Science at Gettysburg College. I have nothing to gain or lose financially by writing this article. Furthermore, the information I am sharing with you is not based upon my opinions. I am merely passing on the information we in the academic community have accumulated through published research. Since the FDA does not regulate 'supplements' in the same manner as other substances, manufacturers and supplement dealers are free to make claims that are often unsubstantiated. Frankly, many of the supplements on the market today are pure crap. This loose control of the market has left the consumer uninformed and dangerously in the dark when it comes to supplement use. Therefore, this is my attempt to give my fellow paddlers some of the facts about 'Creatine'.

What is Creatine?

Creatine is a naturally occurring amino acid that can be synthesized in the human body or consumed from various food sources. The substance itself is primarily involved in the process of 'anaerobic' or short-term energy metabolism (without oxygen). In simple terms, Creatine is used by the human body as part of an energy pathway known as the

Creatine-Phosphate system. When you role over in a nasty hole and the river-gods decide to keep you for awhile, your ability to survive is determined by your anaerobic energy system. Creatine Phosphate helps the body generate more Adenosine Tri-phosphate (ATP) so that you can eventually use your bomb-proof role to avoid the humiliating swim. When we exercise at an intensity that exceeds our ability to make energy with oxygen we revert to this powerful, but limited resource. Almost all athletic bursts of energy require you to tap the Creatine-Phosphate energy system, especially critical strokes thrown in the midst of a hairy Class V drop.

Creatine supplementation allows your muscle cells to store greater amounts of Creatine that can potentially improve your muscular power. By giving your body more creatine than it could consume naturally the cells in your muscles store more Creatine than they would under normal circumstances. White water paddling is an activity that often requires quick bursts of energy. Although a full day of paddling definitely requires a strong cardiovascular endurance system (aerobic exercise), the do or die moves thrown prior to a mystery move are definitely anaerobic. A few powerful strokes of the paddle given at the right time can make the difference between an awesome "Airwheel" and a window shade. Take home message: White water paddlers often use the anaerobic energy system and extra Creatine may be able to help.

We all know that many paddling mistakes are often the result of fatigue. When we are tired we get lazy, and when we get lazy we get sloppy, and when we get sloppy we often get thrashed. Creatine fits into this scenario by improving our ability to train the muscles necessary for success. This supplement is **not** effective as a short-term energy booster for one day. The best results are experienced when the athlete uses Creatine as part of an overall training regimen.

Creatine actually helps us embrace the physiological phenomenon known as the 'Overload Principle.' Like most physical activities, paddling is taxing and difficult when we are first learning. A few hours in the boat is enough to thoroughly 'overload' your sys-

tem when you are a novice. Eventually, your body will make the necessary adaptations so that you can increase the intensity and duration of your time on the water.

Creatine supplementation may provide that added edge that allows people to train a little harder and a little longer each day. When compounded over time, these small gains can mean significant differences in power and strength. Since many of the energy requirements of WW paddling are anaerobic it is safe to say that the energy requirements of WW paddling are well suited for the potential benefits of Creatine supplementation.

Can Creatine Improve Paddling Performance?

To reap the benefits of creatine use one must truly be 'in training.' Clinically, this means the athlete must be systematically creating overload experiences on a planned and regular basis. This can be accomplished through intense time spent on the river or in the weight room. If the body is not being challenged physiologically, Creatine supple-

mentation will not benefit the athlete. The recreational boater who only paddles every other weekend will not benefit from Creatine unless some other form of training is added.

Furthermore, many athletes have experienced significant weight gain while using creatine (2-30 lbs). For anaerobic sports like hockey, football and weightlifting this weight gain may not be an issue. But, the whitewater paddler must be very cognizant of sudden weight changes that will effect their water displacement and center of gravity while in the boat. If while taking Creatine your creek boat suddenly becomes your squirt boat, you may want to step on the scale and re-evaluate the situation. Weight gain combined with increases in power and strength are often welcome adaptations for athletes. But sometimes added body mass can be counterproductive. Consider your specific needs individually.

Potential Side Effects of Creatine Use.

Although researchers have yet to identify any major side effects associated with Creatine use, this does not mean Creatine is safe for everyone. Because this is a relatively new

substance, controlled long-term studies are not available. Some athletes have experienced nausea, muscle cramps, diarrhea and other minor discomforts. It is also important to note that information regarding the long-term effects of Creatine is just not available.

Another concern that has arisen with Creatine use is dehydration. Researchers have documented the fact that Creatine supplementation causes a fluid shift into the muscle. Consequently, your muscles swell when they're loaded with extra Creatine. Although your arms may look better hanging out of your lifejacket, some researchers are concerned that you may become dehydrated. To date, this problem is only a theoretical concern that has not been confirmed as a universal side effect. To avoid this as a potential side effect, paddlers should drink fluids before, during and after exercise. This recommendation is a good one even if your not using Creatine.

And, alcohol seems to negate beneficial effects of Creatine. So, if your taking Creatine and you decide to have a few beers after a day on the river, be prepared to watch your money trickle down the side of a tree in the form of very expensive urine (sorry).

continued next page ►

NEW

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Recommended Supplementation Regime

Although the ultimate dosage regime has not been clinically determined many researchers and manufacturers of Creatine have suggested a loading period where the athlete consumes 20-25 grams per day, followed by a maintenance period of 3-15 grams per day. A sugary drink like grape juice has also been recommended to facilitate Creatine crossover into the cell. Recent researchers have refuted the necessity for a carbohydrate vehicle and dosages are still controversial.

A variety of protocols have been proposed regarding how long an athlete should take Creatine before stopping for a 'washout' period. Although the duration of these cycles remains controversial, a cycling approach seems to be universally accepted. In any event, be sure to follow the instructions on the

packaging when taking Creatine and do not fall into the psychological trap "If a little works..... than more is better." Stick with the manufacturers recommendations and try to track your progress on the scale, on the water, or in the gym.

Researchers have established that individuals can be classified as 'Creatine Responders' and 'Non-Responders.' In other words, it doesn't seem to work for everyone. Creatine is not a magic bullet. Even when this supplement is effective, it is difficult to quantify just how much it has helped. So many different factors can lead to changes in performance that it is often difficult to isolate the effects of supplementation. By maximizing important factors such as training, sleep, nutrition, motivation and skill development the athlete can develop much faster than by depending on a supplementation regimen.

I personally find that these other factors play a much greater role in improving performance as compared to the benefits one

can reap with supplements. Maximize your training FIRST...then look to supplements as a possible means to enhance your performance. I only recommend supplement use when an athlete has been training very hard and has reached a plateau. Too many recreational athletes turn to supplements before they have tapped the true potential that smart training will bring. Supplement companies make their money on weekend warriors who feel an added boost will restore their 'Glory Days' of athletic prowess. Unfortunately, if your not training hard on a regular basis you're wasting your money by taking Creatine.

Conclusions

The research that I have reviewed seems to suggest that Creatine supplementation can increase intramuscular stores of Creatine. This leads to increased short-term energy creation that may facilitate activities

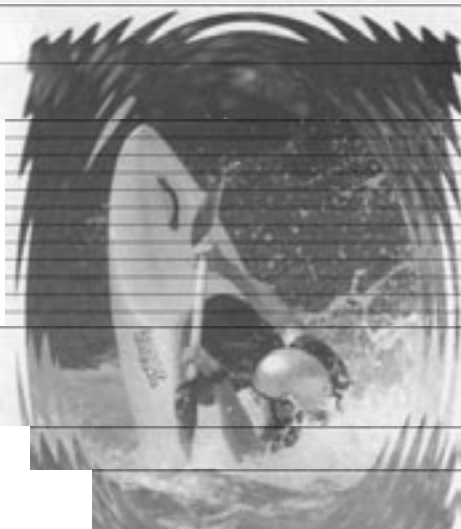
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demanding a power component like WW paddling. Significant gains in strength and body mass have also been reported. The side effects of Creatine use seem to be minimal, but more comprehensive research is needed. Creatine supplementation may hinder endurance performance due to unwanted weight gain and water retention. Paddlers may benefit from Creatine use if taken as part of a comprehensive training program that provides a systematic overload on their muscles. Because the research in this area is limited, paddlers should exercise caution while using this supplement for long periods of time. If you are paddling regularly and lifting weights Creatine may help you get stronger and put on weight. If you're just out paddling to enjoy the experience and save some money and leave the Creatine on the shelf.

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Editor's note: The American Whitewater Affiliation and the editors of American Whitewater do not encourage or endorse the use of any dietary supplements. Information included in this article solely represents the opinion of the author; publication of this article in no way implies that American Whitewater or its editors sanction the use of creatine. This article is being published only to stimulate an informed discussion of this topic.

Prior to publication this article was reviewed by an athletic trainer at a major university and by a physician with a special interest in exercise physiology. In summary, both suggested that creatine is probably harmless when used as directed in the amounts recommended by the manufacturers. However, they concurred that there may be risks which have not yet been demonstrated, especially since dietary supplements like creatine are not tested or evaluated by the Federal Drug Administration.

Neither of the experts who reviewed this article was enthusiastic about creatine. The NCAA prohibits colleges from providing creatine to student athletes. Both of our reviewers questioned the benefits of creatine use,

suggesting that athletes who use the supplement should expect, at best, only a one or two percent increase in their athletic performance. They also agreed that if creatine works at all, it only works in individuals on rigorous training regimens that include a great deal of anaerobic exercise (such as weight lifting.) Both of our reviewers agreed with Dr. Drury that creatine is not likely to enhance the performance of recreational paddlers who paddle and exercise moderately.

Both of our experts agreed that creatine should never be used by individuals with a history of kidney (renal) disease. They agreed with Dr. Drury that those who choose to use creatine must drink plenty of water to avoid dehydration. They both stated that creatine should not be used by wrestlers who dehydrate themselves to "make weight".

In summary, our experts suggested that most paddlers would do well to leave creatine on the shelf: AW's experts agreed that exercising regularly (including weight training), paddling regularly, getting plenty of rest, and eating a low fat/high protein and carbohydrate diet will do far more than creatine to enhance the performance of recreational paddlers.

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Apologizing in Advance Seriously Speaking

Dear Readers:

I took Wayne Sundmacher's swiftwater rescue clinic a few weeks ago. He and his friends taught a tremendously valuable class, one that every paddler should take. Over two days they covered a lot of material which broke down into three topics.

First was mental and philosophical—an orderly approach to organizing and conducting a river rescue, which hopefully stuck with the students a little and will serve to guide intelligent rescue efforts when someone is in trouble out there. Second was basic skills: throwropes, knots, PFDs, carabiners, webbing and other rescue equipment. This was hands-on, some review and a LOT of refinement: solid thinking on what is most and least useful by people who have tried it all and found much of it wanting. Third was new skills for in-water rescue work, including wading tactics (yes, you can wade safely in whitewater) and tethered-swimmer rescues and belays using the new "rescue PFDs".

The advice on approach and equipment appeared to be based on a lot more trial and a lot more error than any ordinary boater is likely to pile up in a lifetime of doing ad-hoc rescues during river trips. The hands-on skills they taught were logical, effective, low-tech and not obvious. Wayne and his people offered the product of an awful lot of careful thinking about what does and does not work on rivers, and a lot of failure analysis. What emerged was simple, direct, useful, and probably about as near to the cutting-edge as a weekend boater needs to get.

These people are teaching a critically important skill set, and one which is much tougher to get out of the manual than in the water. The class was hands-on, in-water, and strenuous. It cost \$150 for the two days, which is less than the cost of a paddle and less than the cost of my medical deductible. All 14 of the people who took the course came out of it better boaters, safer boaters, less likely to die on a river, and more likely to keep someone else from dying—in short, better people to have on the water.

All paddlers should be encouraged to take a practical, in-water river rescue class, Wayne's or someone else's. Participants should include real good boaters who are likely to encounter the objective dangers of Class V and VI water, intermediates who occasionally swim, or shepherd beginners down Class II or merely eddy out for lunch below some popular trouble spot to watch the carnage, and new paddlers who want to pick up a set of techniques that they may well need someday, that may make a lifesaving difference.

In teaching the class Wayne and his friends threw their best fastball over the heart of the public domain. It was inevitable that one day they would teach the course to the wrong guy, some idiot who would take all their good stuff and pull it into left field. Sorry, guys. Please don't take offense, and if you find me pinned on a bridge pier someday, please do your best...

Jonathan Katz

THE GOLDEN HOUR

By Jonathan Katz

McBride looked beseechingly into Omaha's red eyes.

"Sorry, Kenny, we have absolutely no choice. We gotta take the swiftwater rescue course this year."

"Says who?"

"Says the ACA. New rule. If you don't have a current rescue certificate you can't paddle on any controlled access rivers."

"Can't we just forge one?"

"We did that last year. Now they want a DNA sample. They say it's to help identify your body."

"I already know who I am." Omaha took a hit and spoke again in that high, squeaky voice that signified he'd rather be holding his breath.

"You mean I gotta give up a perfectly good paddling weekend for a first aid class?"

"That's right, my man! Now you get it! Besides, the rivers are down this weekend and Charlie Bridgepier's partner is teaching the course down in Mohegan tucket. If we leave right now we can get there. Lets go! You can exhale in the truck."

They held the rescue clinic at Olduvai Gorge on the Pequot River, just a bad landing away from Bradley International Airport. In order to enroll, Omaha had to submit to several indignities, including surrendering his guns (ouch!) and paying an extortionate fee (cash only, no checks). Then they tied both his hands to a stack of Bibles ("double clove hitch"—and if he gives you any grief just yank the rope) and made him read the Official Waiver. Out loud. It was 35 pages long and warned of every possible form of death and injury that could occur on the river, from "Abandonment" to "Zip-line decapitation." The last paragraph read:

You could die of boredom from reading this waiver.

If so, you have only yourself to blame. Tell your lawyer to jam it. Sign the form or go home.

Finally they gave him a body-cavity search ("Please be gentle?") and let him go down to the river.

Bridgepier's partner turned out to be "Great" Dane Studebaker, "Great Name for a Great Car." He was warming up the crowd, talking about his collection of snuff films.

"I got this great video of this guy drowning in New Jersey. He's face down in six inches of water, and there's ten kayakers on shore drinking Bud and watching him die. Nobody did a damn thing. They were clueless. The purpose of today's exercise is to give you a clue."

Omaha studied Studebaker. He was a big man, a heavily decorated kayaker who had put down a lot of new routes in the Pyrenees and led the first closed boat decent of El Capitan. Now he was out on disability.

"I don't boat much any more since I got my first disk," Studebaker continued. "Now I got so many disks, you'd need fifteen doses of Percodan just to get through 'em all."

The guy was out there, all right, Omaha reflected. Big, bald, Germanic guy with a locking carabiner pushed through his right earlobe. He'd also gotten stuck behind too many Krispy Kremes. If this was a hardened whitewater professional, his gut didn't show it.

Fortunately, Studebaker had brought help on the river—the same two assistants who had held Omaha down while he signed the waiver. Mike was a bearded, knotty, pugna-cious little rodeo boater. There were six guys just like him in every playhole east of the Mississippi. He was obviously going to do the serious role-playing in the rescue class. The other assistant was Mona, a blonde with turquoise eyes and hair down to her ass. She looked spectacular in a wetsuit. While Omaha pondered getting next to Mona, Studebaker was raving about rescue philosophy.

"The most important guy at the rescue is you, the rescuer. Your life comes first. Next are the bystanders. The victim, while he is alive, is third. After he dies he drops to fifth place, behind the equipment. Once he's a body, forget him. Bodies are a downer. They are heavy, and they stink."

"Did you see Titanic?" he asked.

Nobody answered.

"DID YOU SEE TITANIC???"

Omaha raised his hand sheepishly. He'd passed out during the credits, but regained consciousness in time for the scene at the end where DeCaprio surfs the whirlpool.

"If you saw Titanic," Studebaker continued, "you know that in a rescue situation women and children come first. Not a lot of kids paddle whitewater, so out here women come first. Let me give you an example."

Studebaker dragged up Mike and Mona, grabbing each of them by the scruff of the neck.

"Say you got two victims here and they both need mouth to mouth resuscitation. Who you gonna save?"



Omaha glanced from Mike's beard to Mona's luscious, berry lips. For this he had to take a rescue class?

"That's right, guys." Studebaker continued. "You're gonna save the woman. Why? Because women are essential for the survival of the species and men aren't. Remember your acronyms! You can't be a competent rescuer unless you remember your acronyms!! The first one is MAX and it stands for "Men Are Xpendable". Remember that and you will always make the right choice in prioritizing victims."

While this lesson sank in, they did ropes class.

"The first knot we are going to learn is the coffin hitch," Studebaker yelled. "Believe me you are going to need it."

Studebaker draped the rope over his shoulder, faced the rest of the group, and wiggled his fingers in strange ways. Miraculously the hitch appeared.

"It is impossible to use words to explain how to tie a knot," said Mike. "If you doubt me, tell me how to tie my shoe."

McBride and Omaha both failed this task. But Mike got even by failing to teach them how to tie a Swindler's Bend. Later in the Class they learned the Double Hangman's Noose ("It worked on Ethel and Julius Rosenberg so it will work on you.") Next came the Pleasure Swing ("Make sure the anchor is solid," said Mona. "You don't want it to slip.") Finally they finished up with a marvelously complex and intricate snarl of rope, webbing and carabiners which supposedly created a mechanical advantage of four to one.

"You've all tied on boats with a trucker's hitch, right? Well, a trucker's hitch is nothing but a Z-drag and gives you an advantage of three to one. We call the four to one device a Drag Queen. I keep two in my truck at all times. For parties."

Lunch was salami and spoiled mayonnaise. After a brief shore class ("Always puke to the downstream side") they did wading drills.

"To avoid foot entrapment and death by drowning, one should never wade in whifewater deeper *than* his knees." Studebaker ordered them to wade out into Class III water until the river swept them away. Then he paired them up and made them wade further, using their paddles as crutches. Then he repeated the exercise in groups of three, four and five.

Each time they got deeper and deeper into the rushing water. Studebaker boomed. "How deep can you wade? The answer is that you are only limited by buoyancy and your ability to breathe. Too buoyant? Stuff rocks inside your wetsuit. They'll hold you down."

He pulled out a pair of long, wickedly hooked straws.

"Shove these into your nostrils and wedge them behind your ears. Now you have mini-

snorkels. With a properly weighted wetsuit and mini-snorkels you can walk around on the bottom of the river all the doo-dah day! Just stroll out to the victim, pull him free of whatever is killing him, and get on your way."

The next day they started with remote rescue, where the objective is to toss something helpful to the victim. Mike and Mona played catch with a variety of objects, including several throw ropes, a drybag full of rocks, a frisbee and a harpoon. While they played Studebaker lectured.

"Remember your acronyms: RETHROG!! REach for the victim (Preferably with something other than your hand. Victims are cold and clammy, and they will cling to you and drag you to your death.) Or THrow him a rope. Or ROw out to his general vicinity and cheer him up. Tell him a joke, or how much you are looking forward to hitting on his widow. And if that fails, GO get him. RETHROG! RETHROG! RETHROG!"

While they ate yesterday's lunch leftovers he taught a delightful unit on the physiology of drowning.

"Remember, in water below seventy degrees the victim won't be totally brain dead for an hour, unless he is a creek boater, in which case he was brain-dead at the put-in. We call this window of opportunity 'The Golden Hour.' This is when you get the chance to play with your rescue equipment."

He gestured at his feet. He was standing in an impossible tangle of webbing, throw bags, pulleys, biners, knots, cables, knives, saws, whistles, flares, rescue harnesses, a half-inflated helium weather balloon and a solar powered winch.

"This is the best equipment money can buy. Give me enough of this junk, I can move the world!! If you can't get your best buddy out of a crack with a hundred feet of webbing, a dozen locking biners and three thousand feet of spectracore kernmantle climbing rope, you are entirely worthless and should sit in bed watching TV."

Suddenly a deliciously high-pitched female scream cut the air. It was Mona. She blushed as pink as her bikini.

"A rethrog touched my foot!" she gasped.

Omaha replayed the scream in his mind. Definitely preorgasmic, he decided. About T minus 2 seconds and counting. He filed the information away for use later.

Studebaker ignored Mona. It was like he had heard it all before. He was busy teaching another acronym.

"My favorite," he yelled. "TAPS. T is for Think. Think about what kinds of rope tricks and reverse bungee extractions you can pull off out there. A is for Assemble. Assemble all the moldy rescue equipment you and your buddies have been dragging all over the river for the past five years, because your moment has arrived! P is for Perform. Perform the rescue with preparation, pride, panache, and

plenty of hardware. And lastly, S is for So What? So what if the stupid vic dies after all your hard work? Shuttle out and call 911. Let the professionals carry the corpse."

While Studebaker raged, Omaha studied the riverbank. Down by the dam Mike and Mona were doing something to a skinny tree. Mona had climbed it as high as she could. She was straddling the bending trunk, rocking her hips back and forth in the usual fashion. The tree surrendered to her, slowly bending till its leafy top nearly touched the ground. Mike knotted a rope around the treetop, and chocked the free end under a large boulder. He then took the rest of the rope and a bag of equipment and waded into the water, below the dam and above Notorious Car Rock.

While they worked, Studebaker tossed a small ball of plastic explosive up and down in his hand. His eyes gleamed. "I need a volunteer, preferably an older, fatter boater."

He pointed at McBride, whose round belly distended his wetsuit. "You, sir, will do nicely."

He ordered McBride to run the three foot drop through the broken dam. Not to be nervous, he said, drooling.

"We call this the Five-Six Rescue. Say some boater in your group decides to run a Class Five rapid that he has never done before. Say it's beyond his skill level, and below the drop is a Class VI rapid that will kill him for sure. As a trained rescuer what do you do?"

"Tell him to portage?" someone asked.

Studebaker whirled on the hapless boater. "A teaching moment!" he foamed. "Never, never, never tell anyone to carry!! We need victims!! How are we going to practice our rescue skills if we talk people out of paddling into trouble?"

He was calming down now. "What you do is send people ahead, to set up the Five-Six rescue in the inevitable convenient pool between the two drops. And then you watch and wait. . . ."

McBride now paddled his kayak into view. Lining up on the stiffest point of the big curler at the bottom of the dam, he ran it clean and upright. Suddenly there was a sharp explosion, followed instantly by a SPOING!!

Mona's sapling jerked upright and there was McBride, swinging back and forth in his kayak ten feet above the river, caught inside a giant nylon net bag, dripping wet and looking mighty silly.

Studebaker was roaring now. "Remember the steps of the Five-Six rescue. Bend the sapling. Rig the spring line. Blow the boulder. . . ."

He pointed his splintered paddle at McBride, hanging forlornly in midair, and panted for dramatic effect.

"Nothing but net!"

©Jonathan Katz, July 24, 2001

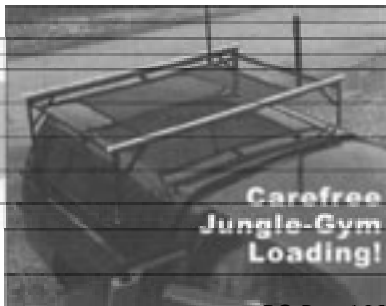
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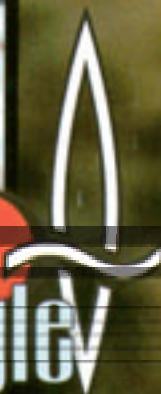
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