



KEELHAULER KA-NEWS

February 2006

Next club meeting is Tuesday, February 14th at the Middleburg Hts Community Center, 15700 Bagley Rd. Doors open at 7:00pm with the business meeting starting at 7:45pm followed by refreshments and the program.

[Map to Middleburg Hts Meeting](#)

Program: Elaine Marsh from [Friends of the Crooked River](#) and [Ohio Greenways](#) will present a 30 min program on the Cuyahoga Gorge Hydro project, its impact and implications.

All meetings are open to guests

March's Special Meeting Presentation

Advance notice that the following "special" presentation will be made for club members and anyone else who is interested. This show should be a winner so mark your calendars!

Paddling Alaska's Inside Passage

Wednesday, March 8, 7pm

Middleburg Hts LIBRARY

(not Rec Center)

15600 E. Bagley Rd

(Just down the street from the Recreation Center)

Scott Roberge will introduce you to the paddling opportunities found in Southeast Alaska with a 45-minute slide show. With over 11,000 miles of shoreline, hundreds of islands and protected waters Southeast Alaska is a paddler's dream destination.

Scott Roberge owns Tongass Kayak Adventures, which has been offering Sea Kayak tours on the Inside Passage for over twenty years now. The show will cover several paddling destinations including LeConte Glacier Bay with its icebergs and fjord, the Stikine River, Frederick Sound a major feeding area for North Pacific Humpback Whales and Tebenkof Bay Wilderness. Come see some of the magic paddling to be found in Alaska!

CONSERVATION CORNER

By MARY MODESITT

Happy New Year to everyone and hope everyone is excited about what this paddling season could bring us this year. So the thank you notes are coming in here for the donations the club made back in November. Here is some of what the organizations are saying:

Friends of the Cheat: Please thank your club for their continuing support of our work. Paddlers are our strongest contributors. - Sally Wilts

West Virginia Rivers Coalition: Thanks you for your continued support! This means a lot to our organization! - Joe Peabody

Grand River Partners, Inc.: Grand River.... has protected 1600 acres to date. With your help, we are on track to complete over 500 acres of new land protection this year, as well as increasing protection of 180 acres of previously protected land with more restrictive conservation easements. We are currently working with landowners to permanently protect another 4400 acres of critical land in the Grand River watershed.

We greatly appreciate the club's gift and the support it shows for our land and water conservation efforts. Please feel free to call or visit our office anytime to discuss Grand River Partners' conservation efforts.

(Handwritten section) Thank you so much! We have a spring canoe float that I hope you and other members of your club will join in. I'll send information when we have it. - Eddie Dengg

I will bring these notes and other information the organizations sent me to the next meet. I also received a personal call from David Levine who is the Treasure for Grand Canyon Private Boaters Association thanking the club for our continuous support. This should just tell everyone in the club how thankful and important our funds we raise for the yearly donations are for these organizations. I would love to see the club being able to donate more money in 2006. We need to help preserve the rivers and lands that allow us to enjoy our past time before it is too late.

For now that is all I have to report, so stay tuned until next time.

2005 YEAR END ROUND UP

by Michael Duvall

I want to wish everyone a Happy New Year!!

This is the time many of us reflect back on the past year and think about all the good times on the river. Also, some people make resolutions to improve some aspect of their paddling or maybe just try to get out more often. I was able to paddle 45 days in 2005 and of course some reading this may ask why I have not shown much improvement. I try to keep a record of paddling, I don't record all the names and don't keep score, but as I look back I thought I would share it with the club.

My year started out with Pat G's trip on the Cassleman. I had not paddled that river since '96, the year I started, so it was a change of pace to go back and see what seemed so hard then was now a low key day on the river. I also learned that when you go back to beginner rivers, you can't assume that everyone has the same experience level. So make sure everyone prepared, even if it means rehashing something you consider very basic. For instance, everyone needs air bags in their boat. Ask Pat, he corralled a boat full of water with no air bags.

He then loaned that person one of his air bags. Lesson learned!

The Southern Rivers trip was fun (excluding the injury which was written up earlier). We did the same rivers as usual but the high point of that trip was the opportunity to do the Ocoee Olympic section. We hadn't planned on doing the top section but the water was there and one should never over look a gift from the river gods.

Down river races were something I always avoided, but now I enjoy the challenge. It is hard work but you feel good when it is over. I did the Vermilion last year at a low, scrapey level after it was postponed for high water. The Cheat Mass Occurrence was at 2.7' which was just about a perfect level. Training for the Cheat race was another thing all together. Paul Lang, Cliff Wire and I went to Rob Hammond's training run the week before the race. There had been a hard rain and the river looked high at the takeout. We thought we should forget the Cheat and look for another river or section. When we got to the Albright bridge the level turned out to be 7 ft. I don't recall why but we decided to put on any way. All I can say is that we didn't take any race lines and if someone had not abandoned ship to hike in the rhododendrons we would have run the 11 miles in less than one hour.

The Colorado trip was fun. For me the Mishawaka - Pine View section of the Poudre alone is worth the 20 hour drive. We deviated from the normal schedule to try to get to some rivers that we have never done in the South West corner of the state, down by Durango. We wanted to do the Piedera but it was too high for our crew, so the only view I had of that river was from horseback on a cliff side trail 200 feet above. The San Juan in Mesa Canyon was at a good level and turned out to be class II-III with 4 rapids and many surfing opportunities. This was a chance for everyone to have an easy day on a very scenic river. Of course we made it over to Buena Vista and the Arkansas River. The Arkansas has many sections, all very close to where we camp. I tried to do as many sections as possible; Frogs back and Fractions(II-III), Browns Canyon (III-IV) and the Numbers (IV+)

I made it to the Upper Yough 9 times last year but missed getting on the Top Yough. In the past I always avoided "Tommy's Hole" described as "Dimple with an attitude." This year I decided to start running that slot. First time I flipped and swam. Second time I

flipped, hit my face on a rock but rolled up. The last few times I ran it clean. Now I guess I will have to go for the boof at National Falls

The best time on the Upper was when I was the only KeelHauler there and hooked up with some guys from New Zealand and Australia (plus a girl from NC). The only names I remember are Hobbit, Camo, Bernie and Lydia. These folks had been teaching at a summer camp in North Carolina and were touring the eastern rivers before returning home. I thought they would need my assistance to guide them down but they were excellent boaters having regularly run the Green Narrows and Wataga. When we got to National Falls I just told them the boof is on the right and they all ran it clean without scouting. I thought I was going to be the leader but I became the student.

The highlight of any year is the Gauley release. Although I had only planned to go there for 2 weekends I ended up going four weekends. It was great to see people that I have never seen there before. The list includes Barb B, Nurse Deb, Pat G, Skip, Michael, Ed Charlton, Joe Marksz, Erik Marksz, Deb B, and Evil Mary. Sorry if I missed any other first timers. I believe that Deb B. and Mary K. also did the Upper. My only regret is that I didn't get a good view of one crazy C1 dude dropping into "Pure Screaming Hell" on purpose. Speaking of Shawn, it was great when he pulled that local out of the ditch and he let us drive down to the put in.

The last trip of the year was Moose Fest in New York with Matt Muir and Mauser. On the way up to the Adirondacks we stopped at a little creek near Rome, NY called the Fish. It had rained for three days and the river was higher than Matt Muir's waist line. The hole/waves were way to big for me to play in but I always enjoy a new river. The Moose was up also at 5.7 so the Bottom was out of the question and the Lower was enough for me. I have no regrets doing the Lower because I learned alternate line for Froth Hole and ran Mixmaster that I walked two years ago. On the way home we stopped at the Independence. The view from the take out was impressive, it looks like the river drops 200 feet in a quarter mile. The upper section was III-IV but at the end was the "Fat Lady." Without any hesitation I picked up my boat and walked two thirds of that rapid. Joe Yilek showed up as we were taking off and I have no doubts that he ran the Fat Lady.

Now for my New Years Resolution - be more prepared for injuries. Observing a broken leg on the Chattooga and a concussion on the Gauley has brought me to the conclusion that a roll of duct tape should be in my dry bag. I all ready carry a break down paddle and throw bag. Tape would have helped splint the leg and it also would immobilize the head/neck of the concussion victim incase of spinal damage. Being more prepared for an accident should be everyone's News Years resolution. I encourage everyone to make an effort to attend the Rescue Weekend this year.

Be Safe, Paddle Hard
Michael Duvall

Upcoming American Swan Boat

Association Races

By Glenn Green

May 21 (Sunday) Philadelphia Spring Regatta 10,000 meter (6.2 mile) Race

July 9 (Sunday) Philadelphia Canoe Club Open House 13,500 meter (8.4 mile) Race

September 17 (Sunday) Philadelphia Fall Classic Race 10,000 meter (6.2 mile) Race

FOR ALL THE PHILA RACES: Mass Start at Noon - Start/Finish Philadelphia Canoe Club,

Schuykill River, \$15 Entry Fee, Classes: ICF K-1, Unlimited Kayak/Surfski K-1, Sea Kayak K-1,

Downriver K-1, Touring K-1, Recreational K-1, ICF C-1, ICF C-2, Outrigger OC-1, Outrigger OC-2,

USCA C-2, USCA C-2 Mixed, USCA C-2 Standard, USCA C-2 Mixed Standard, USCA C-1,

Age Categories: Men & Women: Junior (11-18), Open (19-39), Master (40+), Senior (50+),

Veteran (60+), Grand Veteran (70+), Grandmaster Veteran (80+),

Awards: 1st, 2nd, 3rd Place in each age category; plus prizes for all finishers,

Registration: Race Day, 10:45 AM to 11:45 AM.

{You can show up as late as 11:45 AM & race if you can get your boat in the water by noon}

Directions:

http://www.philacanoe.org/maps_and_directions.html

Course Map:

<http://www.swanboat.org/pccraceschedule.html>

Contact for Race: chairman@swanboat.org

Save the Blackwater

By Kenneth Gfroerer

Happy New Year ! Hey, some of you folks boat the Blackwater, some aspire to it....some appreciate it's natural beauty by hiking on occasional visits.

In any event, please consider using the following link to quickly and painlessly send comments to the U.S. Forest Service on their just released draft environmental impact statement on (John Crite's) Allegheny Wood Products proposal to turn the intimate Blackwater Canyon trail into a commercial logging road -- oh yeah, and it will support condo development there too ! (For those who aren't aware, this logging company owns

2,700 acres of pristine land in the Canyon...same folks that are logging out the Cheat canyon/Big Sandy river banks.)

It helps if you add a short personal comment so it's given more weight, so you can cut and paste something like the following if you want to make that quick and easy:

Please note that I live out-of-state and that I care passionately about this trail and the entire Blackwater Canyon. I travel routinely to the Blackwater region to kayak, hike and cross-country ski. When I travel there I often spend money on lodging and almost always spend money at restaurants, shops, gas stations and other business. Please do not support the destruction of this pristine recreation "magnet" that draws visitors like myself to your wonderfully wild state to invest in your economy. People will not come to visit a logged out, condo-infested valley...we have plenty of those we can visit here locally.

Here's the link. ...just takes a second. Generations will say "Thanks a Million !" The sheer number of comments received really does influence the outcome !! politics baby !

http://www.saveblackwater.org/trail_comment_letter.htm

See ya on the river.

Kenneth Gfroerer, [KGfroerer@reliant.com]

Feb. 2006				
2/4, 18	KH Roll Session at Lakewood pool		Judi Cleary	440-289-5511
2/4,11,18,25	KH Roll Session at Orange pool		Judi Cleary	440-289-5511
2/14	Club Monthly Meeting , doors open at 7pm, meeting starts at 7:45pm		Tim Brightbill	330- 721-6822
2/25,26	National Paddling Film Fest		Michael Duval	216-521-0094
2/25	Slippery Rock	13-19	John Yaro	216-566-2501
2/25, 3/4, 3/11	Fundamentals of Kayaking at Rocky River School Pool - Saturday. To register - Call 216-431-3076		Ernie Anderson	216-291-1093
2/26, 3/5, 3/12	Fundamentals of Kayaking at Orange or Lakewood High Schools - Sunday. To register - Call 216-831-8601		Ernie Anderson	216-291-1093

Keelhauler's Treasurer Report

By Rob Hammond

Category Description	2004 Actual Expense s	2005 Actual Expense s	2006 Budget
----------------------	--------------------------------	--------------------------------	----------------

INCOME

Conservation Income	332	552	400
Dues	6,607	6,341	6,000
Interest	34	30	30
Rescue Weekend Income	1,080	1,545	1,300
Reservations	240	38	120
Vermilon Race Income	2,010	1,399	1000
TOTAL INCOME	10,303	9,905	8,850

EXPENSES

Instruction (class advertising)	0	240	250
Conservation Donations	1,200	1,800	865
Internet	115	261	15
Library	0	0	100
Meeting Hall	695	455	500
Misc	261	0	100
News Letter	2,150	1,685	1,550
Organization Dues	105	105	105
Postage & Supply	1,484	1131	1,100
Refreshments	257	307	300
Rescue Weekend Expense	1068	1,261	1200
Vermilon Race Expense	1,654	1,253	1200
Yearbook Print	1,296	1,358	1,400
Yough Reservations	175	165	165
TOTAL EXPENSES	10,460	10,021	8,850

OVERALL TOTAL	-157	-116	0
----------------------	-------------	-------------	----------





KEELHAULER KA-NEWS

MARCH 2006

The next meeting is Tuesday, March 14th at the Middleburg Hts Comm.Center, 15700 Bagley Rd.

[Map to Middleburg Hts Meeting](#)

Program: Annual Auction Meeting - Anyone can bring any outdoor equipment which will be auctioned off, or bring plenty of money to bid on everything from paddles & boats to camping or ski equipment. Be sure to post a realistic minimum that you will accept. You will not get any bids if you indicate the price you would actually like to sell it for. The best thing is it is free to buyers and sellers. **Please note that in previous years, the auction has been held at the UAW Hall. It is definitely at the Community Center this year as listed above!** All meetings are open to guests, doors open at 7PM, business meeting at 7:45PM followed by refreshments and the program.

March's Special Meeting Presentation

Please remember about the "special" presentation will be made for club members and anyone else who is interested.

Paddling Alaska's Inside Passage,

Wednesday, March 8, 7pm at the Middleburg Hts LIBRARY, (not Rec Center), 15600 E. Bagley Rd. (Just down the street from the Recreation Center)

Scott Roberge will introduce you to the paddling opportunities found in Southeast Alaska with a 45-minute slide show. With over 11,000 miles of shoreline, hundreds of islands and protected waters Southeast Alaska is a paddler's dream destination. Scott Roberge owns Tongass Kayak Adventures, which has been offering Sea Kayak tours on the Inside Passage for over twenty years now. The show will cover several paddling destinations including LeConte Glacier Bay with its icebergs and fjord, the Stikine River, Frederick Sound a major feeding area for North Pacific Humpback Whales and Tebenkof Bay Wilderness. Come see some of the magic paddling to be found in Alaska!

February Meeting Minutes

Minutes from the last meeting as posted in the newsletter were approved.

Membership: 13 members & 2 guests

Auction: It will be held at our regular meeting location: Middleburg Hts. Rec Center. It **WILL NOT** be at the union hall this year

Library: 8 new items. A partial list: "Girls at Play", "Basic Play", "Yoga for Paddlers", "Burning Time", "Attack the surf" The National Paddling Fest in KY is Feb. 25/26.

Vermillion River Race: Sunday, April 02. Apps are on the web. A few more volunteers are needed.

Treasurer: Balance in checking \$5167

Conservation: Grand River Partners thanked us for our donation.

Safety: Charlie Walbridge has started the AW safety database online.

Trip Reports: Chuck Singer was in Panama. He reports that there is good whitewater and that it costs \$500 to canoe the canal.

Instruction: Feb. 25 & 26 start 3 weeks of instruction at Orange HS, RockyRiver and Lakewood HS's

Old Business: None.

New Business: Middleburg Hts library will hold a slide show Mar. 08 on Alaskan Sea Kayaking. Sandy Ridge Reservation in N. Ridgeville will hold a 2 day outdoor show on May 20&21. KHCC will have a tent and needs at least one more volunteer. Contact Chuck Singer.

Program: Elaine Marsh of "Friends of the Crooked River" gave a slide show on the status of dam removal on the Cuyahoga.

Trekking in the Andes

by Rick Feinberg, 27 January 2006

Alas, I don't have any new reports on paddling adventures. This time of year, after all, doesn't offer many opportunities. However, I'm just back from a trip to South America which included four days of hiking through the Andes—a subject that will interest at least a few club members.

Actually, the reason Nancy and I were transformed into temporary antipodes was our daughter's "engagement party." Kate has been living in Chile for the past year and a half and will officially marry Ricardo, a Chilean archaeology student and mountain climber, in the U.S. once his fiancé visa is approved. In August, while visiting his family, we were treated to mountain climbing (on Pochoco, a 7,500-foot peak just outside of Santiago), skiing at Valle Nevado (with about 4,000 feet of vertical and runs as high as 12,000 feet), and guided tours of archaeological sites. As an incentive for our recent visit, Kate and Ricardo promised us a more extended mountain-climbing expedition.

We were joined in Chile by Nancy's sister and brother-in-law from central New York State; her aunt and uncle from Akron; our son Joe; and Rodrigo, our Brazilian "son" who lived with us as an exchange student for six months in the mid-90s. Joe has spent time in Spain, Paraguay, and Honduras, plus a year as an exchange student in Ecuador; so his Spanish is

excellent, and he can get by in Portuguese. Kate, who has spent two (northern) summers in Portuguese-speaking Brazil and a total of about two years in Chile, is fluent in Portuguese and Spanish. Rodrigo's native language is Portuguese, but he is also comfortable in Spanish and English. Nancy and I struggle to converse in Spanish, while the rest of the North American contingent was pretty much mono-lingual. Ricardo is working on his English but isn't yet quite comfortable when forced to speak it. So conversations shifted back and forth in a fascinating *mélange* of three languages.

We arrived three days before the party, figuring that we could help get things ready. The event was held on Saturday, in the adult education center where Ricardo's mother works as assistant principal. It was attended by about 100 people—Ricardo's friends and relatives plus our small cohort of *Gringos*. We shared the cost of refreshments, while food preparation was under the supervision of Ricardo's father (Ricardo Papá), a fish wholesaler and master chef.

The fiesta started about 9 PM, with a short but inspiring ceremony around midnight. Ricardo's reiki teacher presided over the spiritual joining. Dancing to recorded music went on virtually all night, and the couple cut the cake around 2 AM. By 3 o'clock, Nancy and I left for the hostel where we were staying on the other side of the city. Somehow, the party continued for another couple of hours in our absence.



Wine and hors d'oeuvres prepared and set out under supervision of Ricardo Papá.

Everyone but Ricardo's Aunt Isabel (Tia Chabe) spent Sunday recuperating from the rigors of the previous night. (Chabe, with her endless supply of energy, refused to rest until she had canned, frozen, or preserved all perishable leftovers.) And on Monday, shortly after sun-up, we departed for the *Great Outdoors*. We walked a half mile to the subway, which we took for a half hour to Santiago's inter-city bus terminal. That was followed by a 4-hour bus ride south, through Chile's famous vineyards, to the city of Talca, and a 3-hour bus ride to Lircay National Park in Vilches. By the time we finally set off on foot, it was 4pm.

An hour's walk over a dirt road through the woods took us to the park administrative office, where we signed in and presented our itinerary. And at 6 PM we reached our first campsite. This was at an altitude of 1,700 meters (5,500

feet)—a little higher than Mount Washington. The campsite was a small clearing, surrounded by woods. We found abundant evidence of livestock roaming freely through the park and had to pitch our tents with care between the cow pies and horse apples. A hundred yards on down the trail was a small, clear stream, falling rapidly down the mountainside, where we filled our water bottles. Nancy chopped garlic, while Ricardo boiled pasta and Joe chopped the cheese. With a little oregano and salt, we feasted on as fine a backpack dinner as could be imagined.



Kate and Ricardo after being showered with Rose petals at the culmination of their joining ceremony.

The northern part of Chile is covered by the Atacama Desert, reputed to be the driest place on earth. In some spots, I'm told, it may only rain once every four or five years. During the summer (remember, this is summer in the southern hemisphere), the desert moves south. While Vilches is not as dry as Atacama, Ricardo proclaimed that it rains there less than once every two weeks. Of course, we started out on that one day. It drizzled throughout our dinner and, shortly thereafter, it began to rain quite hard. It poured all night, and enough water got under our tent that we had to spend several hours the next day drying out our sleeping bags. Still, by daybreak the sky cleared and we awoke to the sight of majestic mountain peaks in all directions.



Early morning at first campsite, as clouds rise in front of nearby mountain peak.

On Tuesday, we slept in, had a leisurely breakfast of oatmeal and tea, and didn't hit the trail 'til 1 PM. A little more than an hour later, we stopped in a grassy clearing near a mountain stream for a gourmet lunch of tinned salmon on bread and crackers plus peanuts covered with oregano and salt. Then the climb began in earnest. An hour later we emerged from the forest. The trail became steeper and more rocky, and we passed patches of snow.

At 5 PM, we reached a plateau the size of several football fields, with sides built up of large, red boulders. It's called Enladrillado, which means something like "bricked up" or "built up out of bricks." At an altitude of 2,200 meters (about 7,000 feet), it's one of the lower outposts in the Andes; but it would be among the highest points in the Appalachians. Looking eastward, we were greeted by a huge canyon, about a thousand meters (over 3,000 feet) deep, reminding me a bit of our own Grand Canyon. Beyond the canyon were two snow-covered mountains—Descabezado and Azul—just under 4,000 meters (around 13,000 feet). Descabezado means "Decapitated"—an apt name for an active volcano with its top blown off. Three decades ago, it erupted, spewing volcanic ash as far away as Buenos Aires in Argentina; and it's one of many Andean peaks that Ricardo proudly reports having ascended. Flowing through the canyon is a river rushing from the mountains—little more than a stream in summer but, perhaps, a challenging whitewater run in springtime. Upon our arrival, we were greeted by a giant condor, the world's largest bird of prey, which circled overhead to wish us welcome before moving off in search of dinner.



Joe and Ricardo celebrating arrival at Enladrillado plateau, with Descabezado Mountain in background.



Deep canyon and stream flowing down from Azul Mountain, as viewed from Enladrillado.

Kate reported that this is where she and Ricardo had come on their first serious date. And it's where they had originally planned to have their wedding—because of the stunning scenery, sentimental attachment, and spiritual energy. We were also told that this was a common location for UFO sightings. The young'ns wisely decided against Enladrillado for the celebration because of its inaccessibility, but its appeal was undeniable. We camped on the plateau, braving winds that must have reached 30 knots. After we put up our tent, we made the mistake of turning our backs for a moment, and when we turned around again it had begun to blow away. Ricardo gave chase and caught it before it blew off the plateau. He and Kate built a windscreen of rocks for their tent; Nancy and I opted to secure ours with lines and tent pegs; while Joe and Rodrigo did a little of each.



Sunset from Enladrillado

I sat on the rim, taking in the mesmerizing ambience as darkness fell across the landscape, then was treated to the clearest, brightest southern night sky that I have witnessed. I'm sure the aliens were busy looking down on us as well but failed to deem our party worthy of abduction.

On Wednesday, we again took our time with breakfast and breaking camp, and we didn't get on the trail until 11:30 AM. Our destination was a crater lake called Laguna de los Altos ("Lake of the High Places"). The route took us over several hills and valleys. We passed enormous mountain meadows where horses were grazing, colorful wild flowers, and snow patches, some as large as several city blocks. The trail in most places offered treacherous footing—the more so because evacuation in case of injury would have been laborious, slow, and expensive. But every time we looked up, we were rewarded with mesmerizing views of canyon walls and row after row of awe-inspiring peaks. In places, fresh snow melt created boggy patches sprinkled with white, red, and yellow blossoms. We crossed a snow field that made me wish I'd brought my skis. And at about 2 PM we stopped for lunch. When we started out that morning, it was cold and windy. Joe and I wore t-shirts, figuring that we'd warm up after a few minutes of walking up and down the hills with forty pounds of dead weight on our backs.



Crossing snow field en route to Mt. Peine and Laguna do los Altos.

The others started out with fleece or winter jackets. But despite the cold, the clear blue sky, the altitude, and the infamous hole in the ozone layer conspired to make the sun incredibly strong. We slathered ourselves with 60-SPF sun block, repeated the procedure at lunch, and still got burnt to varying degrees—backs of hands, necks, and legs being the most vulnerable. After lunch, we left our packs and took a detour to climb the summit of Peine, a 2,600-meter (8,500-

foot) peak just off the main path. That meant a steep ascent of 400 meters (over 1,200 feet). Most of it was unobstructed but made difficult by a thick layer of stone rubble. The summit consisted of large boulders that required walking along two narrow ridges and smooth, steeply sloping slabs with almost vertical drops of hundreds of feet on both sides. Kate and Ricardo seemed happy showing us their special places while doing their best to make sure there were no serious mishaps. Nancy and I were just enjoying the breathtaking scenery, while Joe explored each rock, ledge, nook, and cranny that we passed—sometimes lagging behind to take pictures or examine a snow cave; sometimes darting ahead; often wandering far from the main trail; and peering over cliffs.



Joe exploring snow cave on Mt. Peine

It has always made me nervous to watch him navigate high places, but from the age of three we haven't been able to keep him from climbing any tree or cliff that crossed his path. And his balance, agility, and self-confidence have never let him down. Rodrigo was the last to reach the summit and promptly announced his fear of heights! Clearly he was not in his ideal habitat, but he managed to emerge unscathed. On the way down, Joe was particularly solicitous, scouting the alternate paths and pointing out the most secure lines.



Our party at the summit.

Left to right: Rodrigo, Ricardo, Kate, Rick, and Joe.

After descending from Mt. Peine, we grabbed our packs and hiked another hour down to the lake. By the time we got there it was after 5 PM, the temperature was dropping, and the wind was picking up. We hadn't had a bath or shower in three days and were tempted by the clear, clean-looking water. But of course it was fresh snow melt, so we only managed to wade up to our belly buttons and used camping towels or t-shirts to remove the layers of accumulated grime and sweat. Still it was refreshing, and the water quickly dried in the brisk mountain breezes. Another gourmet meal of pasta, peanuts, Kool-Aid (or the Chilean equivalent), and tea was followed by a walk along the lake shore, a little exploration of the valley, and bed.

Although we were lower than the previous night, this was our coldest campsite. I was chilly enough in my sleeping bag to consider getting up and putting on another layer of Capilene, but not quite cold enough to do it. The next morning, we were treated to the glow of a rising sun reflecting off the cliffs across the lake—and a white, crunchy layer of frost underfoot.

Ricardo figured it would take us three hours to get to the bus stop, where we had to be by 2 PM to catch our transport back to Santiago. To ensure a safety margin, we broke camp at 10 o'clock. We had hiked cross-country to get to the campsite, descending down some steep embankments lined with loose stones and picking our way around patches of dense, thorny underbrush. On the way out, we thought we'd stay on the official path and sacrifice distance for ease. Before long, however, we lost the trail and found ourselves climbing sheer rock walls, steeper and more rugged than anything we'd done the previous day—and with full backpacks. It took more than an hour to attain the ridge, and then began our long descent.



Laguna do los Altos from top of Mt. Peine.

As those of you who have hiked mountain paths are well aware, climbing down is often harder and more dangerous than climbing up. In addition, we had decided to save weight by not filling our water bottles at the outset, figuring that we'd pass a stream within the first hour of our hike. Because of the detour, however, we missed the stream and were short on water for much of the return. And, since we were behind schedule, we hardly stopped to rest. By the time we got to the first night's campsite, my thighs were sore from what

amounted to repeated knee-bends with an extra 40 pounds strapped to my back, and the bottoms of my feet had developed blisters. We stopped at the campsite to refill our water bottles and finish the last of our snack food, leaving ourselves barely enough time to make a final dash down to the bus. Our calculations, it turned out, were just a little off, and we arrived at the bus stop at 2:03 PM.



Mountains on opposite side of Laguna shortly after sunrise.

Now, Latinos have a reputation for being laid back about time. But that doesn't apply to Chilean transport schedules, and we missed our bus by three minutes.

The next bus was at 6:15 so, with four hours to kill, we hiked on down to a small restaurant, treated ourselves to hamburguesas and cerveza, then took advantage of some outdoor benches to treat ourselves to back-rubs and a little nap. It was close to midnight when we got back to our Santiago hostel.

The next day, Friday, we slept in, repacked, were treated to one of Ricardo Papá's wonderful feasts, and parted company. Joe caught a bus to Bolivia, Peru, and eventually Ecuador, where he planned to visit with old friends. Rodrigo made his plans to explore Valparaíso and Viña del Mar for a couple more days before returning to Brazil. And Nancy and I caught our overnight flight back to the daily grind of winter in Ohio.



Restaurant and bus stop at end of the trail.

Vermilion River Race

By Rob Hammond

Put Sunday April 2 on your calendar. That's the date we will be running the first opportunity to get out and work out some of our winter atrophied muscles! The river is an easy class II and very scenic. And there are all kinds of race classes based on age, gender and boat length, so there will be a place for you to fit in. The race can be as much or as little as you want, some people take the race as a leisurely stroll, and others... well let's say that they are in it for blood. Last year we raised the age limit for senior boaters from 40 to 50, cause... um, let's just say our old guys were a bit too challenging for the younger guys, and we thought we would let you guys compete amongst yourselves without embarrassment! Or something like that! But I will give you younger guys a heads up. When you see Chuck Singer signing up for the younger men's class, don't think that he is going to be an easy mark, just cause he is a little on the gray side and really should be with the us ole farts. He loves kicking whippersnapper butt!

After the race, there will be hot food for cheap. So come on out for an early spring chance to get ready for the season. Check out the race application, rules and map with the links below.

Vermilion Race 2006 Rules and Map
<http://keelhauler.org/khcc/rules2006.pdf>

Vermilion Race 2006 Application
<http://keelhauler.org/khcc/applic2006.pdf>

Vermilion Race 2006 Waiver
<http://keelhauler.org/khcc/waiver2006.pdf>

If you still have questions...give me a call! Rob Hammond
 216 292-5618.

The 2006 yearbooks are in the mail, so look for one in your mailbox!

March				
3/4, 5	Slippery Rock	13-19	Ross Brinkerhoff	440-286-1476
3/4 - 3/11	Roatan Diving & Vacation Trip		John Kobak	440-871-1758
3/4, 11	KH Roll Session at Lakewood pool		Judi Cleary	440-289-5511
3/4, 11, 18	KH Roll Session at Orange pool		Judi Cleary	440-289-5511
3/8	Paddling Alaska's Inside Passage, 45-minute slide show by Tongass Kayak Adventures at Middleburg Hts Library	7 PM	Tim Brightbill	330- 721-6822
3/12	Neshannock Creek	12	Steve Zerefos	330-646-7235
3/14	Club Annual Auction & Meeting		Tim Brightbill	330- 721-6822
3/25	West Branch of the Rocky River	17	Pat Guzowski	216-780-5734
3/26	Vermilion River Cleanup	8	Hank Annable	440-775-4953
3/25,26	WV Creeking	>30	Brent Laubaugh	724-272-6944



KEELHAULER KA-NEWS

April 2006

The next meeting is Tuesday, April 11th at the Middleburg Hts Comm.Center, 15700 Bagley Rd.
[Map to Middleburg Hts Meeting](#)

Program: Nurpu

Whitewater kayaking in the vertical extreme! A team of 20 kayakers, including a couple of pro paddlers, drop down waterfalls and cartwheel through challenging river rapids in 14 countries, including Nepal, Bali, Austria, Canada, and Chile. The footage is astonishing, as are the moves of the paddlers, who control their kayaks like second skins in this wild-water ride. The movie is 45 minutes long.

All meetings are open to guests, doors open at 7PM, business meeting at 7:45PM followed by refreshments and the program.

KHCC Meeting Minutes, March 14, 2006

Members in attendance: 40

Guests & New Members included: James and Barbara Karadin, Chris and Karen Ware, Brandon & Brent Hendren, and John and Matt White.

Last months minutes were accepted as submitted.

Treasurer Report: Rob Hammond stated that we have \$5167 in checking and three \$2000 CD's.

Conservation Report: No report however Mary has been posting information on the message board.

Instruction Report: No report.

Library Report: Pat Guzowski is working on an inventory of our books and videos. Once he has a complete list he plans to post it in the newsletter so that our members have a reference list. Members can then call Pat and request a book and he can bring it the next meeting.

<http://www.keelhauler.org/khcc/khclib.htm> is the link to updated library list. Pat also mentioned that the Scofflaws, an apparent subset of Keel Haulers, have been tracked down and overdue materials returned to the library. Rob Hammond, a known Scofflaw in good standing, can provide more information to those wishing to join that group.

Membership Report: John Kobak reported via Judi Cleary that the paid membership is down from last year. The new Yearbooks have been mailed.

Pool Sessions: Judi Cleary mentioned that the last session is Saturday March 25th.

Program Report: Rob Hammond said that about 25 people attended and enjoyed the Tongas Park, Alaska kayaking presentation on March 8th.

Safety Report: Ed Charlton reminded us to dress appropriately when paddling in the cold and be aware that new strainers are common after a spring rain.

Rob talked about the [Rescue Weekend](#) at Slippery Rock. The clinic will be the last weekend in June. This clinic is good for all levels of boater and it will cover first, aid river rescue, hands on training and a competition. Volunteers are needed for this event both skilled and unskilled.

Trip Schedule: Michael Duvall said that there are some changes involving the North Branch of the Potomac due to change in announced release dates..

Vermilion River Race: Race Date is April 2nd, alternate date is April 9th. Volunteers are still needed and there is a clean-up run on March 26th. The run is 8 miles with class I and II.

Old business:

The Sandy Ridge Reservation Fair is May 20 and 21 in North Ridgeville. The park staff has requested that the

club set up a booth. Chuck Singer will man our booth Saturday and he could use a partner and we also need 2 people for Sunday.

New Business:

Chris Herring's Photos of the Yough and Cheat Races are available on line at <http://everclearimages.com/>

Registration for the Cheat Race is available online at a \$5 discount. <http://www.cheatrace.com/>

Boy Scouts still need equipment, spray skirts in particular, and the club is looking into providing some. Information on how to donate your used gear is available on our used equipment page. The Scouts can use anything that floats.

Dave Hill talked about efforts to protect the Cuyahoga Gorge. He feels that paddling the river and making a presence is one of the best things we can do. More information is on the message board.

The meeting adjourned for more refreshments and the auction. There were many great buys to be had on lots of equipment. Mark and Pam Poljak donated the proceeds from their sales to the conservation fund. Some members bought gear just to turn around and donate it to the Boy Scouts.

Conservation Corner

By Mary Modesitt

OHIO RIVER NEEDS YOUR HELP!

It seems that the Ohio River Valley Water Sanitation Commission is purposing some changes to the rules that govern their Water Pollution Control Standards. Basically from what I understand from reading the TRPC posting they want to remove or change the recreational use definitions which in turn would allow an increase in the amount of raw sewage being discharged in the river at high flows. Adam Webster of WVRC is circulating the below article to bring this to the attention of the boating community and to also ask for help. I have also included below the Public Notification of the Hearings that will be taking place over the course of the next month. I have emailed Adam to find out more information and will pass it on. Also on the ORVWSC website (<http://www.orsanco.org/>) there is a link you can click on to let your thoughts be hear about

this issue. You can also click on <http://www.orsanco.org/docs/PublicNotice3rev.pdf> to go right to the Notice of Public Hearing regarding the Ohio River Valley Sanitation Commission's hearing dates they have set and the changes they have proposed.

NEWS RELEASE: March 15, 2006

Do you paddle on the Ohio River?

Boaters Beware: More raw sewage headed into the Ohio River

Not many people think it, but locals know it— there are some really good whitewater play spots on the Ohio River.

But safe surfing days are numbered if the commission that sets water quality standards on the Ohio River formally adopts a proposal allowing increased discharges of raw sewage into the river during high flows.

ORSANCO, the interstate commission that sets water quality standards for the Ohio River, announced in February a series of "wet weather" proposals that would weaken water quality standards for the entire length of the river. The proposals would allow more disease-related pathogens to be discharged into the river— exposing boaters, swimmers, and others to increased and unnecessary health risks.

If you paddle and play along the Ohio— West Virginia Rivers Coalition is interested in learning more about your story. Please contact our office to let us know: where you paddle on the Ohio; what water volume you like to paddle; and if you have experienced any health-related problems after paddling on the river.

ORSANCO is holding limited public hearings and accepting public comments on the proposals in the upcoming months. WVRC will keep you updated concerning when and where the hearings are being held, as well as provide talking points for comments to ensure your future experiences on the Ohio River are healthy.

For more information, contact:
Adam Webster, Conservation Director
West Virginia Rivers Coalition
PHONE: (304) 637-7201 ,
EMAIL: awebster@wvrrivers.org

Winter in Florida - 2006

By John Kobak

We bought a new motorhome this fall and decided to break it in by touring Florida. We loaded our canoe and mountain bikes and headed South right after New Years day. I decided not to write my usual chronological type story but to give you some general impressions, recommendations and tips. If you want to read a detailed [Blog](#) of this year's Florida trip you can follow the link on the web.

First of all, Peggy and I are very different than the general Florida tourist, who heads far south to the Florida beaches to experience summer like weather. We prefer cooler temperatures because we are physically active and we prefer wilderness and wildlife to RV neighbors and full hookups. The ideal daytime temperature for us is between 55-75°F, with lows in the 40's which makes sleeping great. We never used our A/C but needed to use our furnace or radiant heater on many mornings.

We have been paddling various rivers in Florida for over 40 years and have some favorites but always like to try exploring new ones including tiny creeks and larger bays and estuaries. One universal fact when paddling is: If it is a really nice river, there are probably crowds on the weekends, so save those sections for midweek paddling.

We use a 17' ABS canoe but noticed that outside of the liveries most people have been switching to kayaks. Kayaks do offer some advantages, however I still feel that the open canoe is the ideal Florida watercraft. It will go anywhere; it's easy for me to carry by myself with the padded center thwart and best of all I can fit my bike into the canoe. I drive our RV to the put-in, leave Peggy with the canoe and paddles, drive to the take-out then bike back, pop off the front wheel and put the bike into the canoe. When we get to the take-out, we are all done; there is no going back to pickup a vehicle. Sometime, if I'm not sure how far we may get while paddling, I just throw the bike into the canoe at the start and then peddle back when we finish to pickup the RV. It's pretty hard to out-paddle what you can bike, since rivers usually meander while roads are more straight. This way I get two kinds of exercise in one trip.

We prefer paddling by ourselves and find that we have a better opportunity for viewing wildlife by being quiet and moving downstream quickly. On this trip we actually

saw a rare Florida Panther lying on a tree overhanging a small creek. There are less than 200 left in Florida. We saw hundreds of alligators, turtles and tropical birds. We saw a few eagles and a screech owl and family of Manatees. At one point along the Silver River, without exaggerating, we saw over 1000 Egrets flying and landing to feed in the shallows.

Northern Florida from the Ga. line to about Ocala has many crystal clear, spring fed, rivers. Our favorites are Silver River, Juniper Springs and Ichetucknee Springs. One of the big rivers that we cannot recommend is the Suwannee. It starts out as a full size river right out of the Okefenokee swamp and continues for over 230 miles to the Gulf. Each time we try a different section of the Suwannee, hoping to find one that we will enjoy, but we find ourselves disappointed year after year. There is very little wildlife, high banks and smelly motor traffic.

If you want to see more gators than any other place in Florida, head to the Myakka river, east of Sarasota. One really scenic river that we paddled this year for the first time was the Alafia River, near Tampa. The water level was high from a heavy rain. It had small rapids and lots of wildlife, but paddle it mid-week to avoid the crowds.

Florida Campgrounds - Basically 4 types are available.

Private parks - usually with full hookups, activities for seniors or kids, very crowded and priced between \$20-35/night. Not for us.

State Parks - Class A, larger campsites, \$15-\$25/night with the northern parks being the least expensive and least crowded. The southern parks were all full with campers with reservations.

State Forests - primitive to class A, \$5 to \$20 with 50% discount for even out-of-state seniors. Many people don't know about them.

National Forests - Primitive to class A, free to \$20 with 50% discount for all seniors.

County Parks - Class A & B, \$10 to \$20 and 50% senior discounts. No reservations, popular on weekends.

One problem for us is the advanced reservation system. We travel with no plan other than, if we like it and are having fun we stay, if the weather turns bad or there is not much to occupy our time we move on. So, we never make any reservations. The problem is that the further south that you go in Florida, the more likely that the campgrounds will be full from persons making advance reservations, especially on weekends. So if you are

staying over a weekend you need to select a campground that does not accept reservations like the State & National Forests or County Parks. And if it is a popular destination get there on a Thursday or early in the morning on Friday.

This year we spent about 7 weeks hiking, pedaling and paddling. I biked over 300 miles and we paddled about 125 miles on 14 different river sections. We really lucked out on the weather. In January, when we were in Northern FL, they set records for warm temperatures and no rain. When we got to Tampa we had a 100 year rain which brought the rivers up for better paddling and when we got as far South as Ft. Myers we experienced our first frost. When it warmed back up, we headed north again. You really don't have to move that far in FL to experience a big change in the weather.

How does this compare with going to Mexico you may ask? Well Florida has better canoeing and cleaner rivers and supper markets are easier to find. There are many more campers as well as campgrounds in Florida. Florida is half the distance from Ohio. However Mexico offers different kinds of adventure and cultural experiences. They are very different but you can have fun in either.

If you want to read a detailed [Blog](#) of this year's Florida trip, follow the link.

If you want to read about our previous experiences in: [Florida \(2002\) Report](#)

or read our last two Mexico reports:

[Mexico 2005 Trip Report](#)

[Mexico 2004 Trip Report](#)

Some other useful Florida links:

[Description of Florida's Springs](#)

[Florida's Canoe Trails](#)

[Florida's State Parks](#)

[Central FL Kayak trips](#)

[Kayak & Canoeing in Florida](#)

Roatan, Honduras

By Donna Homberg

Is anyone interested in a Roatan trip? That seems to be the question about every 3 years. Of course the answer for me is always yes, but then get ready to jump into the whirlwind as others scope out the best airline prices, the best place to stay and all the activities. Everyone's wishes are considered. Your part is to stay in touch so that you're not left behind.



This year the place was **Luna Beach Resort** on the West End of Roatan, Honduras and the week planned was March 4-11th. Our activities included Scuba diving, on the fantastic off-shore coral reef; Walking, hiking and running in the hills; Swimming (ocean & pool) & snorkeling; A Canopy Tour with 11 zip lines that people slide down above the tops of the large trees, except for Elliott who sagged the line so that he flew through the trees; A day-sail on a 68ft catamaran; A swim with the Dolphins & many shopping trips into town for their handmade crafts.



Lobster Pot Restaurant

If you like seafood, the lobster is the best, along with shrimp, calamari, and conch soup. Fruits & vegetables have a flavor unique to this area. Whether it was dining on the beach at the 'Lobster Pot' (voted the best) by candlelight, or on a porch surrounded on three sides with water, or walking off the beaten road to a remote setting, the conversation and laughs made the trip more enjoyable.

We lived in 3-4 bedroom houses in a jungle setting surrounded by local floral & fauna listening to the

sounds of tropical birds in the background. There were 31 parrots, macaws and toucans to talk to.



We had a **big birthday celebration** for Santo in their 4000 ft² premium house. Pegge set out to town, by herself, carrying vast sums of American dollars, in a taxi with a driver that could "not speaketh the english", he promised to show her a really good time. He took her down a dark alley to the porno town, Cox-in-hole, and forced her at gunpoint to purchase 25 lobster tails and 3 pounds of shrimp from some shady dudes selling fish out of a giant cooler. The words "no bandito" were pandered about. Pegge later found out that the taxi driver was an undercover narcotics policeman who made sure the lobster guys wouldn't take advantage of the poor defenseless American broad and wanted to make sure she wasn't charged too much for her purchase. He even made sure she made it safely to the liquor store so she could purchase vast quantities of alcoholic beverages. Hey, what a guy!!!! He then delivered her safely to her jungle house so that she wouldn't have to carry all her loot up the hill. Of course she tipped him generously (even though she had spent all her money). Hmmmmmmmmmm.

Although we laughed together throughout the week, one episode still makes me chuckle. Kris relayed her experience on one dive, while going through a small opening about 65' under water. Being just certified for open water dives, she mistakenly inflated instead of deflated her BCD (buoyancy control device). That made the swim through more difficult. Elliott was behind her so I'm not sure how she managed to finally get through. This was funny to me because I have inflated/deflated at the wrong times so it was great to hear Kris's story.

There were 21 people on this year's club trip:

Elliott & Pegge Drysdale
Santo & Kris Albright
Bill Miller, Cathy & Connie Needham
Judi Cleary
Bobbi Purser & Marci Lacy
Rich & Tracy Priem and 31month old Cade Priem
Dick & Kathleen Priem
John & Peggy Kobak
Thury O'Connor
Nancy Maddock
Carl & Donna Homberg



My personal thanks to Pegge Drysdale and John Kobak for the many hours they spent organizing this year's adventure.

For more Pictures - Go to web page
<http://www.keelhauler.org/KHRoatan.htm>

Sue Taft heads IWHoF

For those of you who receive the American Whitewater Magazine, have you taken a look at page 6 of the March/April 2006 issue? If so you will see that Keelhauler Sue Taft, has been named to head the Whitewater Hall of Fame! The first class of honorees was inducted this past October, and Sue was on hand for the festivities. She has great stories to tell about it, so just ask her if you get the chance.

Congratulations Sue!

Dayton Waterpark

Just wanted to update you guys about the waterpark. Things are going real well. They are in the process of planning the park design and water features; as well as doing the various required studies (environmental...), which also includes a public input meeting (which is what I am writing about). The most crucial thing will be to have a large turnout to show the continued support of the project; and the other part is actually getting input & ideas from the community and boaters as to what kind of features they are interested in. This is a good way for interested folks from Cleveland and the surrounding areas to contribute. The www.daytonwaterpark.com website will be updated and

ready to take responses within 2-3 days. You can submit your ideal waterpark designs... what features do you like, what does the river bank look like... the designers are "all ears"... give them your own personal vision of what could be. I'd appreciate any help the Keel Haulers could give. The meeting is scheduled for Thursday, March 30 at 7:00 p.m. and all of the written responses will be presented during that meeting. If anyone happens to be in the area on Thursday, we would love to have you attend.

Thanks!

Jeryl, Whitewater Warehouse
(937) 222-7020, www.kayakdayton.com

Please note that the Cheat Race/Weekend on 5/6-7 still needs an organizer!

April		Rating	Organizer	Phone
4/1, 2	Creeking in the Stonycreek Watershed	20-26	Shawn Reese	330-688-4296
4/1	Cuyahoga River, Lower Gorge	16	Chris Kiehl	330-869-6549
4/2	Vermilion Race	8	Rob Hammond	216-292-5618
4/8	Slippery Rock	13-19	Jim Kosicki	216-587-4528
4/8	Conneaut Creek	10	Gary Tucker	440-357-7890
4/8, 9	Casselman	16	Pat Guzowski	216-780-5734
4/8, 9	Cheat Headwaters or Potomac Highlands	18-24	Steve Ingalls	216-371-8250
4/11	Club Monthly Meeting		Tim Brightbill	330- 721-6822
4/14-21	Southern Rivers Trip -- Map -- Detailed Maps Must contact trip leader 3 days before trip	22-31	John Kobak	440-871-1758
4/15	Grand River	8	Carl Kudrna	440-835-0222
4/16	Bear Creek	??	Steve Zerefos	330-646-7235
4/21-23	Middle Fork & Tygart	29	Elliott Drysdale	216-496-8482 C
4/22	Grand River Race - Alternate Date 4/29	8	Brian Davidson	440-256-2110
4/21-23	Stonycreek Rendezvous	21	Jim Kosicki Ross Brinkerhoff	216-587-4528 440-286-1476
4/23	Slippery Rock	13-19	Rick Feinberg	216-321-9284
4/22,23	Cheat Headwaters or Potomac Highlands	18-24	Steve Ingalls	216-371-8250

4/22, 23	Cheat Canyon	26	Jim Steppenbacker	440-243-1695
4/22, 23	N. Br. Potomac Release	18	Needs organizer	
4/29, 30	WV Creeking	>32	Brent Laubaugh John Garcia	724-272-6944 216-210-7544
4/29	Little Beaver	7	Steve Zerefos	330-646-7235
4/29	Cheat River Race Clinic	26	Rob Hammond	216-292-5618
4/30	Walk Little Beaver River Trail		Dennis Plank	216-939-8229
May		Rating	Organizer	Phone
5/5, 6, 8	Upper Yough	32	John Kobak	440-871-1758 or 304-379-4747
5/5	Cheat Mass-Occurrence Team Race	26	Rob Hammond	216-292-5618
5/6, 7	Cheat Fest and River trips	26	Needs organizer	
5/6, 7	Cheat Headwaters or Potomac Highlands	18-24	Steve Ingalls	216-371-8250
5/6, 7	N. Br. Potomac Release	18	Needs organizer	
5/9	Club Monthly Meeting		Tim Brightbill	330- 721-6822
5/13	Slippery Rock Creek	13-19	Joe Marks	216-281-1517
5/13, 14	Cheat Canyon	26	Jim Hunt	330-335-5203
5/13, 14	Red Cross - Basic River and Whitewater Paddling in Western PA		Red Cross	440-298-1293
5/20	Slippery Rock	13-19	Chris Kiehl	330-869-6549
5/20	River Festival at Kent		Pat Guzowski	216-780-5734
5/20, 21	Lower Yough	23	Mike Duvall	216-521-0094
5/20, 21	Middle Yough	12	Robert Bair	216-371-6390
5/20, 21	Cheat Canyon / Lower Big Sandy	26-31	Peter Turkaly	804-550-0256
5/20, 21	Cheat Headwaters or Potomac Highlands	18-24	Steve Ingalls	216-371-8250
5/20, 21	N. Br. Potomac Release	18	Needs organizer	
5/27-29	Cheat Canyon	26	Ross Brinkerhoff	440-286-1476
5/27, 28	Middle Fork & Tygart	29	Mike Duvall	216-521-0094
6/3,4	N. Br. Potomac Release	18	Mary Modesitt	440-285-8481



KEELHAULER KA-NEWS

MAY 2006

The next meeting is Tuesday, May 9th at the Middleburg Hts Comm.Center, 15700 Bagley Rd.

[Map to Middleburg Hts Meeting](#)

Program: - Chuck Singer will present a Slide Show of his trip this Winter to Panama

All meetings are open to guests, doors open at 7PM, business meeting at 7:45PM followed by refreshments and the program.

KHCC Meeting Minutes

April 11, 2006

Members in attendance: 26

New members and guests included: Trish Voss, Patti Pinchbeck, Ron Forman, Terry Fries-Maloy, Adam Carruthers, Pat D., Joe White, and John Rosinski.

Last months minutes were accepted as submitted.

Treasurer Report: Rob Hammond stated that we have \$3916 in checking and \$6000 in CDs.

Conservation Report: No report, however, Mary has been posting information on the message board.

Instruction Report: No report.

Library Report: Pat Guzowski built a new rack on wheels for transporting videos. Ed Charlton donated several new videos to the club.

Membership Report: John Kobak reported that membership is currently 280 and that is down from last year a little. The new Yearbooks have been mailed.

Safety Report: Ed Charlton reminded us to please show up for trips if you volunteer to assist the trip coordinator. Andy Gross recommended carpooling to save fuel and money.

Sea Kayaking: Frank Webber said that the trip schedule is filling in and could use some more trips if anyone is interested in posting a trip.

Rob talked about the Rescue Weekend at Slippery Rock. The clinic will be the last weekend in June. This clinic is good for boaters of all skill levels and it will cover first aid, river rescue, hands on training, and a competition. Volunteers are needed for this event both skilled and unskilled.

Trip Schedule: Coordinators are needed for some of the North Branch of the Potomac due to some schedule changes that have been made.

Vermilion River Race: We had 73 boats and 83 people entered. This was one of the better turn outs for this event. Due to low river levels the race was run from the boat ramp.

Program Chair: The May meeting program will be Chuck Singer's Panama Trip. The summer meetings will tentatively be held: June at Hinkley Lake, July Silver Lake, and August at Huntington Beach.

Old business: The Sandy Ridge Reservation Fair is May 20 and 21 in North Ridgeville. The park staff has requested that the club set up a booth. Chuck Singer will man our booth Saturday and he could use a partner and we also need 2 people for Sunday.

New Business: Ed Charlton will be willing to put together some beginner trips. Contact Ed to make arrangements.

The meeting adjourned for refreshments and then watched the extreme kayaking video "NURPU".

Conservation Corner

By Mary Modesitt

This past Thursday and Saturday the Fishery Commission has dumped TFM (3-trifluoromethyl-4-

nitrophenol) which is a poison to kill of the lamprey larva in the Grand River and Conneaut Creek. The Ohio EPA along with a handful of biologists were on hand to monitor the dumping and to see what the immediate affect was on the native wildlife. I did some digging around on the nature of TFM to see if exposure to it could be harmful since many of us like to run these two rivers. No data is known at this time. They really have not studied much on the long term affects of this poison. They do know within the first 24hrs that a large number of the amphibian life is affect by the poison. Again, they do not seem to know at this time what long term affects it would have on amphibians that do not get killed off. From the article in the paper last week, the EPA is looking into other ways to control the lamprey population that does not put the water quality in harms way but seems there is some tension between the EPA and the Fishery Commission. I have posted a link on the message board under my thread on this topic that will take people to the April 2000 Lake Erie Lakewide Management Plan (LaMP) Technical Report Series. In the report at page 10 is where they go into discussion the affect of TFM. At this time they are saying it does not bioaccumulate in the rivers but I would still be careful over the next few days to a week if one decides to hit these rivers.

The Cheat Canyon Needs Our Help!

The wild and scenic Cheat River gathers strength in Pocahontas, Randolph, Tucker, and Preston Counties for a final rush through the Cheat Canyon from Albright to Cheat Lake. This 16 miles stretch is well known to kayakers and rafters from around the world. The steep walls of the Canyon feature spectacular cliffs and slopes under an unbroken forest canopy. It has been an important playground for Eastern outdoorsmen for over fifty years.

These steep, rocky slopes are also home to several rare and endangered animals. Allegheny Wood Rat, the Cheat Canyon Green Salamander, and the Indiana bat all live here. It is the only location in the world where the Cheat Three-Toothed Land Snail can be found. These small creatures have an important place in the web of life that supports us all and are legally protected by the endangered species act.

Allegheny Wood Products knew these protected species existed when they bought the land but has chosen to ignore the law and the interests of people who care

about this place. They began road building and logging in the Cheat Canyon almost two years ago and will not rest until they have "worked" the entire canyon..

They closed the Allegheny trail, the longest footpath entirely within West Virginia, giving no advance notice to the group that had their permission to maintain it. They keep other recreational groups at arms length, refusing to work with them.

The Fish and Wildlife Service, which enforces the Endangered Species Act, has come under intense political pressure. Today, their biologists will not comment on what is happening, much less take action to enforce the law.

The West Virginia Chapter of the Sierra Club, The Cheat Lake Environment and Recreation Association and Friends of Blackwater have stepped in to stop this destructive and illegal assault on the Canyon. Despite months of negotiations, this company has refused to protect its the most sensitive areas. Reluctantly, we have filed a lawsuit and expect to go to trial this fall. We have expert pro-bono legal help but badly need funds for court fees, experts and research.

Help us keep the Cheat Canyon from being degraded! Please send your donations to Friends of Blackwater, earmarked for the Cheat Canyon Fund, by writing Cheat Canyon on the memo line of your check. Thank you.

Sincerely,

Judith S. Rodd, Director, Friends of Blackwater
501 Elizabeth Street, Charleston, WV 25311
877-WVA-LAND, info@saveblackwater.com.

River Rescue turns into a Rodeo

A story to be printed in American Whitewater

By Rob Hammond, Rescue Weekend Event Organizer

Wow... talk about a tough day on the river! Three of my friends and I were on a run last year that we will never forget! About five miles into our trip we found some hikers on river's edge shouting and motioning to us. When we got closer we saw that someone had waded out into the middle of the river and was stuck there! It appeared that one or both feet were entrapped in the river bed, even though the water depth was not even waist deep, the pressure of the water against his body made it impossible for him to get his feet out, and

worse the victim was obviously tired and struggling to keep from being completely swept over by the strong current.

At that point his head was still out of the water, but it would not be long before this ugly situation turned tragic! I yelled for Tom and Julie to paddle to river right and be ready to catch a rope. Meanwhile, Bill and I headed over to River left. Foot entrapments are one of the most difficult rescue scenarios on the river. We all knew from the river rescue clinics that there are several ways to extract a foot entrapment. But, it is a very difficult maneuver, and we learned that it is much easier to talk about it than to do it.

The 4 of us working against the hypothermia clock!

I pulled out my throw rope and Bill talked to the hikers. Bill knew that putting a line across the river creates a hazard to navigation, any boaters coming down river could potentially get tangled in the rope and endanger themselves along with the victim. He also knew that the victim had been in the water for quite a while at this point, and the cold was wearing him down, if he stayed in much longer he would become hypothermic and eventually lose consciousness. The victim's leg may also be broken, but even if it was not, it was possible that our extrication may break the leg. Bill instructed a bystander to go up river 100 yards and flag over any boaters to prevent yet another problem. Bill tells two other bystanders to hike out and call 911 and to advise them that we may have a hypothermic victim with a broken lower leg. Advising the 911 response team of what they could be facing will help them respond better, especially considering the team was at least an hour, and probably more like two hours away from the scene.

The immediate problem was to stabilize the victim, he was using all of his strength to hold himself up and keep his head above the unrelenting force of the water. We had to get a stabilization line across the river that the victim could hold on to. If we could set this line quick enough while the victim still had some strength and was conscious, things will go much better. The victim may even be able to get his foot out of entrapment by himself by bracing himself on a taut line across the river. I pulled out my throw rope and threw one end to Tom on the other bank. My throw is short! Damn... time is quickly running out. The victim is clearly losing strength. No time to take a chance on another bad

throw. I yell to Bill to get back in the boat and ferry the line to Tom. While Bill is getting into the boat I frantically pull my rope back in.

Man, this was so much easier at the clinic; now in real life, we don't have the luxury of re-dos and debates about how to best pull this off, the clock is running against the victim we can not afford another mistake! Bill grabs one end of my rope, while I feed it out as he ferries to the other side. It is important for me to keep the rope high above the water as possible. If the rope dips into the water, the drag from the current on the rope may pull Tom off course, or cause him to let go of the rope or even flip. As Bill gets past midway to the other side, the rope starts to dip into the water. Soon Bill is struggling to get the line across. Tom is wading out in the eddy to receive the rope from Bill. Just as Bill gets close to the eddy, he flips over! Fortunately, Tom is only about 3 feet away, and is able to grab Bill's boat, pull him into the eddy, reach down and pull Bill and the rope up.

Tom grabs the line and takes it to Julie, she knows that the line will be too short to tie off to a tree, so using a carabineer, she bineers her throw rope to the line from my side of the river. At this point Julie and I walk the rope down stream to the struggling victim. He grabs it, and pulls himself up. Now the victim is stable but his foot is still stuck and he can't get it out. Bill comes back to my side to help me tie off the rope to a solid tree; Julie and Tom do the same to their side. The rope is taut across the river and we advised the victim to put the rope under his arms and to rest against the rope. Communication with the victim is very important, not only to instruct them, but to encourage him. We don't want him to give up because he mistakenly believes that there is no hope and nobody is helping him.

Now that we had the victim stable for the time being, our next move is to get him out of the entrapment and back to the river bank. On surveying the scene, we find that the victim is in about two and a half feet of fast moving water. Down stream 100 yards is a three foot drop with an undercut at the bottom on the river left side and a strainer on river right below the undercut. This is a class III drop that we have all run dozens of times, and there is no danger to boaters that are paying attention to their surroundings, but this could be a huge problem to an exhausted hypothermic victim unfamiliar with river features. Not only do we have to extricate the victim from the entrapment, but we have

to assume that the victim will not have the strength to assist much in his own rescue to get back to the river bank. Making the problem worse, is that there are only 4 of us working against the hypothermia clock. There are still two hikers around that are of limited help, none are trained in swiftwater rescues.

My preferred technique would be to use a snag line across the river to pull back on the victim's leg and pull it out of the entrapment, but the down river threats make this too dangerous to the victim that would be unable to swim strongly. Also the distance is too short to assure that a person in a boat or a throw rope would reach them in time, and we certainly did not want to tie a throw rope to the victim for fear that it could snag on a rock and put the victim into another type of entrapment. We all agreed that the safest and most likely to succeed scenario was to do a wading rescue to the victim.

This was not going to be easy, especially with only 4 people; we debated about doing a two or three man wade out to the victim. Finally we agreed to Bill, Tom and I wading out. Julie would remain on the bank and with the help of the 2 hikers handle a throw line. We also took Julie's PFD so that we could put it on the victim. The three of us formed a triangle with our arms around each others shoulders. Bill was the biggest of us so he took the point that was facing upstream, I took the left base and Tom took the right base. Tom was the only one of us with a rescue PFD so we bineered our third Throw line to his vest. Tom's job was to grab the victim in a bear hug while Bill and I got his foot loose. Tom would then float the victim to the bank. This should work because Julie and the hikers, holding the throw line, would be in an excellent position to pendulum Tom and the victim into the calm eddy well above the drop.

The three of us head out into the river, Bill is holding on to the stabilization line that the victim is on, Tom and I are holding on to Bill's shoulders with one arm and the other arm is around each other's shoulder. We take one step at a time, first Bill, then myself, and then Tom. Each time we give a verbal OK when we are sure that our footing is solid. We are also talking to the victim, giving him encouragement and telling him what we are doing. We are making good progress out to the victim, when about halfway, the rope bineered to Tom's vest starts dipping into the water and pulling on Tom. Tom tries to fight it but as we move closer to the

victim, the pull becomes too much for him. Finally he tells us that he has to let go, and we respond saying to go! Tom is pendulumed into the eddy and is fine, but now we have to start over again. The victim is weakening from the stress and the cold, his voice is getting noticeably weaker.

Julie recognizes the problem and instructs the hikers to move up higher on the bank, while she grabs our forth and last throw bag. Julie finds a good position higher up, but it is further away, so she bineers the two bags together. The victim is definitely getting weaker to our voice communications as we encourage the victim to stay with it just a little longer. We move as quickly as we can safely.

It seems like we have been at the scene for over an hour, sunset is three hours away, storm clouds are gathering and we have to splint the victim's leg, hike him up a steep bank and out to the road about a mile away. Man... this stuff was so much easier in the rescue clinics! The cold water on my legs and Tom's admonishment to "not be hasty, as we can not afford to make any more mistakes" brings me back to reality and the urgent task at hand. The three of us wade out again, all keenly aware that this was our last chance to save this victim. As we approach the victim, I step around to his left, Tom gets behind him and Bill to the victim's right. We carefully put the PFD on the victim, talking him through each step, taking one hand off of his life sustaining stabilization line, then putting that hand through the PFD arm hole, and then we do the same with the other hand and buckle him in. Now we try to get his foot out, with a little maneuvering, the foot is free! Whether it was relief or just pure fatigue on the victim's part: he lets go of the stabilization line. Fortunately Tom has his arms around him and the two float off to the eddy where Julie runs down to pull the two to shore while the other two hikers pendulum the pair to safety.

The moment that the victim touches dry land a judge steps up and yells TIME! No... this was not a real rescue; this was just a sample of one of the scenarios that you may have missed if you have not attended the Slippery Rock Rescue Rodeo!

If you are a paddler, rescue clinics are an absolute requirement, we need them to learn the basics of what we need to know to keep ourselves and our buddy's safe while we are on the river. But talking about and

practicing techniques in a clinic, detached from the tension and stress of a serious injury or even a life on the line, is not going to prepare you as well we might like. Although nothing can simulate the stress in a real life rescue, the rodeo does a great job of getting your adrenaline flowing and giving you a flavor of how you might react when all of a sudden you come on a scene where there may only be minutes to react! If you ask any of the people that have attended the rodeo, they will tell you that the competition, the realism of the scenario and the ticking clock all push you into hyper drive!

I don't think a season has gone by since we started the clinics in 2000, that I have not had someone come up to me and tell me about how the rescue skills they learned at our clinic or rodeo helped them in a rescue situation. Maybe none of them were as dramatic as the story above, but then again, maybe they didn't get to be dramatic because they had the training and experience to keep the incident off of AW's Accident Database. An incident in the hands of inexperienced rescuers can sometimes get out of hand because they do not have realize how much the difficulty of even simple techniques multiply when you are under pressure.



Jen Huebschman and Tobin Nilson

The Rescue Rodeo is a concept developed by boaters in North Carolina and Tennessee. The first Rescue Rodeo that I could find was the one developed by Chris Bell and the Western Carolina Paddlers Club in 1991. See story in AW Journal Archive from Sept.-Oct 1996. In 2001 Matt Muir of the Keel Haulers added the Rodeo to our clinic. Rodeos are fairly easy to put on, a lot of fun, they can improve skills enormously and every paddling club should consider putting one on.

The Rodeo consists 4 person teams competing for the best time and best execution. Some of the drills are simple such as the yard sale that consists of a boater

victim flipping over and swimming. The 4 person team rescues the boater, boat and paddle before any of the gear, victim or team members wash over the "Brink of Death Falls" which is an imaginary line across the river. Scoring for this event is simple, the stop watch starts when the victim flips and ends when the victim and all of his stuff are safely to the river bank. Points are added if any gear goes over the falls, more points if the victim goes over the falls and a lot of points if a team member goes over the falls. Another simple drill is sending a float down the river. The teams try to hit the float with their throw lines. The drills can get more complicated and difficult. In our first year we had a victim pretend to be broached on an undercut, if the rescue team did not stabilize him within 60 seconds, he would pretend to loose consciousness, making the rescue more difficult and adding more points to the team.



Joe Marks being assisted by Michael Duval

In 2002, the Three Rivers Paddling Club from Pittsburgh Pennsylvania joined with the Keel Haulers in sponsoring the event. The TRPC event organizer, Karen Dearfield, went on to become the First (and only) Mate when she and I were married in 2005.



Martin Wick from TRPC and I brainstormed a few years ago on how to do a rodeo drill for a foot entrapment. We wanted something that would be easily replicated

for each team, and would not cause a volunteer victim to create a real life hypothermic drill. So Martin created a dummy and a contraption that he put in the river to simulate a foot entrapment. This contraption nicely simulated a foot entrapment rescue. He added some rules of what the team was allowed to do to make the rescue difficult, but not impossible. The contraption and the rules insured that each team had the same conditions for each rescue. Last year Dave Altman of TRPC, added a strainer drill. In this contest each team member swims over a simulated tree across the river. The simulator was made from four inch PVC plastic pipe. Swimming over the pipe can be harder then it looks. And if you find that that it is too easy, just find some faster current to put the strainer in. As we developed the rodeo further, Ross Brinkerhoff of the Keel Haulers, came up with the idea of turning the event into a rolling rodeo where teams would travel down the river finding scenarios along the way. This made the event flow better and more interesting to the contestants.



Then there is the medical drill. Last year our teams had to treat a victim with a broken leg and a semi conscious person in diabetic shock. The year before, we had a drill where the teams would treat hypothermic victims in an approaching lightning storm. If the team did not move the victims to protect them from lightning within 120 seconds, then lightning would strike, injuring one of their team members. They then had to treat a lightning strike victim, move everyone to a safe location as well as treat the hypothermic victims.

So if you are not a rescue weenie, how can someone possibly know enough to compete in all of these events? Well that is why you need to come to our clinic on Saturday to prepare for the rodeo on Sunday. Our clinic has 5 stations. The students rotate through each station every 60 minutes learning different skills at

each station. At the on river stations students learn things like rope throwing, rescue wading and setting up static lines. We also have land based stations where we teach skills like rescue breathing, wilderness first responder training, and more complex rescue scenarios that are faster to teach on dry land then on the water. This clinic is not meant to take the place of a rescue class, but we do touch on some of the same topics taught at an ACA Swiftwater Rescue class. We target the clinic to our newer boaters, all of the instruction and rodeo is on easy class II water.

To encourage the more seasoned boaters to come out and practice their rescue skills we offer new things every year along with a cookout and camping to socialize. Around the camp fire, teams are formed, rodeo strategy is finalized and even some none rodeo moves are made.

You may ask where do you get people to teach all of the clinics? Every club has seasoned boaters who can teach a couple of skills over a 60 minute session. Let's face it; a 60 minute session is not long enough to get into detail, so instructors don't need a lot of preparation to teach at a station. But once the students have been to all 5 stations, they have a good foundation to build on.



John Kobak being assisted by Mary Kneirman

If your organization is interested in putting on a fun event that helps develop rescue skills, a Rodeo may be the ticket. Our rodeo has always been self supporting and actually raises some money for our conservation budget. Local vendors are happy to contribute prizes. The big expense is insurance. We use American Canoe Association event insurance which is a pretty good deal and does not require a lot of paperwork. If you have

interest in stating a rodeo, you can email me at Rob@SCD-Corp.com.

If you happen to be passing through Western PA on June 24 and 25th, stop in and check out our clinic and rodeo. If you don't want to compete, come out and help or just enjoy the camaraderie, the pot luck dinner and the action, I promise you... you won't be bored! For details check the website at www.keelhauler.org.

Karen and Rob's Party

For everyone who knew, Karen and Rob's party has been postponed due to scheduling conflicts. They will let everyone know when a new date is selected.

Youghiogheny River's deadly Dimple Rock will be left undisturbed

Bane of whitewater rafters

Wednesday, April 05, 2006

By Dan Majors, Pittsburgh Post-Gazette

<http://www.post-gazette.com/pg/06095/679439-140.stm>

Dimple Rock, a dangerous boulder in the whitewater of the lower Youghiogheny River in Fayette County, will be left as it is, but state officials promise an increased focus on safety education, warnings and alternatives for boaters who wish to avoid it.

The decision, announced yesterday by state

Department of Conservation and Natural Resources Secretary Michael

DiBerardinis, follows a five-year engineering study of the rock and analysis of six options that ranged from removing it to creating a collar around it to doing nothing.

By deciding to leave it alone, Mr. DiBerardinis said, state officials avoid the chance that rather than solve the problem, they might instead create new hazards.



Jason Plotkin, The York Dispatch via AP
A kayaker maneuvers around Dimple Rock in the Youghiogheny River at Ohiopyle in this file photo.

■ Graphic: [Dimple Rock a turbulent history](#)

"There are risks associated with whitewater rafting, and we will continue to work to make sure that boaters are aware of those risks," Mr. DiBerardinis said.

Since Ohiopyle State Park opened in 1975, an estimated 2 million people have rafted down the lower Youghiogheny River, considered one of the best whitewater areas in the eastern United States. Park visitors can run the rapids in their own equipment or on guided rafting tours offered by four park concessionaires.

DCNR spokeswoman Christina Novak said the department will speak to the rafting companies that operate at the state park and increased safety measures might be written into future contracts. The contracts with the concessionaires are negotiated every 10 years, with the state receiving 7.5 percent of their annual adjusted gross receipts.

Mark McCarty, owner of Laurel Highlands River Tours since 1978, learned of the decision last night and did not want to comment on it until he'd heard from state officials, but said he would abide by whatever safety directives the state handed down.

"I'll have to defer to their decisions," he said. "It's their river."

Mr. McCarty said there are many safety procedures that the rafting companies operate under, including the showing of a video and the use of trained guides.

"There are many [dangerous] places on the river and Dimple is one of them," he said.

Since 1976, Dimple Rock has been the scene of countless accidents in which adventurers in rafts, canoes and kayaks have been caught in the roiling river and flipped into the water. Of the 21 deaths recorded on the lower Youghiogheny River in the past 30 years, 18 were related to boating, and half of those occurred in Dimple Rock Rapid and nearby Swimmers Rapid.

Three of the drownings occurred in the summer of 2000 -- two within 10 days of each other -- prompting grieving families and local authorities to demand that state officials investigate ways to make riding on the river safer.

Dimple Rock, a massive, triangle-shaped chunk of brown Pottsville sandstone, is precariously positioned on the left side of the river at a point where the waters are squeezed into a turbulent passage. While most rapids

are run straight on, Dimple Rock requires paddlers to approach it at a 2 o'clock angle to the right.

The whirling water slamming into the rock falls back upon itself, creating a "pillow" that can flip boaters, pushing them several feet below the surface. The powerful current then can keep them there.

What's worse, there is a ledge and a large cavity at the base of the rock where people can get trapped. That was where 16-year-old Andrea Yealy of Adams County drowned while kayaking with a friend in September 2000.

It was at the daylong inquest into Miss Yealy's death that Fayette County Coroner Dr. Phillip E. Reilly called for a review by the Department of Conservation and Natural Resources, which oversees Ohio State Park. That call, he said, earned him a reputation as "the guy that wanted to dynamite the rock, and that's not really true."

"But people read about the deaths and say something should be done," he said.

The engineering study, part of a larger contract with the Massachusetts-based Maguire Group, cost the state just under \$100,000 and was completed a year ago.

According to Ron Huey, vice president at Maguire Group's Pittsburgh office, it involved a scale model of the river and the rocks -- built at the Penn State University hydraulic laboratory -- measuring 48 feet long and 5 feet high. Water was rushed through the model to evaluate various alternatives.

The result, Mr. Huey said, was the six options presented to the state.

"We made no recommendation," he said. "We gave them six options, and told them the advantages and disadvantages of each."

Dr. Reilly, who has been critical of the state in the past, had not seen a copy of the secretary's decision yesterday, but said he had a meeting scheduled today with park Superintendent John Hallas at which he expected to discuss the options that the state faced.

"The state secretary does not come down and talk to the families that have lost someone there," Dr. Reilly said. "The superintendent and the rangers up there, they have to bear the tremendous stress of trying to explain to families ... as do I as coroner. The park people are very sensitive to the issue."

Dr. Reilly praised steps taken by the state in the past five years, including the posting of warning signs and changes in the rafting companies' pre-adventure video that shifted the focus from how fun whitewater can be to how dangerous it can be. But the most important step, he said, was the undertaking of the study.

"[Whitewater rafting] is not entirely a fun thing," he said. "There are very real, not-imaginary hazards there. It's not a ride at Kennywood."

(Dan Majors can be reached at dmajors@post-gazette.com or 412-263-1456.

May				
5/5, 6, 8	Upper Yough	32	John Kobak	440-871-1758 or 304-379-4747
5/5	Cheat Mass-Occurrence Team Race	26	Rob Hammond	216-292-5618
5/6, 7	Cheat Fest and River trips	26	Needs organizer	
5/6, 7	Cheat Headwaters or Potomac Highlands	18-24	Steve Ingalls	216-371-8250
5/6, 7	N. Br. Potomac Release	18	Needs organizer	
5/9	Club Monthly Meeting		Tim Brightbill	330- 721-6822
5/13	Slippery Rock Creek	13-19	Joe Marks	216-281-1517
5/13, 14	Cheat Canyon	26	Jim Hunt	330-335-5203

5/13, 14	Red Cross - Basic River and Whitewater Paddling in Western PA		Red Cross	440-298-1293
5/20	Slippery Rock	13-19	Chris Kiehl	330-869-6549
5/20	River Festival at Kent		Pat Guzowski	216-780-5734
5/20, 21	N. Br. Potomac Release	18	Needs organizer	
5/20, 21	Lower Yough	23	Mike Duvall	216-521-0094
5/20, 21	Middle Yough	12	Robert Bair	216-371-6390
5/20, 21	Cheat Canyon / Lower Big Sandy	26-31	Peter Turkaly	804-550-0256
5/20, 21	Cheat Headwaters or Potomac Highlands	18-24	Steve Ingalls	216-371-8250
5/27-29	Cheat Canyon	26	Ross Brinkerhoff	440-286-1476
5/27, 28	Middle Fork & Tygart	29	Mike Duvall	216-521-0094
June				
6/2, 3	Upper Yough	32	John Kobak	440-871-1758 or 304-379-4747
6/3	Cuyahoga River, Peninsula to Boston Mills	8	Ann Corey	330-869-6549
6/3, 4	N. Br. Potomac Release	18	Mary Modesitt	440-285-8481
6/3, 4	Cheat Canyon	26	Pam Poljak	440-268-9194
6/3, 4	Esopus Slalom Race		Igor Birbrayer	440-479-5636
6/3, 4	Ladies day on the Slippery Rock	13-19	Needs organizer	
6/4	Lower Yough	23	Sabine Iben	440-543-4969
6/9, 10	Tygart - Arden Section	24	Kent Tabor	248-867-8283 C
6/10, 11	Upper New	16	Ed Charlton	440-716-5489
6/10, 11	Red Cross - Basic River and WW Paddling in Western PA		Red Cross	440-298-1293
6/12, 14, 19, 21	Fundamentals of Kayaking at Mentor Dept. of Recreation Pool. To register - Call 440-974-5720		Ernie Anderson	216-291-1093
6/13	Club Meeting & Free Style Clinic at Hinckley Lake at 6pm		Elaine and Bob Mravetz	330-239-1725
6/17, 18	Lower Yough - permits	23	Ron Tomallo	440-953-1335
6/17, 18	Middle Yough	12	Carl Kudrna	440-835-5744
6/18 - 23	Poudre River in CO - advanced/intermediate trip,	25-32	Elliott Drysdale	216-496-8482 C
6/24 - 7/3	Colorado Rivers, continuation		Needs organizer	
6/22	Cuyahoga - Burning River Day, Trash pickup - Poker Run - Prizes		Needs organizer	
6/24,25	Rescue Weekend & Rodeo		Rob Hammond	216-292-5618
6/29 - 7/3	Shawn Excellent Ocoee Adventure	25-28	Shawn Reese	330-688-4296



KEELHAULER KA-NEWS

JUNE 2006

The next meeting is Tuesday, June 13th at Hinckley Lake. It will be at the Hinckley Lake Boathouse at the southwest side of the lake. This is the same location as previous years. The map to the meeting can be found online at:

<http://www.keelhauler.org/khcc/Hinkley.html>

Program - Be sure to bring your boat and paddle around in the lake. Come anytime around 6pm. The meeting will be held at dusk. Additionally, there will be a Freestyle Canoe Clinic. The first session will begin about 6pm, with a repeat session afterwards as needed. The clinic will include a demonstration of the principles and boat physics behind Freestyle Canoeing, and how to use boat pitch and heel, body mechanics, and efficient paddling strokes and placements to make the canoe perform precisely. Basic maneuvers will also be covered, and paddlers who are interested will have an opportunity to learn a few of the basic compulsory maneuvers used in competitions. You can bring your own solo canoe, or there will be several on hand to try while learning basic skills. Basic Freestyle skills are practical, make the boat respond to you, and are easily transferred to whitewater canoeing as well as canoe tripping and touring. The Clinic will be taught by Elaine and Bob Mravetz, Keelhauler members and 2003 National Interpretive Freestyle Canoe Champions in tandem class.

All meetings are open to guests.

Directions to Hinckley Lake coming from the north:

From I-77: Exit at Miller Road in Brecksville. Turn left (east) on Miller Rd. to Rt. 21 (Brecksville Rd.). Turn right (south) on Rt. 21 to Rt. 303. Turn right (west) on Rt. 303 to State Rd. Turn left (south) on State Rd. Turn right onto Bellus Rd., then turn left on West Dr.

From I-71: Take the Brunswick exit 226 (Rt. 303). Go east on Rt. 303 and continue for 4.5 miles. Go past Ridge Rd./Route 94 to Rt. 606 (Hinckley Hills Rd.) Turn right (south) on Rt. 606 to Bellus Rd. Turn left (east) on Bellus. The Hinckley Reservation entrance is 1000 feet. Turn right on West Drive.

From I-27: Exit at Hawkins Rd. and take it west. It will turn into Bellus Rd. Turn left on West Drive.

KHCC Meeting Minutes

May 9, 2006

New Members/Guests

None, 1 returning member – John Holligan

Treasury report – no report this month.

Conversation report – no report this month.

Library – Ted Moore is donating some books.

Membership – current count – 282

June Meeting – Will be held at Hinckley Lake. A Freestyle Canoeing demonstration will be the program. The July meeting will be at Silver Lake.

Safety – Remember, the water is still cold.

New Business – Charley Walbridge is raising funding to keep the Cheat takeout neat, clean and otherwise kept up. "Friends of the Cheat River Access" is selling bumper stickers. Team River Runners is introducing returning vets, typically injured and/or disabled to the sport of white water – canoe & kayak.

There will be a 5 day trip in the Allegany waterway in Sept. "Friends of OhioPyle" is having 3 days of activities over July 7, 8 & 9.

Program – Chuck Singer presented slides on his trip to Panama.

Freestyle Canoeing

In its purest form, freestyle canoeing is technical quietwater paddling. It emphasizes smooth and efficient flatwater paddling and precise boat control—sort of like obedience training for a boat. Freestyle techniques can be applied to most paddling whether paddling tandem or solo, river, whitewater, recreational, or touring. Freestyle adds grace, efficiency, and fun to any paddling experience, and requires no special equipment. In its most advanced form, Interpretive FreeStyle is similar to long program figure skating when done to music. The paddler makes the boat dance and spin under complete control with utmost grace and ease. In Interpretive FreeStyle Canoe Competition, paddlers are judged by a point system on both technical and artistic elements of a routine that they have choreographed to a piece of music, and are awarded or deducted points for all aspects of those elements. Interpretive FreeStyle Canoe Competition is the ONLY time in which PFDs are not worn while on the water.



Elaine Mravetz

Some of the techniques are derived from Canadian style paddling and use the physics of the boat, the physics of the paddle, and the biomechanics of the paddler in a series of precise maneuvers to make the boat go straight, turn with precision, and sideslip with ease. Many of the maneuvers were developed to make rather straight stemmed tandem touring boats that were difficult to turn become more responsive to the paddler. The principles of freestyle canoeing and boat balance skills transfer very effectively to paddling a kayak. Students in freestyle classes brush up on sound basic paddle strokes, learn about boat heel and pitch, and how to use them in turning and moving the boat effectively. The course helps the student to understand precisely what the boat and paddle are doing and how to make the boat, paddle, and paddler all work together most efficiently to paddle gracefully and effectively, whether enjoying a lake or turning into or out of an eddy on a river.

In tandem freestyle, paddlers will learn about distribution of work, communication, paddling effectively in cadence and efficiently executing basic maneuvers using boat heel and pitch for precise movement, turning, and stopping.



Elaine and Bob Mravetz

The entry level course teaches students how to heel the boat and maintain boat balance comfortably, and how to use pitch

to turn a boat more precisely. Students will understand what causes a boat to want to naturally turn, and how opening or closing the face of a paddle blade will impact the turning potential and directionality of the boat. They will learn helpful drills to work on boat balance and paddling efficiency, and will learn basic entry level freestyle maneuvers that can be used effectively for any type of canoeing.

On September 8-10, the Midwest FreeStyle Canoe Symposium will be held in Peninsula, Ohio at Camp Manatoc/Butler. Instructional classes at all levels of Freestyle Canoe will be offered, along with the ACA Canoe Camping Endorsement Course, and ACA Instructor Updates for Touring Canoe Intro through Freestyle and River Kayak Intro through Essentials. In addition the National Interpretive FreeStyle Canoe Championships will be held on Saturday September 9 at 5:15 p.m. For registration or more information, please contact Elaine or Bob Mravetz at rmravet@uakron.edu or (330) 239-1725.

Middle Fork / Tygart Trip Report

By Elliott Drysdale

The Middle Fork / Tygart River is a spring trip that is dependent on river levels. If you can catch them at the right levels, it is guaranteed to reward the paddler. At minimum levels of 3.2' / 3.5' respectfully they are class 3 but at high water levels of 5' / 6' they become a solid class 4. The Middle Fork changes from a technical blind drop river to a pushy blind drop river but the lines remain about the same. The Tygart is always pushy but the hardest rapid; S Turn is easily bypassed with a class 3 sneak on the right so that it actually becomes easier at high water.

Rob Hammond, John Kobak, Mike Duvall, David Herron, Bud Chavez and me joined closed and open C1 paddlers from Connecticut to catch a high water run on these rivers. Brent Laubaugh and John Garcia joined us on the river but focused on the hero routes. On the drive down, heavy rains made us worry about the high water levels but the Gauge Master, John Kobak, continuously checked the gauges of the feeder rivers and assured us that it would be OK. As it turned out, John was right, but in the back of my mind, I remember finishing the Tygart at above 9' with John. Seeing all the flooded rivers in the area as we drove in made everybody nervous. We ran the Middle Fork at 5.0' and the Tygart at 6.0'. Both were rising quickly.

It was David Herron's first trip on the Middle Fork and the pushy water and no warm up before the put in rapids makes for a twitchy boat. We have all been there. Screaming Jane rapid was big enough so that some people took a left sneak route. Several people swam but John took his usually line and dropped into the lower right eddy like he always does.

The second from last rapid is a boof over the right side with an almost river wide hole. The closed C1 was stuck side surfing in the hole and John collided with it. While it knocked the C1 out of the hole, John had replaced it and swam. I missed the line but as it turned out, the center of the hole was a horrendous pour-over that looked horrible but it squirted me right through.

We grouped above the last rapid, Wall Rapid, and decided that even though we could not see it, to run the normal line. The rocks were covered and it was easier than normal.

On the Tygart, the entrance to S Turn was very small and turbulent. Only Brent and Smoltz ran the hero route while the rest of us decided the sneak on the right which looked too good to bypass. Shoulder Snapper was a big open wave drop but too fast to easily eddy out on the bottom right. After the drop we all directly continued on to the two offset holes directly below the drop which caught some people by surprise. Hook was partially washed out but big waves and holes still exist.

We all returned to John's cabin Saturday night. The next morning the Cheat was at 7.5' along with every other river in flood stage. Rob and I decide to call it a weekend while others tried to look for normally dry stream beds to run. The remnants of the Southern trip were on the Dry Fork of the Cheat on Saturday and Sunday under the leadership of Steve Ingalls. It was running at a perfect level.

BUY A CHEAT RIVER ACCESS STICKER

Bright-colored Cheat River Access Sponsor stickers were sold at the Cheat Festival once again this year. They're 3"x8" and look good on car bumpers or anywhere else. Even better, your donations really make things happen! Last year the money we raised helped fix up the Jenkinsburg takeout. This year we're working to develop the new Jeff Mayfield Access on the Big Sandy and to maintain both the Jenkinsburg and Albright accesses to the Cheat. If you didn't make Cheatfest, but still want to help out, consider donating a minimum of \$20 for your own sticker. You can send your money and a stamped, self-addressed envelope to:

Friends of the Cheat
119 S. Price St. Suite 206
Kingwood, WV 26537

Or call them at 304-329-3621. They accept credit cards! Or donate on line at www.cheat.org. Thanks for supporting Cheat River access! Charlie Walbridge, ccwalbridge@cs.com

Vermilion River By Eric Slough, April 2, 2006

Waiting at the finish line I over heard a fellow racer say "wow, I'm out of shape!" Without a hesitation, I replied, "round is a shape!" The afore mentioned comments pretty much summed up this year's Vermilion River Race. The course was "round-a-bout," the weather didn't "round-out" the way we expected and from the comment above there were a fair share of paddlers that hadn't gotten "around" to getting in shape for the race!

For the 38th year the Keelhaulers Canoe and Kayak Club put together a well-run and well attended event. 86 paddlers braved overcast skies, and an altered race course. Lack of snow and rain led to desert-like conditions that would have forced racers to jog the course this year if the race were held on the traditional race portion of the river. The bad news went out over email and until I saw it with my own eyes, I didn't believe we'd be racing in the slack water near Vermilion.

Following the race, I'm sure there were a lot of sore shoulders from paddling and sore knees from praying for rain. A late week rain storm didn't pan out and it pretty much left this year's race high and dry. Race organizers from the Keelhaulers wisely moved the race to the low water location, near the mouth of the Vermilion River near Lake Erie.

Gray skies with no rain greeted our group from Toledo as we pulled into the put-in at the South Street Boat Launch Ramp on West River road in Vermilion. This year's put-in was a dramatic change from previous years. Instead of a wild and scenic Birmingham Park, we were greeted with the swift harbor smell of dead-fish, boat oil and seagulls. The launch site is a decent park, mainly used to launch fishing boats. This launch site is just upriver from the harbor in Vermilion, only a stones toss from Lake Erie.

I was surprised to see as many racers as there were that morning. I had thought using the alternate race course might deter a fair share of paddlers. I surmised that I wasn't the only paddler in northern Ohio that had looked forward to blowing the dust off my equipment? The Keelhaulers Canoe club out of Cleveland has a strong following and also produces a well organized event.

This year's course comprised of an up-river paddle to a point where race organizers stationed a buoy and a spotter. Approximately 10 inches of water greeted paddlers as we made the first turn. Heading back down river we passed back through the race course into the Vermilion Harbor. After making the turn at a second buoy we made our final burst to the finish line. Organizers placed an approximate distance on the race between 6.5 and 7 miles.

Scenery and wild life sightings were slim to none, unless you include the early morning fishermen along the shore.

Ramshackle docks and cottages dotted most of the race course until you reached the first turn buoy. At this point racers got a glimpse of the kind of scenery the Vermilion has to offer in its up-stream sections. High cliffs and rocky shorelines greeted racers just as we had to make the turn. Racing back into Vermilion brought few surprises, with the exception of a dredging barge that racers had to avoid. There is supposedly a marsh section of the harbor that organizers sometimes use for the low-water race course, but the decision was wisely made to steer away from this section because of the work hazard.

I pulled into the finish-line having caught my paddling buddies from Toledo. I served as an on-the-water cheering section as each crossed the finish line. Usually racers stay around and socialize at this event, but many quickly loaded and headed for home.

Our group loaded up and headed to the traditional Rodger Mill Bacon Reserve take-out to see the low river level with our own eyes. I had spent the better part of the past year talking-up the scenic race course. I had hoped that by showing them the usual take-out, my buddies could get a glimpse of what the river really has to offer!

Sadly, we left the Vermilion and headed back to Toledo. We previously pre-planned to grab some more water-time on the Vermilion if water levels cooperated. Realizing that it was an exercise in futility to even try, we made secondary plans to stop and paddle the Sandusky River near Fremont, OH for a few hours. Experiencing some water time on two separate rivers in one day, was a bonus and we all returned home tired and happy.

Race organizers are quick to post the race results and I was excited to see where our group placed. I was narrowly edged out of the medals, but was still excited at my time. As usual, the winners are the racers who possess superior conditioning and equipment. I just wish they would use their turn signals as they blow by me on the course!

Accommodations:

Accommodations are minimal, rest room facilities are available and any last minute snacks or beverages can be found at any number of carry outs in Vermilion.

Fees:

Have your OH boat tags up-to-date. After some research I found that during the summer, there is a \$4 launch fee and a \$2 parking fee. I would assume that these fees still apply to Kayakers?

Directions:

From Route 2: Either east or west, exit at route 60. Turn left onto route 60 and follow until it dead-ends into South Street. Turn right and follow until you see the South Street Boat Launch.

Launches:

Unless you're racing as part of the low-water site for this race I wouldn't paddle this section of the river on purpose.

The only other time I'd use this launch is if you intend on launching at the South Street ramp and paddling through the harbor to Lake Erie, or if you're using it as the take-out for an extended paddle from the traditional Brimingham launch site or Rodger Mill Bacon Reserve launch point.

Resources:

Visit keelhauler.org for up-to-date race info each spring.

Grand River

By Eric Slough, April 22, 2006

It may sound trite, but I had a grand time on the Grand River. The Grand River, east of Cleveland in Ashtabula County, consists of 98 miles of winding river valley, marshlands, flood plains, and steep shale gorges, before it eventually empties into Lake Erie at Fairport Harbor.

This trip report outlines the 8-mile section between Harpersfield, OH and Hidden Valley Park. This section of the river is the traditional race course for the Grand River Canoe and Kayak race produced by Lake County Metro Parks. Between 1964-1988, this race was also known as the Madhatters Canoe Race.

I've always wanted to add a section of the Grand River to my quiver of paddled Ohio rivers. Unpredictable weather and home responsibilities have kept me from running this race the last couple of years, but the stars finally aligned and I was able to make the trip to this pretty part of the Buckeye state.

Race day started early for me. I was on the road before 6 a.m. to make the almost 3 hour drive from Toledo to the race start. Directions to the put-in are easily accessed from Route 90. I've seen online pictures of the race start and it was just as impressive in person as it had been in photos.

Ashtabula County is home to many covered bridges, with the Harpersfield Bridge being the longest covered bridge in Ohio. The bridge was built in 1868 and is listed on the National Register of Historic Places. Harpersfield Park skirts both sides of the river and many fishermen could be found wading in the water below the upstream dam and bridge.

As with most organized paddling events the put-in was a beehive of activity, vehicles were being unloaded, rangers directing traffic, colorful boats and apparel being tossed about. It was easy to notice that it was going to be a well organized event. A shelter house housed the registration area and colorful flags marked the starting line.

Temperatures were moderate at the race start (mid 50's) and the sun hadn't quite poked its head out. As the morning haze burnt off, temps were supposed to climb near 70 degrees. Water temps were still cool, but not unbearable. Since it was a race, I dressed for activity and not submersion. I knew my

body temp would rise to uncomfortable levels if I layered too much.

As of spring 2006, the USGS gauge for this river is not working properly, if you visit the USGS site there is a warning message that says, "Due to bridge construction near this gage, real-time gage heights and stream-flows at this site may be considerably in error. This condition likely will persist for some time. This message will be displayed until we feel that the construction activities no longer affect gage accuracy. We are sorry for any inconvenience this causes."

After calling race organizers the day before the race, they said that the gauge is off by more than a foot. Water depth predictions on race day put water levels just over 2 ft. Some overnight rain helped to raise water depths slightly. Water levels on this river can rise and lower quickly (see Stream Keeper link in Resources section below).

I was able to unload and make it to the starting line just before the race organizers gave their pre-race safety talk. Obstacles and potential strainers were pre-marked with caution tape. Race observers and rescue boats were stationed all along the race course and I even overheard that rescue divers were volunteering that morning. It was safe to say that safety was well covered for this event.

As I finalized getting my gear in order, the first racers hit the water. There is certainly an excitement in the air during an event such as this. I waited until the bulk of the pack launched before I hit the water. One minute intervals separated racers as we sped away from shore.

The sloping shoreline of Harpersfield Park quickly rose to steep shale walls around the first couple of bends in the river. There was enough water to provide ample current and enough river action that required you to read the water through each turn. Most of the entire race course provided less than Class I rapids, except for the set of rapids right before the take-out, the river twists and turns enough that you still need to pay attention and read the river or you'll get hung up on rocks. It would be fun to run this river at higher levels.

There are really no in-river water obstacles that could cause potential problems except for a few errant rocks that easily wash out. I'm sure that higher water creates some interesting hydro-dynamics. The steep valley walls could pose a problem if you were swept into them. There are also numerous downed trees that have been swept down river and are hung up on shore. The river is wide enough to avoid these obstacles, but you still need to keep your eyes open.

Designated as one of Ohio's wild and scenic rivers in 1974, the Grand does provide a sense of remoteness. It's rugged topography and steep valley has prevented major development from crowding its shores. You cross under several county road bridges and pass numerous water falls along the way. While some of the water falls are merely trickles, there are some

that are quite dramatic and offer postcard like photo opportunities. If I was going at a slower pace, I would have taken the opportunity to explore. It is difficult in a race situation to take in all the floral and fauna, but I and several other racers did notice an immature eagle roosting above the river, watching us speed by. I'm sure we were interrupting his lunch.

It is still spring in the northern part of Ohio, so trees were still beginning to bud, flowers are still pushing through the ground and gray sky's turned to sun several times throughout the morning. I noticed a variety of silver maples, cotton wood, and sycamore trees overhanging the banks.

Throughout the race I did notice that there were a large number of canoe entries in this race, my experience is that boater numbers are swinging more towards kayaks and away from canoes. Even as a kayaker, I can say that it was refreshing to see so many two person teams canoeing in the race. I have a certain respect for the teamwork and water reading skills canoes utilize on river outings.

Watching two experienced canoe paddlers is like watching two formally trained dancers navigating the dance floor, each paddle stroke is perfectly in tune and nothing has to be said between paddlers to get the job done. On the flip-side this is purely a recreational race, so there were plenty of rock banging, red-faced, and frustrated paddlers, racing aluminum rental canoes. Each paddler fighting each other to make their boat go straight!

As the race neared the finish the shoreline started to break away from the river and the slopes slowly turned into a park. Old bridge piers and the newer route 528 bridge marked the border of the finish line. A steep cliff overlooked Hidden Valley Park from river right. The roughest water on the course appeared right before the finish.

There is a 30-yard section of class I whitewater that greeted paddlers right before the take out. I easily navigated this section of river and quickly beached my kayak after crossing the finish line.

Race organizers stood with a megaphone in-hand, ready to cheer you to shore. Race helpers nabbed your bib tab and you officially finished the race. For canoe racers, there was one more step to complete before your time was recorded. Each canoe team had to land and then run across the finish line and ring a bell to officially complete the course.

The finish line was well marked and quite festive! Banners marked the run to the canoe bell, refreshments were housed in a park shelter house, race organizers were busy posting race times on a large board, paddling vendors graced the perimeter and a DJ blasted tunes and announcements. Lake Metroparks also organized a shuttle back to the put-in so racers could retrieve their cars.

Any time on the water is a bonus for me and the morning was doubly exciting because I won my boat class! With medal and shirt in hand, I drove home happy to have had the opportunity to paddle one of Ohio's most scenic and fun rivers. I can't wait to tackle it again.

Accommodations:

There are rest room facilities at both the put-in and take out. There is a bait shop at Harpersfield Park if you need to grab a quick snack or beverage.

Fees:

Have your OH boat tags up-to-date, the potential to run into a ranger is high.

Directions:

To the put-in: I-90 east from Cleveland. Exit onto 534 south. Go 500 ft to Old Harpersfield Rd. on the right. Stay on Old Harpersfield Rd. and follow the signs to Harpersfield Bridge. You'll turn into the park at the bait shop.

To the take out: Leave Harpersfield park, back towards I-90. Turn left on route 307. Follow 307 until it intersects route 528. Turn left on 528 until you see the signs on your right for Hidden Valley Park.

Resources:

The stream keeper report for this river can be found at:

americanwhitewater.org

Link to [Lake Metroparks](http://LakeMetroparks) race info for 2006.

There are maps on the Keelhauler.org canoe/kayak club website.

SOUTHERN RIVERS TRIP 2006

By Debbie Avallone and Pat Guzowski

This accounting of facts & tales recalls ten rivers in ten days, 2,178 road miles, new friends, adventures and a great time! Pat G. and I car pool for our first Southern River adventures.

Initial packing of two people into my CRV is not too bad really. There's even room for firewood. Pat reminds me that there are grocery stores in the south. No need to take chances. Pack plenty of food. South or bust!

First day's run is the Upper Meadow (800cfs). Group meets at Mabel's Diner. Part of the group is lost on the shuttle. The discovery is not made until we reach the takeout. John goes back. The poor crew got left behind in the parking lot. It's our 1st introduction to Kobak Boot Camp (at all times be ready to run).

The road to the takeout is a logging road by definition but it's really more a goat path than a road. The night's rain ensures there is plenty of mud tossed up onto the roofs. To ensure the full rearrangement of car contents...proceed slowly in low gear while dodging rocks & holes then....fly like the wind though the curves of hills & hollers when one reaches a cinder covered road. The roadside collection of rusty truck parts

and old cars would indicate this is where old cars & trucks go to die.

Rain stops just as we put on. A fun, creekly, river – perfect for the first day. Pat demonstrates a really cool prolonged (unintentional) stern squirt. Just for extra style points, he throws this squirt in the middle of a rapid. The bow stays in the air for a full 6 seconds before he throws it down (upside down) onto a boulder and proceeds several yards in the bottom-up position before demonstrating a hardy roll. 10 points for style!



John Kobak on the Meadow

Day 2 - the Nolichucky (1075cfs). Our mighty leader, invites the wrath of the River Gods by saying 'he does not swim'. Inevitably he is swimming the first rapid. Later at Quarter Mile Rapid, Rescue Weekend skills come in handy as Michael Duvall, Pat & Bob Nicholson extract me from a large boulder. It's a perfect scenario for this year's Rescue Rodeo.

Easter Sunday we have the Ocoee (1250cfs) all to ourselves. Not only aren't any rafts around this morning (normally it's a sea of rubber beasts) there are only a handful of kayakers. We all run Hell Hole, a large, intimidating hole by the power plant. Usually this hole is nearly inaccessible to all but the big-dogs. It's friendly enough once in there but, the line to play is usually so long, the players so good and the crowd of kayak groupies so thick that mere mortal boaters rarely play long. Today, there are only a few and they are friendly. It's so fun to actually get a few seconds of surf time.

A note from Pat G. inserted here. On one rapid on the Ocoee, Deb used her woman's prerogative to send me off to the left side "where the line was" and then she proceeded to scurry to the right. Hmmm.....What's wrong with this picture? I head halfway down the left side before getting back to the right, I still do not know what diabolical plan she had for me there!

On the way back up river to the Olympic Center visitor area we notice that there isn't any water in the riverbed. Rafts and kayaks are high & dry. A foul up in communication had lead to the water being temporarily turned off. As we walk around the Olympic Center I speculate about which rock removed the skin from my backside last year.

That evening our trip organizers are proud to see we've arrived at the destination with daylight to spare—Not getting lost, not even once! There's time to hike Tallulah Gorge - a steep rock valley with huge waterfalls. Rumor has it that there are 700 steps down to the suspension bridge and 700 back. The view proves to be worth every step. We make it back to camp just as the daylight runs out.

The Chattooga has a reputation for being an attention getting class IV run with fatal holes and undercuts. This is the river that broke Bob Nicholson's leg last year and where the movie Deliverance was filmed. The experienced paddlers say that 1.45 ft is perfect for a virgin run.

Early in the day our mighty leader jumps out on the rocks to point out a path through a relatively benign looking rapid. Our group is big. Can't quite hear what was said. No worries, everybody is making it though. Kris, just in front of me, gets tossed a bit so... I sit forward prepared to work, follow the path directed by the paddle and head over the drop. BIG MISTAKE. I've fallen into Woodall Shoals hole. No amount of forward paddling can overcome the backdraw of this hole. Flip, Flip, Flip, whoosh, whoosh, whoosh, Stubby & his rider are window shaded with great vigor. No problem, I'm a practiced swimmer. Calmly, I pull the skirt. The boat is not willing to leave this enthusiastic hole. The paddle is removed from my hands and I am returning to the froth. Bye Stubby, see you later! I get a ride to the rocks. Eventually Santos & Marina retrieve Stubby. The paddle reappears. They all seem so worried. What's the big deal? Sure swimming is inconvenient and embarrassing but certainly not unheard of. John says "She missed the line by eight feet!" Apparently, the paddle was pointing to the EXACT spot to place ones boat, not a general direction. It's another two days before it is revealed that this hole kills people. Guess that explains the worried looks.

Another note from Pat inserted here. I purposely kept this little bit of info from Deb so as not to upset her fine flowing river Karma.



Section IV of the Chattooga



Section IV of the Chattooga

The next few hours are intense. Instructions at Cork Screw/Crack in the Rock are "You must roll. If it doesn't work in 2 rolls, pull the skirt and look for a rope". Ropes are set up. The rocks below are deadly undercuts. Geez, too bad there isn't anything exciting on this river. No swimmers here. We all walk Sock 'em Dog, the rapid that broke Bob's leg last year (just too boney). Bob surveys and takes pictures. We listen intently to the story of the swim, broken leg, masterful team rescue and trip to the hospital. Around one corner on the long flat paddle out, our team is piling kayaks up on the shore to gain access to a rope swing. YEA!!! Weeeeeee. SPLASH! Just what my poor tortured nerves need!!

Some of the group heads to the Pigeon others to the Cranberry & Williams. A senior member of our little group runs a creeky section of the Williams upside down, then sideways, then upside down again. Oh, ouch, yikes. SWIM. Bump, bump bump. A few strategically applied steri-strips put him back together again. Proof exists in photo form and may be had for just the right price.

Day 8 the plan is to meet Doug, Steve, Marina, Tom & Lee in the afternoon for a 2nd run on the Middle Fork (4.0') & Tygart (5.6'). When they return with bruises, bloody knuckles, harrowing stories of 5 swims and a lost paddle (with pogies). I graciously volunteer Pat & I to scout the upper area of the Middle Fork while our battered comrades rest & recover. The poor gentlemen in our group just hate having to see the Spring Break teens warming themselves in the sun & working their bikini tans.

The river above Audra State Park is a nice Class II-III run, something along the lines of the Casselman or Cheat Narrows. Plenty of CFS to keep us moving on the flat stretches. The river even has a few areas to stop & surf. That evening we meet Bill Michaud & his friend Paul. Bill is an experienced open boater with more than 350 days on the Grand Canyon. We make plans to paddle together the next day. Not only are they experienced Tygart runners, they have a key to a private takeout which eliminates the dreaded railroad track walk out.

The Tygart is down (3.7', 4.8), the shuttle short, the experienced group is strong and we have a key to the secret takeout. Happy day! Two hours after the intrepid shuttle crew left for the 20min shuttle we conclude something is amiss. A drive to the secret shuttle finds three very muddy, hot, tired shuttlers emerging from the road. ALL THREE 4WD vehicles are stuck To The HUBS in the mud. A farmer with a tractor & tire chains pulls the team from the slimy mud. Mud covers every body and every thing. By the end of the day our swim count is 4 without any, blood, bruises or lost items.

We head to Teeters in hopes of catching Steve Ingalls' trip in the morning. Pulled in after dark in the rain glad to find a few hardy souls huddled under Rick Collins' new rain cover. A special thanks to Mr. Collins for putting up with whiny, bitchy, tired Pat G's plea to use Rick's vehicle to string a tarp only to change his mind and just set up his cot under Rick's canopy. The group of about 12-15 includes people not seen for a year or more. Catherine Curly is there with her new husband. The Dry Fork of the Cheat is at a perfect level both days (2500? CFS). Play, play, play all day for two days it's a surf fest. We head home dirty, smelly and happy as kids at Christmas. What an excellent week! 10 rivers in 10 days. Met nice people. Paddled great rivers. Thanks to all who showed us the lines and paddled at the back with the nubies.

Canoe Sail-53rd annual Mug Race - 5/6/06, Palatka to Jacksonville 40 mi on St. John's River By Bob Halsey

I decided to give the Mug Race a try once more even though on June 1st I will be 89 yrs old. I got trashed in a thunder squall two years ago and last year we did not have any wind to even start the race.

My friend Noble Enge agreed to race, even though his 25 yr old canoe needs some rebuilding of the teak rails. Noble is a great canoeist both sailing and paddling. He has sailed in the Mug race twenty some times. Noble is a life long Floridian, now retired from the army corps of Engineers. He is very knowledgeable about Florida spring runs and waterways. His canoe was built by Stuart Smith in Clearwater FL. It is an 18ft fiberglass canoe with a layer of Balsa between the FG layers in the hull. Ed Kettel helped design it for sailing. The Sail is from Bremen Sails of Miami. Bremen is another former canoe sailor.

My canoe is a cedar strip that I built 15 yrs ago. It is 18 ft long with lines taken from 17 ft Chestnut canoe. For my convenience rigging and beaching, I use an ACA one design Lateen sail with a small Jib to give me 55 sq ft for the 5 meter class. SUGAR has been much used, repaired, but is strong and heavy.

The 7:30 AM start from the Riverfront Inn was pretty good. We had a light wind on the port side. The first 3.5 miles, I figured I was making about 4 mi per hour. This would make it a 10 hr day. I hoped the wind would improve. After the first turn we had more or less of a tail wind. I had a simple outhaul rigging on the jib so that I could go wing and wing. But the wind changed direction 20 or 30 degrees constantly so I had to either change course or jibe tack to keep the jib pulling.

Noble pulled away from me and the first cruiser caught up to me. I was still making only about 4MPH. The next turn to port put the wind on the port side for the next 18 miles but I had to scratch to windward following the wind shifts to clear points of land, being on the leeward of a mile wide river. I bounced and splashed in the waves quite a bit, which is not good for speed. I gradually worked to windward and stayed on the windward side by tacking often.

I finally reached the Green Cove Bridge, a little more than half way. But now the river is 3 mi wide and rough. So I went straight ahead on a port tack looking for a beach or shelter to rest and decide what to do next.

At the start, I found that my Leeboard was locked in place only half way down; I could not budge the bolt that clamped the leeboard in place while sailing. I had thought I could make out with it half down. I now saw a little bay full of lily pads, so I pulled into the shallow water. I got out and was able to loosen the leeboard nut. The wind had been so strong I thought I would lighten the load on an old man and took the jib down. Then I took off again. Now the wind was out of the NW so I was tacking to windward. I was seriously considering whether I should pull out of the race. But there really wasn't any good place to pullout.

I noticed one of the safety boats, a Searay cruiser, named "For Pete's Sake" keeping close by. They spoke to me once. I recognized them as the boat that helped me to safety when I was trashed in that squall 2 yrs ago. They sort of hung around me the rest of way. The wind was manageable so I raised the jib and decided to try to finish before 8:15 PM.

I was off Switzerland then and figured at 4 mph, I would easy make it. Again I was working the wind shifts to work westerly for I had to round a buoy off the west end of the interstate 295 bridge, then sail downwind 2-3 miles to the finish line. That buoy is awfully hard to see from a distance. It's easy to lose time scratching to windward to clear a buoy that one has already cleared. I made the turn to head for the finish, but now the wind that should have carried me quickly to the finish, died out. I could see the finish line just ahead, but I was just barely moving and watching time run out on my watch. They sounded the finish Horn and proceeded to pick up the finish buoy. So I headed for the bridge.

The finish boat came along and asked if I wanted a tow into the Rudder Club. I was really exhausted by then. They helped

me into their boat and towed my canoe into the Rudder Club. I think I would have had to paddle those several miles in the dark without their help.

The next day, at the awards ceremony, Noble got 1st in our class, 23rd over all out of 140 racers. Then the Commodore

made a little speech of my struggles to almost make the finish on time. Then he gave me a 2nd place trophy cup, sort of honorary I'd say. May be if I keep practicing I'll finish on time some day, the LORD willing. Bob Halsey, sailing canoe "Sugar".

June				
6/2, 3	Upper Yough	32	John Kobak	440-871-1758 or 304-379-4747
6/3	Cuyahoga River, Peninsula to Boston Mills	8	Ann Corey	330-869-6549
6/3, 4	N. Br. Potomac Release	18	Mary Modesitt	440-285-8481
6/3, 4	Cheat Canyon	26	Pam Poljak	440-268-9194
6/3, 4	Esopus Slalom Race		Igor Birbrayer	440-479-5636
6/3, 4	Ladies day on the Slippery Rock	13-19	Needs organizer	
6/4	Lower Yough	23	Sabine Iben	440-543-4969
6/9, 10	Tygart - Arden Section	24	Kent Tabor	248-867-8283 C
6/10, 11	Upper New	16	Ed Charlton	440-716-5489
6/10, 11	Red Cross - Basic River and WW Paddling in Western PA		Red Cross	440-298-1293
6/12, 14, 19, 21	Fundamentals of Kayaking at Mentor Dept. of Recreation Pool. To register - Call 440-974-5720		Ernie Anderson	216-291-1093
6/13	Club Meeting & Free Style Clinic at Hinckley Lake at 6pm		Elaine and Bob Mravetz	330-239-1725
6/17, 18	Lower Yough - permits	23	Ron Tomallo	440-953-1335
6/17, 18	Middle Yough	12	Carl Kudrna	440-835-5744
6/17	Harpers Ferry Outdoor Festival	12	None	
6/18 - 23	Poudre River in CO - advanced/intermediate trip,	25-32	Elliott Drysdale	216-496-8482 C
6/24 - 7/3	Colorado Rivers, continuation		Needs organizer	
6/22	Cuyahoga - Burning River Day/Trash pickup - Poker Run - Prizes		Needs organizer	
6/24,25	Rescue Weekend & Rodeo		Rob Hammond	216-292-5618
6/29 - 7/3	Shawn Excellent Ocoee Adventure	25-28	Shawn Reese	330-688-4296



KEELHAULER KA-NEWS

JULY 2006

Next club meeting is Tuesday, July 11th at Silver Lake

[Map to Meeting](#)

Program - Be sure to bring your boat and paddle around the lake. Come anytime after 6pm. We will have our traditional race around the island, so bring your craft of choice. There will be windsurfing, sunfish sailing, an opportunity for roll practice, and a **club picnic**. The club will provide burgers, hotdogs and condiments, pop, and tableware.

For your contribution please bring a dish according to your last name:

A-F Potato/Macaroni Salad

G-L Salad/vegetable/or Baked beans

M-S Chips or Appetizer

T-Z Dessert or Fruit

We will serve from 7-7:30pm. The meeting will be held at dusk.

All meetings are open to guests.

Any questions on what to bring e-mail our Refreshment Chairman - [Bob Bair](#)

Directions to Silver Lake:

From Cleveland:

1. Take I-271 S or Ohio Turnpike to RT-8 (Boston Hts.)
2. Take Rt-8 south for many miles. Get off at 2nd Street exit in Cuyahoga Falls.
3. Turn left at the first traffic light onto Northlands Street.
4. Turn left again at the stop sign onto Front St. (RT-59)
5. Drive 1.1 miles on (RT-59) and turn left at the traffic light at Silver Lake Blvd. This is Silver Lake Village. Park at the club house on the right.

From Akron and south:

1. Take RT-8 north and get off at the Front St. exit (which is right after the Board Blvd. Exit).
2. Then follow directions item 5 above.

A map can be found at:

<http://www.keelhauler.org/khcc/SilverLake.gif>

KHCC Meeting Minutes, June, 2006

New Members/Guests

1 guest

Program - The Freestyle Clinic was taught by Elaine and Bob Mravetz, Keelhauler members and 2003 National Interpretive Freestyle Canoe Champions in tandem class.

Congratulations also go out to our Club Secretary, Gene Baker, who missed taking notes at the meeting to go get married!!

Rescue Weekend Comes Off with Big Splash

High water offered challenges and success

By Rob Hammond

Wouldn't you know... days before the Rescue Weekend water levels on Slippery Rock Creek looked pretty mild. I was even thinking that I wish we had just a little rain to make things interesting. That old saw about be careful for what you wish for; well it lived up to its reputation. Things got very interesting when the rains brought the slip gauge at the mill up to almost 4 feet on Friday. Martin Wick and Dave Altman ran the river and reported that there was no suitable and safe place to run the event from Rose Point to Eckert Bridge. When I got to the slip Friday night I saw what they were talking about. Our usual place around Maytag rapid, typically a friendly drop where students could swim through, turned into a nasty looking hole that would certainly trash and probably re-circulate a student. My fear was that even if we moved things upstream a little, a student could end up in the hole, get trashed and not have enough strength to swim to shore before getting swept over the dam in the fast moving water.

Fortunately Saturday morning saw the river level recede to just a torrent of water, about 3 feet. The hole at Maytag was still too sticky to hold the event at the usual place, but the water slowed down enough at Eckert bridge to safely hold the event there. As a matter of fact the level was at an ideal level to practice

wading in water levels up to chest high. We also had great places to hold aggressive swimming in the rapids and a strainer drill.

By Sunday the water level dropped to a little over a foot making our traditional rodeo site safe and usable. However the water was still high and presented problems in getting our foot entrapment scenario set up and it was difficult to recover the dummy named MJ (Martin Jr.) when he was released from his entrapment. However the teams found very realistic scenarios in challenging conditions. We had 5 teams competing, with many comments about how much they learned from the scenarios.

The top three teams were: "Aqua Teen Hunger Force" which took third place. This team, lead by teenager Eric Marksz with team members Dave Batman, 10 year old Zack France and 12 year old Zack Wehman; You guys ROCK! In second place was team "Just Here for the Beer", which included Curt Crocker Phyllis Gricos, Cheryl Speir and Mike Hirsch. And a drum roll please... the winning team was "Team Trident" with Steve Raber, Tony Thomas, Doug Smith and all the way from Australia, Marina Campbell!



Marina Campbell, Steve Raber, Tony Thomas, Doug Smith

Every team did great and certainly learned a lot. At the award ceremony the first place team members were awarded plaques. The second and Third place teams were awarded silver and Bronze medals. Unfortunately the event organizer, who also happens to organize the Vermilion River race realized 2 days before the event that the medals were not as generic as he thought. They of course mentioned the Keel Haulers Canoe Club, but also happened to mention the Vermilion River Race.

Maybe next year he will think twice about getting by on the cheap!

With all of the challenges that the high water brought, we did have a very successful event. And that success is due to the great volunteers. People like Mary Modesitt and Dawn Wehman kept the events, students and teams organized. We had great instructors like Debbie Avallone, Ed Charlton, John Kobak, Mary Knierman, Martin Wick, Mary Modesitt, Bob Kilbert, Fran Hoven, Matt Wehman, Pat Guzowski, Mike Duval, Mark Spang, Cliff Wire, John Rudland, and Amy Altman. We also had volunteers as judges, organizers for the pot luck dinner, and many other tasks. But most of all I want to thank Dave Altman whose help was absolutely invaluable. He organized and ran the on-water instruction stations, he is an excellent instructor, and whose advice was invaluable. These folks sacrificed their weekend making our students safer, better equipped and confident to handle themselves in a river emergency. These people get no pay and missed some great white water paddling opportunities to help our paddling community. They are compensated by their knowledge that what they taught may some day save a life and the gratitude of our students. So if you have not personally thanked them, don't pass up the opportunity.

Links to all the pictures taken at the rodeo, you need a fast internet connection to view these.

[Dawn Wehman's Pictures](#)

Click on pictures to enlarge

[Keith Clarke's Pictures](#)

Being a good kayaker, being a cool kayaker, adding value to kayaking...

Just about all kayakers can remember getting encouragement from another paddlers in the form of compliments, or simply learning about new opportunities that they didn't know existed and how to find them (like the creek that flows after the big rain, 10 minutes from their house, or how wonderful and easy Costa Rica is to get to.) These paddlers make kayaking more fun for everyone.

The past few years many top kayakers have outwardly positioned themselves as a certain type of kayaker, dissing paddling and paddlers that don't specialize like them. This breaks the rule we all learned in

Kindergarten, "Don't try to make yourself look good by putting others down." It is a little more gray for some boaters because they tend to generalize instead of pointing fingers at specific boaters that aren't like them. It was apparent to me just yesterday just how destructive it is from the top down while here in Bremgarten, Switzerland. I was paddling on a wave/hole here in downtown with Nick, Dane, Emily, and I, and one other guy who is 21 years old. When I got there he was smiling and having a good time and we were all playing away. At this particular level there are both hole moves and wave moves available. Nick and I were mostly doing lefty air blunts and working on our clean and back blunts, while Emily was doing cartwheels, and Dane was trying Tricky Woos. This guy was cartwheeling. I asked him his name and how he was doing. I then said, "Sweet Spot" and pointed at the wave. He said, "It isn't really my style, I like surfing big waves", and then went in and did some more cartwheels. I was thinking, "hummm, the guy lives in Switzerland, where there isn't much for big wave options (Europe in general). I have seen a lot of this type of thing and my impression was that he felt that by telling me that, I would put him in the "big wave surfer" category and I would think he was cooler than if I just figured he was a local guy having a good time on the best spot in Bremgarten.

So what does this mean? Well, for starters, I have paddled my share of "big waves", small waves, big holes, small holes, big rivers, little creeks, steep creeks, and class 2 and have spent many years trying to find the best places to paddle, some hard to get to, some in my back yard. When somebody goes out of their way to explain how what they are doing at the moment isn't what they like to do; that they like to do something else, I simply pity them and what they are doing to themselves in regard to the best sport they may ever partake in.

People who think what they do is the best, and therefore what other people do or have is of lesser value are acting like snobs, the best word I can find to describe their actions. High society snobs are not to be with unless you are also just like them. Wave snobs, creek snobs, playboating snobs, or slalom snobs are a relatively new occurrence. The good news is that they are new enough for the majority of paddlers to learn to identify the actions and attitudes that turn a paddler into a paddler snob before it happens to them and ruins their paddling and the paddling of those around them.

Who were the original paddling snobs? Slalom racers for sure. They didn't pay value to anything anyone did

outside of the slalom boat and it took 10 years of a downhill trend in slalom and the explosion of freestyle, expedition boating, and creeking before the next generation of slalom boaters were able to see eye to eye with the rest of the paddling world. Now, slalom boaters truly see other aspects of paddling as an equal to their endeavors (in general).

Now the paddling snobs are a little different in that they simply see the other areas of paddling that they don't specialize in as being a threat to their time in the sun. People who like to run creeks are awesome, until they call themselves "creekers" and pretend that people who like to flop around in holes, waves, or simply run class 3 rapids are anything less than they are. Big Wave Surfers, who, if they only paddled on big waves, would for the most part, not get to paddle very often. Freestyle boaters who think slalom boaters don't have any real skills that apply on a real river are just as ignorant and hurtful to themselves and the sport in general.

You do what you do and that is awesome. Approach paddling with a broad open mind and don't limit yourself by your own prejudice. If you paddle but can't roll yet, good for you, you know that a lot of paddlers are better than you, but you can still help a newby learn to do their first ferry. If you are one of the top steep creek boaters in the world (either in your own mind or the minds of others) that is something you should be proud of and I hope you will treat each outing from the point of view that you have many years left in a normal mortal life. How many of those years you will live depends on making the right decisions regarding safety and leaving margin for error each time you hit the water. How you treat others who decide to watch you from the bank, but enjoy other areas of paddling, determines how well you will be treated in return.

My challenge to all paddlers out there is simply this:

1. Know that you aren't cool if you aren't nice, period. When I select a team member to represent Jackson Kayak, for example, I look first at how they treat others. Those who: Argue, complain, or can't treat a beginner with as much respect as their personal hero, have no place on Team JK. Paddlers who can't have fun on the Chattahoochee, at a play hole, at a slalom race, on the Nile, or on a creek, or even in a swimming pool don't truly love paddling, they are looking for "what can paddling bring to me".
REMEMBER THAT ANY TIME IN YOUR KAYAK

IS SOMETHING TO BE ENJOYED TO THE FULLEST, (IF NOT, GO BACK TO WORK OR SCHOOL), YOU ARE NOT THE ONLY ONE ON THE WATER, MAKE OTHER'S TIME IN THEIR KAYAK AS ENJOYABLE AS YOU CAN TOO.

2. Try different types of paddling. Get in a slalom kayak, a playboat, or a creekboat. Get on different water, and if possible travel! Mark Twain once said, "Travel is the cure for prejudice."
3. Join a club and volunteer: If you are good at what you do, you will be a big help to others that don't have the skills you have and you will be a club hero. Don't try to sell the club on how what you do is better than what the other club hero does, but allow each person who brings something different to the club their chance in the sun. There is no right or wrong way to enjoy your paddling, it is too individual for that. Me, I like my paddling straight up. I get the river and want to get in the boat and not stop until there is no more paddling to be had. Dane is the same way. Clay likes to hang out and will be the one who will talk in the parking lot about boating for hours on end. Which is better? Neither, everyone has their place.
4. Beware of the magazines, and definitely beware of the kayaker forums. Magazines and forums are awesome and offer everyone something worth reading or looking at, BUT, they also are often printing stuff that isn't too far off the enquirer in terms of looking for the "trends" what is "hot" and what is "not". Paddling is too big to be a fad, and being a "fad paddler" is a waste of your potential and won't make you cool. Forums take it to the extreme.

If you are 60 years old and bump into an 18 year old in an eddy and he is wearing all of the latest gear, and you are in your Dancer, Hurka paddle, Seda lifejacket, etc. and you don't need to be stressed about what that kid is thinking, nor do you have to defend yourself and why you don't have the latest stuff also. You are on the water, having a great time, just like we all did back in 1983 when the Dancer came out and we went hog wild paddling it, thinking life couldn't get any better, nor could boats. Relax, smile, and enjoy the rest of your day. Strike up a conversation with the kid and he'll probably be impressed that you paddled when he was still a baby.

Jackson Kayak is committed to the concept of each person involved taking it upon themselves (as well as the company as a whole) to "Leave the World a Better Place". We hope you will take a look inside yourself and determine whether you are an asset or liability in kayaking in regards to improving other's paddling as well as your own. See you on the river!

:) EJ, Jackson Kayak, June 18, 2006

Jerry Zeman's kayaks available

As you may know, Jerry Zeman, a long time Keelhauler, has failed in health and is now confined to a nursing home. He had a collection of kayaks which now need to be "liquidated". They include some "vintage" slalom kayaks (70's-80's), an old Phoenix down-river and a more current "Perception" sea kayak.

I'll appreciate knowing if there is any market for any of these and a reasonable price. We can make arrangements for them to be viewed at Jerry's house in Brecksville, if there is any interest.

If you wish to call, you might contact Linda (Jerry's sister) at 330 554 8262 (cell).

Carl J. Kotheimer ckotheimer@alltel.net
45 Division St.
Hudson, OH 44236
Mobile 330 714 6017
Home 330 655 1314

We need more trip reports!

Please consider writing an article for the next newsletter. Without your help we won't have interesting stories to read. Send them to Kelly at peetzaguy@aol.com or peetzaguy@comcast.net.

Click on link below to go to this month's trip schedule.
<http://www.keelhauler.org/khcc/2006tripschedule.htm#7>



KEELHAULER KA-NEWS

AUGUST 2006

Next club meeting is Tuesday, August 8th at Huntington Beach

[Directions/Map to Meeting](#)

Program: Outdoor Meeting at 6pm at Huntington Beach Reservation in Bay Village, OH. Bring your boat. There is a swimming beach. If winds are good, you can surf the Lake Erie waves. There is an opportunity for roll practice. Arrive anytime, the Club meeting is at dusk.

Directions to Huntington Beach Park KHCC August meeting:

Huntington Beach Park
Bay Village, OH

This is our last outdoor meeting for the season.

From East
Take I-90 to Clague Road exit (160). Go North to Lake Road.
Turn left, Go West to Huntington Beach Reservation.

From West
Take I-90 to Crocker Road exit (156). Go North to Lake Road.
Turn right, Go East to Huntington Beach Reservation

From South
Take I-480 to Clague Road exit. Go North to Lake Road. Turn
left, Go West to Huntington Beach

Use parking lot on the North side of Lake Road. Meet at Picnic
Pavilion on East side of park.

You can put in watercraft on East side of swimming beach. If it
is windy there will be good surfing. Also ask for help and there
will be paddlers to assist with kayak roll practice

2006 Western Trip by Elliott Drysdale

The western trip is an annual event that John Kobak started before most of us had even started kayaking. This year, after years of training by the master, I organized a trip to the Cache la Poudre outside Fort Collins, CO. The date is selected to catch the last of the summer snow melt.

Wayne Carney came out with his two daughters, Missy and Angie, as well as Bill Miller and Kathy Needam. At the end of the week I left for Estes Park for my daughters wedding, Wayne and daughters continued on for a 4 day hike to add another peak to his list, and Bill and Kathy stayed to fish and ride their bicycles.

The Poudre always has a section to run for anybody, regardless of level. I arrived Saturday afternoon and as expected all the campgrounds were FULL. I drove up into the Nation Forest at Rustic. I had heard that camping is free so I simply found a very pretty spot under some Ponderosa pines to spend the night. Locals told me that there are bears and mountain lions but the only wild life were the very large black cattle blocking the dirt road.

Wayne and family arrived by noon, Sunday. We could now pick any spot (by the river) we wanted in the Mountain campgrounds, mile marker 98, since everybody were going home for the week. The Poudre was a little below 3 feet and we paddled 14 miles from the "white mile", "grandpa gulch" and "fu fang falls" to the campground, an easy class 3 run. It is nice to end at your camp where showers, beer and chip are waiting. Bill and Kathy showed up that night after dinner.

Monday we all ran the 7 mile section from Mishawaka to Pine Vu at 2.9 feet. Kathy was rusty after the long drive and got out at Mishawaka while the rest of us continued on the Pine Vu. While Pine Vu is not rated the

KHCC Meeting Minutes, July, 2006

Not really any notes. There were about 40 in attendance. Good food and a good time was had by all!

most difficult rapid on this section, it is the most easily scouted and therefore the most talked about. Everybody decided not to scout and ran different lines and everybody made it. Last year, Wayne's girls stated, after they successfully ran Pine Vu that they never want to scout a rapid again because scouting is too scary.

Tuesday we all ran 14 miles above the campground at 2.75 feet. Wednesday was a rest day for hiking and fishing. Bill and I caught our dinner.

Thursday, my future son in law, Steven Gleason, showed up and we paddled the Mishawaka section at 2.7 feet. He is now a very good paddler but having paddled for only 2 years and 2 days before his wedding, I had to make sure we did not hurt him.

The weather was dry, warm and the nights are cool. You could not ask for a better boating experience. Regardless of you boating skill you should include the Poudre as your first western river paddling experience.

CONSERVATION CORNER

by MARY MODESITT

This was the email I sent out in July to the McCormick State Park rangers over the new access point that they are building for us below the covered bridge. I have included the email I received back below:

This past Sunday I was down at the Slip and one of the park rangers came over to talk to a couple of us. It seems construction on the new steps has begun. It's about time, seeing they were taken out by the high water a little over a year ago. The contractors have until mid August to have them done. Now here

are the issues that have come up. It seems the park system is really going to enforce this rule that you can not put in less than 50ft of the dam for safety reasons. So we will not be allowed to climb down from the new stair system once it is done to get on the river. Plus we can not walk upstream either. If the rangers see you putting on within the 50ft limit then you will be fined. They are planning on leaving the stick gauge there so we will still be able to see what the level is. Here is the real kicker. The park system is going to have an access point built for us to get down to the river, but it will be on the other side of the covered bridge. My math may be a little off but I am pretty sure that is more than the 50ft limit. Actually I think the new access point is more like 150ft from the dam, which means you will be missing the two play waves that everyone seems to enjoy. I am planning on hunting up an email add for the park and see if I can get a logical answer on why our new access point is on the other side of the covered bridge and is there any way to voice our concerns over this issue.

Mary,
Because of safety reasons, we will not be able to allow boaters to use the new sidewalk with the railing. We are building a new boating access on the southeast side of the covered bridge. We will wait until the project is completed before we make a final determination if boaters will be able to launch north of the covered bridge. Some of the problems that we have had in the past is that many of the kayakers are laying their kayaks on the sidewalks, in the parking area and in the courtyard. This creates a conflict with other park users. We do not know what the final grade or terrain will look like on the far side of the sidewalk/railing that is being installed.
Thank you for expressing your concerns.
Obie

I will be emailing the gentleman again here soon to keep communications open and also to find out exactly how did we become an eye sore at the Mill and no one as far as I know in the four years I have been boating approached us about not taking our break at the Mill. I will keep everyone informed with any information I receive back. If you have any concerns or points I need to bring to the park ranger's attention please feel free to email them to me at mpmodesitt@gmail.com.

PHILADELPHIA CANOE CLUB OPEN HOUSE RACE

Sunday, July 9, 2006, Schuylkill River: medium-high water, stiff current
Weather: 85 degrees, slight breeze, sunny, Distance: 8.2 miles

Finish	Age-Class	Name	State	Time	Boat	Sex	Age
1	1st	Sean Brennan	(NJ)	1:04:16	ICF K-1	(M)	Open (19-39)
2	2nd	Craig Impens	(NJ)	1:08:43	Unlimited K-1	(M)	Open (19-39)
3	1st	John Redos	(NJ)	1:08:39	Unlimited K1	(M)	Senior (50-59)
4	1st	Andriy Alyssikov	(NJ)	1:13:21	ICF K-1	(M)	Master (40-49)
5	2nd	Bob McNamara	(PA)	1:13:22	USCA C-2 Comp	(M)	Master (40-49)
	2nd	Eric Warner	(PA)			(M)	Master (40-49)
6	2nd	Ed Walter	(PA)	1:15:40	ICF K-1	(M)	Senior (50-59)
7	3rd	Glen Green	(NJ)	1:16:57	Unlimited K-1	(M)	Senior (50-59)
8	1st	Edward Sayre	(PA)	1:17:34	USCA C-1	(M)	Veteran (60-69)
9	3rd	Don McConaghy	(NJ)	1:19:39	Unlimited K-1	(M)	Master (40-49)

10		Stephen Shedlock	(NJ)	1:19:44	Unlimited K-1	(M)	Senior (50-59)
11	3rd	Michael Simoes	(NJ)	1:20:25	Downriver K-1	(M)	Open (19-39)
12		Charlie Johnson	(MD)	1:20:29	Sea Kayak K-1	(M)	Senior (50-59)
13		Paul Banks	(NY)	1:23:48	ICF K-1	(M)	Senior (50-59)
14		Dave Impens	(PA)	1:24:08	USCA C-1	(M)	Master (40-49)
15		Mike Twomey	(PA)	1:24:31	Outrigger OC-1	(M)	Master (40-49)
16		William Koenig	(PA)	1:26:02	USCA C-2 Standard	(M)	Open (19-39)
		John Koenig	(PA)			(M)	Senior (50-59)
17	2nd	Kenneth Gotsch	(PA)	1:28:33	Surfski K-1	(M)	Open (19-39)
18	1st	Ken Van Keuren	(PA)	1:33:54	Recreational C-2	(M)	Junior (11-18)
		Ed Van Keuren	(PA)			(M)	Master (40-49)
19		Mike Sloodsky	(NJ)	1:37:37	Touring K-1	(M)	Senior (50-59)
20	1st	Evelyn Orenbuch	(PA)	1:37:48	Outrigger OC-1	(W)	Open (19-39)
21	2nd	Jackie Eastridge	(PA)	1:37:49	Outrigger OC-1	(W)	Master (40-49)
22	2nd	Christopher Nice	(PA)	1:40:01	USCA C-2	(M)	Junior (11-18)
		Jim Nice	(PA)			(M)	Master (40-49)
23		Darren Crozier	(PA)	1:43:35	Recreational K-1	(M)	Open (19-39)
24		John Mellor	(PA)	2:01:42	Recreational K-1	(M)	Senior (50-59)

Upcoming Races (everyone's invited):

September 17 (Sunday) PHILADELPHIA FALL CLASSIC CANOE & KAYAK RACE 10,000 meter (6.2 mile) Race Mass Start at Noon - Start/Finish Philadelphia Canoe Club, \$15 Entry Fee, Classes: ICF K-1, Unlimited Kayak/Surfski K-1, Sea Kayak K-1, Downriver K-1, Touring K-1, Recreational K-1, ICF C-1, ICF C-2, Outrigger OC-1, Outrigger OC-2, USCA C-2, USCA C-2 Mixed, USCA C-2 Standard, USCA C-2 Mixed Standard, USCA C-1, Age Categories: Men & Women: Junior (11-18), Open (19-39), Master (40+), Senior (50+), Veteran (60+), Grand Veteran (70+), Grandmaster Veteran (80+), Awards: 1st, 2nd, 3rd Place in each age category. Prizes for all finishers: Hand-crank rechargeable flashlight/cell phone charger? See

<<http://www.smarthome.com/92071.html>

Registration: Race Day, 10:45 AM to 11:45 AM. {You can show up as late as 11:45 AM & race if you can get your boat in the water by noon}

Directions: <http://www.philacanoes.org/maps_and_directions.html

Course Map: <<http://www.swanboat.org/pccraceschedule.html>

Contact for Race: <mailto:chairman@swanboat.org

October 21 (Saturday) SCHUYLKILL BANKS REGATTA (Rowers & Kayakers) 5,000 meter (3.1 mile) Race

Registration: Online only <<http://www.boathouserow.org/sked06.html>> Course Map: <<http://www.boathouserow.org/reg05/banks05.html>>

History: <<http://www.schuylkillbanks.org/>

August				
8/4, 5	Upper Yough	32	Needs organizer	
8/8	Club Meeting at Huntington Beach Reservation		Tim Brightbill	330- 721-6822
8/12, 13	Red Cross - Basic River and WW Paddling in Western PA		Red Cross	440-298-1293
8/12	Paddle for a Purpose to benefit the American Cancer Society - Grand River to Fairport Harbor Lakefront Park, followed by a pancake breakfast		Dave Herpy	440-256-3821
8/17	Lower Yough - Skip Work Day	23	Pat Guzowski	216-780-5734
8/18	Yough (Ladies Day) - Note, Sherie will not be able to respond to anyone until after 8/14 GC trip.	23	Sherie Sanzenbacher	440-298-1293
8/19, 20	Lower Yough - permits available	23	Judi Cleary	440-289-5511
8/19, 20	Middle Yough	12	Gary Tucker	440-357-7890
8/26	Cheat Canyon	26	Jim Steppenbacker	440-243-1695
8/26, 27	Ohiopyle Falls Festival & Race		Barry Adams	412-242-4562



KEELHAULER KA-NEWS

SEPTEMBER 2006

**Next club meeting is Tuesday,
September 12th at
Middleburg Hts Community
Center**

**16000 East Bagley Road
[Map to Meeting](#)**

Program: Video

All meetings are open to guests.

KHCC Meeting Minutes, August, 2006

Not really any notes. This was the last outdoor meeting for the season. Regular business seems to get replaced by fun!

A Reminder.....

All club memberships expire on October 1st. As soon as you can, mail a \$20 check for your 2007 membership dues. To:

Keel Haulers Canoe Club

1649 Allen Dr

Westlake, OH 44145-2506

Or pay \$21 on-line using Paypal Use this link and click on the Paypal Logo - <http://www.keelhauler.org/khcc/khcapp.htm> Or just use your Paypal account and send your dues payment to dues@keelhauler.org

Review your on-line membership listing, using this link:

<http://keelhauler.org/khcc/memb/yearbook6.pdf>

User Name: "dir" and the current password. You do not have to fill out an application or waiver form, you only need to send me any changes to your membership record.

Please encourage any of your non-member paddling friends to join/rejoin the club. Our total membership has been decreasing in the last few years. The club offers a lot to

paddlers of all skill levels at less than the price of a tank of gas to go paddling.

Grand Canyon Impressions

By John Kobak

[View a slide show](#) if you have a fast internet connection.

I was lucky enough to get invited on another Grand Canyon paddling trip from 7/24-8/11/06. It was an all Keel Hauler trip organized by a [WOMP](#) (Well organized Master Planner), John Fralick. John and Kathy now live in Salt Lake City and wanted to get together again with many of their old paddling friends. We had 4 first time Grand Canyon paddlers.



WOMP

The participants on our 18 day kayak/raft trip were: John Fralick, Kathy Chapman, Stephen Ingalls, Anne Kmieck, Mark Poljak, Pamela Poljak, Ronald Tomallo, Rachelle Schmidt, Ritch Kovacic, Sherie Sanzenbacher, Terry Markoff, Sabine Iben, Gabrielle Markoff, Michael Duvall, Robert Nicholson, Robert Weible and John Kobak. If you counted the people you will see that we had one extra over the 16 person limit. That is because Sabine and Gabrielle shared the same slot. Sabine paddled the first 87 miles to Phantom Ranch and hiked out the Bright Angel Trail, while Gabrielle hiked in and completed the last 139 miles which included all the bigger rapids. Sabine started hiking up around 3 PM, she left Indian Gardens at 6pm. About a half hour later thunder, lightning and rain started and the trail was covered with slippery rocks and puddles. She hooked up with a couple of other backpackers for the last 2 miles and got to the top shortly after 9 pm, completely soaked but happy.



Typical Beach Kitchen

We had [PRO Outfitters](#) supply us with the 4 rafts, one cataraft, all the kitchen gear and the food for all the meals. They also took us to the put-in and picked us up at the takeout. This is the same outfitter that our club has used for most of the private GC trips. They are very well organized and have good equipment. Check out their web site for lots of GC info.

Our eighteen day trip was one of the last trips to launch under the old permit system. As the Park Service transitions to a lottery-based system, private trips will be shortened to sixteen days.

Michael Duvall, Robert Weible, Robert Nicholson and I drove out together in my minivan. With four drivers



Returning Road Warriors

we could have driven, the almost 2000 miles, straight through without moteling it, but as it worked out that we were traveling on the weekend in both directions so we stayed at a motel one night each way. I'm sure we arrived less smelly and a little more rested.

An interesting aspect of paddling the Colorado River through the GC is the fluctuating water levels. The river is controlled

by Glen Canyon dam. They generate power each day causing the water release to vary from about 18,000 CFS to 10,000 CFS in a 24 hour cycle. You can also get rain in various side canyons which add a few thousand CFS more from time to time, this also makes the river very muddy. Therefore you need to be aware of the water level when you camp, to not have gear float away when the river goes up or grounds the heavy rafts in rocks or sand when it goes down. The wave moves down the canyon at about 5.3 MPH, so that each day high water occurs at a different time. At one point on our trip we paddled at about 20,000 CFS and at another point only 10,000 CFS. Water level does make a difference in the big rapids.

When we arrived at the Little Colorado River, the clear CO River turned muddy. Since this is monsoon season in AZ, there was so much rain in this little river that tons of debris including oil cans and basketballs flowed into the CO. We were always busy making sure that we didn't introduce even a crumb into the river, while the Little CO was dumping whatever was in everyone's yard all the way back to Winslow, AZ.



Pam Poljak heading for Lava

This is the first trip that I have taken in July and August; my other three trips were in September. It was an unusually wet monsoon season with Northern Arizona receiving 250% of the normal precipitation. I sure didn't enjoy the summer weather extremes. First, because the water is released from a very deep reservoir, the water temperature at the put-in was only 54°F. It warms about 1°F every 20 miles, so that at the takeout it measured 64°F. If you dress for a swim in the cold water you need some sort of wetsuit. If not, you need to prepare yourself for up to a 5 minute swim in very cold water. The daytime air temperature varied from 75-110°F while at night it hit 68°F, however lows for a few days never got below 85°F. You really don't need a sleeping bag at this time of year and often a tent with a rain fly is too hot. I debated each

night whether to set up my tent or not. The three nights that I set up my tent it did not rain. Four other nights that I slept on my Therm-A-Rest pad in the sand, it did rain for a portion of the night. I used the tent fly to stay dry.

People wonder about food on a trip like this. Well it's pretty complicated. We have enough food to prepare over 800 meals. The rafts with their big coolers can bring frozen meat for the first 5 days including Steak, Halibut, Lamb Chops, Chicken and Hamburger which we cooked on a charcoal grill. Some meals also included appetizers and deserts. The cooks really had their hands full cutting, chopping, mixing, and cooking all the complicated recipes. Each morning we enjoyed a big breakfast including eggs, bacon, pancakes, French toast or omelets to go with our juice, fruit and coffee. Steve and Terry were our breakfast chefs and got the coffee served before 5:30 AM each day. Of course that was 8:30 AM Eastern time. So our days were spent very close to Eastern time, with most people in bed by 8:30 PM or 11:30 PM EDT.

We had 5 women and 5 men paddling kayaks. With all the big rapids we had an occasional minor swim. No rafts ever flipped, which was a good thing, since up righting one of the 18' oar rigs laden down with our gear would be quite a chore. The park service points out that 90% of the injuries on a trip like this are not on the water but on dry land. We had lots of hikes up the various side canyons but other than the heat, over 115°F one day, everyone did fine. We had a few scrapes and bruises from minor falls, sharp sticks and cactus.

We did have a rather unusual number of people come down with a condition well known to raft guides in the Canyon as "toelio." This is an infection of unknown type and origin that causes itchy, burning red spots on the feet. Eleven of the group got it; one so bad that he was not able to take hikes. The infection is thought to arise from prolonged exposure to water, sun, and sand.

I won't bother telling you about what we did each day in the canyon, several links are provided from similar previous trips. We did a lot of hiking – most of the "big name" hikes and a few new ones, too. Each day, we watched the colors change as we sunk deeper into one of the world's greatest wonders.

In Mexico, they claim to have a deeper, bigger, better canyon called Copper Canyon. I traveled by train up that canyon and can tell you there is no comparison. The Grand Canyon is much more spectacular and paddling or hiking is probably the best way to see it all. If you want to read a good story about paddling Copper Canyon take a look at the Jul/Aug 2006 issue of AW.



The beauty of the Grand Canyon



Deer Creek Falls across from camp on layover day

Throughout the trip, we had interesting and unusual weather. At Silver Grotto, we had the chance to see, from a safe distance, a flash flood rip through a slot canyon and raised the water 15 feet in a matter of minutes. The old adage, "If you can hear it, it's too late to avoid", is definitely true. Overhead, heavy rains created multi-colored waterfalls as sediment from normally dry creek beds washed over the canyon walls. We had hail at the bottom of the Grand Canyon. There was a spectacular lightning display above Unkar Delta; one bolt seemed to rip the air from rim to rim, right above our heads.



Silver Grotto - Before/After Flash Flood, same view



Here is what our beach looked like after the rain almost washed away our kitchen setup at Silver Grotto.

For two days, the river turned from muddy brown to almost black as the rains washed charred soil from earlier North Rim wildfires into the tributaries that feed the CO river. The river smelled and tasted like burned wood for two days. At Whitmore Wash, a single rumble of thunder continued for what much have been thirty seconds.

Since this was an all Keel Hauler trip and almost everybody knew everyone, it went very well. I saw very few people raising their voice in anger. When you put at least 10 type "A" personalities on a small beach in an isolated place with hot

temperatures, an occasional rain shower and the fear of large rapids, you are bound to get some cross words (or a script for a reality TV show) but I was amazed at how well this group got along with each other.

I'm often asked about how difficult the river is. I found that the easiest route through most of the rapids was to go right down the middle through the biggest waves. It's those swirlies that will get you if you try to sneak. The rapids in the canyon use a different rating system than the traditional Class I - VI that we are familiar with. In the canyon they rate each rapid on a 1 to 10 scale. The difficult rapids were Lava a 10; Horn, Granite, Crystal, Hance and Hermit rate 9; while many others rate at least 6-7. Actually the kayak lines were a little easier than the raft lines since we could more easily maneuver away from big trouble.



Steve at Crystal

We scouted all the difficult rapids however the rafts still needed to run them all. Sometimes a less confident kayaker would load his boat on to a raft for a difficult rapid. I'm not sure which was more exciting. Luckily all the rapids were the pool-drop variety. After all the big waves, you had the swirlies which probably flipped the majority of the kayakers. However, from that point, rolling was in flat water so that there were



Here is what I looked like when I got back from the trip

few actual swims, or the swims were not that bad.

The Keel Hauler rating system gives the GC a difficulty rating of 26 or about the same as the Cheat Canyon or the New River Gorge; however the really big waves big waves and huge holes on the Colorado intimidate most paddlers until you realize that there are not many rocks that come into play. All GC rapids are created at the outlet of a side canyon and new rocks constantly move into the river causing some change in the rapids from year to year.

The outfitter had warned us that the takeout road is really a streambed called Diamond Creek. If a big rain comes, a flash flood could occur trapping you at the takeout for hours or even days. When we got to the takeout, the skies were BLACK. We just got loaded up and were driving out when it started to rain. Luckily we got out without a problem. I saw on the on-line gauge for Diamond Creek that 2 hours after we drove out, the normal 10 cfs creek got up to 4000 CFS, and did not get low enough to drive in or out for two days. The God's must be crazy, but still love us; we sure lucked out this time.



Anasazi Granary at Nankoweap



Our First Stop – Snow Cap – RT66 tourist Trap

Read [Judi Cleary's 2001 trip report](#) which is more of a daily log with great pictures.

Read about [Barry Adams 2004 trip](#) by Matt Muir which is mostly pictures.

Keel Haulers Canoe Club Home Page - <http://keelhauler.org/>

The Kayak Roll Head Game

One man's journey to swim independence!

by Rob Hammond

Having trouble rolling that kayak in river when you need it the most? I must say that I have been there, done that, and have the humiliation to show for it! Let me introduce you to someone who we all know very well: Dr. Head Game. This good fellow is responsible for I would say 80 percent of the roll failures! Good ole Doc Head is that guy who lives in that inaccessible, dark and scary part of your brain, that likes to remind you that you can't do anything difficult and if you did try it, you would only get hurt. You will never find him telling you that you did a good job, or to GO FOR IT! However, we are getting ahead of our story; so let's start at the beginning, and we will stop back and visit with the good doctor!

In my very humble and experienced opinion there are 3 hurtles that you must surmount before you can have a bomb proof reliable river roll. The first is obviously to learn the basics of the roll. Although I prefer the C to C roll, there are several other techniques that work. But I am not going to talk about technique here; there are plenty of far better resources than I, to learn these skills from. What I am going to concentrate on is the control of the strongest muscle in your body, and the one that is most responsible for good or bad execution in most any sport. That muscle resides in the very large cavity located above your neck. In any sport, once you learn a new motor skill, you need to teach it to your body. You can't expect flawless execution if you have to think your way through a move. For instance, when you are being pummeled in a nasty hole right above a heinous and undercut drop, your brain may be a little preoccupied and likely will not have excess processing capacity to devote to recollection of proper wrist orientation and trunk rotation to properly execute a roll! No, I suspect that you would prefer a more automatic process that does not require any conscious processing capacity. And by the way, conscious processing is the most likely to be distracted by our friend, the good Dr. Head Game. Yep, when you are in that hole, and with all the important things you must devote to the top level conscious processing to, Dr. HG is in there, reminding you that you are gonna blow it, and if you were smart you would pull the rip cord and get out of Dodge as quickly as possible.

Once I learned how to roll...to my very disappointed surprise, it almost never worked on the river!

Now the psychologically and neurologically literate amongst you, may dispute my characterization of how the mind works. But let me say right up front to you self anointed smarty pants out there... PUT A SOCK IN IT!

Yes once your brain learns the basics of the roll, you have to teach it to your muscles, this memory that doesn't require any of the easily distracted and corrupted conscious processing power in your head. You use the subconscious all the time for things like... picking your nose while talking on the phone! Some of us even use these skills to drive to work in the morning. Ever find your self on that long drive to the Yough, thinking about something, only to realize that you can't remember what happened for the last 5 miles, or that you passed your exit 10 minutes ago.

Allow me to relate personal experience on my long and painful road to swim independence! I learned how to roll in a pool and most of the time, had a good pool roll. Then I tried to use this new found skill in a river, and to my very disappointed surprise, it almost never worked! It took a lot of swims and rescues by my 13 year old son to finally humiliate me into moving to the second step. That step was to commit the skills that my brain understood to the muscles in my body. The smarty pants amongst you, would undoubtedly point out that muscles have no capacity to learn, that what actually happens is the brain somehow stores the information into a subconscious region, or some such rubbish! Anyway I knew that to commit the rolling concept in my head into a skill that did not require conscious thought, I would need a lot of repetitious training. So several days a week, I took my kayak to the lake and practiced my rolls after work. If my roll failed, I would roll up by using my paddle to push off the sandy bottom. And yes Virginia you will not dislocate your healthy shoulder from pushing off the bottom in still water. However, as a recent graduate from the School of Tweaked, Abused and Dislocated Shoulders, I definitely don't recommend this bottom bracing technique in moving water.

I don't know about your muscle brains, but mine are slow learners! It took a lot of repetition to get to the point that I did not have to think about stepping through the motions of the roll. I figure it took about 1000 rolls before I felt confident that I could roll every time, in still water. I would try to do 10 sets of 10 rolls every night until I had confidence in my roll.

So I return to the river with a new found confidence that I could reliably roll my kayak whenever I needed to. Imagine my disappointment when again I found myself separated from my vessel, and enjoying an invigorating swim! Although I was much better at hitting my rolls in the river, I still did not have a 100% reliable river roll.

The biggest reason you are not rolling in the river is what happens to your reality when we are upside down This is where

step 3 comes in. What was creating my swimming opportunities was not the improper execution of the roll maneuver. No it was the distractions from feeling trapped upside down, under water, in a decidedly unfriendly environment. There are really two issues here. The first is that unlike a pool or calm lake, there is a lot of stuff going on that can be very distracting. You know, things like bumping your head on rocks, the noise of the river, the currents buffeting your pathetically small plastic boat around. All of these things can be very distracting from your mission of returning your mouth to an environment friendlier to our lungs.

This is precisely where our friend, Head Game, starts doctoring the reality in our conscious mind. The first thing that the good doctor does is speed up time. Ok, any of us capable of paddling a kayak, can hold our breath for what; 30 seconds, 45 or even 60 seconds? Right, and the good doctor knows this, so what he does is speed up our perception of reality so that what we think is at least 30 seconds, is more like 3 seconds and probably 2 seconds! No wonder we are so quick to reach for the ejection button, obviously we are only seconds away from certain death! Don't believe me? Watch your buddies next time you are boating, if they can't hit their roll, how long is it before they are out of their boat? Typically I would say it is 5 seconds or less, a really focused boater may hang out for 10 to 15 seconds! So the first thing we need to do to control our fear, is realize that we are not in the dire straights that the good doc would have us believe.

Oh looky here, it looks like I am running out of ink, so I am going to wrap things up and will continue this journey next month with a conversation about things we can do keep Dr. Head Game under control. But let me leave you with this thought: the biggest reason you are not rolling in the river is what happens to your reality when we are upside down. The most effective thing you can do, while eagerly waiting for next month's issue, is work on your 1,000 rolls. When your confidence is high, the good doctor can't mess with your head so easily! Roll sessions start in December, and this year we have both east side and west side locations.

And oh, just showing up at the pool doesn't help; ya gotta get upside down! Most of us treat the sessions as a social hour (me included). Why don't we go to dinner afterwards for our socializing and take full advantage of these great pool resources! Work every pool session, get those 1,000 rolls in, and you will have a solid leg up for the spring season!

We need your articles! Please send them to peetzaguy@aol.com. Thanks!

Sept.				
9/1,2,4	Upper Yough	32	Elliott Drysdale	216-496-8482 C
9/2-4	Raquette/Beaver	27-35	Matt Muir	585-421-9826
9/3	Slippery Rock	13-19	Pat Guzowski	216-780-5734
9/9, 10	Upper Gauley	33	Ron Whitney	440-946-1213
9/8, 9	Lower Gauley	27	Jim Hunt	330-335-5203
9/12	Club Meeting at Middleburg Hts Community Cntr		Tim Brightbill	330- 721-6822
9/16	Bike Kelley's Island and South Bass - 17 miles		Dennis Plank	216-939-8229
9/16,17	Lower Gauley	27	Terry Markoff	440-543-4969
9/16	Upper Gauley	33	Scott Debalski	440-298-1257
9/16, 17	Upper New	16	Karen Daniels	440-458-5972
9/22-24	Upper Gauley (Festival Weekend)	33	Cliff Wire	440-439-6541
9/23	Cheat Canyon	26	Jim Steppenbacker	440-243-1695
9/23, 24	Slippery Rock	13-19	Tim Taubert	440-256-2506
9/23, 24	Lower Yough	23	Dave Roush	440-461-6456
9/30-10/1	Cheat Narrows	18	Mary Modesitt	440-285-8481
9/30,10/1	Upper & Lower Gauley	27-33	Bill Miller	440-257-2970
Oct.			Time to Pay Dues	
10/1	Cuyahoga River, flat-water from Eldon Park to Hiram		Dennis Plank	216-939-8229
10/6, 7	Upper Yough - Last Saturday Release	32	Elliott Drysdale	216-496-8482 C
10/7	Sea Kayak Huron River to Lake Erie (Nickleplate beach)		Rich Kish	419-656-5651
10/7, 8	Upper & Lower Gauley	27-33	John Kobak	440-871-1758 or 304-379-4747
10/10	Club Annual Election of Officers Meeting at Middleburg Hts Community Center		Tim Brightbill	330- 721-6822
10/14, 15	Gauley River	27-33	Bob Weible	330-882-6545
10/13-15	Moose River Fest	27-30	Matt Muir	585-421-9826
10/14	Slippery Rock	13-19	Ernie Anderson	216-291-1093
10/14, 15	Lower Yough	23	Sherie Sanzenbacher	440-298-1293
10/14, 15	Middle Yough	12	Brian Thies	440-331-4216
10/21, 28, 11/4, 11	Fundamentals of Kayaking at Orange High School Indoor Pool. To register - Call 216-831-8601	FunKayak.htm	Ernie Anderson	216-291-1093



KEELHAULER KA-NEWS

OCTOBER 2006

**Next club meeting is Tuesday,
October 10th at 7:30pm,
at the
Middleburg Hts Community
Center**

**16000 East Bagley Road
[Map to Meeting](#)**

Program: Video: Mission Epicocity, 45 minutes. Great eye candy in this video. There is some really pretty stuff in here! Steep creek footage from South America, playboating on the White Nile, some pretty good NC surf kayaking mixed with some creekin' and there's also some nice footage from Oregon. Watch this and get pumped for Gauley Season! October is also our annual election meeting and who the officer nominees are.

All meetings are open to guests.

Webpage Membership Directory Changes

To make paddlers with similar interests easier to find we have added a new feature to our on-line directory.
<http://keelhauler.org/khcc/members.htm>

We now list our members specific paddling interests:

- WW - Whitewater Paddling
- SK - Sea Kayaking
- FW - Flat Water /Recreational Kayak Paddling
- CC - Canoe/Kayak Wilderness Camping

This should make it easier for you to find paddlers with similar interests. If you find that your interests are not correctly listed, send an e-mail to our webmaster, John Kobak @ keelhauler@yahoo.com.

The information is the same as that in our yearbook. It just makes it easier to find. Remember that the directory is password protected and if you have forgotten the password, e-mail the webmaster.

2007 Membership Dues

All club memberships expire on October 1st. As soon as you can, mail a \$20 check for your 2007 membership dues. To: Keel Haulers Canoe Club, 1649 Allen Dr., Westlake, OH 44145-2506. Or you can pay \$21 on-line using Paypal Use this link and click on the Paypal Logo - <http://www.keelhauler.org/khcc/khcapp.htm>. Or just use your Paypal account and send your dues payment to dues@keelhauler.org. Please try to encourage any of your non-member paddling friends to join/rejoin the club. Our total membership has been decreasing in the last few years. The club offers a lot to paddlers of all skill levels at less then the price of a tank of gas to go paddling.

2007 Proposed Officers

It is the time of year to hold elections for KH officers for 2007. The election will be held at the October 10th meeting at Middleburg Hts Rec Center. So come out and vote! Notice that we do not have a candidate for Secretary,, so if anyone is interested, please speak up.

The Board is proposing the following slate:

President:	Ed Charlton
Vice President:	Mary Modesitt
Secretary:	Open
Treasurer:	Rob Hammond
Trustee through 2009:	Judi Cleary

BLACKWATER CHALLENGE UPDATE

October 6-8, 2006

EVERYONE WELCOME!

Become a Blackwater Challenge Super Hero

Choose a Super Hero Name, Build your own Canyon of Justice TEAM, raise \$300.00 through pledges and Help Protect the Blackwater Canyon Trail while winning fabulous prizes and a free tee shirt. Breakfast, lunch and awards dinner are free for Super

Hero Team Captains.

"Green" Business Teams

Gather you and your eco/enviro-friendly co-workers or staff members to form a team and compete against other businesses in your own category.

Sponsor a Challenge Super Hero

Can't attend but still want to be part of the fun? Pledge your support by sponsoring a Challenge Super Hero to participate in your absence. Your hero will participate in their choice of events and you still get to be part of the team. You might become the biggest Super Hero of all.

Become a Member of the Canyon of Justice Team

Can't field a pledge team? You can still participate. Just tell us what events you want to participate in and pay for your meals or eat on your own. We will be glad to have you there.

Blackwater Challenge Volunteer

Calling all volunteers.... Can you help lead hikes or work with us on the tours?? Please contact the FOB office by calling 304-345-7663 or by sending e-mail to: outreach@saveblackwater.org (Volunteers will receive a free tee-shirt in the size of their choice.)

Our goal is to raise \$30,000 for the Trail Protection Campaign!

Just click here for your [registration and pledge forms](#).

The Kayak Roll Head Game - Part II

One man's journey to swim independence!

by Rob Hammond

Coming next issue.....

Hudson Bay in 18 Days

By Jim Hunt

This past spring, I was asked by the Camping and Education Foundation based in International Falls, MN if I would be interested in leading a 350 mile plus canoe trip into Hudson Bay for them. The trip would be one of four they were sending to Hudson Bay in July 2006. I would have an assistant trip leader and 6 high school senior boys on the trip with me. With little consideration, I told them I would love to.

The trip began on July 12th in International Falls, MN and lasted until August 5th when we returned. We were told to expect low water as it had been dry up north, the ice went out early, and the Indian villages were reporting low water levels in the lakes. Four canoe trips of eight people each would start on South Indian Lake in northern Manitoba near the town of Leaf Rapids. Each trip would take a different route into Hudson Bay all ending about 20 to 30 miles north of Churchill, Manitoba (polar bear capital of the world). The trips would then meet in Churchill to travel back as one group. The four trips were: North Knife River (my

trip), the South Knife River, the North Knife River – Seal River route, and the Caribou River.

Each trip's gear consisted of: 4 – 17 foot ABS canoes (about 80 lbs each), 4 wood boxes with carrying straps full of food and kitchen supplies, 2 large canvas packs full of food, 4 large canvas packs full of tents and personal gear, a high power rifle or shotgun, and 3 or 4 "day packs". We also carried a large first aid kit and a Sat Phone. For my trip, I packed food for 21 days with portions sized for 12 people. After all, high school seniors eat a lot of food.

My North Knife River trip would begin on South Indian Lake, proceed down the Churchill River, go up the Old Man River, portage for an entire day into the Knife River watershed, and then proceed down the North Knife River to Hudson Bay. The trip would take 17 or 18 days of paddling/portaging depending on the wind directions and water levels. Then, a boat would pick us up on Hudson Bay at the mouth of the Knife River and take us to Churchill, Manitoba where we would take a train to Winnipeg, Manitoba where a bus would pick us up and take us back to International Falls, MN. Planned total trip duration – 25 days.

Four trips of 8 people each departed International Falls, MN by bus in the late morning of July 12th carrying food and gear for all four trips and pulling a canoe trailer with 16 canoes. The bus ride was to be about 22 hours as we were going north over 600 miles. The first problem of the bus ride was at Canadian customs at Warroad, Manitoba. They decided to search the bus and all our gear. Then they asked questions as to why the leaders (8 of us) did not have Manitoba Work Permits. Next they questioned the arrest record of one of the leaders and of course had problems with the guns we carried. After about 3 hours, a lot of phone calls, lots of forms, and of course cash, everything was cleared up and we proceeded via Winnipeg and Thompson on our way to the Indian reservation on South Indian Lake in northern Manitoba where our trips would start.

The next incident occurred about 2:30 am in Thompson, Manitoba when we stopped for gas and found that we only had 15 canoes instead of 16. It seems that sometime in the last 3 hours, one of the canoes came loose and fell off the trailer. We doubled back and looked for the missing canoe for about 5 hours and then gave up. We ended up waiting in Thompson until 10:00 am for the sporting goods store to open and then bought a new Old Town ABS canoe.

We finally arrived at South Indian Lake at about 4:00 pm instead of the anticipated 9:00 am. It was very windy (head wind of course) and beginning to rain. My trip paddled about a mile and camped on an island. It was very windy and raining hard as we set up camp and made dinner. The other three trips did the same. There was no way to paddle into that headwind and the seas. We were already a half day behind schedule and it was only the first day on the water.

South Indian Lake is a very large lake. It is almost 100 miles long and my trip needed to paddle about 50 miles down it before entering the Churchill River. The intent was to paddle on South Indian Lake for two days. The first full day we had a tail wind and made it half way before camping in the late afternoon. The next day, we were wind bound by high winds and big waves so we did not move. Finally on day three we made it to the Churchill River in spite of increasing winds and side waves. We were now a full day behind schedule. When we came off the portage into the Churchill River, I was worried by the extreme lack of water in the river. It looked to be very low which was contrary to what Manitoba Hydro had told us a few days ago when the bus dropped us off.



Low Water on the Churchill River

The next two days were spent paddling and portaging down the Churchill River for about 45 miles. There were a fair number of rapids, some of which could be run and others that needed portaging. As we proceeded down the Churchill River, the water levels began to improve to the point that I suspected the water was only 2 or 3 feet below normal level. There were no portage trails as this river gets very little recreation use so some of the portages were difficult.

The next day we began the most difficult three days of the trip – paddling/portaging up the Old Man River and then portaging into the Knife River watershed. The first thing I noticed was the large amount of current in the Old Man River which we were to paddle up. As we came to rapids we had to line-up, or drag the boats up, or portage (there were no portage trails). We spent a lot of time in the water, sometimes up to mid chest, walking the boats or in the riverbank bushes using them to drag the boats upstream. I quickly determined that the Old Man river was very high. This first day we made 18 miles upstream and got to the required campsite but it took a couple of hours longer than normal.

The next day upon proceeding up the Old Man river we immediately found a large red streamer with a note in a plastic bag. The note was to me saying the South Knife River trip had lost the use of their Sat Phone (wet) and had lost some gear the previous day when they flipped a canoe during a line-up, so they were proceeding down the North Knife River instead of the South Knife River and would try to stay one day ahead of my trip. I was to call base camp on my Sat Phone and inform them of their change in plans. I was also to meet them on day 15 at Teepee Falls. This day was far worse than the previous - lots more rapids so the going was slow and the current was even stronger. After working all day, we had made 9 miles and were at the required campsite ready for “portage day”. Again the day had taken a few hours longer than normal.

The next day was “portage day”. There would be 11 portages with lengths up to one mile going from small pond to small pond. There were no portage trails so I had to go across each with a compass and survey tape and mark them so the rest of the group could do the portage. I then had to go back on each one and get my canoe to portage it. The

only good thing was the area had burned about 6 years ago so there was no undergrowth to be fighting with while portaging. After a long day, we made the 20 miles to the Knife River watershed and camped right away. From here on to Hudson Bay we would be going downstream.



Walking the Canoes Up the Old Man River

The next day was downstream to North Knife Lake where the North Knife River begins. The water was very high and the streams were narrow. Strainers were a problem and there was a lack of eddies and a lot of current. A few portages were needed but we also ran some rapids. We stopped at Webbers Lodge on North Knife Lake and they said the other trip had been there the day before. They had no messages for us but said the river would be very high as the lake had come up 2 feet or so in the past week. This would be the only time the entire trip we saw other people. North Knife Lake is about 30 miles long and since we had a good tail wind we proceeded a good way down the lake before stopping for the night.

The next day turned out to be the longest of the trip. We were up at 4:30 am and on the water within an hour only to find a building head wind. We spent the entire day moving from island lee to island lee, dodging thunder storms, and waiting for the wind to let up to get 18 miles down the lake to the mouth of the North Knife River. To make matters worse, we paddled by the only campsite there was at the end of the lake and had to paddle back upstream once we figured it out. We finally made camp at 10:15 pm.

We were finally on the river the trip was named for – North Knife River. The river was indeed very high with a swift current. The first day on the river saw nearly continuous class II or III rapids. Most of these we ran with boat scouting although there were some that needed to be scouted from shore. There were also a few larger rapids that required a portage or line let-down. With the current, we easily covered about 25 miles that first day. We camped that night at the beginning of a long (mile or so) portage. There was no portage trail and the trail we ended up making was very high on the cliffs above the river. We went ahead and portaged the boats that night and left the rest of the gear for the next morning.

The next morning began with the portage and then a mile or so of continuous rapids. The following day was just like the previous, lots of rapids that could be run. We also had a few portages around some large waterfalls. We also started getting into less vegetation and started seeing eskers (large sand dunes). We paddled about 30 miles and made camp at a waterfall. We also saw a few signs of the other group that was a day ahead of us.



Shooting Rapids on the North Knife River

During the next two days we had more of the same but the river level was starting to drop. When we started on the river the level was 2 or 3 feet higher than normal but now the level seemed to be approaching normal. We did catch up with the other trip on the arranged day at Tepee Falls which had been pre arranged in the note they left. From here to Hudson Bay we would camp together and paddle together due to the risk of polar bears. We also started keeping the guns out of the cases and loaded 24 hours a day. We used the Sat Phone to call the guy with the boat in Churchill to let him know we would be ready for pickup in 2 days at the cabin on the Knife River delta.

The next day the rapids continued. We shot all of them with a boat scout. By now the rapids were very predictable and the same basic line would work on all of them. We paddled in a loose group of 8 canoes for 30 miles through canyons and winding river. We camped that night on a large gravel bar in the river far from any vegetation. This would be our last campsite on the river as we would be on Hudson Bay the next night. The wind was very strong that evening with periods of driving horizontal sleet. We were now well into the influence of the Bay and it was getting colder and windy.



Camping on a Sand Bar Near Hudson Bay

The next morning we headed the final 14 miles to the Bay. The rapids continued for about half the distance and then ended as the Knife River delta began. We managed to find the trappers cabin that was our signal to turn left and start following the various delta channels northeast. The

other trip leader had paddled the delta four times before so he took the lead. We were to hit the Bay at the only cabin on the delta, camp there, and wait for the boat to pick us up the next day. The goal in the delta was to stay in the deepest water and always head northeast.

When we finally did hit the Bay it was nearly low tide and there was no cabin in sight. We walked the boats a few hundred yards to a small island and stopped there. We guessed we were too far south as it is "impossible to go too far north in the delta". The other trip head and I took off walking north in the muck and water to look for the cabin. After about 3 hours we returned having not seen any sign of the cabin and now being fairly sure the cabin was south of our small island. Compass bearings and maps did no good as the Bay is so shallow and feature free. There was no way we could move at low tide so we made a hot dinner as it was very cold and then made camp on a little island. There was just enough room for the tents above the high tide mark. During dinner, we started seeing polar bears further out in the Bay.



Stranded on Hudson Bay at Low Tide



Tents Just Above the Tidal Zone on Hudson Bay

We decided it was time to let technology help us. With the Sat Phone we called the guy who was to pick us up the next day and asked him if he had the GPS coordinates for the cabin. Upon entering them into the GPS, I knew we were too far north by a good bit just by the lat/lons. It turns out we hit the Bay almost 4 miles too far north. We would wait for high tide the next morning and head for the cabin for an afternoon pickup.

Our speculation as to why we were so far off location was that between the tide going out in the delta and the high water level in the river, that we were fooled into chasing water flow instead of watching the compass heading.



The Author Waiting on Hudson Bay Trying to Stay Warm

The next morning was clear and calm which is very rare on the Bay. We started into the Bay about an hour before high tide walking the boats for a half mile or so straight out to find deep enough water to get into the boats. The plan was to go straight out until we got deep enough water with no boulders to paddle and then turn south and paddle until we found the cabin. The plan worked fine and two hours or so later we were at the cabin. After about an hour, two boats showed up out in the Bay and anchored. We paddled out to them, loaded up, and headed for Churchill about 20 miles away. Along the way there we saw seals and Beluga whales.

It turned out we were very lucky to get off the Bay that day. For the next two days it was very windy and cold and the boats would not have been able to pick us up. That is the reason we pack 21 days of food for an 18 day trip – normally you get wind bound on the Bay for a few days. We spent two days in Churchill waiting for the next train out. We then had a 40 hour train ride to Winnipeg and then a 7 hour bus ride back to International Falls. All in all, it took 6 days from the time we hit the Bay until we were back at base camp in Minnesota.

We had paddled over 350 miles in 18 days. The last five days on the North Knife River were almost continuous rapids through some of the most beautiful country I have ever seen. We had seen: moose, polar bears, black bears, and bald eagles. The trip out had taken about 30 hours and trip back, 6 days. None of the canoes on my trip swamped in rapids although two did in waves on the large lakes. No one got hurt or sick and we had plenty of food to eat including the fish we caught along the way. It was usually in the 60's/70's during the day and 40's/50's at night. As we got closer to Hudson Bay, the weather did get colder and more damp. It had also rained at some point in time every day. The bugs were not too bad although they were around at some of the campsites and almost always during portages. We never needed bug netting and the bugs were unfazed by insect repellent so no one used it. We saw no people other than at the lodge we stopped at. As best we could tell the last people down the river were our groups in 2005 since our fireplaces were still intact and our leftover firewood was still there. A great trip indeed.

Paddling Glacier Bay

August 2006

By Judi Cleary and Larry Fordyce

Getting there. After 14 hours of travel, through 4 time zones we arrived in Juneau! A short overnight rest and Larry and Judi were air-born again, heading to the town of Gustavus, a twenty minute flight north west from Juneau.

Once in the two-building town, we settled in at Otter Bay Outfitters to complete the trip planning that we had begun in Cleveland only two short weeks prior. We were briefed on the trip including how to deal with the tides and the bears. We rented Sea kayaks (Necky Narpas), spray skirts, and a few dry bags. The rest of the gear and all the food we brought ourselves. Then the repacking began, to fit everything in small and medium sized dry bags in order to be securely stored in the hatches.

After a trip across the street to purchase fuel canisters and bear spray, Maureen, our outfitter, took us the nine miles across the island to Glacier Bay National Park at Bartlett Cove. Glacier Bay is composed of two protected arms or fjords. The larger West Arm contains the two larger Margerie and Grand Pacific Glaciers, and also frequent cruise ships. We opted to paddle 20+ miles up the smaller, quieter East Arm.

The kayaks were loaded onto the *Baranof Wind* catamaran that would go to the drop of point early the next morning. We checked in with the rangers and packed our food into the bear (proof) canisters provided by the park. The park made it clear that it was the bears' home and we were the guests. In order to not *habitualize* the bears, we would cook dinner at one location and when possible, paddle on to a different site to camp. Cooking was always done below the high tide line.

We camped the first night at Glacier Bay N.P. Campground in Bartlett Cove. The campground was practically deserted. Our only bear visit occurred that night. Some residual food smells in the wheelbarrow left right outside the tent must have attracted the bear. The park provides the wheelbarrows to transport camping gear to/from the campsites. It was a good warning to be more careful on the rest of the trip. Go away bear!

The adventure begins. Awaking at 5:30 am we took the catamaran to the drop off point, Mt Wright. Two other kayakers who were taking the same trip were also on board. Although these other paddlers were seen from time to time, we were mostly on our own for five days. At Mt Wright, our gear was lowered to the beach in plastic bags, followed by the four kayaks.

Throughout the trip we studied the tide tables carefully. The first day, the tides changed 17 feet from low to high. The tides change every six hours, so the water line is very dynamic. Boats can float away or alternatively be very far from the water's edge in no time at all. Our paddling schedule was dictated by the tide. We paddled up the arm with the incoming tide; down with the outgoing tide.

After about seven miles of paddling we spotted our first ice berg. The blue-green color of these ice sculptures was fascinating. Later in the trip, we experienced an iceberg roll fairly close to us. It was as if the iceberg was possessed, thrashing about with no apparent means of

motion. It was also a good reminder to keep a safe distance from the large bergs.

By the end of the second day we reached our destination up in the East Arm. We arrived first at the McBride Glacier, which was very active and calving off icebergs frequently, and then the Riggs glacier which was definitely in retreat. The sun was wonderful this day and provided patches of light for photo taking. It was just about the only day it didn't rain or mist all day.

That night we returned to camp out by the inlet that led to the McBride Glacier. There were so many large icebergs at that time that they caused an ice dam across the neck of the inlet. Thunder from the calving continued throughout the night. This was a good thing, because it drowned out the sounds of the wolf, who was detected the next morning by the fresh foot prints just below the high tide line.

Crossing back and forth across the inlet was exciting and fun. The entrance to the inlet was quite narrow and at both crossings the tide was flowing at a fairly brisk rate. With whitewater skills, ferrying across the inlet was fun, and eddying behind grounded icebergs and attaining around them was accomplished without too much trouble. Timing the speed of the ferry to avoid these "moving rocks" was a challenge at times. And eddying was a real challenge as sea kayaks do not have much of a turning radius, as Pat G. noted when he helped out at the Cleveland Triathlon earlier this summer.

Every camp site was clean with practically no sign that humans had been there before. A few times there were signs that animals had been there, though, so at those times we paddled on a little farther. The tent we used held up extremely well in the cold wet climate and we were able to keep the inside acceptably dry.

On the return trip down the East Arm, there was a delightful show of dolphin antics in the bay with a side show of eagles soaring overhead. On our last full day in the arm there was a dense fog so pervasive that we could not see across the fjord. It cleared somewhat after a bit, but never really left all day. It did provide for some awesome oriental-like scenes around the rugged velvety green mountains. The blowing winds that picked up by evening were replaced the next morning by a gentle rain, as we paddled from Garforth Island over to the pick up point, then back to Bartlett Cove for another night at the NP Campground.

Based on a recommendation from Maureen, we opted to save two days of our trip to go paddle at a more exposed section of water, where the whales were.

Point Adolphus. Early morning, Maureen shuttled us back over to the other side of the island to be transported by boat to Point Adolphus. From the moment we arrived, we could hear the calls from the resident pod of humpback whales (about 12 to 15 of them) which was ever-present until we departed. These large mammals were very graceful as they poked their backs and tails above the surface just before they would dive to scoop up a meal. At this location we encountered one larger kayaking tour group in addition to a few other private boaters like us.

The first day we made a morning and afternoon excursion out to paddle with the whales. In the morning we encounter first one, then a pair of humpbacks. We were close enough (15 feet, Larry, to 30 feet, Judi) to see them lay on their side with a fluke speckled with barnacles emerge above the surface. Cool! Another fascination was

the blow hole. The skin was mounded up around the edge as the whale exhaled a mixture of air and water, which smelled fishy.

As we were heading back to camp from the afternoon paddle something truly magical happened. We had seen and followed the whales moving up and down the channel, but eventually they dropped from sight; so we were headed back to camp. All of a sudden the pod started to surface all around us. Awesome! But we were now separated. Judi's heart was beating like a loud fast drum but she relaxed once the last whale had passed on by, going completely underneath her. Meanwhile Larry had been right between two whales as their humpbacks came out of the water simultaneously. He was within reaching distance of either whale with his paddle. Wow! Maureen was right. She said we would get closer to the whales than we thought imaginable.

In addition to whales, we also saw jelly fish and harbor seals. Maureen mentioned earlier that new sorts of marine life were making their way to the Alaskan shores due to the warming of the surrounding waters.

The next morning we viewed a marvelous display of whales breaching, seemingly everywhere. At one point four or five all came up at the same time in a perfectly choreographed movement. Later in the day the whales were slapping their tails on the surface which made an alarmingly loud sound.

Out for a morning paddle, Larry was fascinated by a pair of immature whales that were almost suspended with their backs above the surface and their heads down into the water. He was able to get close enough to look down into the blow hole of one of the whales. Judi, on the other hand, stuck a bit closer to shore.

Later that day, in Gustavus, we packed our gear to take the short flight back to reality. At the *Fjord Flying* desk in Juneau, there were 6 boxes of hot pizza waiting to be delivered by plane – only in Alaska!

To learn more about Glacier Bay, consider reading "the Only Kayak" by Kim Heacox. It is the author's account of his life long journey into the heart of Alaska. But if you ever plan to visit there, remember to leave only footprints and take only memories.

THE KAYAKING CHRONICLES

By Richard Dabal

KAYAKING KRONICLES GO WEST

OR... "That's Because..."

It all started with an email from a Bob Bailey in March. As I read the message his name sounded familiar. Bob said he got my name from Keel Hauler SBRG's Steve Ingalls and Terry Markoff and was looking for a boatman to do a trip on the Middle Fork of the Salmon in Idaho in late June. Steve and Terry were already booked for a "Grand" trip in August. If they ran the Middle Fork in addition to the "Grand" trip...well there would have been potential for non-harmonious disconvergence on the domestic home front, to avoid that my name came up.

As Bob's email explained the trip, it was to be a private seven day float on the Middle Fork ("MF" for short). Most of the folks were from the Portland, Oregon area. The Trip Leader/Permit Holder was

from Portland and needed another boatman to run the fourth raft. I immediately responded to Bob asking for more info. He sent back the trip leader's name and phone number. The next day I called Brant Collins in Portland. Brant gave me all the details on put-in date (June 25), number of folks, logistics, estimated costs, etc. The next day I e-mailed Brant saying "Count me in" and the check was mailed out that day.

The first time I was on the MF was 25 years ago in low water. Going back...Going back to the hot springs, clear running water, Loon Creek, Velvet Falls, Pistol Rapid, Impassable Canyon and this time in high water.

The trip was to be the last week of June, seven days, four rafts, two/three inflatable kayaks and one/two hard kayaks. A lot of the folks had previous raft experience: the "Grand", Tatenshini, Rogue and Selway. The initial down payment was \$400, which is really cheap for a MF trip. Final costs from the shuttle and food supplier were estimated at possibly \$350-\$400 more. Still, a great deal. I found out later on that the average commercial trip on the MF for five days was \$1500-\$1600 per person. We would up paying less than a \$1000 for SEVEN days and that included the shuttle and a place to stay in Sun Valley at the end of the trip.

The folks on the trip were: Art and Art, father and son, Andre and Jennifer, with their raft, Bernard or Rocky as he preferred to be called, Brant (the Permit Holder) and Lisa, Bob and Joanne, Eileen and Greg, Patty and Tim, Patrick, Bob and myself. As mentioned earlier most of the folks were from Portland but there were some easterners as well: Bob and Patrick were from Maryland, Bob and Joanne were from Miami, Art Senior was from Syracuse NY, Patty and Tim were from the Bay Area. Art Jr, Brant, Lisa, Greg, Eileen, Rocky, Andre and Jennifer were the Portland folks.

Trip logistics took a while to iron out; who was flying in to Boise, when, who was driving, who had room in the car and so on but it all worked out. Bob and I flew into Boise on Thursday afternoon, the 22nd. We had never met but he picked me out the crowd. I had my two black river bags, red baseball cap and that SBRG appearance. (Side note; I had not told anyone on the trip I was an SBRG). We were staying in the same motel, the rest of the folks were coming in that night or tomorrow. The plan was to meet at one location tomorrow (Friday) morning and head north to Boundary Creek, put-in for MF. The room I had looked over towards the mountains north of Boise. Bob called me and said his room overlooks a junk yard. I went over and saw, indeed his view was a junk yard. I said what view I had and his response was a very direct two-word response. The second word of this response was the personal pronoun "you". The first word was the acronym from old King's English...Initiate direct physical contact with the other guy's wife Upon Command of the King. I tried to laugh but the laryngitis made that painful. Later at dinner Bob and I talked river stuff; I answered his questions and at one point he said....How do you know all that stuff...My response was "**That's Because**" I am a Boatman. He gave me a strange look.

Now, it should be noted that the day before I flew out I came down with laryngitis. I could barely speak, forget about laughing. Of all times to get this, at a time when my voice and abilities to project above the background noise would be most definitely needed. By Thursday afternoon my voice was returning to semi-normal...but laughing was still out of the question.

Next morning we met up with the rest of the group. The cars were packed, my voice was slowly returning but no laughing. Bob and I headed north in Art, Jr's car with Art Sr. During the ride we talked, they laughed, I couldn't (unable to laugh was real drag in the first four days of the trip. When it was possible to laugh, near the end of the trip....It felt great, now more folks are aware of my laugh and its

ability to be heard above all else). At one point during the ride, Bob related the junk yard view comments. I couldn't laugh at Bob's way of explaining it. But Art Sr.'s comment to the story was "That was a perfectly appropriate response". I cracked up on that one. It hurt my throat but it was worth it. Most of the discussion was on trips all of us have taken and stuff. Bob would ask questions, I would answer them, followed by "**That's Because**" I am a Boatman.

Going up Idaho Rte. 21 we drove half-way from Lowman to Stanley through the Challis National Forest. About twenty miles north of Lowman a non-descript sign on the right side of the road saying...Boundary Creek turn here. You have about 50 feet to slow down and turn. What followed were 25 miles of dirt road. It was a pretty ride and not all that dusty.

Boundary Creek, put-in for the Middle Fork. Elevation is about 5800 feet, pine trees, pine tree smell in the air and a decent campground. The outfitter supplying the rafts, food, kitchen, etc., was already there. The food was taken out of the trailer and packed into the large coolers and labeled with each day's food was in there. Everyone on the trip had a task: Bob took on the task of setting up and taking down the Groover very day, for that he didn't have to do any other task. Joanne and Eileen were the food Czars, Tim and Bob were the Kitchen crew, as in setting up the tables, gets the boxes from the rafts. Me, I volunteered to be the "Groover Transport" raft. I had the biggest raft on the trip, so that "gave me that honor"

The rafts on the trip were three Avons and a Moravia. The Avons were a 16 footer (mine), a 15 and 14 footer and one six man Avon paddle boat. The Moravia was a 14 footer. All were self-bailers. The support rafts all had centered mount oar set-ups. Two of them had oar locks. I have never used them before so I asked for pins set up, like what I use on the "Grand". The ladies were in the paddle boat most of the trip. Rounding out the "fleet" were three inflatable kayaks and one hard kayak. The inflatable's turned out to be the most popular thing on the trip. Art, Sr was in one for six days, never paddled anything before and he had a blast and did really well. I paddled the kayak for one day and an inflatable. I managed to front and side surf the inflatable.

Now the "MF". It was running about three feet above normal most of the Spring. I was watching the gauge daily. The ideal level would be 4.0 - 5.0 feet. As the put-in date approached the rate of decline was increasing. By Sunday, June 25th the level was 3.9 on the nail. The river at the put-in is the size of the Slip at Eckarts Bridge. The water flows clear and cold and feels really good on the skin. The rapids were rated on the Class I - IV scale. Most of the rapids at this level were Class II-III+, with a few Class IV's.

The Boundary Creek put-in is a unique place. A good analogy would be...Imagine all the Upper Gauley put-in activity in an area the size of Harris Bridge take-out on the lower Slip and lining up across the bridge. Only seven trips per day can put on the MF, upwards of six (or seven) rafts per trip. A maximum of 30 people per trip. That trip number includes private and commercial. Commercial trips are limited to five days...Privates can go for seven. Getting campsites is by lottery. You pick the sites you want and the Forest Ranger picks them "out of the hat" and writes your name on that site. If another trip wanted that site the same night, they can challenge and then negotiations start to resolve it. Challenges are not often and there are so many sites one can get another site very easily. After the sites were chosen all private trips go through an orientation...just like on the Grand.

The "assembly" area at the put-in is about 60 vertical feet above the water. To get the rafts down, a BIG log ramp was built and all rafts slide down it. Controlling the raft's descent is one thick rope tied onto the "D"ring. You push the raft to start it sliding and hold on. Once in the water you take your raft and look for a parking spot

to tie up to. The eddy fills in fast with loaded boats and folks are pretty cool about it, especially when rafts are tied three deep from shore. Folks walked on other's boats with no issues. It took a few hours to get all the gear to rafts. We lucked out in getting our boats tied right on shore. The stream banks are fairly steep and all loose rock/talus, we set up "belay" lines to hold onto when walking the heavy stuff. Once the gear was tied in, we re-grouped set-up running order and cast off lines.

Pushing off into the current, it felt great to be on the oars again. It felt great to be back on the Middle Fork. It was a sunny day, good water level and let's see what happens. This was the first time I rowed a self-bailer. I had heard they were slow to move, they are right. I did some spins, pushed and pulled on the oars; it took a few more oar strokes to get the boat to move than a "tub" boat. Okay...just allow more time to make those moves. The current in the first 15-20 miles are fast flowing, technical drops and very scenic. Besides me having run it once, Andre ran it two years earlier. He and I were designated the lead boats. The river as said earlier is narrow, as in lower Slip narrow and was flowing at 3500 cfs at 3.9 on the gauge. I had my waterproof, multi-colored Middle Fork River Map and marked off the drops as we moved.

This was an ideal level. Everything was boat scutable. The technical nature of the drops on the first day was not that difficult. One drop I had forgotten about was Sulfur Slide at River Mile 2.5. You float through a short pool and the river disappears to the left. You round the bend, the current accelerates very quickly and you have about five seconds to set up to run RIVER RIGHT of the large boulder in the middle of the rapid. Other than that Sulfur was straight shot. The one drop I do remember is Velvet Falls. It's actually a steep sloped wave hole (Swimmers on major steroids). I forgot how fast this drop sneaks up on you. By the time we support rafts got there the paddle raft and the inflatable's had already run it. I do remember a steep drop to the left. I come around the bend, see a major horizon line and shot past the huge boulder on river left. I am in the middle of the flow heading for the center of Velvet...bad place to be. I pulled on the oars, bending them actually under the strain and got the raft to the left and made the left slot through the falls. As I went through it I noticed a gray object in the backwash, it was one of the inflatable's getting re-circled. I eddied out below fortunately no one was in the re-circ. Brant the TL was in the eddy and waiting for the boat to pop out. It was too far away for a snag line throw. After maybe ten minutes it popped out. Patrick, the "lucky one" to hit the hole was okay, had paddle in hand ready to get back in. The rest of the drops were easily boat scouted and many times a straight shot, little effort to maneuver around rocks was needed.

First camp was Greyhound Creek. A nice gravel beach, nice pine groove and plenty of places to pitch a tent or sleep under the stars. After the kitchen and tarp were set up the chairs and cocktails came out and all took a break. Art, Jr was rowing one of the rafts today recounted how he knew he was at Velvet Falls....I was following Richard and I saw his oars become windmills at high rpm, and he disappeared below the horizon line. Later Bob Bailey asked me how I made that move at Velvet...my response was "**That's Because**" I'm a Boatman.

The MF is a great kayak river. From 4.0 feet and lower there are tons of play spots. On this trip we passed two other kayak only trips. Meaning 10 -15 or more kayaks and the support rafts. The kayak trips had a blast. They were playing every wave and hole. And...they were all wearing dry tops, that water is cold despite the intense sun. Our first day was the longest day in river miles, 18.

The second day would be shorter...14 miles. This was an easy day drops wise, only three, Artillery - III, Cannon Creek - III and Pistol - IV. Artillery was a straight run and waves and holes, Cannon Creek

was similar to Artillery. I was getting used to the slow response the 16 foot Avon would show. I got my timing down and was starting to practice some moves, like spins, downstream ferries. It was nice to not have to bail and let gravity do the work of moving water out of the boat.

Passenger wise, welll the entire trip I never had a passenger, folks were either in the inflatables and the ladies were in the paddle boat. This was the first trip I was "solo" the entire time on the raft.

The other big drop this day was Pistol at River Mile 21. Pistol has a long lead into it. The river starts wide and then chokes down to about 30 feet wide in one spot where the current makes a "chicane" type move. Rock piles and cliffs constrict this chicane route. In addition to very strong eddy lines and crashing waves about four feet tall that push you into the cliff wall. This was shore scouted.

Andre was first, me second. He disappeared around the bend and not seen till the bottom of the drop. The rest of the trip was on river right overlooking the drop and had cameras ready. The approach was simple enough...stay in the green, pull on the oars to slow it down a little and get ready. I approached the top of the chicane, the rock pile on my right and reaction waves coming off it. I hit the bigger waves head on, kept the raft straight and was shot right towards the cliff. I dropped the oars into the water to act as brakes and still facing the cliff came to a near stop and the flow started moving me away from the cliff. Plenty of room. I eddied out below waiting for the rest of the trip. While waiting, a kayak trip came through and they all did pretty good. There were some back enders, eddy line spins, attempted splats, mystery moves and only one swim. After Pistol was Pungo Canyon at River Mile 27. The river narrows down, no drops but fast boogie water, cross currents, sleeper type pour-overs and a neat section to row.

The second night camp site was Little Soldier on river right. Another nice spot with thick pine tree canopy and level spot for the kitchen. Bob set up the Groover in a scenic location over-looking a small creek. Not to be sexist but some of the ladies commented one needs a rope to get down the slope to the Groover. The answer was...walk carefully down the slope to the Groover.

Third Day: We past one of several dirt landing strips along the MF. Some are owned by the US Forest Service, some by private land-owners, none-the-less plane activity in the canyon itself is not much. This was the quietest day rapids wise. There were two only of mention, Marble Creek and Jackass. Both of these are Class III's at 3.8 on the gauge. As usual they were boat scouted and good little rides. Art, Jr was in the Kayak today, His dad; Art, SR was in the inflatable. It was really neat to see father and son paddling together. The paddle boat with the ladies was getting more water fight practice with the other rafts and I just vegged on my raft. My voice was coming back, not to full volume but the laugh was still pretty quiet. This section of the MF, mile 34 - 48 are great for a practiced beginner kayaker. Tons of on the fly play waves, eddy lines for squirt moves, and just floating and take in the scenery. One of several signs of civilization we past this day was the Middle Fork Lodge. (Where the USGS gauge is). There is a pack bridge here, a dirt landing strip and several guest lodges for hikers and fly-fishermen. These lodges cater to "well heeled". AKA---yuppie gumbies living on their credit cards.

So far the drops run were mostly ledge type with boulders lodged on them and constrictions from large side creeks coming into the river. All the drops were easily run. One thing about the MF is when a creek goes into flash flood tons of rock and LARGE trees flow into the river. A week after our trip, the creek above Pistol flash-flooded and poured so many trees into the river they "clogged" the chicane at Pistol Rapid. Raft trips on the river had to portage around the blockage, some trips hired packers to get all passengers and gear out

of the canyon by horse, others waited for the blockage to clear itself. The National Forest Service came in with TNT and blew it apart. It was cleared out in one shot.

The Kayaking Chronicles to be continued in the November issue.....

Keel-Hauler's lost a dear and long time friend with the passing of Marty Kopp Sept. 6th. Old-timers will remember Marty and his wife Shirley as long-time Keel-Hauler members very active in the 70s and 80s. Marty, 80 when he died, was an avid C-1 paddler enjoying trips to Maine, Colorado, Ontario, Idaho and of course all our favorite nearby rivers. He participated in many bush-country wilderness trips in Canada over the years. Because of their home in Jamestown, N.Y., Marty was never an officer of the club, but he could always be relied on to help with the Yough Slalom and Vermilion River races. Many will remember their beloved miniature dogs that accompanied them everywhere. A small private memorial was held in Jamestown on Sept 14th, and his ashes will be interred in Pittsburgh. Condolences can be sent to Shirley Kopp at P.O. Box 27, Jamestown, NY, 14702. Godspeed Marty, we'll miss you!

Charles Annable, campusvideo@yahoo.com, 440 775-7422



Bob Nicholson's Wife, Dawn Lally, Dies unexpectedly Saturday 8/26/06.

Dawn was 36 and collapsed while eating with her teenage daughter. "She was an incredible caregiver," her husband said. "Anyone that just needed a hug or a helping hand, she would be there. "She was lively and bubbly and always upbeat."

Surviving are her husband, Bob Nicholson; daughter, Natalie Pinson; stepdaughter, Elizabeth Nicholson; parents, Robert and Diana Lally; and brother, Brad Lally.

Nov.			Pay Dues	
11/4	Slippery Rock	13-19	Tim Taubert	440-256-2506
11/11, 18, 25	KH Roll Session at Lakewood pool		Judi Cleary	440-289-5511
11/14	Club Meeting at Middleburg Hts Community Center		Tim Brightbill	330-721-6822
11/19	Slippery Rock	13-19	Ross Brinkerhoff	440-286-1476
11/25	Slippery Rock	13-19	Brett Mancino	216-570-7382
Dec.			Last Chance to Pay Dues	
12/2	Slippery Rock	13-19	Cliff Wire	440-439-6541
12/2,16	KH Roll Session at Lakewood pool		Judi Cleary	440-289-5511
12/9,16	KH Roll Session at Orange pool		Judi Cleary	440-289-5511
12/12	Club Holiday Party at Middleburg Hts Community Center		Tim Brightbill	330-721-6822



KEELHAULER KA-NEWS

NOVEMBER, 2006

**Next club meeting is on Tuesday,
November 14th at 7:30pm,**

at the

Middleburg Hts Community Center

16000 East Bagley Road

[Map to Meeting](#)

Program: Jim Hunt will present a slide show about his summer in Canada as a wilderness canoe trip guide. A story about the trip was in our October newsletter.

Also Next Year's trip planning by Mike Duvall.

2007 Membership Dues

All club memberships expired on October 1st. Please mail a \$20 check for your 2007 membership dues.

**To: Keel Haulers Canoe Club
1649 Allen Dr
Westlake, OH 44145-2506**

Or you can pay \$21 on-line using Paypal Use this link and click on the Paypal Logo - <http://www.keelhauler.org/khcc/khcapp.htm>

Or just use your Paypal account and send your dues payment to dues@keelhauler.org

All Keelhauler Members can get \$10 off their yearly AW membership dues. If you would like to join (or renew) your AW membership on-line, you will need the Affiliate Club Code for Keelhaulers Canoe Club.

Enter **CL10kcc** in the field provided to get your \$10 discount. Here's the [link for joining AW on-line.](#)

As we get ready for the 2007 yearbook to go to print please make sure all your contact & paddling preference information is correct by reviewing an on-line copy of the yearbook.

Roll Sessions

Sponsored by Orange Community Education and Recreation & Lakewood Community Recreation & Education Department. To be held at Orange High School Pool and Lakewood High School Pool.

Orange High School Pool Roll Sessions

We are still waiting to get exact dates for these sessions.

Lakewood High School Pool Roll Sessions

Sessions are scheduled on Saturday afternoons from **4:15-6:15 PM.**

Dates are: November 11, 18, 25, December 2, 16, January 6, 13, February 17, 24, March 3, 10. **Boats may be brought into the**

facility at 4:10 PM, and pool time begins at 4:15 PM. All must be out of the building by 6:45 PM. A charge of \$6 per person per session covers the use of the pool.

The sessions are unstructured, providing plenty of time to practice at your own pace. There is no formal instruction. However, there are always people on hand who are happy to demonstrate and provide assistance. If you want help with your roll, just ask. Extra kayaks and equipment are not provided. While it is often possible to borrow other peoples' boats for short periods, it is a good idea to arrange this in advance. Hand paddles will be available for learning hand rolls.

To maintain a good relationship with the Orange & Lakewood, there are a few rules to observe:

1. All boats must be clean. Remove the air bags and wash the boat, inside and out. Do this at home. Dirty boats are not allowed in the pool.
2. Sessions are open to the general public. Club membership is not required to participate. For those interested, membership forms will be available at the door. Annual club dues are \$20 per family.
3. The roll session at Orange High School is preceded by an Open Swim session. If you arrive early, please wait outside the building with your boats until 4:10 PM. Please bring in boats through the back emergency exit, which will open at 4:10 PM.
4. Please sign in and pay the lifeguard/manager upon entering the pool. **Please bring exact change to Orange High School.** Lakewood High School pool staff can make change.
5. We must avoid damage to the facilities and especially the pools' tiled surfaces. Remove metal rudders from sea kayaks. Do not bring aluminum canoes. Do not launch off the deck of the pool -- enter your boat while it is sitting in the water.
6. The pool may become crowded. In the interest of safety, neither free swimming nor diving is allowed. All children under the age of 18 must be supervised at all times by a paying adult.
7. **Helmets will be required, whether you are in a boat or standing in the water helping someone. This is for your own safety.**

Directions to Orange High School Pool...

The Orange High School Pool is on the south side of Chagrin Boulevard, between Lander and SOM Center Roads. It is two miles east of the Chagrin exit off I-271 (which is just north of the I-271 and I-480 interchange). From I-271 take the Chagrin Boulevard exit and head east. At the Lander Road turning circle stay on Chagrin Boulevard by taking the second road right. The school will be about one-half mile on the right side of the road.

The pool is in the west end of the building. You can see it through the two-story-high windows. Park along the west end of the building. There is a very wide concrete pad leading to a double set of glass doors on the pool deck. If you arrive early, drop your boats on the

concrete pad and go inside and wait until we are permitted to bring boats into the pool area.

Directions to Lakewood High School Pool...

Lakewood High School is at 14100 Franklin Blvd., and the pool is located in the back of the High School, so entering at the Robinwood Ave. entrance is easiest, especially when coming from I-90. Exit from I-90 at the Bunts Rd./ W 140th St. Exit and head north on Bunts to Madison Ave. Turn left on Madison Ave. and head one block to Robinwood Ave. Take a right on Robinwood Ave., which dead ends into the pool entrance. Kayaks should be brought through the delivery entrance/emergency exit, which is located just to the east of the Robinwood entrance. Pool staff will be stationed at the delivery entrance to assist you.

Cancellation Policy

If winter driving conditions are bad, the session may be canceled. When Orange Community Education and Recreation is closed, information is typically on local television and radio stations. We will also try to post closings on the Hotline at 216-556-4659 and Message Board. If Lakewood High School pool is closed, that information will likely be available on the pool's voicemail at (216) 529-4014, and on the local media as well.

Smiles and teeth on the Russell Fork

By Boris Glick



I've wanted to paddle the Russell Fork for a long time, but season after season, life intervened. It all changed last Tuesday, when Dave's phone call changed my plans for the weekend. Little did I know, just how much of a change it was going to be...

We rolled into the campground at a brisk 3:00am local time. I was still engrossed into the intricacies of the Afghan drug trafficking, but Dave didn't really get caught up in the story, and told me to get off the main road. So I shut off the

audiobook, and made him park his huge union-approved Ford himself, just on general principle. The campground had all modern conveniences imaginable, plus hot showers. I spent a few minutes deciding between a brightly-lit pavilion to throw my Therm-a-rest, and a pair of oaks for my hammock, barely visible behind a plush layer of poison ivy. Finally, the masochism won, and I set about hanging the hammock.

Within what seemed like thirty seconds, Bob was yelling that it's time to get up. In fact, it must have been somewhat longer, because Bob had time to meet up with Mike and George, drive to the same campground an hour and a half behind us, unscrew all the light bulbs in the pavilion, get a few hours rest, and screw the light bulbs back in place. Bob is a kind soul.

After breakfast and a short shuttle, we were at the put-in. The leaves were just turning yellow, and with the sun peaking through the wispy clouds, I was lulled into wearing a light top, one of those NRS

seal-skins. That turned out to be a bad move, but more about that later...

Four more paddlers joined us - Eric, Brian, Joseph, who knew the river very well, and Karl - another first-timer to keep me company. Because of all the things I have heard about the Russell Fork, I was a bit apprehensive. The river has a serious reputation, and on Friday it was running an insane 2500 cfs... But my fears were put to rest. This morning, the level was a standard 900 or so, and all was good with the world. I paid extra attention to stretching at the put-in, did some creative maneuvering in the warm-up rapids, and soon we got out to scout the first big one - **Towers**.



The name probably has something to do with the two sandstone monoliths a good twenty feet high that guard the drop. My first reaction, when I saw the line, was - you mean, that's it? Paddle on a straight line, land, punch through a tiny hole, and that's all? My second reaction was brrr, this is chilly. I pulled out a spare Polypro shirt and put it on. Everybody ran Towers cleanly. Mike chose a weird right line, and aced it. My Scud hardly noticed anything at all.

The next big rapid was Fist. That one had changed recently - the AWA website put up an advisory for it. After looking at it for a while, I decided that I was too cold to make up my mind. The line was easy, the risk was high. So I portaged. So sue me. Bob had a clean line. The rascal. Everybody else took the high road - high up through the bushes and boulders on the left bank.

The next drop, called Maze, was pure fun. Intricate moves between boulders, with an obligatory undercut on the bottom to spice things



up. Lovely! I was beginning to wonder what I had been worried about, and feeling somewhat chagrined that I hadn't ran this river a few years earlier, when it would have made a much stronger impression on me.

Triple Drop was next. It's a bigger rapid, with a beautiful line and a scary eddy, feeding into an undercut - safely out of the way. One by one, we made the moves. I got quite cold while scouting, but there is nothing quite like a good-sized hole to punch (above a tricky drop) to put some warm adrenaline into one's veins.

The next big drop was El Horrendo. I was getting ready to become an iceberg (is there such a thing as a kayaksicle?), but the sun peeked out just as we got out of our boats, and my core temperature started to climb again. The rapid has a tricky approach, a smasher of a hole on the bottom (horrible bark but not much bite), and of course, your friendly neighborhood undercut on the bottom. (It's sideways though - nothing to sneeze at, but not life-threatening). Everybody had good lines, Mike ran an alternative route along the right side, and I got a pat on the back from your neighborhood friendly.

The last big rapid was Climax. (I've been told it's Foreplay, followed by Climax, followed by Cigarette. Don't ask.)

For me, scouting Climax was harder than running it, because I was using up all my energy to stay warm. When I caught myself mentally comparing the benefits of group hugs against asking somebody to pee into my PFD, I knew it was time to get back in the boat. Again, everybody had good lines, and the Scud treated me to a smoothest glide possible. I swear I don't deserve this boat!

The Cigarette got the better of Bob. Three racers passed us by in long boats. Two of them were female and quite attractive, so Bob did not heed the warning of the Sergeant-General and allowed his concentration to waver. We fished him out downstream.



Later on, we found the ladies at the takeout parking lot, and introduced them to their victim. I think they were amused.

And that was it. What a river, I thought! All smiles, and no teeth...

Oh, there was, of course, the paddle-out, with its majestic cliffs and bright colors of the fall. There was the play-hole at the takeout, where a play boater tried to teach me how to do loops - and I almost got one. Did I mention that I love my Scud? There was the takeout - right at the campground, with warm showers and a changing room. Bob turned the heater so high that it pretty much

converted the room into a sauna.

Sunday morning was foggy and a bit chilly. We ate breakfast at the lodge. We ran shuttle, and this time, I put on my dry top. This of course, cleared the sky of all clouds.

Somebody said that the water was higher (later I learned that it was 1100 cfs), but the river seemed the same to me. The line on Towers

didn't change, but the rapid grew a new hole overnight. I had to put some hurried strokes to get free, and Dave had to roll.

Fist looked meaner. People were running the far-right line (a.k.a. Fire Escape). I considered it, but the ferry didn't look good enough, and the consequences did. So I walked it again. Just like the rest of the group. Except for Bob.

I missed the move on Maze, and had to ferry in front of the undercut. But it's an easy ferry. At the bottom of Maze I caught up with Bob, and we ran the approach to Triple Drop together. Everybody else must have gotten tangled up upstream, so we were ahead of the crowd. Bob reminded me that the line was on the left, and we went for it.

Bob went over the drop first, and from the top I saw his boat turn and head back towards me. "Funny", I thought. "We didn't have any problems here yesterday". The current was taking me closer and closer to the lip, so I decided to bump him out.

I took a couple of stronger strokes, flew off the drop, and plowed into Bob's boat. The result wasn't quite what I had in mind: My boat stopped in its tracks, but Bob's didn't budge. Now the hole had both of us.

Don't know about the others, but when I'm caught in a hole, my world changes. I see in black and white and hear very little. One of the time-honored ways to escape a hole is to catch the outflow with the paddle. Naturally, this works best when one is upside-down. The hardest part is letting go and allowing a large hole to flip you, especially above a dangerous drop.

Rolling back up is just as tricky: Too soon, and the boat gets sucked right back into the hole; too late, and whatever was downstream is now up.

After a few cycles of flip-catch the current-roll ballet, I finally caught the downstream current and flushed out; but my roll must have been still stuck in the hole, because it certainly wasn't with me. On the second attempt, I caught a glimpse of the spectators on the left bank, receding at an alarming rate. "Going towards the undercut", I thought. "Time to eject".

After that it was calm, cool, and dark. I don't think I went deeper than a hundred feet or so. I remember swimming upwards towards the light, and thinking that maybe it's time for a new PFD, because I'm not feeling much of a lift here.

Then I popped up and saw my paddle and the boat bobbing in the water a few feet upstream. I got the paddle and used it to swim to shore. A boater helped me to catch my boat, too. Then Bob's green Mystic showed up, unoccupied. I tried to pull it on the bank, but walked off the rock shelf into the deep water, and had to swim back to shore. That's when it hit me - Bob wasn't around!

People from the opposite bank were shouting and pointing upstream. I thought of the undercuts there, and realized that if Bob was in one, I was the only one in the position to lower a rope to him. So I changed my plan from laying on the side and panting, to running upstream. Running didn't quite happened, but with a paddle for a walking stick, I found I could stumble along at a good clip.

What looked like two boulders from the water, magically turned into about twenty. They were liberally decorated with plastic bottles, empty motor oil jugs, and thorn bushes. I was trying to look down every crack, but Bob wasn't there.

When I rounded the seventy third boulder (I think), I tried yelling to the people on the left bank. My reply came from down below. There was Bob, curled in a fetal position above the waterline, with some blood on his face.

He swam all the way from the top hole. He had tales of seeing the hole from below - a new experience for him, when he was in the green water underneath and watched the white bubbles twist and churn above. He tried to climb out of the nasty eddy on the right of the drop, and didn't make it. He got stocked under water somewhere, and somehow found his way out. I rigged a stirrup to help him up on the rocks, and soon he was stretched up there, contemplating the choices of puking, pissing, or passing out. He settled on asking me to bring him something to drink - swimming is thirsty work.

At the end, it all worked out. Bob's paddle was never heard off again, but the rest of the gear made it. We even fished out his throwbag. And we had three breakdowns among us. Mike and George waited upstream, following the golden rule that I violated - don't add to the victim count. Later, they portaged Triple Drop. Dave ran the drop and came up to help Bob and me. We ate George's chocolates. The rest of the run was somewhat anticlimactic. My knee was pretty sore and started to swell, so my leg didn't bend very well. Getting in and out of the boat was tricky business. Dave took point and led us down the most conservative lines he could find. Climax flipped me, and I carried El Horrendo.

On Sunday, that river definitely had teeth in it. A toothy grin? Yet, a smile it was. The sky cleared up completely, and the gorge was as pretty as can be. I took some pictures of it.

At the end, I've got to say - I love this river, teeth and all!

P.s. Here are links to some more pictures:

http://public.fotki.com/Glick/whitewater_weekends/russell-fork/
<http://public.fotki.com/MikeCroak/russell-fork-octobe/>

THE KAYAKING CHRONICLES

By Richard Dabal

KAYAKING KRONICLES GO WEST

OR...“That’s Because...”, Part 2

The third night camp was at Loon Creek. A prime spot to get. Reason is ½ mile up Loon Creek is a great hot spring. We got to camp early so we could get maximum soak time in the hot spring. That night the first of what would be a nightly ritual took place. The late afternoon thunderstorm/shower. They lasted about 10 minutes but packed some pretty strong winds and moderate rain. A few times all of us were holding down the tarps. If you weren't holding a tarp you were going tent to tent putting heavy rocks in them to hold them down. We had some laughs during those moments.

The fourth day. We floated from the 48 to 62 mile marker. This day we ran Tappan Falls. Actually there are Tappan I Rapid, Tappan Falls, Tappan II Rapid and Tappan III Rapid. All the Tappans were easy to run. We shore scouted Tappan Falls, mainly for photo-ops. Tappan Falls was an easy right side run. Easy entry long wide ramp into the drop and a series of waves and crashing waves. No really powerful cross currents and no pour overs in the right side run. Rocky (Bernard) was in one of the inflatable's this day. He took a river left entry, attempting a slot move. The sequence of shot documenting his run were best shots of the trip. Rocky at the top of the drop, Rocky flipping over in the slot, Rocky goes submarine, Rocky re-surfaces next to his boat with his eyes WIDE open. After this

Camas Creek came in from river right and Camas is one of the larger side creeks. We camped at Funston this night and got the usual later afternoon thunder/lightning and rain show.

Fifth day. We floated from the 61 to 75 mile marker. This was another fine day of moving water and only two drops of note; Haystack and Jack Creek. Also, and something that is very important to a lot float trips is we would float past the Flying “B” Ranch. The biggest dude ranch resort in the canyon and a source of ball caps, tee shirts, ice, ice cream and beer. All of this flown in and sold at premium prices. It was light rain when we got there and did not want to stay long. We got ice, I looked around taking note of the dude ranch guests with their “B” ranch shirts, caps and beer can in hand. The kind of folks that populated this enclave of yuppie-ism arrogance looked exactly that. “Lets fly to the wilderness, sleep in air conditioned cabins, drink more beer, get fatter, go home and tell our friends we were in the wilderness”. Yuppie swine.

Below the ranch was Haystack Class III+, River mile 68. This can be shore scouted on river left. At the level we were running at, one could do a far river right run or start left of center and run to the left. There were large boulders throughout the drop (kind of like the drops in the Cheat Canyon). It was easy to imagine the drop at higher water, the boulders covered and creating some big holes. I took one look and saw my line. I was going to have fun with this one. I started left of center, downstream ferry into the eddy behind the first boulder, spun around and pulled for the next eddy, got that one and downstream ferry into another eddy. It was a good ride. The other folks went river right which was a straight shot. Later Brant and Bob said I was really working on that rapid. I said....**That’s Because**....I am a Boatman.

It was in this part of the canyon one started seeing the effects of the forest fires from a few years ago. Entire ridges burned clear of all trees, isolated groves of spared trees from the fires, and the skeleton like remains of burned trees still standing.

After Haystack you float through Jack Creek Canyon. The MF canyon narrows down into a tighter gorge. At higher water this would be fast ride with no eddies. The next rapid was Jack Creek, River mile 70, Class III+. At high water it's a roller coaster of big waves. At moderate levels it was right of center run and easily boat scouted. Again the kayakers were having a field day and the paddle raft used running this drop as an escape from the raft trip of Boy Scouts. The paddle raft made the big mistake of getting into a water fight with the Scouts. Big mistake. Once one Scout raft was “attacked” the other five Scout rafts joined in.

After Jack Creek, I, Patrick, Rocky, Art, Jr. and Tim hiked up to Johnson Point, on river left. The trail was typical western...graded and switch backs, a relatively easy hike. The views were worth it and we saw in the distance the thunder heads building up for the usual afternoon thunder, lightning and rain. Just a few miles down from here was the fifth night campsite...Survey Creek.

Survey Creek was on river left after a long calm stretch. It is a flat area, in a pine grove and really not much of a beach to land on. Plenty of rock though. Over time folks have cleared rocks out for a kitchen area and tent sites. Overall...a nice place to camp. The tarps were set up when the rain hit. This time the winds were pretty strong. All of us had to hold the tarps down and there were small white caps on the river from the downstream wind. It was over in fifteen minutes.

Sixth Day. Today we floated from the 75 to the 90 mile marker. We past through four drops of note; Waterfall, Redside, Weber, Upper/Lower Cliffside. So far we dropped close to 2000 feet and the terrain was much drier and fewer trees at river level. But up on the ridges one could see the effects of the recent forest fires. Along the river this day we stopped at Waterfall Creek, a nice place to sit for a while. The river side pack trail goes through here and the pack

bridge is just downstream of the falls. That water fall water was cold, All the large creeks are cold this time if year. We could still see snow on the mountain peaks.

After Waterfall Creek the Forest Service has a rule of only one night at one campsite. So one cannot do a layover on their site. Everyone has to move one. In this section of the MF Canyon sites get a little tight and most trips are getting off the river the next day camp sites in this area. Hence the rule.

A few miles downstream on river right is Veil Falls, a short walk over some boulders and onto a good trail. Veil Falls is a neat place to stop. It's shaded, quiet, only the sound of the wind and the falling water. There was a trickle of water off the falls, like a shower only a bit larger. All of us stood under the water at the bottom of good 100 foot fall. It did not hurt, didn't sting as the water hit you. Rocky practiced his yoga standing in the falling waters. It was good, different and refreshing. It was a good place for lunch.

The drops were more of the same. All boat scutable. Waterfall, Class III, River Mile 77, straight shot, Redside, Class III+-IV, river Mile 82. This is short, steep drop through large boulders stuck on a ledge. It was pretty straight forward. It was the first MF drop where the waves were getting powerful and larger...five-footers and crashing. Next was Weber, Class III, River Mile 83. Weber at this level was a wave train and easy. The last drop(s), Upper and Lower Cliffsides, Class III River Mile 88. The drops are like Upper and Lower Staircase on the Lower Gauley, back to back. Easy to run, you have time to set up. Just be ready because there is a sharp river left bend hiding your view of Lower. Camp for the last night on the river was Otter Bar...a prime place to camp.

Otter Bar at River Mile 90, is a long and wide sand beach. Plenty of room. The Groover had a nice view of the river. (SIDE BAR...by the end of the fourth day, my voice came back to normal. That said, When Bob, the man in charge of "Groover Management" made his "Last Call for the Groover"...He said it at "normal" tone of voice. Well, no one heard him. So me with the experience of informing folks about the Groover made that call....."LAST CALL GROOVER.....LAST CALL". That got everyone's attention and from that day on there were no more "Groover" related delays to leaving the camp site). Afterwards, Bob asked me why I would announce like. I related to him my Canyon experience followed by..."**That's Because**I am a Boatman".

The last night on the river was a good meal, nice fire, the last of the wood was burned up, and most of the guys took part in a bocci ball tournament. The tournament was almost cancelled when Andre, the half of the Andre-Jennifer team threw a bocci ball a little too close to her and she promptly confiscated the ball for a while until the tournament folks calmed down.

Last Day. We headed downstream, a little bummed knowing this was the last day. We would go from the 90 mile marker to Cache Creek on the Main Salmon at River Mile 99. In those nine miles would be the biggest drops in the whole trip; Rubber, Hancock, House Rocks and Cramer on the Main Salmon.

It was a typical day as the past six, sunny, clear sky, 85 degrees. By now the cold water at Boundary Creek put-in has warmed up to cool and comfortable. The clear water at Boundary Creek had given way to a bit cloudy. You can see a few feet below the surface, not the 8-10 feet like at the put-in. Over a hundred miles of river and sediment comes in clouds the views.

Rubber was the first drop, Class IV, River Mile 91. This is a long involved, technical rapid. It has a right dog leg turn in it and one has to be set up for that lower half just as you round that turn. The entrance at moderate level was kind of messy; there were a lot of pour-overs you had to maneuver around. The current was really fast in this one. There was little time to make these small moves and still pull right of the BIG boulder in the center. As always the main flow

took you towards that BIG boulder. I started center/little bit right of. I pulled hard on the oars to move the boat towards the right and still avoid the pour-overs and other potential wrap rocks. The waves in here were the largest on the trip/river. They all crashed over the bow and that self bailer was really nice to have on this run. Shooting past the BIG boulder I angled into the waves and hit them head on and still got several face full's of water. I eddied out below and waited. I knew the inflatable kayaks would have trouble. I was wrong. They made it through and they were all smiles ear to ear.

Hancock at Class III-IV and River Mile 92 was longer than Rubber but not as technical. I ran the center. The last drop of note on the MF was House Rocks, Class III-IV, River Mile 94. More BIG boulders choking the channel as you go over a ledge. Again as in most every drop on this river at moderate flow, you can boat scout and pick the line and go for it. It was straight shot at this level. Just a few pulls on the oars and a little to the left and that was it.

Before we hit the confluence of the Main Salmon and the Middle Fork, Andre, Jennifer and I waited for the rest of the trip. It was warm but the water was cool to walk in, nice sand beach to hangout on, some shade from big pine trees. After a while the rest of the group showed up and we started down to the Main Salmon.

Hitting the Main Salmon the flow more than doubles and the increase in power is very noticeable. The water color also changes to a dull green, no more partly clear water and it is warmer. We passed beneath a pack bridge, the last bridge of any kind for the next 130 miles. Below this was Cramer Rapid. Andre was talking of this drop all week. He flipped in it two years ago. Cramer was previously a gravel bar, until two years ago. Cramer Creek flash flooded and drop a huge amount of debris into the river. Overnight Cramer became a Class IV+ drop. His experience with the new Cramer Rapid was asking a raft guide from a commercial trip...Which way? The guide said RIGHT! As he floated past him. So Andre and Jennifer in their 13 foot raft run right...and promptly flip...in sight of the Cache Creek takeout. There is a nice long pool to the takeout from the bottom of Cramer so recovery is pretty easy. With that as a lead-up, we tied up and shore scouted the drop.

Cramer turns out to be pretty simple drop at moderate water (4,000 cfs). The center has a pyramid shape wave, about six feet high, that builds and crashes. The left side is very trashy and looks like a lot of sharp shallow rock. The right side, where Andre flipped, has two sharp irregular, diagonal ledges. The backwash from these two ledges will be enough to stop a raft and flip it. The line to run was simple; downstream ferry to right of center, avoid the pyramid wave and run a slot between that and the wave train to the right of center. Andre and I would run first. I was first to cast off. I set up and then waited for that moment to pull on the oars, the rest of the trip were on shore, cameras ready. I drifted down the ramp, started pulling, hit the eddy line from the two ledges, spun the raft to the right and hit the wave train head on. Looking up stream I saw Andre approach facing forward, pushing hard on the oars to make the right of center move. He made it. The rest of the trip came through in fine order.

One mile later....Cache Creek take-out. That was it; it was over, seven days on the Middle Fork. Within an hour we were all de-rigged, boats washed out and ready to be rolled up. There was a lot of room at the take-out, picnic tables, shade and a concrete ramp from the water. The outfitter's van arrived and it took another good hour to overload it. Fourteen folks and river gear jammed into a 14 passenger van. Brant, the trip leader pointed at the last camp for everyone to have a fresh tee shirt for the ride out. Good point, four hours in a cramp van with smelly poly pro would be grounds for making you ride up on the roof rack. Speaking of which the roof rack very top heavy...It made the 4 hour ride to Sun Valley interesting. The van

more than a few times drifted across the double yellow line. I noticed the driver really holding onto that steering wheel.

Patty and Tim had a place in Sun Valley and graciously offered it as a way station back to civilization. Shortly after we got to their house, their driveway and yard was covered with tents, sleeping bags, clothing drying out in the sun. Their neighbors gave us some strange looks. Later on at dinner Joanne, Lisa and I were talking and they asked questions on where I learned all the river knowledge, etc., I said....**"That's Because...."**I am a Boat man". I looked over at Bob and he shook and head and laughed. We spent the next day in Sun Valley, I did some hiking, some folks went window shopping, and some had to leave later that day for home. Well the good byes went out, the emails exchanged and the hugs, handshakes and folks left. For me I had to leave 4:00 AM the next day for the 2.5 hour drive to Boise for an 8:00 flight. It was a pretty sunrise over the mountains to the east. But all too soon, I was on the interstate, at the airport and checking baggage.

I'll be back there. Maybe in a few years but I'll be back there. And....Remember what Sargent Esterhouse always said...."Let's be careful out there".

MARY CHRISTMAS!

The Rock Slips in a Li'l Lesson

by Rick Feinberg

This year we had an unusually wet summer, making rivers in our area not just runnable but fun even in late August and early September, when they're typically way down. At the beginning of September, Hurricane Ernesto sauntered through the area, and every paddler in the eastern US must have been out on his or her favorite river. Nancy, my wife, had been unable to paddle all summer since breaking her clavicle in a bike accident. But it was healing well, and I'd been trying to get her back out on the Slip to hone her skills. On top of that, Pat Guzowski put out a call on the club's message board, and I got an email from Andy Gross proposing a Sunday expedition on September 3rd. Our friend, Meg Gabelman (a former *Kanews* editor), wanted to resume her paddling career, and we invited her to come with us as well. On Saturday, the river hovered around zero. But by Sunday morning it was well over two feet, and when we got to the mill it was right at two-and-a-half.

The high water attracted a good crowd at Rose Point. The day's paddlers included Pat G., Andy G., Meg G., Nancy G., two Marys ("Big" and "Li'l"), Judi Cleary, Larry Forsyth, Erin Bethay, Jill Noel, Mark Stang, Tim R., Martin, Igor, Floyd, Bill, and several others. With the elevated river level plus their accumulated rust, Nancy and Meg opted to run only the lower. Andy had had a difficult outing a few weeks earlier and also decided to stick with the lower.

As it turned out, we had a dozen boaters on the upper section. It was a good, strong group, so no one felt it necessary to baby-sit. The least experienced was Jill. Li'l Mary expressed some apprehension, saying she'd had trouble at high levels with Airport and Triple Drop, particularly in her little play boat. And Judi, who has paddled difficult rivers for years in her shredder but is making the transition to a kayak, also voiced concern. She did have a brief swim at Airport but, remarkably, that was the only misstep on the gorge despite the large number of paddlers and high water. In a couple of places, Jill leaned the wrong way but managed to stay upright. At one point Mark capsized and took three or four attempts before hitting his roll. There were a few other pretty routine combat rolls, but nothing out of the ordinary.

I ran probe on one or two rapids and was among the earlier boaters to go through most of the rest. But since I haven't often run the Slip at more than two feet, I usually let someone else go first to demonstrate the lines. The five-foot waves, deep holes, squirrely currents, and frequent faces full of water—which sometimes made it necessary to paddle blind for several seconds—provided an adrenaline rush that one doesn't usually experience on this river. But equally gratifying was the behavior of my companions, who made sure before and after every rapid that we were all together and knew what was coming next. Big Mary, in particular, took it on herself to act as coach, describing each drop in detail and giving little pep talks for everyone who was new to the river or new to it at this level. She repeatedly reminded Li'l Mary to lean forward in her play boat and encouraged Jill to keep her paddle moving. Pat was not as vocal but actively helped guide the less confident paddlers. Most of the group proceeded with quiet self-assurance as well as obvious concern to help each other in case of trouble. No one stopped to play, but Pat was doing squirt moves all the way down and took some pretty aggressive lines. And just running the river in a large group at high water meant it took a fair amount of time to reach the takeout. The sky was cloudy with occasional drizzles and just a few momentary patches of sunshine. The air and water temperature were in the mid- to upper sixties—just a little chilly even with two layers of Capilene under my dry top.

The only mishap was Judi's swim at Airport. She didn't capsize until hitting the stopper wave, and it looked like she might wash into the undercut on river left. Fortunately, there was enough of an eddy that she wasn't forced into the rock. As she got herself to shore and started emptying her boat, several paddlers called out to ask if she was OK and if she needed help. Of course, she wasn't going to say "yes," so I just paddled across the river and walked around a couple of boulders to keep her company. She would have done fine on her own but seemed to appreciate my presence and logistical assistance. At the Mill, she didn't feel quite right and decided to stop there. Several of us later commented favorably on her willingness to use good judgment and not give in to possible issues of pride or embarrassment.

We got to Eckert about 1:30, where we were met by Nancy, Meg, and Andy. In addition, Bill and Sue Kane joined us in an open canoe, and Jen and Jeff in kayaks. The latter two are only in their second year of paddling; but they had good boat control and no problems. Several paddlers from the upper section left—Big Mary, Igor, Martin, Erin, and Floyd. So the group on the lower was about the same size as the one that had just run the gorge. I was concerned about Nancy because her left shoulder still had limited strength and mobility, and it was almost three months since she'd paddled on whitewater. And I was concerned about Meg because she hadn't been on a river in several years. In addition, Pat expressed some concern about the two open boaters. All the more skillful paddlers gladly added their watchfulness, and Li'l Mary agreed to run sweep despite some anxiety about how much she could help a swimmer in distress with her play boat. Again, everyone did well with two exceptions. Andy swam at Pillow, the fist Class II drop. Pat towed him to an eddy, and Tim and I helped out a bit with Andy's boat. He was a little shaken but continued on and experienced no further difficulties. Tim befriended Meg and gave her some encouragement early on, but after the first few rapids she was fine. And Nancy had no problems controlling her boat, nor did she have unusual pain in her shoulder. The one other swim, however, was potentially serious.

At Stupid Rock, I ran the first part and stopped in the eddy just behind the boulder to set safety. Pat had gotten out of his boat on a

rock a little farther downstream and was standing there with his throw rope. Nancy, Mary, and the open boaters sat for a long time in an eddy just above the rapid on river left, looking things over and discussing the lines. Bill and Sue said they typically run a sneak route on the far left. It seemed to me from scouting it last spring that the chosen route would take them across a pour-over with a recirculating hole below. But the four of them agreed that it looked like the best option. The open boat ran it smoothly, as did Nancy in her Piedra. Mary seemed to run the same line, but with her smaller kayak found a keeper hole, came out of her boat, and got kept. Eventually, the boat was freed to float downstream on its own, but Mary must have stayed in the hole for fifteen or twenty seconds, getting worked and reworked. By that time I was the only one still in the area and did my best to reach her; but it meant paddling against a strong current, and progress was slow. Meanwhile, she was tiring and began to swallow water. When I got to within thirty feet, the hole released her. She drifted toward me, grabbed my stern, and we quickly reached a friendly eddy. At one point I had Mary on my stern, her boat on my bow, and a couple of rubber pads directly underneath my kayak. But I soon lost the equipment, and left others to retrieve the gear. After several minutes of rest, Mary regained her strength and composure, got back in the boat and continued quite capably to the takeout.

Nancy and Meg said repeatedly that they felt good about their outing. Andy seemed a bit annoyed about his swim but really paddled well the rest of the way. Judi will obviously continue to paddle, perhaps relying on her shredder for high water. For most of us, it was a great day on the river. But Mary's story has a moral. Experienced whitewater boaters tend not to take Class II rapids seriously; but at high levels they can pack a lot of power and lead to serious accidents if one encounters a feature the wrong way. Mary had just run the gorge without difficulty, yet had a narrow escape on a Class II drop on the lower section. Momentary inattention or misjudgment can have serious consequences even on a seemingly innocuous stretch of water.

The Kayak Roll Head Game-Part I I **One man's journey to swim independence!**

by Rob Hammond

Ok, where was I when we ran out of ink last month? Damn... I knew I shouldn't wait until the last minute to write this part. Ok if you didn't read the last month's article, you better go find a copy right now, it is on the Internet, read it, cause this part isn't gonna make much sense, unless you read the first part. After the article ran, I received some good pointers from people who had Dr. HG problems, so next month I will talk about some things that have helped other people. And if you have some experiences that you would like to share drop me a line, Rob@SCD-Corp.com (Names can be changed to protect delicate egos!).

As you remember last month we talked about how easily it was to have our head messed with when we are upside-down in a wet and unfriendly environment. The Good Dr. Head Game likes to fool us by speeding up our sense of time, so that what we think is 30 to 60 seconds of inhospitable upside down time is really more like 2 to 4 seconds. We also talked about "teaching our muscles" the technique. When we know any technique well enough that we do not have to consciously think about it, we are not as easily distracted when we have other entertainment competing for our attention.

So why is it that we can swim under water for 20 seconds without any panic, oh yeah... we may have a hankering for a breath of air, but we don't feel the sense of panic that we get after just a couple of seconds in an upside-down kayak? The answer is: when we are swimming we don't have the trapped feeling, we can come to the

surface anytime we want. But when you are upside down in a kayak, you feel trapped because your legs are inside the boat and you can not swim to the surface. Now the objective amongst us, would point out that exiting an upturned kayak is a simple move that you can do in under one second. We all know that, but our friend, and I use the term most loosely, Dr. Head Game somehow makes us forget how fast we can get out of the boat. And now that he has us just a little concerned, he feeds on our fear and starts turning the time acceleration dial. You may have observed this phenomenon yourself in a pool. You are upside-down and after an eternity of thrashing, you can't seem to right your boat. Your lungs feel like they are going to explode and you can't wait a moment more. Fortunately your buddy is there with a bow to rescue you. As soon as you put your hands on your buddy's boat, with your head still under water, your panic subsides, and you seem to have all of the time in the world to bring your head up for that breath of air.

It is the trapped feeling that is the first hurdle that we have to overcome to get our head game under control. This trapped feeling can have a devastating effect on some people, to the point that it affects their boating even when they are upright. These people have the experience and skills for class III rivers, but are still very tentative on easy class II rivers. When someone is consumed with the fear from feeling trapped; don't bother trying to use logic to try and talk them out of their fear. Their rational brain knows that they aren't trapped in the boat, but Dr. Head has such a grip that he does not let reason penetrate to the Fear Central Command (FCC). The FCC is that part of the brain that protects us from doing stupid things that could qualify us for the Darwin award. You know, things like playing baseball on the freeway, or unless your name is Kennedy; playing football on skis on a steep, wooded Aspen ski slope. The FCC has an important roll in the survival of our species and therefore has a direct connection to the Senior Commanding General in our head.

So what to do if Dr. HG is blocking reality from getting to the FCC? My experience is that you have to start from the beginning and do some wet exits, just as you did, or should have done, on the first day you were in a kayak. Then slowly progress to activities that increase the hang time in an inverted boat. You can't rush this phase, and you may have to go back to it from time to time. Cause, if the FCC rules that boat inversions are the equivalent of standing in front of a speeding locomotive, then boating is not gonna be something that you can put on your A list of fun and exciting things to do.

Main Squeezes respond much, much better to instructors that they don't sleep with.

Now this is to all of you out there who wanted your Significant Other (SO), to enjoy the sport that you have a high addiction level to. However, you just couldn't get them interested. Oh sure... they gave you all kinds of reasonable sounding rationalizations, but the real reason is very likely that their FCC, courtesy of Dr. Head Game, will not allow them to play with rattle snakes or skirt into a tippy little plastic boat and put onto water that has strange currents and obstructions that do inexplicable things to the craft. Those of us who have been in this sport for more than a month or two have seen our buddies bring their main squeeze to the river anxiously waiting for them to catch their whitewater addiction. Now look around and count the number of boating couples that you see, I don't know about you but... I don't need both hands to keep the tally! Now why is that? The primary reason is probably that you nominated yourself to be the head instructor! That Bunkie, is a bad idea! Leave the initial instruction to the professionals! You might be very capable of teaching your buddy, but Main Squeezes respond much, much better

to instructors that they don't sleep with. If I have to explain this to you any further, then let me refer you that Mars and Venus book.

Ok, so you're smart enough not to fall into instructor trap. The next challenge is way harder. That is the one where you expect them to progress twice as fast as you did. You are anxious to get on the rivers that you can have fun on, so we engage in a little harmless skill inflation. Yeah, that is where, after a month on the river, we tell our SO that they are good enough for that class V river that we love! Ok, maybe I exaggerate just a little, but you get the idea. We tend to not spend time on the basics. And the most crucial basic, is to make sure that the new boater is comfortable when they are not upright. If you blow by the wet exits, Eskimo rescues, and just feeling safe upside-down in moving water, then the FCC is going to kick in and put the brakes to any future forward progress! Now while we are on this couple message, let me point out that us guys are the biggest offender turning our SO away from whitewater boating. But I don't want you chicks to set back and think you aren't the cause of couple-less boaters as well. You have an even bigger challenge with your SO than the guys. And that is due to the Machismo factor. If you spook a guy on the river, doing a sport that you that you are already better at then he, than don't expect a second chance. A chick is far more motivated to spend quality time with her guy; and a guy is way less motivated to engage in a sport that has spooked him, and that he feels like he is a klutz at. So the boater dud's girl will go for the full 3 strike count before she hangs up her rubber skirt, where the boater chick's guy, will very likely bail after the first intimidating inversion!

So now, for what ever reason, we find our self with Dr. HG sitting back with a big grin on his face and our FCC has put a stop to any further Whitewater fun. You all have heard your doctor say that it is easier to prevent a medical problem than it is to cure it. The same applies here, when your FCC has put you in Whitewater Fun Arrest (WFA), you will need to spend some serious time in the Intensive Boater Rehab Unit (IBRU). All kidding aside, once boat inversion fear has overtaken your rational thinking, it is hard to push that fear into the background where it belongs. My experience is to start with wet exits. Note to WFA sufferers; you will need a patient buddy to help you out here. Now you may want to write off this step as too elementary. DON'T DO IT!! We are not trying to teach a technique here, we are trying to break down a big reinforced concrete wall that you have built up in your mind. Once a comfort level is established with several wet exits, work on increasing the hang time underwater, start with 3 seconds upside-down before exiting, and move up to 5, 10 and 20 seconds. Also use the same technique on Eskimo rescues where your buddy moves his boat close to provide a bow for you to pull yourself up. Work up a 30 second hang time for a bow rescue. Once you establish a comfort level with these drills in still water, try them in moving water, especially waiting for the Eskimo rescue. The goal here is to keep your fear under control, while you are upside-down in moving water. Above is a treatment regime I have used for boaters in full WFA. Most of us don't need that intensive of treatment. Instead of a full blown case of WFA, we may just be suffering from Boat Inversion Anxiety (BIA). This is a whole lot easier to treat, you may want to start with doing bow rescues and gradually increasing your hang time, but don't ignore this, in extreme cases it may lead to full blown WFA, but at the very least, it will keep you out of the Bombproof Roll Club. You may scoff at BIA, but let me tell you we all have BIA to at some degree.

Here is a tip from John Kobak, who, even though he is older than dirt, still can execute a roll once in a while. "At the top of a significant rapid, one that I see some of you boaters slip on your nose-plugs, try taking at least three really deep breaths." What this does, if you find

yourself upside down in the rapid, is tell you're FCC that you really don't need to breathe for a while. This actually turns off your BIA and allows you to clearly think about your roll without any distraction from little things like wanting to breathe.

I used to think that some people were exempt from BIA. Take my buddy Matt (Ratt Boy) Muir; he had a reputation of being able to roll anything, anytime, anywhere, every time. We all assumed that his super human stamina was due to the fact that, well... he wasn't really human. With his personality it was quite easy to believe that he was an alien life form that only needed air to blow off his insulting comments to us. But even the mighty Ratt succumbed to BIA. I remember the day, 5 years ago, like it was yesterday! He and I ran the Upper Yough in the morning and in the afternoon we entered a down river race on the Cheat Narrows. I was the only one to show up without a sleek racing boat. When I saw my competition I thought that the only way that I would not come in dead last was to cheat, or if someone swam. To make this delicious story short, my buddy Ratt saved me from the shame and dishonor by taking a swim in his rickety and unstable race boat, and taking my rightful place as the last place contestant! So if we all have BIA, what do we do about it - as we try to move to swim independence? I think the most important things are: Practice, Patience, Focus and Tune-out. We talked about practice last month.

PATIENCE - is needed to wait for the right time. Frequently when we flip, the conditions are not ideal for an immediate roll, so wait until your boat stabilizes, or gets out of the foamy and aerated water where you paddle can't get any purchase. And of course; forget what Dr. HG is telling you. You generally only have to wait for a few seconds for conditions to improve.

FOCUS - on proper technique, when I miss my roll, I tell myself to slow down, go through the basics and focus on using good technique. Generally my problem is that my head comes up too soon, so a roll failure is my cue to keep my head down.

TUNE-OUT - is typically a big problem for newer boaters. They need to learn to tune out the distractions, things like bumping in to rocks, turbulent water, and most importantly Dr. HG. A technique that worked for me: was to analyze what went wrong after every swim. I started cataloging things that should not have been a problem but were, things like bumping into a rock, being stuck in a hole, pinned against a rock or breaking a paddle blade. When I came across the situation again, I recognized the problem and that it was not a threat. It was sort of a "been there, done that" moment. Oh... you ask, what do I do when I break a paddle blade? I admit that it does not often happen. but the solution is simple: do an offside roll, that will put you on the good blade! pinned upside-down, and ready to bail out? DON'T! most of the time you will wash off the pin if you are patient, use a little rocking action, push or pull your way off the rock, and again, don't forget to use your offside roll, if the onside roll is not working. Raft run over you? I have seen people push their way out from under the raft. The main thing is; don't let a little adversity freak you out, there is plenty of time to pull the rip cord, so try a few things first, you may be pleasantly surprised to find that the bombproof roll club is not that hard to get into!

Remember it is almost always safer to stay in your boat and roll; than it is to bail out and swim. It really is!!! I can only remember 2 situations that I had to swim in the last 15 years. One was when my boat was caught in a sieve. I had to wait until they shut the water off at the Gauley dam to get my boat out. The second was when I dislocated my shoulder; caused by over reaching on a high brace. Come to think of it, I should have just done an off-side roll using my good

shoulder (I violated the Tune-out rule), so make that one mandatory swim! Now trust me... I have had more than one swim, but I only had to swim once. That means I have had at least 500 needless swims!

Send me your stories of what has helped you get over your boating fears, and we will continue our talk next month. Here is a hint, clip this article out, tape it to the fridge, and review it frequently when the boating season starts. Mean time, I ran across the following internet sites that have some useful info on kayak rolling. See Ya soon at the Bombproof Club meetings!!

Another Resource on rolling:

<http://www.endlessriveradventures.com/bo mbproofroll.html>

Until we paddle again my friend

We have all talked off and on if it came time for us to depart, we would wanted it to be on a river doing what we love doing best and that is paddling. We joke and laugh about it but deep down it is up to some other power to determine if that is going to be the way. Sunday, October 8, 2006 it was a glorious day in the low 70s and the Slip was running. So a few of us through emails decided to head out and enjoy a nice time on the river. Seven of us meet up on that fine day and only 6 of us walked away. If we knew that day would end that way would we still have gone out or would we have hidden from what fate has dealt, if given the choice again I still would have went. Keith Clarke loved that river and what a fitting place for him to have his last day with us and to go listening to the river in the background. Keith was such a joy to have on a trip and at pool sessions. He was always willing to lend advice to newer paddlers and always had his camera ready to take pics sometimes just at the moment you are about to do a cool move or at times when you just wished he did not just take that shot. Keith was both a sea kayaker and whitewater boater, and will be missed by all.

For those who do not know what happened on that day, Keith had been having issues with his right shoulder. It had been bothering him for most of the season and he hurt it again two weeks prior. At the Mill while we were taking lunch he decided he had enough for the day and wanted to walk "Miracle Mile". People in the group offered to come and pick him up at the mill so he did not have to do the hike, but as typical Keith he wanted to enjoy the hike and the rest of the day. He left behind his boat to come back to pick up and headed off as we were finishing up lunch. I believe what took him from us that fine day was a massive heart attack. So many came to help and flagged us down on the river. Everything that we could do was done but it was just not meant to be. It was his time and what a better way to go then by the river he loved so much.

Keith, I hope you fine endless whitewater and lake surf to keep you company until next we meet. Farewell my friend.

- lil Mary



2007 Club Election Results

President:	Ed Charlton	Trustee: 2005-2007	John Kobak
Vice President:	Mary Modesitt	Trustee: 2006-2008	Elliott Drysdale
Treasurer:	Rob Hammond	Trustee: 2007-2009	Judi Cleary
Secretary:	Andy Gross assisted by Bob Bair		

Nov.			Pay Dues	
11/4	Slippery Rock	13-19	Tim Taubert	440-256-2506
11/11, 18, 25	KH Roll Session at Lakewood pool		Judi Cleary	440-289-5511
11/14	Club Meeting at Middleburg Hts Community Center		Tim Brightbill	330-721-6822
11/19	Slippery Rock	13-19	Ross Brinkerhoff	440-286-1476
11/25	Slippery Rock	13-19	Brett Mancino	216-570-7382



KEELHAULER KA-NEWS

DECEMBER, 2006

**Next club meeting is on Tuesday,
December 12th at 7:30pm,
at the
Middleburg Hts Community Center**

16000 East Bagley Road

[Map to Meeting](#)

**Program: Annual Christmas Party
Pot luck dinner - Doors open at 7PM,
Dinner at 8PM.** Please bring a dish
according to the first letter of your last
name:

A-E: Dessert or Fruit

F-L: Main dish or Casserole

M-R: Salad or Vegetable

S-Z: Bread or Appetizer

All meetings are open to guests.

Keelhauler Meeting Minutes From November 14th, 2006

The November 14, 2006 meeting of the Keel Haulers Canoe Club was called to order by President Ed Charlton at 7:42 pm at the Middleburg Heights Recreation Center. 28 people attended.

New members or Visitors: Karen Czerniawski, Chris Meluch, Paul Boucher, Jim Kummerlen, David Norman, and Andy Lawrence.

Previous meeting minutes: none

Treasurer's Report: Rob Hammond reported the Club checking account had a balance of \$3267 and our CDs are valued at \$6040.

Trip Reports:

Elliot Drysdale hiked along the Upper Yough while it was at 2.8 feet of natural flow.

Some Club members attended the International Whitewater Hall of Fame induction ceremony in McHenry, Maryland. They also toured the new whitewater course constructed at WISP Mtn resort.

Safety. Chuck Singer reported on heart attacks while paddling, the risks of being infected by leptospira while paddling, the symptoms of leptospirosis, the importance of letting your health care provider know you're a river paddler, and advice to seek further information from www.cdc.gov.

Refreshments. Jim Hunt brought subs and carrot cake.

Library. Pat Guzowski reported new acquisitions include EJ's Playboating Basics, EJ's Advanced Playboating, and Step into Liquid.

Schedule. Michael Duvall posted the proposed trip schedule for 2007 and asked leaders to check the information and amend it accordingly.

Old Business:

A memorial, perhaps a park bench is possible at McConnell's Mill State Park to honor Keith Clarke. Cost is estimate at \$300-500, part of which may be provided by Keith's flower fund remainder.

New Business:

The December KHCC meeting will be a Holiday Potluck Dinner. The Club will supply drinks and table service.

Mary Modesitt reported preliminary results from the online survey of the membership regarding Club meetings. Many responses were received. Ed Charlton and Mary Modesitt will condense the opinions and present the items to the Board for discussion/action.

Adjournment: 8:10pm

Program that followed: Jim Hunt presented his canoe trip to the Hudson Bay.

Submitted by: Bob Bair / etc.

Why make Conservation Donations?

By Rob Hammond, Treasurer

As I have been getting the dues in this year, I have noticed that member conservation donations have been very low. So why donate to the club conservation fund when I already donate to my favorite river conservation groups? First I always encourage people to donate to river conservation and river access groups on their own. River causes are not things that the general population thinks about when they consider where to send their charitable donations. You will never find celebrities or telethons for river causes. So it is up to us, the people that know the most about the degradation and water quality issues that we all see when we go to the rivers we enjoy so much. If we can not support good conservation causes, then who will?

Why should you donate to the club's conservation fund? I think there are two good reasons. First, there are a plethora of river causes out there, which ones are the right ones for you? It takes research by people who are immersed in the issues. Currently Mary Modesitt is our conservation chair and she watches these issues a lot closer than I, or I suspect most of us. So if you want to get the most "bang for your buck" and you are not into the research, donate with us.

The second reason is that when our club makes donations, it gives you more clout than just your own donation will. When conservation groups see organizations make large donations, they tend to pay attention to what they would like to see happen. So if you would like to see some changes at the Cheat River take out, for instance, you can bring your ideas up to the Friends of the Cheat, or you can ask the Keel Haulers Canoe Club make a request. If the Keel Haulers have been making sizable donations, they will have more clout.

So don't stop making donations to your favorite groups, but put the Keel Haulers down for a small donation as well. If every member donated just \$10 to our

conservation fund we would have over \$3,500 to influence how our rivers are protected. Because of our good financial condition this year we donated \$2,100, which could have been \$5,000. But don't count on the club to make your donation for you this year. I expect a tight budget as we try to address improving our training program, so it is up to you to do your part to protect the rivers you love and enjoy. You can send your checks made out to the Keel Haulers Conservation Fund. Or you can add some money to your dues if you have not sent them in. The amount over the dues will go to conservation. If you have already sent your dues, send your conservation checks to me at 27600 Emery Rd., Cleveland, Oh, 44145.

Conservation Organizations supported by KHCC.

American Rivers	\$125.
American Whitewater	\$500.
Friends of the Cheat	\$500.
Friends of the Crooked River	\$150.
Grand Canyon Private Boaters	\$175.
Grand River Partners	\$150.
Lorain County Parks	\$100.
Nature Conservancy	\$150.
River Network	\$150.
WV Rivers Coalition	\$200.

Roll Sessions

These roll sessions are sponsored by Orange Community Education and Recreation & Lakewood Community Recreation & Education Department, and are to be held at Orange High School Pool and Lakewood High School Pool.

Orange High School Pool Roll Sessions

Sessions are scheduled on Saturday afternoons on December 9, 16, January 20, 27, February 10, 17, 24, and March 3, 10, 17. Pool time starts at 4:00pm and ends promptly at 6:00pm. **We must shower and be out of the building by 6:15pm. A charge of \$5 per**

person per session (\$4 for Orange School District residents) covers the use of the pool.

Lakewood High School Pool Roll Sessions

Sessions are scheduled on Saturday afternoons from **4:15-6:15 PM**. Dates are: November 11, 18, 25, December 2, 16, January 6, 13, February 17, 24, March 3, 10. **Boats may be brought into the facility at 4:10 PM, and pool time begins at 4:15 PM. All must be out of the building by 6:45 PM. A charge of \$6 per person per session covers the use of the pool.**

Added Roll Sessions:

In an attempt to meet the increasing demand for roll sessions, an additional three sessions have been added at Lakewood on **Sunday** afternoons. Rules are the same as for Saturday, but the sessions at 4:30 to 6:30pm. We are just having three initially to see what the demand is. The dates are February 11, 18, and 25.

The sessions are unstructured, providing plenty of time to practice at your own pace. There is no formal instruction. However, there are always people on hand who are happy to demonstrate and provide assistance. If you want help with your roll, just ask. Extra kayaks and equipment are not provided. While it is often possible to borrow other peoples' boats for short periods, it is a good idea to arrange this in advance. Hand paddles will be available for learning hand rolls.

To maintain a good relationship with the Orange & Lakewood, there are a few rules to observe:

1. All boats must be clean. Remove the air bags and wash the boat, inside and out. Do this at home. Dirty boats are not allowed in the pool.
2. Sessions are open to the general public. Club membership is not required to participate. For those interested, membership forms will be available at the door. Annual club dues are \$20 per family.
3. The roll session at Orange High School is preceded by an Open Swim session. If you arrive early, please wait outside the building with your boats until 4:10 PM. Please bring in

boats through the back emergency exit, which will open at 4:10 PM.

4. Please sign in and pay the lifeguard/manager upon entering the pool. **Please bring exact change to Orange High School.** Lakewood High School pool staff can make change. **All participants at Orange MUST complete a registration form with emergency contact information prior to entering the pool area. (attached if people want to fill it out in advance)**
5. We must avoid damage to the facilities and especially the pools' tiled surfaces. Remove metal rudders from sea kayaks. Do not bring aluminum canoes. Do not launch off the deck of the pool -- enter your boat while it is sitting in the water.
6. The pool may become crowded. In the interest of safety, neither free swimming nor diving is allowed. All children under the age of 18 must be supervised at all times by a paying adult.
7. **Helmets will be required, whether you are in a boat or standing in the water helping someone. This is for your own safety.**

Directions to Orange High School Pool...

The Orange High School Pool is on the south side of Chagrin Boulevard, between Lander and SOM Center Roads. It is two miles east of the Chagrin exit off I-271 (which is just north of the I-271 and I-480 interchange). From I-271 take the Chagrin Boulevard exit and head east. At the Lander Road turning circle stay on Chagrin Boulevard by taking the second road right. The school will be about one-half mile on the right side of the road.

The pool is in the west end of the building. You can see it through the two-story-high windows. Park along the west end of the building. There is a very wide concrete pad leading to a double set of glass doors on the pool deck. If you arrive early, drop your boats on the concrete pad and go inside and wait until we are permitted to bring boats into the pool area.

Directions to Lakewood High School Pool...

Lakewood High School is at 14100 Franklin Blvd., and the pool is located in the back of the High School, so

entering at the Robinwood Ave. entrance is easiest, especially when coming from I-90. Exit from I-90 at the Bunts Rd./ W 140th St. Exit and head north on Bunts to Madison Ave. Turn left on Madison Ave. and head one block to Robinwood Ave. Take a right on Robinwood Ave., which dead ends into the pool entrance. Kayaks should be brought through the delivery entrance/emergency exit, which is located just to the east of the Robinwood entrance. Pool staff will be stationed at the delivery entrance to assist you.

Cancellation Policy

If winter driving conditions are bad, the session may be canceled. When Orange Community Education and Recreation is closed, information is typically on local television and radio stations. We will also try to post closings on the Hotline at 216-556-4659 and Message Board. If Lakewood High School pool is closed, that information will likely be available on the pool's voicemail at (216) 529-4014, and on the local media as well.

If you have any further input on the roll sessions and the schedule, please let me know!

Judi Cleary, Pool Session Chair

KEELHAULER DUES ARE PAST DUE!!!

All club memberships expired on October 1st. Please mail a \$20 check for your 2007 membership dues. **If no changes are required, you do not have to fill out a club application or waiver to renew your membership, however one is included on the last page.**

**To: Keel Haulers Canoe Club
1649 Allen Dr
Westlake, OH 44145-2506**

You can pay your dues on-line for \$21 using Paypal. Use this link: <http://www.keelhauler.org/khcc/khcapp.htm> and click on the Paypal Logo.

If you have a Paypal account just send your dues payment to dues@keelhauler.org

All Keelhauler Members can get \$10 off their yearly American Whitewater membership dues. If you would like to join or renew your AW membership on-line, you will need the Affiliate Club Code for Keelhaulers Canoe

Club. Enter **CL10kcc** in the field provided to get your \$10 discount. Here's the link for joining AW on-line.

As we get ready for the 2007 yearbook to go to print please make sure all your contact & paddling preference information is correct by reviewing an on-line copy of the yearbook. At

<http://www.keelhauler.org/khcc/memb/yearbook6.pdf>
You need to use these passwords for access to our databases. User Name: dir; Password: see monthly e-mail.

Upcoming Trip Schedule

We need more Flatwater and Sea Kayaking trips. These could be the same trip as many sea kayaker/recreational paddlers like easier flatwater streams.

We have many members listing their primary interest in Sea Kayaking - 16 or Flatwater - 8

Members listing at least an interest in

Sea Kayaking - 83 or Flatwater - 53

So potentially we have 136 members, their spouses and children who might be interested in easier float trips. Why doesn't the club offer more when there are so many members who have expressed an interest in these kind of trips? All we need to someone to volunteer to organize one.

This is the primary purpose of our club, promoting paddling of any kind. If these trips are only offered as impromptu trips then many will feel that they are only for a select few. When the trip appears on our schedule, everyone feels welcome.

There is little excuse for "I don't know the river or area". These are meant to be beginner trips and the only skill we are looking for are organizational skills.

If only those members expressing a primary interest in that type of paddling would volunteer we would all have 24 more trips on our schedule.

But we need to plan now so that they can appear in our annual trip schedule and roster which goes to print in about 30 days. Call or e-mail Michael Duvall at (216) 521-0094 or Michael.Duvall@amgreetings.com

The Mystification of the Probe

by Jonathan Katz

The rules of river safety say
The **Probe** should be a man
Who knows that twisty river
Like the back of his left hand.

But if you do some paddling
Then you will surely know
There's moments when the **Mighty Probe**
Does not know where to go.

On rivers across the nation
We suffer the mystification of the **Probe**.

He eddies left, he ferries right
But still he can't decide
The course to take downriver
The **Probe** is mystified.

In his eyes, confusion
His head is full of doubt
Too proud to say he's puzzled
Too ignorant to scout.

You'll beg him in an eddy
Oh **Probe**, let me go first!
He'll tell you no, cause he's the **Probe**
For better or for worse.

When the **Probe** is paddling point
You need not be afraid
The **Probe** will take you swimming
And administer first aid.

The **Probe** will drive you crazy
The **Probe** will steer you wrong
He'll paddle down a rapid
Where kayaks don't belong.
He'll jam you into strainers
And under boulder piles
And into holes that suck you down
And chew you for a while.

He'll lead you into undercuts
And over waterfalls
Cause though he lacks for vision
He compensates with balls.

Suddenly he disappears
The **Holy Probe** has sinned
He's somewhere inaccessible
And vertically pinned.

So chase him down the river
Cause you're his only hope
Forgive him for his arrogance
And throw the **Probe** a rope.

Sometimes the **Probe** is truthful
Sometimes the **Probe** tells lies
Sometimes the **Probe** gets lucky--
Sometimes the 'sucker dies.

And on rivers across the nation
We suffer the desolation
Resulting from mystification--
That sickening sensation
The midriver termination
Of the **Probe**

Keel Haulers Year End Report

By Rob Hammond, Treasurer

Ok, ok... numbers are boring so I won't trouble you with the minutia; I will leave that to the bean counters in the club who can pour through the attached spreadsheet. The bottom line is we did pretty well this year. Especially considering that when we did our budget at the beginning of the year we were expecting decreased membership dues, so we cut back on expenses to compensate.

We had a few good surprises and a few things that came in below expectation. The good surprises were that conservation donations came in well above expectations. Largely thanks to Pam and Mark Poljak donating a lot of great gear at the March auction, if you were there, I hope you were able to get some of the great bargains that were donated to conservation. The Poljak donation came to \$279 and the lottery from the Christmas party brought in \$110. With out those donations we would have been below budget.

Financial Year	2004	2005	2006	2006
Category Description	Actual Expenses	Actual Expenses	Actual Expenses	Budget
INCOME				
Conservation Income	\$ 332	\$ 552	\$ 779	\$ 400
Dues	\$ 6,607	\$ 6,341	\$ 5,811	\$ 6,000
Interest	\$ 34	\$ 30	\$ 54	\$ 30
Rescue Weekend Income	\$ 1,080	\$ 1,545	\$ 1,815	\$ 1,300
Reservations	\$ 240	\$ 38	\$ 70	\$ 120
Vermilion Race Income	\$ 2,010	\$ 1,399	\$ 1,318	\$ 1,000
TOTAL INCOME	\$ 10,303	\$ 9,905	\$ 9,847	\$ 8,850
EXPENSES				
Instruction (class advertising)	\$ -	\$ 240	\$ -	\$ 250
Conservation Donations	\$ 1,200	\$ 1,800	\$ 2,100	\$ 865
Internet	\$ 115	\$ 261	\$ 105	\$ 15
Library	\$ -	\$ -	\$ 121	\$ 100
Meeting Hall	\$ 695	\$ 455	\$ 440	\$ 500
Misc	\$ 261	\$ -	\$ 99	\$ 100
News Letter	\$ 2,150	\$ 1,685	\$ 1,545	\$ 1,550
Organization Dues	\$ 105	\$ 255	\$ 330	\$ 105
Postage & Supply	\$ 1,484	\$ 1,131	\$ 590	\$ 1,100
Refreshments	\$ 257	\$ 307	\$ 140	\$ 300
Rescue Weekend Expense	\$ 1,068	\$ 1,261	\$ 1,489	\$ 1,200
Vermilion Race Expense	\$ 1,654	\$ 1,253	\$ 1,458	\$ 1,200
Yearbook Print	\$ 1,296	\$ 1,358	\$ 1,302	\$ 1,400
Yough Reservations	\$ 175	\$ 165	\$ 140	\$ 165
TOTAL EXPENSES	\$ 10,460	\$ 10,171	\$ 9,859	\$ 8,850
OVERALL TOTAL	\$ (157)	\$ (266)	\$ (12)	\$ -

A couple of other good things were the Rescue weekend had a nice profit, the Vermilion River race would have had a profit but we decided to spend our would be would profit on bibs and trophies for coming years. These events are always tough to project how they will do, because attendance depends so much on weather, what else is going on, and how effectively we get the word out about the events. One other surprise were you, the membership. We had a significant drop in our postage expenses largely due to people opting to get their newsletter by email rather than the expensive snail mail.

So as a result of our good fortunes we had a lot of money to spend on some great boating gear for the officers, or to spend it on conservation. It was a close vote, but in the end the decision was to spend our \$2,100 surplus on conservation. Our biggest donation ever!

I have been asked, since we have such a large surplus, why don't we lower our dues? Good question, the reason is that we can not count on good fortune from our events and expenses are hard to accurately forecast, as you will see from what we originally budgeted. If we lowered dues instead of donating to conservation we could have lowered dues by around \$3.00 per family. That's ok in a good year, but it could have just as easily been the other way and we would have had to dip into our reserves by \$3.00 per family.

We are currently working on our budget for next year, and one of our goals is to do something about our flagging membership. Several people have noticed that our training classes have been dwindling which is a big source of new membership. So we will be looking at what we can do to build that up. If you have any suggestions on things that you think your club should be getting involved in, or what we can do to build up our membership, let one of your officers know. We are planning for next year and we need to get things in the budget now.

Keel Haulers Family Membership Application

Please print the following information as you wish it to appear on the membership roster and your newsletter mailing label.

I am presently a member change only as indicated _____

Name: _____

Spouse or Significant Other: _____
First Last

Address: _____
Number Street

City State Zip code Zip +4

Phones: _____
Home Cell Phone (optional) Work Phone (optional)
Circle which **two** numbers you want listed in our yearbook

E-Mail _____
E-Mail-2 _____

Please Check **all Paddling Interests** WW - Whitewater ____ SK - Sea Kayak ____
FW - Flat water ____ CC - Canoe Camp ____

Check here if you want a monthly newsletter mailed to you. We prefer that you read on-line. **I would like Snail-Mail** _____

The Keel Haulers Board occasionally approves the release of its mailing list to conservation groups or other organizations which it believes would be of interest to its members. If you do **NOT** want your name released to any group, please check here. **NO MAILINGS** _____

MEMBER'S MUTUAL AGREEMENT FOR PROTECTION FROM LIABILITY

I, _____, _____, desiring to join my fellow paddlers in the Keelhauler's Canoe Club,
(please **print** or type **name** of each person over 18, if family application)

do hereby declare that I fully understand and accept the following facts of life on the river:

- (1) Boating on whitewater rivers exposes participants to various hazards. These hazards include (but are not limited to) loss of life and/or limb or property damage caused by boulders and other obstacles, strainers, undercut or entrapping formations, falls, holes, reversals, and other water formations, changing conditions, cold, high water and other hazards;
- (2) No one but myself is responsible for judging my qualifications for my safety when I choose to challenge my capabilities by boating on a particular river, or a particular rapid;
- (3) I may assist my fellow paddlers to the best of my own ability if they appear to need such assistance - but only so long as I can do so, in my judgment, without significant danger to myself. I further understand that this does not imply any legal duty for me to do so, nor for any one else to render such assistance to me.

Now, therefore, intending to be legally bound, I hereby waive, for myself and for anyone else claiming through me, my right to sue the Club, its officers and members, trip coordinators or any of my fellow paddlers, for any injuries to my person or my equipment which may occur during, in preparation from or in transit to or from a club outing. The waiver applies to any negligent act or omission intended to promote my safety or well-being. This waiver is given in the interest of permitting the Club to exist and to serve the paddling community, and to enable myself and my fellow paddlers to feel free to donate our services and to help each other without fear of liability.

My waiver is given in exchange for similar waivers to be granted on my behalf by other members of the Club. Waiver has no expiration.

ALL	X	_____
MEMBERS	X	_____
SIGN	X	_____
HERE	X	_____
	Signature of each Household Member over 18	Date

MINOR WAIVER : I also give permission for the following **minor children**:

_____ to participate in Club outings.
I waive the rights described above with respect to the named minor(s), and I further agree to indemnify the Club, its officers and members, trip coordinators and other outing participants from any claims arising from the participation of the above named minor(s).

Signature of Adult Member required
FOR Minor WAIVER ONLY

Date

Mail to:
John Kobak
1649 Allen Dr.
Westlake, OH 44145-2506

Pay to: **Keel Haulers Canoe Club**
Dues - **\$20.00** Per Year
Club Year starts **Oct 1st**
Yearbook distributed **Feb 15**
Last newsletter in **December**

Any additional donations go to Keel Hauler's Environmental Fund