

Keel-hauler's Ka-news AUGUST, 2026



President's Message From Robin Shell

Join Us for the Annual Summer Picnic!

Summer is flying by, which means it's almost time for one of our favorite club traditions—the **Keel Haulers Summer Picnic**! This year's picnic will be held **August 8-9** at **Tall Oaks**, and we hope you'll join us for a weekend filled with paddling, camping, great food, and good friends.

Reserve Your Campsite Today

www.TinyUrl.com/TallOaks2026 (Reservation #173116, Last name Zevenbergen (please do not change this))

If you're planning to camp with the group, please make your reservation as soon as possible. Tent camping on the club's group sites near the pavilion is **\$18 per night** (\$36 if you're staying both Friday and Saturday).

Please use the club's camping reservation link to reserve your spot and submit your payment. If you'll be bringing a camper or RV, please contact **Tall Oaks** directly for campsite availability and pricing.

Important: Tall Oaks will release our reserved group campsites if they are not filled soon. If you're planning to attend, **please make your reservation and commit as soon as possible** so we can keep our group together.

Whether you're an experienced paddler or just getting started, we'd love to have you join us.

Beginner-friendly trips and/or raft spots will be available, making this a great opportunity to introduce family members or friends to the sport in a fun and relaxed setting.

We look forward to seeing everyone for another memorable Keel Haulers summer weekend!

Looking Ahead – Get Involved with Club Leadership

As we enjoy another great paddling season, it's also time to begin thinking about **next year's Keel Haulers Board of Directors**. If you've ever considered taking a more active role in the club, we encourage you to consider running for a board position. New ideas and fresh perspectives help keep our club strong and growing.

Not interested in serving on the board? We are always looking for members who would like to volunteer throughout the year. Whether it's helping organize events, leading trips, assisting with club activities, or lending a hand behind the scenes, every volunteer makes a difference.

If you're interested in running for a board position or volunteering next year, **please reach out to me**. Your involvement is what keeps the Keel Haulers Canoe Club thriving, and we'd love to have you be part of our leadership team.

Lastly, if you know of an inexpensive location to hold our December holiday party, please reach out to me.

I hope to see you all at the picnic.

Robin

**Veep's Views
By Jacki Zevenbergen**

Our presence at CCC WOR was a little lighter than usual. This might have been a result of the drought conditions in southern rivers but the members who were there seemed to enjoy themselves. I really enjoyed the speakers, cleanup and Pirates of the Tuck trip (Co-led by KHCC member Terry Markoff).

We've had some sporadic rain in PA and some great scheduled and impromptu trips in July. We also did some tabling, and the Blazing Paddles event gave us a chance to connect with quite a few new friends.

I tried to get enough volunteers with rafts to take some members down the LOYO during the upcoming summer picnic, but that plan fell through. As you can see in my article below, we do have some nice things planned for that weekend.

Please consider scheduling an organized trip in August or September. It would be nice to have trips scheduled most weekends on the New River (Upper and Gorge) and the Yough (Middle and Lower) as those two rivers offer sections for a wide range of abilities and both should have water.

The updated trip schedule can be found at <https://docs.google.com/spreadsheets/d/1iRGtZinVPHOzy-tfEbs3OfR3s93VSBp3ULA6l3gQoM8/edit?usp=sharing>

This spreadsheet is the first thing to be updated when someone tells me they are organizing a trip. Some organizers wait a while before they post their event on Facebook so please bookmark this and check it often.

Summer KHCC Member Picnic at Ohiopyle - August 7-9

Camping and Picnic Location: Tall Oaks Campground

Organizer: Jacki Zevenbergen

Ladies' Day - Friday August 7th - Let me know if you are coming so I can update you if we need to change plans. We will meet at the boater lot at 11am. This trip is for ladies who have done the Loop/LOYO previously.

Potluck: Tall Oaks Pavilion, Saturday at 7pm. Bring something to share. Please contact me if you want suggestions.

Regular Lower Yough (LOYO) trips Saturday and Sunday. These trips are for boaters who have previously done the Loop/LOYO and feel comfortable navigating the rapids. Meet at the boater lot at 10.

LOYO and Loop Easy Lines - Saturday - Mark Spang, Sunday - Brianna Wiser - For boaters who have previously done class 3 rivers (Loop, Stony) but would like some guidance and support as they navigate the easier lines on rapids. Contact Mark or Brianna for more details. If you feel comfortable on Class 2/3 (like the upper Slip), and would like to step up, please make arrangements for someone to assist you with your Loop or LOYO first descent. This can be a great weekend to do a PFD but the easy lines groups will not be able to support multiple boaters who are stepping up. Another great option is to reserve a commercial raft trip so you can see the river before you hard boat it.

Middle Yough Trip - Sunday - contact Meesh Crum for details

Burning River Adventures Cleanup

Join us for the River Clean-Ups in partnership with the City of Kent and supported by the H2Ohio Healthy Rivers Livery Program! This will be a rewarding series of days of community service, fun, and environmental stewardship. Together, we can make a significant impact on the health of our river ecosystem.

Event Dates/Time: Date: August 22nd, 2026, Time: 8 AM- 12 PM

Meeting Location: Kent Area--Tannery Park

Clean up on river will be between Tannery Park in Kent to Middlebury Rd. River Access (~2.5 miles)
Partnering with City of Kent

Event Activities:

On River Clean-Up: Arrive no later than start time of event at designated location. We will do a quick talk then head to our designated River Access for the clean up on that date

On Land Clean- Up: Arrive no later than start time of event at designated location. We will do a quick talk then head to out within the park and walking into the river to clean up any trash/ debris in the area.

What's included: For those with kayaking experience.

We will provide kayaks or you can bring your own to clean up trash/debris from the water / riverbed. Volunteers will paddle along the river, collecting trash/debris and ensuring our waterways stay pristine. Kayaks, paddles and life jackets will be provided. Gloves, collection bags, and other necessary supplies will be provided. Open to adults and youth 6-17 with adult companion. Items along the river can vary in size and weight. Examples of items could include tires, bikes, various metals, glass bottles, various plastics/ cans, etc.

Registration: Registration is free, but spaces for the on river kayak clean-up are limited, so sign up early!

Contact Information: For more details, contact Moneen at Moneen@PaddleTheRiver.com or text (330) 969-2628 [Register Here](#)

Rescue Practice on Slippery Rock Creek - August 29:

Meet at Eckert Bridge at 10am. How often have we said we need to practice *before* we need our rescue skills? This is the day to commit to all things rescue. We will form groups to practice rescue skills we have learned in rescue classes and real experiences. This is not a training session. I'll have a list of ideas, but each group can decide which skills they want to work on, where they want to practice and if they want to head down the river or just hike to rapids and pools to practice. I plan on staying at Breakneck Campground that weekend. Please let me know if anyone has something that they would like to suggest, share or demonstrate before we break into groups.

Jacki Z

New River Week of Rivers Multi Club Trip:

The annual New River Rendezvous over Labor Day weekend is coming up! Members of several paddling clubs converge at Ray's Campground in Hico, WV to enjoy novice through advanced trips on the New River and other nearby rivers depending on water levels. Trips are organized during our morning gatherings.

On Saturday 9/5 we will meet at Ray's Campground at 10am by the picnic tables behind the office. We'll meet at 9am on Sunday 9/6 and Monday 9/7. If you are driving there on Saturday morning then try to allow time to throw camping gear out of the car, so you'll be useful for shuttles. This trip is ordinarily open to almost all levels of paddlers, though if you've never been in a boat before then you aren't ready. At typical summer water levels, the upper sections of the New are pretty newbie friendly (class II) while the gorge offers more difficult rapids (class III-IV). With rain other options open up. This year we have an extra special weekend with the first Gauley releases. This will open up more advanced options than usual. Note that the Lower Gauley is a step above the NRG at typical summer levels with solid class IV rapids and the Upper Gauley is a significant step up from that with class V rapids.

Ray's has reservable and non-reservable tent sites. There are still a few reservable sites left as of posting this, but they will probably go quickly with the holiday weekend. There are usually walk-in sites left that weekend - you might just need to share with fellow boaters. At last count it was \$11 per person per night. Electric sites are \$9 extra. In past years they have accepted cash, check, credit card, and Venmo. Dogs must be leashed. Please respect quiet hours. You can reserve spots at <https://www.rayscampground.com> or 304-658-4386. GPS user note, GPS directions are not reliable for put ins and take outs (especially Lower Gauley!). Though things have improved (Google doesn't place you mid-bridge for Fayette Station and instruct you to hike 800ft down last I checked 😂), please look at a map and/or follow people who know the way. GPS may or may not accurately take you to the campground. I recommend at least glancing at a map or two before you head out.

I'll post this to Coastals, the Monocacy Canoe Club, Carolina Canoe Club, TRPC, and Keel-haulers. Feel free to cross-post to other clubs too.

SYOTR,
Savanna Klein

Looking for Holiday Party venue:

Please contact me if you have access to a free or low-price party room that allows alcohol. I'm looking in the Boston Heights/Peninsula/Richfield, etc. area because it has good highway access to Cleveland, Akron and western PA. I have a list of public places to contact but I know that many Condo and Apartment complexes have nice party rooms that their residents can reserve.

Jacki Z

**Keel-hauler Treasurer's Report
July 31, 2026
From Michael Duvall**

Checking \$12,847.41

**Valley Falls Info & Call for Volunteers
From Christina Chain**

This is a tentative event based on getting enough volunteers.

A few of us are trying to carry this forward. As always, It is a private gathering of peers, not a club sponsored event. Jeff Macklin is arranging the release with the Army Corp of Engineers. We aren't able to be a one man show though, so we are looking to change the format a bit. We want to have 2 or 3 coaches rotating at each of the 1st 3 falls, with plenty of safety boaters. We also need one, all-knowing guru, to give a (much shorter) instructional talk at the start of the day. If you are interested in coaching or safety-ing and you are available on Sunday, August 16, please private message me and we will start a group chat soon.

P.s. I am only helping to organize. I am not coaching.

P.p.s. We tried moving the date by a week and/or to Saturday. It wasn't possible.

**What is VO₂ Max and How Can You Measure it?
By Dr. Nick Anderson**

<https://www.pin-pointpt.com/post/what-is-vo2-and-how-can-you-measure-it>

VO₂ max is the maximum amount of oxygen your body can use during hard exercise. In simple terms, it reflects how well your heart, lungs, blood, and muscles work together to deliver and use oxygen. A higher VO₂ max generally means better aerobic fitness and endurance capacity.

One simple way to estimate VO_2 max is the **Cooper 12-minute run test**. The goal is straightforward: after a good warm-up, run or walk as far as possible in 12 minutes on a flat, measured course such as a track. Record your total distance, then use that distance to estimate VO_2 max. The Cooper test is a field estimate, not a lab measurement, but it can be a useful way to track aerobic fitness over time.

How to calculate it:

$$\text{VO}_2 \text{ max} = 0.0268 \times \text{distance in meters} - 11.3$$

For example, if you cover 2,400 meters in 12 minutes:

$$0.0268 \times 2,400 - 11.3 = 53.0 \text{ ml/kg/min}$$

To track progress, repeat the test every 6–8 weeks under similar conditions: same surface, similar weather, similar footwear, and a consistent warm-up. Improvements in distance covered usually reflect improved aerobic fitness. Because this is a hard-effort test, avoid using it during injury, illness, or if you have any medical reason to avoid maximal exercise. When used appropriately, the Cooper 12-minute test is a simple, low-cost way to monitor endurance progress.

Give the Cooper test a try!

Here is a link to calculate easily: <https://runbundle.com/tools/vo2-max-calculators/cooper-test>

How to train VO_2 ?

To train VO_2 max, include 1–2 hard aerobic sessions per week using intervals that challenge your upper-end aerobic system. A simple option is 2–5 minute repeats at a strong, controlled effort, followed by equal or slightly shorter recovery periods. The goal is to work hard enough that breathing is heavy and sustained, but not so hard that pace falls apart. Balance these sessions with easy aerobic days, strength training, and adequate recovery so fitness improves without increasing injury risk.

Why does VO2 matter?

VO2 max matters because it reflects how well your body can take in, deliver, and use oxygen during hard effort. For runners, a higher VO2 max can support faster paces and better endurance. For kayakers and skiers, it helps you sustain repeated bursts of effort while recovering quicker between intense sections, climbs, runs, or rapids. Even for lifting, especially higher-volume training, circuits, or sports that require repeated power output, better aerobic fitness can improve recovery between sets and sessions. VO2 max is not the only marker of performance, but it gives athletes a useful snapshot of cardiovascular fitness and how efficiently their engine supports the demands of their sport.

Try this out and let me know what you think!

-Dr. Nick

**Birding from the Water: Seeing Ohio
Through a Different Lens
By Jamey Emmert, Avian Education Coordinator
ODNR Division of Wildlife**

My name is Jamey Emmert and I'm an Avian Education Coordinator with the Ohio Division of Wildlife. While my job is to help people discover and appreciate Ohio's wildlife, especially birds, I'm also someone who simply loves being outdoors. Whether I'm walking a woodland trail, visiting the Lake Erie shoreline, or spending time along one of Ohio's scenic rivers, birds have a remarkable way of making every outing more memorable.

As a member of the Keel Haulers Canoe Club, you already have a front-row seat to some of Ohio's best wildlife viewing. Whether you're paddling the Cuyahoga, Grand, Vermilion, Mohican, Tuscarawas, or another Ohio waterway, traveling by canoe or kayak allows you to move quietly through habitats that many people never experience. That peaceful approach often rewards paddlers with close encounters that are difficult to have from shore.

Ohio is one of the Midwest's premier birding destinations. More than 430 bird species have been recorded in our state, thanks to an incredible diversity of habitats that range from Lake Erie and its coastal marshes to rivers, wetlands, forests, and grasslands. During spring and fall migration, millions of birds pass through Ohio, making nearly every paddle an opportunity to spot something new.

Many of the birds you'll encounter from the water are among Ohio's most recognizable. Great Blue Herons stand motionless along the shoreline before taking flight with their impressive six-foot wingspans. Belted Kingfishers dart ahead of paddlers with their unmistakable rattling calls, while Bald Eagles have become an increasingly common sight along many of our rivers and reservoirs. If you're lucky, you might also watch an Osprey plunge into the water after a fish or

glimpse the brilliant golden-yellow Prothonotary Warbler in wooded floodplains. Swallows skimming the water's surface, Wood Ducks tucked beneath overhanging branches, and Green Herons quietly hunting along the bank are all reminders that slowing down often reveals the best wildlife experiences. [Download](#) a copy of the "Common Birds of Ohio" field guide at wildohio.gov.

The beauty of birding is that you don't need to know every species to enjoy it. Simply taking a few moments to drift quietly, listen carefully, and observe your surroundings can add a whole new dimension to a day on the water. A pair of binoculars is helpful, but curiosity is the only equipment that's truly required.



Belted Kingfisher



Prothonotary Warbler



Bald Eagles



Barn Swallow



Green Heron



Great Blue Heron



Tree Swallows



Wood Ducks



Osprey



Bank Swallows

Photo credits:

Bald Eagles, Bob Clark

Belted Kingfisher, Tim Daniel

Great Blue Heron, Heath M. Smith

Green Heron, Tim Daniel

Osprey, Tim Daniel

Prothonotary Warbler, Dan Kluth

Barn Swallow, Tim Daniel

Tree Swallows, Dave Tidrick

Bank Swallows, Lee Karney, USFWS

If you'd like to explore birding further, several free resources make it easy. The [Merlin Bird ID app](#) from the Cornell Bird Lab can identify birds by their appearance, songs, or calls. [eBird](#) allows birders to record sightings, discover recent observations, and find birding hotspots throughout Ohio. Local [Audubon chapters](#) and bird clubs also offer field trips that welcome birders of all experience levels.

If your travels bring you to Ohio's north coast, I invite you to explore the Lake Erie Birding Trail. The trail highlights 90 outstanding birding locations stretching from Toledo to Conneaut and

showcases some of the finest birding opportunities in North America. A printed guidebook, updated website, and an app are making it easier than ever for visitors to discover the spectacular birds and habitats found along Ohio's Lake Erie shoreline. Learn more at ohiodnr.gov/LEBT.

Whether your next adventure takes you down a winding river, across a quiet lake, or into a hidden wetland, remember to pause every so often, look around, and listen. The splash of your paddle may be the rhythm of the journey, but the birds provide its soundtrack. I hope you'll take time to enjoy both. Happy paddling, and happy birding!



Jamey Emmert, Avian Education Coordinator, Ohio Division of Wildlife
Phone: (330) 802-9152, Email: Jamey.Emmert@dnr.ohio.gov, wildohio.gov



**Introducing "Cuyak"
Pronounced "Kayak"**

[\(20+\) Please have a look at "Cuyac," a... - Friends of the Crooked River | Facebook](#)

City of Akron, Ohio - Mayor's Office, June 30 ·

Partners who manage the [Cuyahoga River Water Trail](#) announced today a new safety tool for river recreation. The Cuyahoga River Conditions Tool, or "CUYAC" (pronounced kayak), puts near real-time Cuyahoga River condition reports into the hands of visitors before they enter the water. The City of Akron developed the tool and has funded the first signs to be shared amongst the Cuyahoga River Water Trail partners. View the tool here: <https://bit.ly/3Rc3IQb> View a map of the locations here: <https://bit.ly/4oVWJBX>

CUYAC is a GIS map-based system that combines multiple sources of credible, frequently updated data on river and weather conditions for public access sections of the Cuyahoga River.

* Cuyahoga River Water Trail partners emphasize that the tool should not replace an assessment of risk based on an individual's skill, experience, competence and comfort level with constantly changing conditions of the natural environment. Risk of injury or death remains inherent under all conditions. A personal flotation device is always recommended. In every scenario, users enter the river at their own risk.

Learn more about the tool here: <https://bit.ly/4oXqZwl>

Text a Lake Erie Buoy to get Wind and Water Info

[Text a Lake Erie buoy to get wind, water info | Cleveland Water Alliance](#)

The [Smart Lake Erie Watershed initiative](#) is a project of Cleveland Water Alliance that has established over 6,500 square miles of telecommunications network coverage across the Lake Erie Watershed, connecting Smart Buoys equipped with sensors that transmit real-time weather and maritime conditions data for public use.

Where Can I Access Smart Lake Erie Data?: Select data can be accessed through a new CWA data viewer (launching Spring 2024) or through the Text A Buoy program, owned and operated by CWA Partners at [LimnoTech](#). The Text A Buoy program is the only program like this in the world, and works with any 5-digit buoy anywhere in the world that's [listed on the NOAA site](#).

Data from Sensors at Great Lakes Science Center: Cleveland Water Alliance has successfully deployed two new sensor stations in downtown Cleveland, adding to its digitally connected, data-driven network in the [Smart Lake Erie Watershed](#). At the juncture of two of Cleveland's most iconic lakefront locations, the Great Lakes Science Center and the Rock & Roll Hall of Fame, CWA's technology and partnerships are visible above and below the surface. Through collaborations with companies like Ohio-based Freeboard Technologies, smart sensors measuring water quality and other environmental parameters have made their home near these Great Lakes landmarks. Like the data the sensors seamlessly collect, their impact tells the story of real-world implications that flow beyond the numbers. Visit [this special dashboard](#) for more detailed data from these sensors.

How to Text a Buoy: Look up a buoy of interest [here](#) or find one while roaming around on Lake Erie and text the 5-digit buoy-ID number to (866) 218-9973, and you'll receive wind, wave and temperature conditions at the buoy's location.

Maumee Bay - 45200

Huron - 45203

Euclid Beach - 45206

Erie Islands - 45201

Sheffield - 45204

Fairport Harbor - 45207

Port Clinton - 45202

Edgewater - 45205

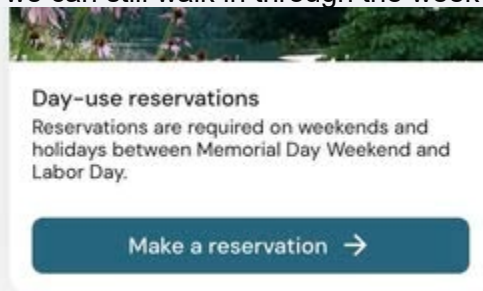
Ashtabula - 45208

Swallow Falls State Park Update: Day-Use Reservations are Now Required

Visitors planning to visit Swallow Falls State Park are now required to make reservations at parkdayuse.maryland.gov prior to arrival at the park. Reservations are required for Swallow Falls visits between 8am-4pm on weekends and holidays from Memorial Day weekend through Labor Day. <https://deepcreektimes.com/day-use-reservations-now-required-for-swallow-falls-state-park/ns>

Jessica Reggi

According to the actual website you only need to make a reservation for weekends and holidays. Sounds like we can still walk in through the week without a reservation?



Lake to Lake Paddle Challenge August 22, 2026

The 5th Annual Lake to Lake Paddle Challenge is a timed paddle craft challenge for all skill levels. The event will be held on the class 1, Shenango River Water Trail. There is a guaranteed water release at Pymatuning Dam to help create ideal paddle conditions. Participants have the choice of a 15-Mile Sprint Challenge Competitive Class or a 15-Mile Adventure Challenge. A post-challenge awards ceremony with food and refreshment vendors will take place at the Finish Line. <https://sites.google.com/laketolakepaddle.com/home>

Upcoming River Cleanups From Burning River Adventures

Saturday, August 22nd, River Clean Up Registration-- KENT Section (Tannery to Middlebury)
8am-Noon

[River Clean Up Registration-- KENT Section \(Tannery to Middlebury\) | Paddle The River](#)

Monday, September 21st, River Clean Up Registration-- Water Works to River Front Park, 12Noon-3pm, [River Clean Up Registration-- Water Works to River Front Park | Paddle The River](#)

Walk Along the Little Cuyahoga
August 15, 2026. 10am

Heather Ullinger, Senior Engineer for the City of Akron, will be our guide for a fascinating and informative walk along the Little Cuyahoga River. The second-largest tributary of the Cuyahoga (after Tinker's Creek), the Little Cuyahoga flows into the main branch in Akron, just as the river curves north toward Cleveland. We'll meet at the Memorial Parkway trailhead and make our way to the site of a major restoration project funded by the US EPA's Great Lakes Restoration Initiative. We'll learn about the project, and about the significance of the Little Cuyahoga itself.

This will be a fun, informative walk. Come join us! Register at: [Walk: Along the Little Cuyahoga](#)

River People
Find your rivers. Find your people.
From Michele Crum

Whitewater has always been about more than rivers. It's about community, adventure, learning, and sharing experiences with the people who make every trip memorable. That's why we're excited to introduce **River People**—a free app built by paddlers, for paddlers.

Whether you're looking for your next run, checking conditions before you leave home, connecting with your crew, or logging an unforgettable day on the water, River People brings everything together in one place.

Find Rivers Faster

Browse your favorite runs or discover new ones using powerful map-based search tools. Filter by difficulty, features, distance, and current runnable status to quickly find rivers that match your interests and skill level. Heading somewhere new? Let River People help you discover what's running nearby. Exploring areas with limited cell service? Download river information ahead of time so maps, access details, hazards, and key river data remain available even when you're offline.

Stay Informed

Access river maps, gauge data, weather forecasts, hazards, accident information, directions, and more. Set custom river-level alerts and dam-release notifications so you never miss the conditions you're waiting for. Paddlers can also report hazards and incidents to help keep the community informed.

Connect With the Community

Follow your friends, clubs, organizations, and favorite rivers. Share photos, videos, and trip reports

through the Beater Feed, receive event updates, and stay connected through direct messaging. Organizations can sync existing calendars directly into River People, making it easy for paddlers to discover club outings, festivals, races, and training events all in one place.

Track Every Run

Use Live Run mode to record your trip with GPS tracking while automatically capturing river, weather, and timing data. Add photos, notes, and personal milestones to create a detailed logbook of your paddling journey during or after your run.

Keep Learning

Explore a curated video library featuring instruction from experienced paddlers covering everything from foundational strokes to advanced whitewater skills.

River People is our love letter to the whitewater community—a place to discover rivers, share experiences, celebrate achievements, and help one another paddle smarter and stay informed.

River People is available now for FREE on iPhone and Android. Download it, explore, and let us know what you think.

Find your rivers. Find your people.

River People was created by Keel-Haulers Domenic Bentz and Meesh Crum

Please volunteer to Lead a Trip!
By Jacki Zevenbergen

[2026 trip/release/event schedule as of 07/16/2026 - Google Sheets](#)

Please review this proposed schedule and reach out to me or Cliff to volunteer to organize at least 1 trip during 2026. We could especially use organizers for pre-planned, weekend Slip, LOYO and Stony trips. In addition to myself and Cliff, there are plenty of members who will mentor you through the trip organizer process if you are new to organizing. Please pay it forward to the club for the support you received as a new boater or the subsidized training you received from the club.

Jacki vpkeelhaulers@gmail.com or **Cliff** cwire64@sbcglobal.net

Purple = release, Red = event, Black = Trip

Contact Info - use FB messenger unless noted otherwise. Contact Jacki at vpkeelhaulers@gmail.com if organizer does not respond to messenger.

August		Wednesdays on the Water (Lock 29 beginner WW)	11	Doug Waltman
August		Upper Yough (All Mon, Fri, Sat)	32	Expert level - needs organizer
August	1,2	Turkey Bash		TRPC
August	4,18	Munroe Falls Lake Roll Sessions	Flatwater	Brian Smart
August	7	Ladies Day	23	Jacki Zevenbergen
August	8	Summer Picnic OhioPyle		Jacki Zevenbergen
August	8	Loop or LOYO - easy lines	23	Mark Spang

August	8,9	LOYO	23	Jacki Zevenbergen
August	9	Loop or LOYO - easy lines	23	Brianna Wiser
August	9	Middle Yough	12	Meesh Crum
August	8,9	Stony Release	21	Not likely to have water
August	11	Indigo Lake Roll Session	Flatwater	Doug Waltman
August	15	Whiskey Island Paddle fest		
August	15,16	LOYO	23	
August	15,16	Upper New		
August	15,16	New River Gorge	26	
August	16	Valley Falls Clinic		TRPC
August	22	Cleanup Tannery to Middlebury	Kent	Moneen McBride Burn Riv Adv
August	22,23	Stony Release	21	Not likely to have water
August	22,23	LOYO	23	Dave Roush
August	22,23	Middle Yough	12	
August	22,23	Upper New		
August	22,23	New River Gorge	26	Expert level - needs organizer
August	28-30	Midwest Canoe Symposium		Jim Satrape
August	29	Rescue Practice at Slippery Rock Creek	13-21	Jacki Zevenbergen
September		Wednesdays on the Water (Lock 29 beginner WW)	11	Doug Waltman
September		Upper Yough (all Fri and Monday plus first 2 Saturdays)	32	Expert level - needs organizer
September	5,6,19,20	Stony Release	21	
September	5-7	New River Rendezvous		Savanna Klein
September	11-14	Upper Gauley Release	33	Expert level - needs organizer
September	11-14	Lower Gauley Release	27	Expert level - needs organizer
September	12,13	LOYO	23	
September	12,13	Middle Yough	12	
September	17-21	Upper Gauley Release	33	Expert level - needs organizer
September	17-21	Lower Gauley Release	27	Expert level - needs organizer
September	17-20	Gauley Fest		
September	18-20	Upper New		
September	18-20	New River Gorge	26	Expert level - needs organizer
September	21	Cleanup Waterworks to River Front	Cuy. Falls	Moneen McBride Burn Riv Adv
September	26	Savage	26	Expert level - needs organizer

September	26,27	Upper New		
September	26,27	New River Gorge	26	Expert level - needs organizer
September	25-28	Upper Gauley Release	33	Expert level - needs organizer
September	25-28	Lower Gauley Release	27	Expert level - needs organizer
October		Upper Yough (first 2 Fri and Monday plus first saturday)	32	Expert level - needs organizer
October	2-5	Upper Gauley Release	33	Expert level - needs organizer
October	2-5	Lower Gauley Release	27	Expert level - needs organizer
October	3,4,17,18	Stony Release	21	
October		Slip		
October		Annual Election		
October	10,11	Fall Colors Trip - WV (Gauley, NRG, Upper New)		Harlie and Seth
October	10,11	Upper Gauley Release	33	Expert level
October	10,11	Lower Gauley Release	27	Expert level
October	12	Holiday Paddle		
October		LOYO	23	
October		Middle Yough	12	
October	17,18?	Upper New		
October	18	New River Gorge - Bridge Day	26	No Club Trip
October	17,18	Upper Gauley Release	33	Expert level - needs organizer
October	17,18	Lower Gauley Release	27	Expert level - needs organizer
October		Slip		
November	7,8	Tohican Release		Doug Waltman with Lehigh Club
November		LOYO	23	
November		Slip	13-21	
November	21	Holiday Party		

August Trips and Events Calendar of Events — Keel-Haulers Canoe Club

1 AUG, SAT

All day, Raid Erie (Day 2/3), St Hazards Resort, [HOME](#) | [Raid Erie](#)

TRPC Turkey Bash (Day 1/2), [Turkey Bash 2026](#) | [TRPC](#)

2 AUG, SUN
Raid Erie (Day 3/3), St Hazards Resort, [HOME](#) | [Raid Erie](#)

TRPC Turkey Bash (Day 2/2), [Turkey Bash 2026](#) | [TRPC](#)

4 AUG, TUE
5 – 7pm, Munroe Falls Roll Practice, 521 S River Rd, Munroe Falls, OH 44262, USA

5 AUG, WED
All day, Wednesdays on the Water

7AUG, FRI
All day, Summer Picnic Weekend (Day 1/3), Ohiopyle, PA, USA, All day

Ladies Day Trip, Ohiopyle State Park, 124 Main St, Ohiopyle, PA 15470, USA
10am – 1pm

Summer Picnic, Tall Oaks Campground

8 AUG, SAT
All day, Summer Picnic Weekend (Day 2/3), Ohiopyle, PA, USA

All day, Stony Release (Day 1/2)

All day, Loop/LOYO Easy Lines, Ohiopyle, PA, USA

9AUG, SUN
All day, Summer Picnic Weekend (Day 3/3), Ohiopyle, PA, USA

All day, Stony Release (Day 2/2)

All day, Loop/LOYO Easy Lines, Ohiopyle, PA, USA

All day, Middle Yough Trip

11AUG, TUE
5 – 7pm, Indigo Lake Roll Session, 4300 Riverview Rd, Peninsula, OH 44264, USA

12AUG, WED
All day, Wednesdays on the Water

15AUG, SAT
All day, Hold for Whiskey Island Paddlefest

18AUG, TUE
5 – 7pm, Munroe Falls Roll Practice, 521 S River Rd, Munroe Falls, OH 44262, USA

19AUG, WED
All day, Wednesdays on the Water

22AUG, SAT
All day, LOYO Trip (Day 1/2)

All day, Stony Release (Day 1/2)

All day, River Clean Up Registration– KENT Section (Tannery to Middlebury)

23AUG, SUN
All day, LOYO Trip (Day 2/2)

All day, Stony Release (Day 2/2), 1 – 4pm

Hold for Valley Falls Clinic, Valley Falls State Park

26, AUG, WED
All day. Wednesdays on the Water

27, AUG, THU
7 – 7:30pm, Board Meeting to discuss 2027 budget, virtual

28, AUG, FRI
All day, Midwest Canoe Symposium (Day 1/3), [MIDWEST CANOE SYMPOSIUM – FreeStyle Canoeing](#)

29AUG, SAT
All day, Midwest Canoe Symposium (Day 2/3)

All day, Rescue Practice, Breakneck Campground, 1757 Cheeseman Rd, Portersville, PA 16051, USA

30AUG, SUN
All day, Midwest Canoe Symposium (Day 3/3)

2025-2026 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Jacki Zevenbergen	VPkeelhaulers@gmail.com
Secretary:	Meesh Crum	
Treasurer:	Michael Duvall	

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber, membershipkeelhauler@gmail.com
New memberships, renewals, change in address or phone, mail to the Treasurer: Keel-hauler Canoe Club, 2215 Atkins Ave, Lakewood, OH 44107.

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damage resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **September 2026 issue of the newsletter is **8/23/2026**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.**

Keel-Hauler Ka-news

August 2026

Kelly Miller, Editor

