

American
WHITEWATER



\$1.95

January-February 1985
Newstand Date — March

no. 1
Vol. XX ✓



The American Whitewater Affiliation

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 AWA is published six times yearly. Single copies \$1.50 ea. Surplus back copies and other AWA Products are available from AWA, 146 N. Brockway, Palatine, IL 60067.
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Cover Photo: Peter Cogan at Ender Rock on the Numbers on the Arkansas River. Dave Harnlin photo.

Dear Readers:

Keep the stories and photos coming. I am finally able to start projecting ahead, and we will be able to get the journal out faster. Issue #5 of 1984, I would like to thank Joyce Wellhouse for the excellent photos on The Open Boat Nationals, story by Ray McClair. Sorry I didn't mention my thanks to Peter Skinner for a fine story on Risa. Risa is our new marketing director. She and I welcome any thoughts on AWA you may have. Also thanks to Tom McCloud for another fine story.

Sincerely,
Dave McCourtney

Dear Dave:

You are to be commended for your decision to write about the growing number of women in whitewater sports. However, the style in which it was done makes one wonder if it will do more harm than good in helping women enter the sport. The article on Cameron O'Connor was filled with such blatant sexism that if I was a woman I would avoid the group of people that endorsed it.

When was the last time you wrote an article on a top male paddler and included in it a paragraph on what role women played in his life and asked whether he had a girlfriend or not? I would venture to say never. The fact that such a paragraph was included in the article on Cameron O'Connor indicates the presence of a primitive attitude that thinks that women only have value in relationship to men. Women paddlers should be considered in their own right and their relationships with men left for Cosmopolitan magazine unless you want to begin providing the same material on the male paddlers that you profile.

Those of us who find much satisfaction in whitewater sports should be excited to see a class of people enter the sport who have for many socioloical reasons been excluded from it previously. But as we welcome them to the sport let us be a little more thoughtful about our attitude toward women lest we propogate the same myths that have kept women out of the sport for such a long time.

Sincerely,
(David) Kerry Edwards
Aurora, Colo.

Author's response: Fair criticism, but a savage sexist I'm not! Relationships define paddlers, male or female, as much as their accomplishments in other areas; we just tried to present, inartfully perhaps, that side of a great person. I disagree, however, that sexism has been to blame for the paucity of women cruisers. Interesting question, indeed.

Letters To The Editor

Dave —

Enclosed is a newspaper clipping from the Laramie "Daily Boomerang", showing better news than I sent you last week. Congress has acted to protect two good whitewater rivers in southern Wyoming by designating the "Encampment River Wilderness" and the "Platte River Wilderness". The best whitewater of the Class III-V Encampment has been included, and the ever-popular Northgate Canyon (Class III-IV) of the North Platte River has been included. Hooray for our legislators (at least once in a while).

Sincerely,
Keith Thompson
Laramie, Wyoming

Southeastern Whitewater Championships

The planned scheduling for the Southeastern Whitewater Championships has been returned to the former 2 day format this year in response to those who have told us they had difficulty racing on Fridays:

Friday, June 14, 1985 —
5 p.m. — (Slalom practice)
Saturday, June 15, 1985 —
8 a.m. — Decked Boat Slalom
4 p.m. — Wildwater — all classes
Sunday, June 16, 1985 —
8 a.m. — Open canoe Slalom

SOUTHEASTERN CUP: We will again award a cup to the recreational paddling club in the Dixi Division whose members score the most points in the races, with 5 points awarded for a first place finish, 3 for a second and 1 for a third. On the application there will be a place for each racer to designate his club. To be eligible the racer must be a paid member for 1984 or 1985 by 6-14-85 fo a recreational club which is or has been an affiliate or activity member of the American Canoe Association in 1984 or 1985.

We hope your club will be well represented at the races and expect a good time to be had by all. We would also ask that, if your members score the most points in the Southeastern Cup competition, your membership chairperson would help us to establish the eligibility of the race medalists.

Race applications will be available about the 1st of April from:

Ben R. Maxwell, Jr. — Registrar
 2758 Staunton Drive
 Marietta, GA 30067
 (404-953-3972)

Last year's racers will automatically receive applications. Others will need to request them from Ben.

We would certainly appreciate any publicity which you could give the race and the Southeastern Cup. If we could supply you with copy for your newsletter, what format and length would you require?

I hope we will see many of your members on June 14th - 16th at the Nantahala.

1985 NSWC RACE SCHEDULE

These races have been conditionally sanctioned by the National Slalom and Wildwater Committee (NSWC) of the American Canoe Association (ACA). As a result, the organizers of these events have agreed to specific guidelines summarized below:

- 1) changes to any information will be published in the *COMPETITOR'S NEWSLETTER*
- 2) the following ACA/NSWC rules must be followed: safety; lifevests (PFD's); judging and scoring; all amateur rules; and the opportunity to enter the ACA/NSWC recognized classes: K-1, K-1W, C-1, C-1W, C-2, C-2W, C-2M
- 3) any deviations from other ACA/NSWC rules must be announced at the competitor's meeting
- 4) membership in the ACA and sales of *WHITEWATER '85* will be promoted
- 5) race results will be forwarded within four weeks of the race for publication and use in the NSWC rankings

- 6) that each aeked boat competitor, regardless of ACA or NSWC membership status, will contribute to the U.S.A. Whitewater Team Fund through a \$100 increase in the entry fee

Entry requirements for most events are receipt of a signed entry form and entry fee 10 days prior to the race. This schedule was compiled using information received from NSWC Divisional Representatives on or before November 29, 1984.

KEY:

SL Slalom
 DR Downriver (Class I & II)
 WW Wildwater (Class III & up)

JANUARY

- 19-20** Kernville January Mini-Slalom, Kernville, CA (SL), Michael Hearn, 4367 W. 136 St. Apt. A, Hawthorne, CA 90250
- 26-27** NOC Winter Race, Bryson City, NC (SL/WW), NOC, US 19W, Box 41, Bryson, City, NC 28713

FEBRUARY

- 2-3** Snowballs Slalom, Bryson City, NC (SL), AWC, Box 33, Clarkston, GA
- 9-10** Kernville February Mini-Slalom, Kernville, CA (SL), Michael Hearn, 4367 W. 136 St. Apt. A. Hawthorne, CA 90250
- 16-17** Cache Creek, Rumsey, CA (SL/WW), Larry Smith, 418 Hill St., San Francisco, CA 94114
- 17** Texarkana Pool Slalom, Texarkana, TX (SL), Dan Hammock, #3 Cerrato, Texarkana, TX 75503
- 23-24** NOC Glacier Breaker, Bryson City, NC (SL/WW) NOC, US19W, Box 41, Bryson City, NC
- 24** Hueco Falls Slalom, New Braunfels, TX (SL), LONE STAR CUP RACE #1, Tom Cowden, 3709 East Ledge, Austin, TX 78731

MARCH

- 2-3** Russian River Races, Cloversdale, CA, (SL/WW), Jerry Albright, 226 Gilbert Dr., Santa Rosa, CA 95405
- 9-10** Mulberry Fork Race, Birmingham, AL (SVDR), DIXIE DIVISION SLALOM & WILDWATER CHAMPIONSHIPS SOUTHERN CUP RACE #1
 Rod Miller, P.O. Box 951, Birmingham, AL 35216

- 16 Caroga Creek Wildwater**, Ephratah, NY (WW), Joe Galea, RD #1, Box 227, Johnstown, NY 12095
- 16-17 Tohickon Creek Whitewater Races**, Point Pleasant, PA (SL), Eugene P. Gallagher, 715 N. New St., Apt. 2, Bethlehem, PA 18018
- 16-17 Kernville March Mini-Slalom**, Kernville, CA (SL), Michael Hearn, 4367 W. 136 St. Apt. A, Hawthorne, CA 90250
- 16-17 Yahara Icebreaker**, Madison, WI (SL/DR), Bob Obst, P.O. Box 8515, 606 Eugenia Ave., Madison, WI 53708
- 17 Slipery Rock Creek Wildwater**, Portersville, PA (WW), MIDDLE STATES & OHIO-PENN DIVISION WILDWATER CHAMPIONSHIPS, Bill Cannon, R.D. 1, Box 340, Acme, PA 15610
- 23 Codorus Downriver Race**, York, PA (DR), Nancy Putt, 113 Harrisburg Pike, Dillsburg, PA 17019
- 23 11th Univ. of Conn. Outing Club DR Races**, Willimantic, CT (DR), Susan Latourette, Box -U-8, UCOC, Storrs, CT 06268
- 23-24 Catskill Race**, Phoenicia, NY (WW), Sandy Johns, P.O. Box 284, Denville, NJ 07834
- 24 11th Univ. of Conn. Outing Club SL Races**, Colchester, CT (SL) Susan Latourette, Box -U-8, UCOC, Storrs, CT 06268
- 24 Leadshot Slalom**, York, PA (SL), David M. Davidson, Jr., R.D. #8, Box 359, York, PA 17403
- 24 Slumber Falls Slalom**, New Braunfels, TX (SL), LONE STAR CUP RACE #2, Tom Cowden, 3709 East Ledge, Austin, TX 78731
- 30-31 NOC Spring Race, Bryson City**, NC (SL/WW), SOUTHERN CUP RACE #2, Sherry Spurlin, NOC, US 19W, Box 41, Bryson City, NC 28713

APRIL

- 6 Penns Creek Downriver Race, Co-burn**, PA (DR), Tussey Mt. Outfitters, P.O. Box 465, Boalsburg, PA 16827
- 6-7 Ocoee Spring Doubleheader**, Benton, TN (SL/WW), SOUTHERN CUP RACE #3, Michael Larimer, 519 Lyle Dr., Marietta, GA 30067
- 6-7 Molkelune River Races**, Molkelune Hill, CA (SL/WW), Karel Cymbal, 14262 Saratoga, CA 95070

- 6-7 Big Piney Slalom & Downriver**, Dover, AR (SL/DR), OZARK-QUACHITA CUP RACE #1, Joyce Wellhouse, 3410 Ridge Road, North Little Rock, AR 72116
- 6-7 Miller's River Slalom**, Miller's Falls, MA (SL), Aurele Lamontagne, 33 Overbrook Lane, Longmeadow, MA 01106
- 13-14 Peshitog Wildwater, Lakewood**, WI (WW), MID-WEST DIVISION WILDWATER CHAMPIONSHIPS, Robert Schuetzler, 4408 Edmund Blvd., Minneapolis, MN 55406
- 13-14 Shoshoni Ice Beaker**, Glenwood Springs, CO (SL/DR), Tom Steitz, Box 773714, Steamboat Springs, CO 80477
- 13-14 Ledyard Slalom & Wildwater**, Hanover, NH (SL/WW), Ledyard Registrar, P.O. Box 9, Robinson Hall, Hanover, NH 03755
- 13-14 2nd Annual Blackwater Slalom**, Concord, NH (SL), NEW ENGLAND CUP RACE #1, Sonny Hunt, 158 W. Parish Rd., Concord, NH 03301
- 19-21 1985 UNITED STATES WILDWATER TEAM TRAILS**, Farmington River, New Boston, MA, Peggy Mitchell, Old Grafton Notch Tpke., Caanan, NH 03741, (Contact your divisional rep. for entry eligibility information)
- 20 T'ville 85**, Tarrifville, CT (SL), Farmington River, Watershed Assoc., P.O. Box 98, Avon, CT 06001
- 20-21 Spring Wolf**, Langlade, WI (SL/WW), Marge Cline, 1343 North Portage, Palatine, IL 60067
- 20-21 21st Annual Kernville April Race**, Kernville, CA (SL/WW), PACIFIC DIVISION SLALOM & WILDWATER CHAMPIONSHIPS, Michael Hearn, 4367 W. 136 St. Apt. A, Hawthorne, CA 90250
- 20-21 Burlington Slalom**, Burlington, VT, NEW ENGLAND CUP RACE #2, Canoe Imports, Box 2000, RD 3, Shelburne, VT 05482
- 21 Loyalsock Slalom**, Forksville, PA (SL) MIDDLE STATES SLALOM CHAMPIONSHIPS, PSOC Slalom Chairman, 4 IM Building, University Park, PA 16802

Rest of Schedule in Next Issue

- 21 Steve's Boat Work Slalom, New Braunfels, TX (SL), LONE STAR CUP RACE #3, Steve Smith 2500 Lazy Hallow, #151c, Houston, TX 77062
- 27 Red Moshannon Downriver Race, Grassflat, PA (DR), Tussey Mt. Outfitters, P.O. Box 465, Boalsburg, PA 16827
- 27-28 Kenduskeag Stream Slalom, ME (SL), NEW ENGLAND CUP RACE #3, Gregg Farrell, RFD #4 Box 1290, Bangor, ME 04401
- 27-28 1985 UNITED STATES SLALOM TEAM TRIALS, East Race Channel, South Bend, IN (contact your divisional rep. of entry eligibility information)

2nd Annual Paddling Film Festival

The Second National Paddling Film Festival was held the weekend of October 20 and 21 at the University of Kentucky in Lexington, Kentucky. The event was sponsored by the Bluegrass Wildwater Association and Menasha Ridge Press. About 250 people from all over the country attended. A wide variety of amateur and professional films, video tapes and slide shows were presented. Saturday from 10-5 was spent in the two theatres viewing all the entries. Sunday morning the winners were announced, shown again, and the prizes awarded.

The Best of Show went to Cameron O'Connor of California for her Hair entry titled "Other Worlds". This two projector slide show was a very polished view of the rivers and cultures of many countries including India, New Zealand, and Chile. The soundtrack included music native to the scenery as well as contemporary American cuts.

The other winners in the amateur competition were Jan AtLee of Kentucky for her slide show on the 1984 Open Canoe Nationals, Lynda Matusek with a Super 8 Humor entry "As Falls Wesser, So Falls Lesser Wesser Falls" and Greg Weldon for his entry "T.S.R.A." (Tennessee Scenic Rivers Association) in the instructional/Safety category.

The prizes came from equipment donated to the event, including a Dagger paddle, Yakima racks, a Slinglight, Old Town and Extrasport life jackets, and subscriptions to Canoe Magazine.

The six judges at this year's festival were a topnotch group of boating/media people. They were Dave Getchell of Canoe Magazine, Joe Pulliam of Perception, Bob Shepard of WKYT-TV, Sim Ray of the N.O.C., Robert Harrison of Whetstone Photography, and William Nealy of A Really Strange Sense of Humor.

After the showings on Saturday, all the participants were invited to meet at a local country club for swimming in the indoor pool, drinking, dancing, and a special performance of the Women in Rubber Revue. The crowd seemed to enjoy the act, especially the number "She Wore Black Rubber". Rich "Mr. Party" Smithers did the vocal honors (you could hardly call it singing) to Jan AtLee's seductive reverse striptease. Never has a wetsuit been put on with quite so much feeling before. The encore number "HoleBusters" was also much appreciated by the obviously culturally starved and inebriated audience.

An equipment raffle followed the performance with the proceeds benefitting the A.R.C.C. Several items including a Perception Dancer were awarded.

All in all, it turned out to be a great way to celebrate paddling. The films presented a wide range of experiences seen from very different perspectives, and gave all who attended the chance to share their impressions. Like boaters themselves, the weekend was wild, daring, funny, and intense: in a word — GREAT!!

A response to the question that the whole country is asking — "Who Are These 'Women in Rubber'?"

It's a good question. It's a hard question. It leads us into the deeply philosophical jungle of the primal instincts and responses we all feel. "Who are the Women in Rubber?" is

linked irrevocably to "What are the Women in Rubber?", and then of course to "Why do they do what they do?".

The Women in Rubber are — no, I'm not going to give you names and phone numbers — they are a group of women who belong to the Bluegrass Wildwater Association of Lexington, Ky.

These women are not "Shuttle Bunnies". These women do not whimper at the sight of a class IV rapid. They get into their boats and get out in the current. As the men of the southeast can attest; when you see a group of paddlers with equal numbers of men and women, you are seeing the BWA. You are that close to "Women in Rubber".

So what are these paddlers doing up on a stage, performing a bump and grind routine in their sprayskirts and fishnet stockings? Is this boating? Isn't it degrading?

Actually, it's fun. It is in fun, for fun, for the hell of it. These are women — all woman women. On the river, under helmet and lifevest beats the heart of a redblooded American female. She can run the Gauley during the day, entertain hundreds of men at night, and laugh about it all later.

Women in Rubber are women who paddle. They don't lead cheers on the shore for the guys, or compete with men to be macho on the river. They enjoy paddling. also enjoy being women. The Revue is a way to juxtapose the two, to tease both the men who don't take women boaters seriously at all, and those who take showgirls far too seriously.

The next question is — "Where are 'Les Men in Rubbers?'"

WRITERS AND PHOTOGRAPHERS:

We need your stories and black and white photos. Contact the AWA editor. Call (503) 447-6293 evenings. Hope to hear from you.
—Ed.

Perception 1984 River Conservationist Award



Dr. Meral, on right, receives award.

Perception, Inc. is pleased to announce that Dr. Gerald Meral, executive director of the California Planning and Conservation League, has been chosen as the 1984 River Conservationist of the Year.

Meral has emerged over the past fifteen years as a leading conservationist in California, his name connected with more than a dozen rivers.

The 40-year-old zoologist was instrumental this year in grassroots movements to save the threatened Tuolumne river and to defeat California Governor Deukmejian's massive water development plan.

The Tuolumne, Sacramento, Stanislaus, Merced, San Joaquin, Smith and Klamath — all are names which call to mind major ecological battles in the past decade. The South Fork American, Trinity, Scott, Salmon, and the mighty Eel — all are rivers at one time threatened by hydro projects and later protected, thanks in large part to Gerald Meral.

Says former California governor Jerry Brown, "Meral's commitment to conservation and his public and private efforts to keep free-flowing rivers alive helped achieve designation of 1,235 miles of California rivers in the federal Wild and Scenic Rivers program. His unrelenting work on behalf of the Tuolumne River helped achieve permanent protection for that extraordinary Sierra stream."

Since 1983, Meral has served as executive director of the California Planning and Conservation League in Sacramento, a long-established conservation group into which Meral's leadership has breathed new life. In two short years Meral has transformed his financially threadbare band of dedicated conservationists into a broad-based, economically sound organization which now serves as a lobbying umbrella for smaller groups like California Trout and Friends of the Earth.

For eight years prior to joining the Planning and Conservation League, Meral served as deputy director of California's Department of Water Resources. His term there was dotted with alternative solutions to traditional water development projects.

Willie Brown, speaker of the California Legislative Assembly, has this to say about Meral's term with the water department, "His quiet intelligence, his sensitivity and his capacity to find the ground between the issues where agreement can be had make a substantive difference in resolution of difficult questions. A tough negotiator and a determined opponent, his sense of humor makes Dr. Meral the most effective spokesman for environmental and conservation issues."


Perception's River Conservationist of the Year Award is given annually to an individual who has proved instrumental in saving one or more of

America's free flowing rivers. According to Perception marketing director, Joe Pulliam, "Each year the Conservation Award has attracted more attention and more nominations. This year the sheer number, variety and quality of nominations received in support of Meral was astonishing. They came from former employers, employees, co-workers, colleagues and government officials. They reflected much fondness for Meral and much respect for his tenacity and professionalism."

In response to the award, Meral says, "This is only an indication of what kind of work is needed to save rivers and that people should continue to do this work."

Is Meral planning to continue, or does he plan to sit back for awhile and rest on his laurels? "Not until the dam builders do!" he says. He is currently involved in movements to save the Santa Margarita, Carson and Mokelumne rivers from damming.

For more information on how you can become involved in conservation efforts to save your favorite river, write: River Awareness Brochure, Perception, Inc., P.O. Box 686, Liberty, SC, 29657.



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energy development. 801-259-7008

Risa Shimoda - Rockette Woman

by Peter Skinner



Risa, in Rocky Horror Picture Show, 1978
Stanford University

The Upper Eagle River segment can barely be seen from the road which winds hundreds of feet above its steep walled canyon located near Vail, Colorado. Stohlquist's Colorado guide book describes this 100-200 fpm run as "loaded with extremely difficult and dangerous rapids". The book goes on to say that after Waterfall Creek, "the river goes berserk. From here, long Class IV rapids feature rebar, rails, seriously mangled, sharp boulders: . . . Vertical pin spots are everywhere. Next comes a . . . 12 to 18 foot waterfall." This rating, by the way, was done at low water!

This kind of whitewater is one place you will find the diminutive dynamo from the East Coast, Risa Shimoda. Largely unphased by widely held perceptions of objective river dangers, she has risen quickly to the top echelons of American whitewater cruising.

Risa and the others on the Upper Eagle in full flood in 1984 had much to contend with. River velocity was so extreme and the stage elevation so high, two of the three railroad bridges were acting as partial dams to the river's relentless fury. Portages and precision eddy scouting became the name of the game.

Halfway down the run, below Waterfall Creek, the river decomposed into a continuum of huge waves, froth, and a large cascade ending a quarter mile later in a cataract over which survival was questionable. Three party members carried it immediately and three surveyed it with wonder. After a long time cogitating, Robin and Gibbs put in and made the run upright, barely catching the only postage stamp eddy available, literally on the brink of the cataract. Risa might be next



At first sight, one might not suspect this woman is a superb athlete. Yet, give her a challenge and conquer it she will. Weighing in at little more than 100 pounds, she translates more major motion per pound to kayaks, skis, parachutes, luge sleds, and dance floors than anyone.

Impressive not only in sports, Risa has already distinguished herself professionally. Only in her mid-twenties, her career has already eclipsed those of professionals twice her age. She sells sweets. . . very well, thank you. Remember those beaming athletes making testimonials for Snicker's bars as the "Official Winter



Risa paddling in the N. Fork of the Payette, Idaho.

Olympic Snack Foods" a couple of years ago? That was her idea! It won Best National Promotion of 1983 by "Advertising Age" magazine. Recently relocating in Atlanta, Risa now faces the challenge of making Rambling Root Beer your favorite soft drink.

Although unique and extraordinarily talented in her own right, it's not exactly off the ground she licked it. Her family created an environment where growth and excellence was the expected outcome. Descended from Japanese pineapple pickers in Hawaii, her father went on to distinguish himself as one of America's foremost food photographers in New York City. Risa's mom grew up on a farm in Salt Lake City and as Risa says, "She has a strong will, and a level head, optimism and the innocent good nature of an angel."

Flanked by two older brothers, Risa grew up in a crucible of achievement. Gender distinctions had no place in the household. Expectations she could do anything to which she set her mind helped push her forward.

First exposed in 1979 to a kayak in a pool, it took "about 4 seconds for me to be convinced . . . to learn how to do the eskimo roll." Although ensconced in America's heartland of Ohio, Risa found her share of Class II - IV rivers that year and in the Fall, graduated to the Yough-

iogheny. A week at the Madawaska Kanu Camp the next year gave her a chance to experience big water on the Ottawa River.

Risa speaks reverently about Steve Csengody from Indiana who taught her "... how to work hard at playing a river." With equal respect she touts Robin Graham's single minded interest in extracting the last iota of fun every river formation has to offer. Finally, she speaks highly of Karla Matzke from New York who helps her reinforce her own strengths of aggressiveness and high fear threshold.

Excellence on rivers has followed an illustrious adolescence. Possessed with extraordinary energy, she chased extra-curricular activities with vigor. Cheerleading, school government, piano and Dutch Reformed Sunday school teaching took up much of her spare time. When time for college arrived, it was off to Stanford in the quest for a B.S. in product design engineering.

Her real passion was dancing. The study of ballet, tap, jazz and other forms made her a popular performer including a short stint as a Rockette at Radio City. By college, she used those skills for chores of choreography and "tap dancing with a country/western band in "Jose's Cuban pizza parlor." How's that for cultural exchange?



paddling Swimmers Hole on the Yough in 1982.



Risa and her roommate, Fran kicking up their heels, 1979.

Since 1979, Risa has already conquered many rivers most paddlers only dream of doing. There is hardly a river on the east coast which has not seen the bottom of her red Dancer slide by. Experience out west has also been extensive including numerous rivers in Idaho, Arizona, New Mexico and Colorado. Her biggest thrills include an ender in the top hole at Iron Ring on the Gauley during her first run there, a surreptitious run down the Niagara Gorge at 100,000 cfs and a center shot on Lava Falls.

Five years of rivers have not been without some chills. During her second year on rivers, she took Pillow Rock on the chin, losing several teeth, her memory for ten minutes and bone chips from her jaw. A duct tape facial the next day, however, allowed the show to go on!

She looks forward to paddling Western rivers (especially in California), slalom racing and hot dog contests. Victories at numerous contests in the East coast have fueled a growing interest in the competitive side of river sports. Since Atlanta does not offer easy access to ski jumps and luge runs, she should have plenty of time to spend on these activities.

Risa bemoans the lack of women paddlers. She cites the plethora of alternative sports available which are "more popular, socially acceptable, less scary and easier to find teachers and partners for." She also argues that boating tends to involve foul weather and cold water, traditionally thought to



Risa and her Olympic M&M promotion.



Risa paddling over Big Sandy Falls, 1980.

be "unfeminine" territory. Risa strongly believes in women participating in formal schools and teaching groups. That way, they can derive moral support for the conquest of fear and the elements of skill.

In a boat, Risa cuts quite a figure; you first hear that shrill squeal of joy and then see that red, white and blue drysuit slashing through the foam and fury. On land, she makes quite an impression as well. One could not describe this woman without use of the word, enthusiastic. Possessed with an inner "joie de vivre" second to none, Risa bubbles over with happiness when making the moves she desires. The joy is infectious and the whole party gets the same high from her.

At the same time, however, Risa is restrained, discreet, non-threatening and solicitous. Celebration of achievements of others is as natural to her as enjoying her own accomplishments. The indelible mark of Far Eastern courtesy also makes her a most welcome and easy person to have on any trip.

Most of all, she is confident; pure and simple. As she says herself, confidence is "manifested in varying proportions of good humor, even temper, and goal oriented optimism." Few can boast of so much of these as can she.

Oh yes, we left Risa contemplating the Eagle Cataracts. After a long wait, she and her boat, buried in froth, appeared at the brink of the cascade. Somewhere in the drop, her line was a bit off or the waves too complicated for the proper brace and over she tipped. Transfixed with horror, the party watched her boat, upside down, flush down the torrent toward the final cataract. A misplaced rock or rail had found her helmet it seems and her wits left her for a moment.

With mere feet to spare, a roll, a Duffek and three herculean strokes placed her precisely in the eddy above the falls. The famous Risa screech pierced the air, drowning out the roar of the river and the palpitations of our hearts. Wow... some timing!

PNS

Editors Note: Risa is our new marketing director working with AWA. Write to Risa or myself if you have any ideas or questions.

*There is nothing -
absolutely nothing - half
so much worth doing
as messing about
in boats...*

*- the Water Rat
Wind in the Willows*

First Descent of the Middle Fork San Joaquin

by Reg Lake

It's always a special thrill to be one of the first boaters to run a wild river. Maybe that's why I let myself get talked into kayaking the upper Middle Fork of the San Joaquin in 1980. I went with a couple of experts, Royal Robbins and Doug Tompkins, who were better known for their climbing feats. Royal was the first to climb Half Dome and to solo El Capitan, among other achievements, and Doug has scaled peaks all over the world, including Mount Fitzroy in Patagonia. We had just kayaked the Bio-Bio in Chile, and right away we started talking about comparable adventures here in California. The next thing I knew, we were in Doug's plane over the Sierra Nevada, scouting the South Fork Merced and the Middle San Joaquin by air.

We thought we could do the South Fork Merced in two days. It took us four days and cost Royal a dislocated shoulder. (He was ready to go again the following week.) So we approached the upper Middle Fork of the San Joaquin much more cautiously. And why not? In the 25 miles from the put-in above Devil's Postpile to the top of Mammoth Pool Reservoir, the river drops 4700 feet. Some stretches have gradients above 400 feet per mile as the river plunges over huge granite aprons.

We took climbing gear, sleeping bags, five pounds of food (dried fruit, nuts, chocolate bars, and tea), and almost nothing else. The trip totaled six days, a couple more than we had planned, so each of us ate only about four ounces of food per day. At one point I found a nice camera not far from one of the rare trails, but I left it behind because I didn't want to make my kayak three pounds heavier.

When we started, we had no idea whether we could really finish the run. Time after time we had to portage by lowering our boats on ropes and carefully climbing down after them. I would have been glad to take out at the Cassidy foot bridge, where a trail crosses the river, but Royal and Doug wanted to press on through Balloon Dome Gorge. We agreed that if necessary, we would abandon the boats and climb out of the canyon — assuming we could find a way up the 3000' walls. I felt we were flirting with forbidden dangers, doing something we shouldn't be doing, but Royal and Doug simply refused to believe we couldn't find a way down. Every move, whether in the boat or on the rock face, was made with more concentration than I had ever mustered. All the little details, from the grain of the granite to the color of the water, stood out more sharply than usual.

When we emerged from the gorge, we knew we were going to make it. But the trip was tough all the way to the end. Difficult rapids continued to the reservoir, then we had to paddle six miles against a 30 mile-an-hour wind. After that we hiked two miles, hitched a ride to the nearest phone, and waited several hours to be picked up. At last we sat down to a fine midnight dinner at Royal's home in Modesto. An hour later, just when I was about to relax, Royal reached into a drawer and pulled out a stack of maps. "Can you keep a secret?" he asked. He was already planning our next first descent: the headwaters of the Kern.

Editors Note: Reg is the operator of River Touring Equipment, Brisbane, CA.

BOAT NOTES: Cold Weather Gear

by Bill & Ann Sweeney

This article, in two parts, is devoted to people who like to paddle snow melt or rivers controlled from the Bottom Of The Dam, and for whom there is no such thing as "bad" weather. The cold weather paddling gear described here is aimed at a) preventing hypothermia and b) minimizing discomfort. Since we've all heard about hypothermia to the point of boredom, we're not going into details but will merely stress two related facts:

First, it doesn't matter much if your arms and legs are lightly clothed provided your trunk is warm and producing heat. Second, it makes no difference how much clothing you add to your arms and legs if your trunk is inadequately protected against heat loss.

The purpose of cold weather gear is to prevent the onset of hypothermia because, aside from the well-known dangers of extreme hypothermia, even a slight drop in body core temperature results in sluggish muscle responses and slower thought processes. So you stay sharper in the demanding conditions of whitewater and ocean paddling **when you stay warm**. However, let's not delude ourselves that clothing alone will do it — proper food, sufficient sleep and good judgment count for as much.

Theory first, then practical solutions. The three kinds of cooling you have to cope with are radiation, evaporation and conduction.

In this first of two articles, we deal with radiation and evaporation, both of which occur in air. Conduction occurs in water and will be covered in Part Two.

Have you ever noticed how the words "warm" and "dry" seem to go together. To paddlers, at the end of a cold day, they are virtually

synonymous. "Dry" is the key to the whole new world of cold weather gear. Staying dry is an art form in any active sport and a near miracle in watersports. Synthetic fabrics are helping us realize this miracle, because they work to control both evaporation and radiation cooling.

To avoid evaporative cooling, you must prevent sweat from condensing on your skin. A good way is to immediately force the sweat away from your skin. All the new fabrics "wick" sweat from the skin without absorbing the moisture into the fiber. The steam condenses on outer layers of fabric where the surfaces are cooler, but where there is virtually no effect on you. To avoid radiation cooling, you need insulation; and air, trapped in layers of clothing, is an efficient insulator. The "pile", "fleece" or "bunting" garments serve the same insulating function as several layers of knitted or woven fabrics. Although greater density improves the insulation capability of pile, it also makes excess heat control harder during active periods and, further, holds more water. The really dense piles make more sense for low activity periods, like waiting for the shuttle, and relatively low activity sports like fishing, hunting and downhill skiing.

We have personally tested polyester polypropylene and nylon in extremely wet and cold conditions, with alternating exertion and "hanging about". We've found that "thin knit polypropylene" and "nylon pile" wick well, whereas thick knits and dense piles do not. Once soaked, nylon drains excellently, followed by polypro and polyester pile. Most durable is nylon, followed by polyester and polypropylene.

It makes the most sense to layer several thin garments rather than go with one thick piece because as your heat requirements fluctuate, layers may be removed or added. Obviously, you also need to be able to keep the insulating layers of air from exchanging with outside cold air, so the final wrapper in such a layering process is a waterproof (and therefore windproof) paddling suit.

We have found the best layering combination to consist of a body-hugging thin knit polypro next to the skin, a nylon pile layer, topped off by a coated nylon garment. (Credit should also be given to your PFD — the more flotation, the more insulation!)

The two problems with polypropylene are strength and odor retention. When you buy polypro, especially the "bantam weight" or "thin knit", check the seams. The better manufacturers, like Lifa/Helly-Hansen and Wickers, reinforce the seams. Wash your polypro immediately after activity — you may eventually need to soak it in baking soda to remove body odor. The other synthetics also retain body odor, but to a much lesser degree. Remember, head, hands and feet are also able to be polypro'ed, nylon piled and waterproofed to your heart's content.

We have found Blue Puma to be the outstanding manufacturer of nylon pile and coated nylon gear for boating and other active sports. Their attention to design detail and manufacturing quality are without par, and the companies who produce cheaper imitations generally overlook important points.

(Bill Sweeney and his wife Ann are the Proprietors of Boats & Paddles in Madison, N.J.)

- **Blue Puma Garment Sale**
polypropylene tops - bottoms
- **Helly Hansen PVC Dry Suit**
Reg. \$189 — Sale \$149.00 + shipping
- **Off-Shore Dry Suit** — The Best Made
2 year guarantee. Reg. \$279 —
Sale \$239.00

Contact: **WATERSPORTS OUTFITTERS**
P.O. Box 818, Redmond, OR 97756
503-447-6293



What's Your Head Worth?

You spend six hundred bucks on a boat, a cool hundred on a paddle and even thirty on a simple hunk of rope. But when it comes to protecting your head, what do you spend...\$25, \$50, \$75? This paddler is a nurse and a mother. She can't spend enough to give her the best to paddle with assurance. At 74.95 the nylon KAYAK from Romer sets a new standard in whitewater safety headware! Send for free catalog. **Romer. Drawer 440. Benton, TN. 37307**



A 16 ft. raft goes into No Name Hole, Crooked River, Oregon

Getting On America's Rivers

by Al Ainsworth

While sitting around several campfires this past year the conversation usually turned to river access and the permit system. How to work it? Is it fair? Where to apply for a permit? And, ahhh . . . but let's stop here. Just where do you apply for a permit and what are your choices.?

Many of the choices are obvious, i.e. the Grand Canyon, the Middle Fork of the Salmon, the Rogue and many others; however, some are not quite so obvious, i.e., the Tuolumne, the Rio Grande, the Dolores and many others as well.

The permitted season is upon us. The most popular filing time is December 1 to January 31. So, run down and photocopy the list of rivers and the managing agencies, it may be the most concise list of river information compiled.

There are a number of unregulated rivers private river runners should be aware of. The Grande Ronde, the Eel, the Klamath, the Owyhee and many others. All offer superb whitewater or scenery, sometimes without the crowds found on the permitted rivers.

There are definite seasons to running rivers, with some rivers runnable year round, but in the minority. The off-season (fall, winter and spring) runs usually have fewer people and are not regulated. A good spring run may be the answer to your problems if you are not able to get a permit.

The list of rivers will be broken down by state in the following order: Arizona, California, Colorado, Idaho, Montana, New Mexico, Oregon, Texas, Utah, Washington and Wyoming.



Don Banducci: somewhere on the Outer Limits in California.

STATE	RIVER	PERMITTED	SEASON	MAILING ADDRESS
Arizona	Colorado Grand Canyon	Yes Apply in Feb.	All Year	River Sub Dist. Nat. Park Serv. Grand Canyon Nat. Pk. P.O. Box 129 Grand Canyon, Az. 86023 602-638-7888
Arizona	Salt	Yes to camp on Reserva- tion, no to run river.	Winter, Spring	U.S. Forest Ser. Tonto National Forest P.O. Box 29070 Phoenix, Az. 85038 602-261-3199
Arizona	Verde	No	Winter, Spring	U.S. Forest Ser. Tonto National Forest P.O. Box 29070 Phoenix, Az. 85038 602-261-3199



Oregon's Metollus River, a drop of 45 ft. per mlle.

STATE	RIVER	PERMITTED	SEASON	MAILING ADDRESS
California	American	No	April to October	BLM Folsorn Resource Area 63 Natorna St. Folsorn, Calif. 95630 916-985-4474
California	Eel	No	Spring	BLM Ukiah Dist. 555 Leslie St. Ukiah, Calif. 95482 707-462-3873
California	Feather	No	Winter, Spring	U.S. Forest Ser. Beckwourth Ranger Dist. Plumas National Forest P.O. Box 7 Blairsdan, Calif. 96103 916-836-2575
California	Kern	No	Spring, early Summer	U.S. Forest Ser. Greenhorn Ranger Dist. Sequoia Nat. Forest 800 Truxtun Ave. Bakersfield, Calif. 9330?

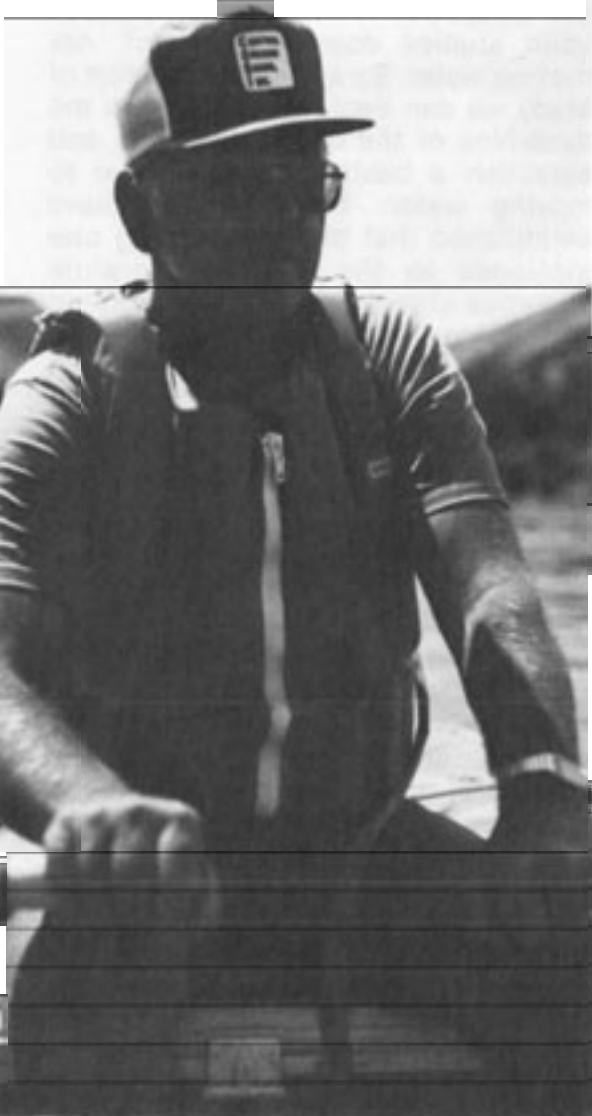
STATE	RIVER	PERMITTED	SEASON	MAILING ADDRESS
California	Kings	No	Spring, early Summer	805-861-4212 U.S. Forest Ser. Kings River Ranger Dist. Sierra National Forest Trimmer Route Sanger Calif. 93657
California	Upper Sacramento	No	Spring	209-855-8321 U.S. Forest Ser. 201 W. Alma Mt. Shasta, Calif. 96067
California	Smith	No	Winter, Spring	916-926-4511 U.S. Forest Ser. Gasquet Ranger Dist. Six Rivers Nat. Forest P.O. Box 228 Gasquet, Calif. 95543
California	Stanislaus	No	Spring, early Summer	707-457-3131 Stanislaus Riv. P.O. Box 1229 Oakdale, Calif. 95361
California	Trinity	No	Spring	U.S. Forest Ser. Six Rivers Nat. Forest 507 F Street Eureka, Calif. 95501
California	Tuolumne	Yes, Apply Jan. 1	May to Oct. 15	U.S. Forest Ser. P.O. Box 709 Groveland, Calif. 95321
California	Klamath	No	Spring, early Summer	209-962-7825 U.S. Forest Ser. Klamath National Forest 1312 Fairlane Road Yreka, Calif. 96097
Colorado	Dolores	No	Spring, early Summer	916-842-6131 BLM Montrose Dist. 2265 So. Townsend Montrose, Co. 81402 303-249-7791

STATE	RIVER	PERMITTED	SEASON	MAILING ADDRESS
Colorado	Green Dinosaur National Monument	Yes, Apply Dec. 1 to January 15.	May 10 to Sept. 10	Dinosaur Nat. Monument P.O. Box 210 Dinosaur, Co. 81610 303-374-2216
Colorado	North Platte, Northgate Canyon	No, but must register	May to July	U.S. Forest Ser. North Park Ranger Dist. Routt National Forest P.O. Box 158 Walden, Co. 80480 303-723-4707
Colorado	Yampa	Yes, Apply Dec. 1 to January 15	May 10 to Sept. 10	Dinosaur Nat. Monument P.O. Box 210 Dinosaur, Co. 81610 303-374-2216
Idaho	Bruneau	No, voluntary	Spring	BLM Boise District 3948 Development Ave. Boise, Idaho 83705 208-334-1582
Idaho	Clearwater	No	May to August	U.S. Forest Ser. Lochsa Ranger Dist. Clearwater Nat. Forest Kooskia, Idaho 83539 208-926-4275
Idaho	Lochas	No	mid-May to July	U.S. Forest Ser. Lochsa Ranger Dist. Clearwater Nat. Forest Kooskia, Idaho 83539 208-926-4275
Idaho	Payette	No	late May to mid June	BLM Boise District 3948 Devel. Ave. Boise, Idaho 83705 208-334-1582

(rest of schedule in next issue)



Canoeist on Rancheria Creek in California. Still free flowing today.



Will the old and young be able to enjoy America's Rivers?



AWA Editor Dave McCartney rowing the Metolius River, Oregon with pontoon raft. Water temperature constant frigid 42 degrees.

The Chill Factor

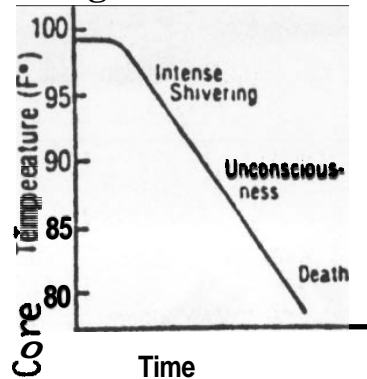
by Tom McCloud

Winter in Indiana. Cold. Blustery. A good time to catch up on that stack of canoe club newsletters that accumulated during the summer. There are several safety articles and I'm reading the latest on hypothermia when the D.J. on the radio says: "Twenty-two degrees outside with a wind chill factor that makes it feel like seven." This little light pops on in the back of my head: If there is a wind chill factor for moving air, then why not a WATER CHILL FACTOR for fast moving water?

I had never heard of such an idea. Have you? In this article I'll point out what the water chill factor is, how it affects the safety of whitewater canoeists and what can be done to compensate for it. This is not another discussion of hypothermia. Recent issues of American Whitewater, club newsletters and national publications have explained very well the dangers and field treatment of hypothermia, and have correctly pointed out that water immersion increases the problem.

Hypothermia, quite simply, is the cooling of the body core to a temperature below the normal 98.6°F , but it is not an all-or-none phenomenon. There are the mild, easily reversed symptoms such as clumsy movements that occur when the body core temperature drops a couple degrees, followed by more serious, even life threatening, conditions as the core temperature drops further. This cooling occurs in air or water whenever heat loss exceeds the ability of the body to compensate. The cooling process takes TIME, as represented in figure 1, so we can investigate the RATE (degrees per hour) at which heat is being lost in different environments. It is important to know this rate so we can evaluate the danger and so we know how much time we have to accomplish a rescue under conditions where serious hypothermia will develop.

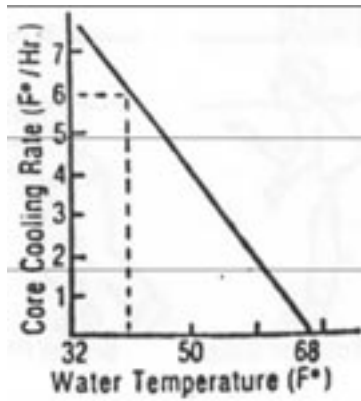
figure 1



All hypothermia and first aid instruction as applied to water safety is based upon studies done in stagnant, not moving water. By analysing this sort of study we can begin to understand the dynamics of the cooling process and establish a basis for comparison to moving water. These studies have established that the core cooling rate increases as the water temperature becomes lower, (figure 2). As depicted by this graph, in still water at 40°F the core temperature decreases at a rate of 6°F per hour, so would be lowered to 92°F in that time, although some individuals are much more susceptible to the effects of cooling than others. We will consider the 92°F core temperature as an important point because once that low it is probable that some serious medical treatment will be needed to effect recovery. If the core temperature continues to drop then hypothermia becomes a matter of survival, and figure 3 shows the amount of time that a person can survive at various water temperatures.

This, however, does not tell the whole story. The normal physiological response of the human body to contact with cold water is to severely constrict the blood vessels to the arms and legs, thus conserving heat. This response is indicated by the short, flat portion at the top of the curve in figure 1. But with no blood supply, very rapid cooling occurs and the muscles of the arms and legs quickly become useless. It is said

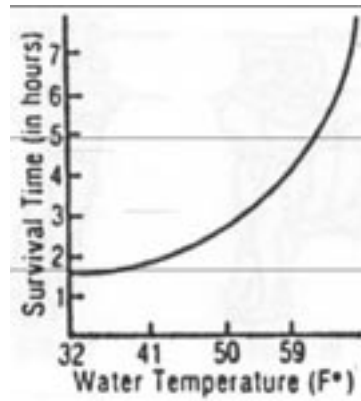
figure 2



that a person cannot swim 300 yards in 35°F water before the muscles will not operate, so a swimmer in very cold water without a lifevest will drown long before the body core temperature has dropped to the critical point. You might well remember this the next time you paddle without a lifevest across a large, cold lake or river.

The research which produced the data given in figure 4 concluded that swimmers who consciously try to conserve heat by assuming the H.E.L.P. (Heat Escape Lessing Posture) or Huddle Position can double their survival time over persons who swim. Note that both HELP and Huddle require a lifevest be worn. By remaining as immobile as possible in the HELP position the victim minimizes the loss of the water which has been warmed by the body and is loosely trapped by the clothing and life vest. The swimmer, or a paddler who is pinned in a rapid, is constantly having this thin layer of warmed water stripped away, thus increasing the rate of cooling and decreasing the survival time. The data in figure 4 clearly indicates that only slight motion or current doubles the rate of cooling. Somewhat surprisingly, drownproofing is the poorest survival technique in cold water because of the cyclic immersion of the high heat loss areas of the head and neck during the breathin cycle. Unlike the other extremities, blood flow to the brain is not curtailed when the body is exposed to cold water. The confused thinking, an early symptom of mild hypothermia, followed by unconsciousness when hypothermia becomes severe are the result of brain cooling.

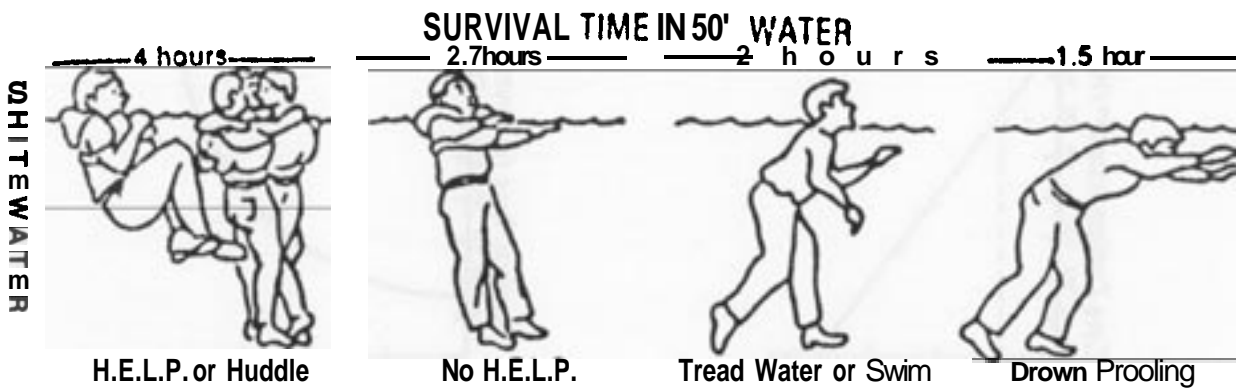
figure 3



There is one study which attempts to deal with both the effects of moving water on cooling and on the types of clothing that best retard heat loss. The rate of cooling of an aluminum cylinder, covered with various fabrics, was measured and the results expressed in terms of thermal resistance, R (the same R-value you will see in advertisements for fiberglass insulation), but I have converted them into a form which should be more understandable. The larger the number in figure 5, then the more effective the material is in retarding heat transfer and, consequently, if a paddler is wearing the material, the longer he will remain comfortable or survive should he find himself unable to get out of the water promptly.

The first thing you should notice from this data is that the rate of cooling has been increased about **20 FOLD** for all the fabrics including wool when they are immersed. This is because water is much more effective in transferring heat than is air, and water has displaced all the insulating trapped air from the fabric. The second conclusion is that a current of 10 mph drains heat at least **FOUR FOLD** faster than stagnant water, thus greatly increasing danger and decreasing the survival time for anyone unable to get out of the current. And the third observation, perhaps most important of all, is that **ONLY THE WETSUIT** maintains appreciable insulating value when in water. This is because the foamed neoprene rubber has gas bubbles permanently entrapped within it which cannot be displaced by water. Other closed cell foams include ensolite and

figure 4



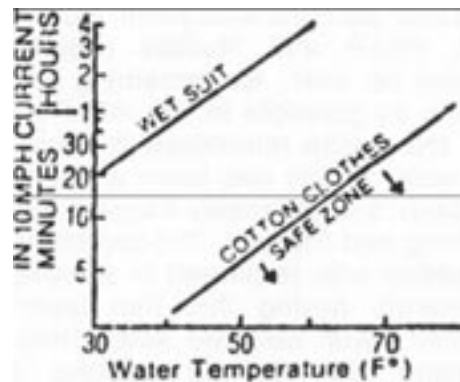
the foamed urethanes from which many lifevests are manufactured. Because of the great amount of publicity it has received recently I would like to make a special comment on polypropylene pile: It has the ability to REGAIN its insulating capacity following wetting because it dries very quickly, but submerged in the water it has no advantage over any other porous fabric.

Let us re-draw the survival time diagram (figure 3) to account for a current speed of 10 mph, such as might be experienced by a canoeist pinned in a rapid, (figure 6). A swimmer through a long rapids, though not subject to the full force of the current, would likewise experience greatly increased heat loss compared to stagnant water immersion. So there is no misunderstanding in reading this graph here are some examples: In fabric clothing a person would be in the safe zone for 5 minutes at 60°F, in the danger zone in 60°F water for 20 minutes. The person in a wetsuit is in the safe zone for 20 minutes in 35°F water and in the danger zone after 1 hour in 35°F water. Looking at figure 6, it is obvious that a normally clad person in a 10 mph current can be in serious hypothermia danger in only a few minutes when the water temperature is 40°F or less. This is what the water chill factor is all about: an increased rate of heat loss due to moving water stripping away the thin, warm water insulating envelope about the body, thereby greatly decreasing survival time.

Now that you know the facts you can make your own decisions as to how you want to dress for cold water canoe trips and what size and class of river

you might choose to paddle when the water is frigid. This last section discusses what actions you can take if you should find yourself faced with a cold water rescue, particularly a pinning. Obviously your goal is to get the person out of the water as quickly as possible, but if the extrication will take some time then take some of the following steps to slow the victims' cooling rate.

figure 6



If the victim is wearing a wetsuit make sure all the zippers are closed up. If hands, arms, legs or head are exposed, as they would be with a shortie wetsuit, get them covered with neoprene, plastic sheet, a space blanket, raincoat or some other water-impermeable fabric. Use the same types of materials to wrap the torso, at least, of a person dressed in fabric clothing. Do whatever is possible to slow the rate of cold water exchange against the body. This may include constructing a diversion above the victim, either by having several rescuers standing upstream, or perhaps sinking a boat to form a dam above the victim if

figure 5 **RELATIVE INSULATING VALUE OF CLOTHING**

FABRIC	DRY, STILL AIR	UNDER STILL WATER	IN 10MPH CURRENT
light shirt	22	.53	.07
medium shirt	26	1.0	.24
heavy cotton	29	1.4	.24
heavy wool	35	2.1	.26
windbreaker	47	1.3	.40
1/8" loosely fitting wetsuit	--	5.6	1.7
1/8" tight fitting wetsuit	31	10.5	8.6

this can be accomplished without adding to his danger. It is one of the objectives of this article to impress upon you the limited amount of time available to accomplish a successful rescue from very cold water, so above all make decisions promptly and work as a team. Don't give up on your efforts even if the victim should lose consciousness. Free him and begin warming the body core. It is said that a cold water victim is not dead until he is warm and dead, so don't give up on resuscitation efforts until the body core temperature is near normal. Don't wait on distant medical help to be summoned: You must initiate treatment. Current thinking on hypothermia treatment was discussed in AWA XXXV, no. 5, Sept-Oct 1980. Re-read it!

Cold weather canoeing can be great fun, but know the facts and go prepared to deal effectively with the special types of emergencies that can occur.

CREDITS:

figures 1 & 3 MAN IN COLD WATER, The University of Victoria, B.C. (a 16 mm film by the same title can be rented from Media and Technical Services, Univ. of Victoria, Victoria, B.C., Canada.

figure 2 Hayward, J.S., et.al., Canadian Journal of Physiology and Pharmacology 53, 21 (1975).

figure 4 Groene, J. "Cold Water Survival and You", Chesapeake Bay Magazine 8 (7), 1978.

figure 5 & 6 Olsen, Wm. "Cold Water Boating, The Hazard and Protection", Coast Guard Boating Safety Seminar, Memphis, TN, Dec. 1980.



Braldu River at high water, Pakistan.

Editors Note: This is the 2nd part of Andrew Embick's story from last issue.

Ours was the first American Karakoram expedition to take advantage of the Pakistan Ministry of Tourism's recent relaxing of climbing regulations. By restricting ourselves to peaks of under 6,000 meters, we requested and received blanket permission to climb in an entire area (the whole length and both sides of the Biafo Glacier) and required neither peak fee nor liaison officer (though an L.O. was required for the river phase of the trip). Such flexibility (and reduction in costs) will be a boon to future expeditions, especially small and inexpensive ones.

There was no lack of other climbing objectives on the Biafo, but now after successes on both the river and climb, the pressure was off. An experiment by Jack confirmed that 190-proof ethanol is nearly toxic at high altitude, and our momentum now carried us into smaller groups with multiple objectives. Kathy, Bo, Jack and Gray trekked one hundred and twenty miles, without porters, over the Hispar La (16,900') and down to Nagar, reaching Hunza. Galen and Barbara stalked wildlife in the form of bear tracks, herds of ibex, and the fresh skin of a young snow leopard clubbed to

death by villagers. In meetings with district and regional officials, Galen investigated what appears to be the failure of Pakistan to adequately protect its large mammals, primarily from village poachers.

Leaving Base early as runner to send up porters, I descended to Askole and a convivial brunch with the hereditary chief or "Iambardier" Haji Madi as well as Reinhold Messner and Hans Kammerlander (who were headed for a traverse of Gasherbrums I and II).

The Braldu had by now, in the second week of June, become more than what is normally known as a river, rather an awesome natural force unleashed, with nightmarish power and violence. Its flow had multiplied twenty-five times and now the truck-size boulders which we had paddled around were themselves rolling down the river's bed. Bridges (except for a swinging vine rope "jhola") were gone as well as was all semblance of being kayakable or survivable. This was the Braldu we had been warned of, with twenty Susitna-size rapids per mile and five worse. As brown as Karakoram rock and as cold as glacial ice, the Braldu (Balti for "canyon") River was the embodiment of death immediate and irrevocable. Now for the fourth time I traveled the Braldu Gorge: hiking, not kayaking. Only at Chokpo did the

gradient begin to decrease and permit tentative, brief and very nervous excursions along the bank, high-velocity seconds of terror punctuated by tedious and fatiguing scouting and portaging in ninety-plus degree weather in a wetsuit.

Once, standing awed on the bank, I watched an entire rapid move fifty yards downstream and felt through the earth the reverberation of the rolling boulders. To venture, even briefly, out into the probably thirty mph current was to court instant disaster - which I courted - and narrowly escaped.

American expeditions (and Aleister Crowley) in the past made use of "zahks", rafts of inflated goatskins, to descend from Dasso to Skardu, where the Shigar (formed of the Braldu and Basra Rivers) joins the Indus. I kayaked the braided though fast Shigar forty-seven miles through a wide, mountain-rimmed valley where emerald terraced fields rose steeply up hillsides toward any available water sources. Villages were perched below nullahs bearing snow-melt from high above, the apricots were beginning to ripen, and dust storms alternated with sunshine. In the river, huge symmetrical sand waves provided sublime kayak surfing.

A quick jeep ride up to Khapalu while waiting for the base camp group to arrive permitted my solo first descent of the Shyok River's forty-five miles. The four portages were made easier by the eagerness of villagers to help carry my boat, and much was enjoyable Class IV kayaking. From Gol, the Shyok-Indus confluence, I sneaked twenty-five miles of the huge (100,000 cfs) Indus (in two hours) as it rolled out of Tibet toward its encounter with the Rondu Gorges.

We rendezvoused in Karimabad, capital of Hunza. Luckily, Jack didn't come down with malaria until completing his trek. Just as luckily, I had my tropical-medicine notes and a supply of chloroquine.

Jack was weak but clearly improving a couple of days later, and the Hunza River had looked to me (on the seventy-mile jeep ride from Gilgit) to be pleasant Class IV. But the clear air and the size of neighboring peaks (like 25,550 foot

Rakaposhi) make errors of scale inevitable as Bo and I discovered. Though of continuous gradient rather than pool-drop, the thirty thousand cfs of the Hunza *did* drop thirty feet per mile. We didn't feel completely in control in water of that awesome power and speed, and great care was required to avoid being pushed into gigantic holes by powerful breaking diagonal waves. However, hundred-degree air temperatures did help make possible this first run of the glacial Hunza at high water.

From Gilgit, Jack and I did a "dying man and doctor" imitation (which wasn't that hard) and got on the Fokker F-27 aircraft which flies past Nanga Parbat enroute to Islamabad. Our brief time in the capital was spent based at the air-conditioned, luxury Hotel Intercontinental lying in the pool, buying rugs, sampling the buffet, washing off seven weeks of dirt, and giving newspaper and TV interviews. We were congratulated by the U.S. Ambassador, Deane Hinton, as well as by Galen's old friend Mr. Awan, now Pakistan's Minister of Sport. At a relatively painless debriefing at the Tourism Ministry, we were given an opportunity to congratulate the Pakistanis for the superb job they have done in streamlining expedition regulations and removing various hurdles. We did indicate, however, that more timely responses by the Pakistanis to permit requests would be most helpful for those planning expeditions in the future, and this hint seems likely to have been noticed, as it was made in person to Mr. Mohsin Kamal, Minister of Tourism.

We returned to the U.S. a week ahead of schedule, below budget (\$2,500 per person), having exposed more than twelve thousand Kodachromes. Except for Jack, we were in at least as good shape as on our departure, and in several cases already making plans to return to Pakistan. Our Perception kayaks are in good shape and being stored for later use by us or others. The National Geographic has rights to our story so for now, other coverage is limited to short news items.

End of Part I & II

Incident On The Cheat

by Wade Sims

Glen Gantz and I were on our way through West Virginia last March and decided to paddle the Cheat.

We arrived in Albright, West Virginia to find the river running at 5'0. The Cheat canyon is a class III-IV run at up to 1.5'. At 5.0' the force of the water and the large waves and holes make this a class IV-V run. Instead of being a narrow mountain stream, this was a broad rain river.

The water temperature was in the mid-40s°F. The weather was overcast and the air temperature around 50°F.

We met Jack Wright and Chris (sorry, I cannot remember your last name) at the Cheat Canyon Campground. We agreed to paddle the river together with Jack leading, as he had paddled the Cheat at this level before. All were paddling fiberglass kayaks.

All of us negotiated the upper half of the Canyon with no problem. At High Falls Rapid we pulled over on river right to scout this rapid and eat lunch. We decided to run through High Falls staying right of center. This route is generally not covered at lower water and involved going over a couple of small (1-2') drops.

Jack ran through first, eddying out below. Chris ran second, then myself and Glen. I could hear Chris hitting rocks in front of me. I looked ahead and at first I thought Chris was playing below one of the drops. As I passed down within a few feet of him I realized his boat was pinned horizontally under water with the river hitting him from behind and water coming around his head! Jack remained positioned in the eddy where Chris could see him. Glen and I pulled over on river right and scrambled over boulders back upstream. Because of a fallen tree on the river bank we had to position ourselves slightly further up stream than where we would have liked. We each tried a throw with our throwbags and each fell short. We immediately binered the ropes together and standing on a higher rock tried a couple of circular swing throws. Although we

could get the bag just about out as far as Chris, the current pushed the bag towards shore. At the point where we knew something else needed to be done (i.e. carrying a boat upstream and paddling the throwbag out to a good position) Chris came out of his boat and Jack pulled him to shore. Chris was slightly hypothermic but otherwise okay. The boat was still pinned. Although it seemed forever, we estimated 5-10 minutes had elapsed.

Chris warmed up by eating some leftover lunch and putting on a pile jacket I had in my boat. We waited approximately one-half hour below High Falls rapid. The boat remained pinned. It was getting late so we decided to get paddling. Chris set out to locate and hike downstream on the old railroad bed Jack knew paralleled the right side of the river. Just above Coliseum Rapid we saw an air bag and below Coliseum we retrieved Chris's boat. Its front deck was ripped open while the stern was intact. Chris met us at the takeout about 10 minutes after we arrived there.

While we were sitting below High Falls rapid, Chris related that he came over a small drop and the nose of his boat hit something and stayed. The current pushed the back of his boat down onto the river bottom. He attempted to free his boat by levering his paddle on the bottom of the river, but was unsuccessful. He could see Jack and knew Glen and I had gone back upstream but couldn't see what we were doing. Chris felt that if he were to attempt to get out of the boat normally, as soon as he lifted himself beyond the cockpit rim, the current would seize him and force his legs backward out of the cockpit. Because of the force of the water he was unable to bring his hand back alongside his body to his back. Instead, he brought his arm over his head and let the current force it against his back. Sliding his hand down to grasp the back part of the cockpit, he then twisted his body around inside the boat, brought his knees up on the seat and exited.

Analysis

In this accident the pinned person saved himself. He kept his cool! Although he could breathe he knew his effective time was limited by the cold water and strength of his muscles holding him upright against the current. He respected the force of the current and systematically tried different techniques to free himself.

Chris said he was glad he had read, "The Best of River Safety". It gave him ideas of what he could and couldn't try to free himself. He also felt if he could have gotten to his **throwbag** and deployed it, we could have used it to **help** him.

The attempt by Glen and I to throw Chris a line from shore was a reasonable initial reaction in this "head up" pin. Carrying a boat upstream over boulders would have taken probably 10 minutes. In this case because of the distance out to the victim, a better response would have been to send just one person up with both throwbags to initiate the rescue attempt and have the second person bring a boat upstream.

Jack positioning himself in the eddy below was a good response as he was able to pick up Chris when he came out of the boat. If Chris had remained pinned, Jack, in visual contact with Chris and voice and visual contact with Glen and I, could have coordinated our efforts.

Summary

Paddling a river at a high level always involves some risk. In this case the risk was in paddling a route not normally run. As scouting did not reveal any potential danger, one can only ascribe this pin to chance. Calm thinking by the victim as well as familiarity with the surrounding country effected a positive outcome to this incident.

A Short Safety Article

by *Les Bechdel*

Whitewater sport is presently going through some exciting changes. New attitudes towards paddling have produced dynamic boat designs for the cruiser as well as some unique ideas

for auxiliary equipment. We applaud these new developments and at the same time realize that it takes time to test their effectiveness.

For years kayaks were built to slalom racing specifications, with the idea that the cruiser might want to race the boat some day. Specialization has killed that notion and boats are now being created for performance standards alone. The result is a new generation of designs that are commonly referred to as "short boats".

Are short boats safer? In the space of this article, we cannot discuss all the various models available. There is, however, one short kayak that stands out as being truly innovative: the Jeti, by the Noah Company.

Affectionately called the "spud boat", this 9½ foot plastic boat presents a blunt and bulbous bow to vertical drops. In contrast to traditional narrow-nosed kayaks, a paddler would have to work hard to become vertically pinned in a Jeti.

The boat's shortness is a safety feature in itself. Being 3½ feet shorter than traditional kayaks, the Jeti permits tighter maneuvering and quicker eddy turns. It is great on steep little streams with those last minute "which-way-do-I-go?" decisions. The fact that it spins on a dime does not hurt, either.

Another safety feature is the full length walls. At 4½ inches, they are the widest in the industry and it is highly unlikely that they would ever fail. The outfitting is comfortable and the molded thigh hooks provide a feeling of security. The cockpit is larger than most kayaks which permits quick entrances and eases unplanned exits. Its rim provides a good lip for positive spray skirt attachment.

What is the Jeti's drawback? It is sluggish to ferry and bogs down when going upstream. This is more of a performance flaw than a safety consideration, unless you find yourself having to make a ferry above a waterfall.

Were short boats designed for performance characteristics or for safety reasons? The answer is not important. Kayaks like the Jeti meet the needs of both performance and safety.

Making The Most Of Rolling Practice

Here are a few ideas for pool paddlers trying to perfect a combat roll. While river conditions are difficult to simulate in the pool, the following suggestions will force paddlers to encounter some of the elements that will be found on the river. Remember, to swim is dangerous; a river roll is your best piece of safety equipment!

1. Practice rolling in full gear—helmet, life jacket, wetsuit, and especially mitts or pogies.
2. Try rolling without taking a breath first.
3. Try tipping over while NOT in the set-up position, but rather holding paddle in the middle, in one hand, or just leaving it floating alongside the boat, thereby forcing yourself to move to the set-up while underwater.
4. Tip over, switch sides underwater, then roll.
5. Roll as many times as you can — non-stop.
6. Kayakers try rolling with a canoe paddle; C-l'ers try rolling with a kayak paddle.
7. Intentionally miss several rolls before completing a successful one.
8. Leave your noseplugs off!
9. If pool space permits, try flipping while paddling as fast as you can; then, set up underwater and roll.

Practicing with a helper greatly increases the number of games pool paddlers can play:

1. Have your helper lay on the deck behind you; then try rolling the both of you up. (Don't try this one unless you have pillars installed in your boat!)
2. Have your helper lightly hold the boat upside-down to increase resistance.
3. Have helper force several roll attempts to fail by holding boat upside-down and then randomly allowing a roll to finally succeed.
4. Have your helper stop your sweep in the middle of its arc. (Use another paddle or a stick for stopping the

sweeping paddle — paddle edges are sharp!)

5. Try playing "Brace!" Reflexes are greatly sharpened by having helper stand at the stern to tip your boat so you cannot see which way you are going to tip. Remember, this game is exhausting after a short time, so be careful to stop before straining any muscles.

* * *

(Thanks again to the Chicago Whitewater Association for this collection of tips offered by Marge Cline.)

Book Reviews

THE CANOE (A history of the craft from Panama to the Arctic)

by Kenneth G. Roberts and Philip Shackleton

Macmillan of Canada, Toronto, (1983)
280 pages, 10x11½", hardcover, color photos, drawings, 357 illustrations, 107 in color. \$50.

If there is such a thing as an encyclopedia of canoes, then this must be it. A truly massive study of the development of the craft we call canoe from its origins in reed rafts and dugouts to the finely crafted hulls of today. The plan of the book is simple: describe the shape, construction techniques, uses and lore of nearly all the diverse craft ever built in the Americas.

The authors unquestionably have done their homework, as the text is sprinkled with excerpts from old dairies and contemporary accounts of the first colonists. Reproduced are drawings, lithos, paintings, photos of museum pieces, virtually anything one could imagine to illustrate a point. The color photos and reproductions make this a visually pleasing book and the well written, informative text could scarcely be better for its intended purpose.

I particularly enjoyed the many old photographs, which are so much better than simply a description. One has to wonder how the authors found all the material which has been included, but not where, as there is an extensive bibliography and photo credits page.

There are five major divisions, starting with a short section on rafts, then a really major treatise on the dugout during which it is followed from the Caribbean to the Pacific ocean craft carved from huge cedars by the native tribes of the British Columbia coast. A brief description is given of the various skin boats, including the Kayak of the Eskimo, and then an 80 page section on the 'bark boat', which includes a great deal about the fur trade era in Canada and the adoption and adaptation of the native birch bark canoe by the French and, later, English settlers. The final section discusses the modern canoe, and follows the development of canoe clubs from the early days.

If you are a canoe devotee, someone who cannot get enough of canoeing, and interested in the history and development of the craft, then I can highly recommend this book to you. The price may sound a bit stiff, but as a source of information and reference book this volume is not surpassed by anything else I have seen. You'll like it!

by Tom McCloud

SPORTS ILLUSTRATED CANOEING

by Dave Harrison

Harper & Row Publishers, New York, (1981)

7x9, b&w photos, diagrams, 190 pages, paperbound, \$5.95

To most people the name Sports Illustrated brings to mind a glossy magazine filled with action color photographs and witty text. ***Sports Illustrated Canoeing***, by Dave Harrison, contains no color photos and no gloss, yet is very competently written and informative for the beginning canoeist.

Divided into twelve sections, the author covers briefly most every topic that can concern a canoeist from selecting a boat to paddling in the

wilderness. The sections which attempt to teach paddle technique are generally inadequate. The text describing the stroke is very brief, but frequently accompanied by a diagram and/or series of photos, but I feel that all these together still do not completely explain the stroke or what it is doing to a person who is not already knowledgeable.

One interesting technique used in the book is the sequence of photos, for example, five consecutive shots of a tandem canoe executing a forward ferry. But an adequate explanatory text is missing. A point so small as the direction in which the river is flowing is not indicated and is probably not obvious to a novice, so that makes it pretty hard for him to understand what is supposed to happen. Nonetheless, there is a wealth of useful, generally accurate and up-to-date information in each section, and in keeping with the Sports Illustrated name, a large number of good quality B&W photographs.

Like so many canoeing books the author has attempted to cover everything from awash to windbound in a single short volume, and in so doing has compromised, glossed over and truncated many sections of information, so that there is really no strong point. The authors' style is quite readable and his credentials as a canoeist lead me to think he could do an outstanding job of writing in a more limited area. ***Sports Illustrated Canoeing*** is one of a series of Sports Illustrated books, and almost certainly was commissioned by the publisher to fill a certain niche in a certain style, and this may be a contributing factor to the broad but shallow approach found in this book. Overall, though, ***Sports Illustrated Canoeing*** is one of the better survey type canoeing books I have seen, and will probably be useful to many beginning canoe paddlers.

by Tom McCloud

Book Reviews



ANGELS CAMP, CA — Sobek Expeditions, one of the world's leading operators of adventure travel vacations, has announced the publication of the newest edition of **The Adventure Book**. The full-color, 124-page perma-bound book, which includes an introduction by noted travel writer Jan Morris, is a resource guide for adventure travel trips around the world. **The Adventure Book** lists some 250 trips on all seven continents, including trekking in Peru and Nepal, overland safaris in Africa and India, sailing in the Caribbean and South Pacific, and rafting on the rivers of six continents among other programs. The book carries a retail price of \$11.95, and will be distributed nationally in fine bookstores beginning February 1, 1985.

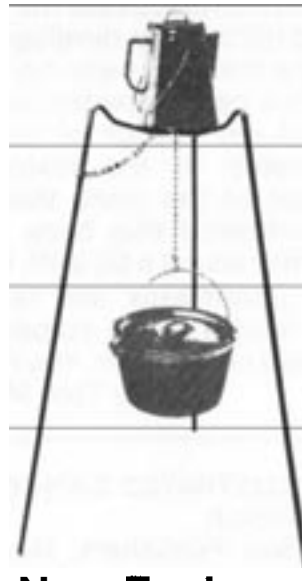
Advance copies will be available directly from Sobek on December 15, 1984. For further information on **The Adventure Book**, or to order a copy, contact: SOBEK ADVENTURE BOOK, P.O. Box 333, Angels Camp, CA 95222; phone (209) 736-4524.

Urban Kayak-22 Minute

Lightning struck twice in Salt Lake City as back to back record snowfalls kept the Jordan river pumping. Much to the delight of Salt Lake's kayaking population this little irrigation stream once again provided hydraulics worthy of a Whitewater Rodeo.

On Mother's Day 1984 the second-"The Flood's For You" hole riding contest kept Rocky Rossi busy filming enders, 360's, and a host of kayak maneuvers that defied definition. Taking full advantage of the bridge above the whole, and close banks on both sides, Rossi captures all aspects of big hole "riding".

Using footage filmed last year, we are also shown how a tame little surfing wave becomes a sticky hole with a few hundred additional CFS. For anyone into kayak hot dogging this tape is a must. \$25 from Gravity Sports Films, 1591 S. 11th East, SLC, Utah 84105. For a full video catalog, ask Rocki for all titles in their library.



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The Romer Olympia incorporates the features of a high quality "climbing helmet" into the features of a new generation of whitewater safety headwear. Romer of West Germany, is the largest safety equipment manufacturer in Europe, producing helmets for NATO, the Winter Olympics, and the motorcycle industry. (The famous Porsche-Carrera racing, helmets are made by Romer.)

The Olympia was developed for heavy whitewater; Class IV, V and VI. The helmet incorporates a closed cellular foam interior to provide a high degree of impact absorption. The tough outer shell is manufactured from nylon rather than traditional plastics to provide greater strength, better load spread and longer life against degenerative ultraviolet rays. It is nearly three times thicker than earlier helmets put out on the market for the "whitewater industry." The harness features a chin guard which can be easily removed if not desired at the bottom of a unique harness system. This system guarantees a ninety degree pull from the temples and back of the head through a clever "slider." This prevents the helmet from shifting or coming off accidentally from uneven pressure which is common in whitewater paddling. The shell is well vented but the many air flow holes are kept small to prevent penetrations from sticks or sharp points on rocks. The Olympia is recommended by the International Safety Committee. It is available in red, yellow, blue and white. Sized Small-Large. Each size also has three adjustments on the silicone impregnated headband liner. Wt. 21 ounces. Retail Price: \$59.95. From Romer Sports, Drawer 440 Benton, Tn. 37307 (615) 338-4323, or Watersports Outfitters, P.O. Box 818, Redmond, OR 97756. 503-447-6293



New Romer Helmets

Romer of West Germany, introduces the new Eskimo model whitewater helmet to the U.S. Romer is the largest safety equipment manufacturer in Europe, producing helmets for NATO, the motorcycle industry, the 1984 Sarajevo Winter Olympics, and the famous Porsche Design Racing helmets.

The Romer Eskimo was developed for recreational kayaking, whitewater canoeing and rafting especially in the Class III and IV levels. The helmet incorporates a universal sizing suspension system liner to provide a high degree of impact energy absorption. Cellular foam is used for extra padding to insure maximum comfort where needed. A form fitting chin strap can be used with or without the chin guard as desired by the paddler. A 90 degree continual self adjusting strap configuration keeps the helmet securely on the head despite non-uniform pressures. The shell is produced from super strong UV resistant polyamides (nylon). This raw material alone is nearly triple the value to the user in strength and long life. A **fastex** buckle "quick release" eliminates the fear of losing a helmet in violent water or being unable to get out of it quickly when required. Colors: Red, Yellow, White, Blue; Size: Universal; Weight: 12 ounces; Retail Price: \$34.95. Available by contacting: Romer Sports, Drawer 440, Benton, Tennessee 37307; (615) 338-4323, or Watersports Outfitters, P.O. Box 818, Redmond, OR 97756. 503-447-6293

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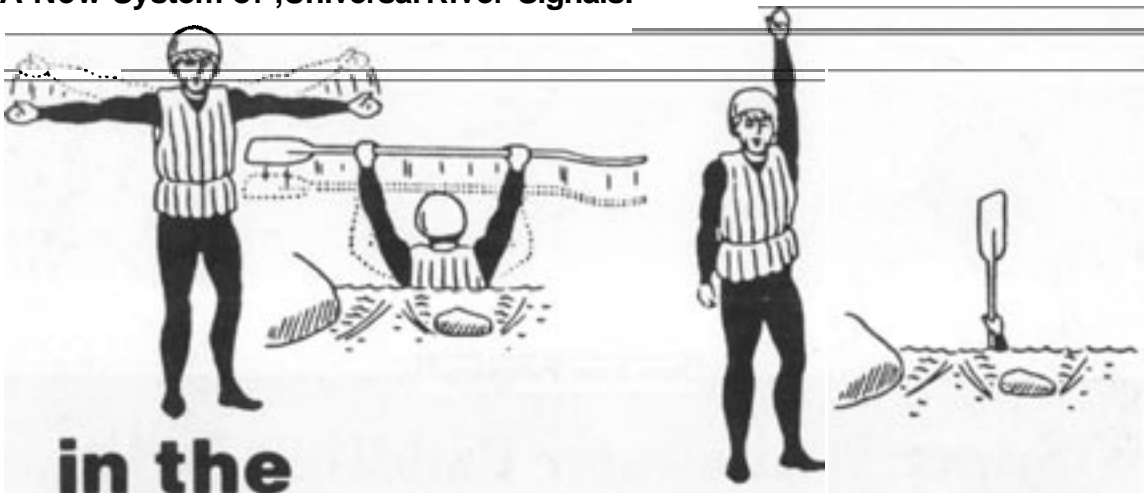
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West Sand Lake
NY 12196