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Mar/Apr 2011



## WHITEWATER KIDS

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# AMERICAN WHITEWATER

A VOLUNTEER PUBLICATION PROMOTING RIVER CONSERVATION, ACCESS AND SAFETY

## American Whitewater Journal Mar/Apr 2011 – Volume 51 – Issue 2

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 *Ria Sribar, age seven, playing at Barking Dog on the South Fork American (CA).*  
Photo by Rok Sribar



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# PURPOSE

## RIVER STEWARDSHIP: AN INTEGRATED APPROACH

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

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

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

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

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

**SAFETY:** AW promotes paddling safely, publishes reports on whitewater accidents, maintains a uniform national ranking system for whitewater rivers (the International Scale of Whitewater Difficulty) and publishes and disseminates the internationally-recognized American Whitewater Safety Code.

**EDUCATION:** AW shares information with the general public and the paddling community regarding

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

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

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

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# THE JOURNEY AHEAD

**T**HANKS TO YOUR support, 2010 was another outstanding year for American Whitewater and our River Stewardship Program. The outpouring of year-end support for our stewardship efforts is truly amazing. One example of this support was \$50,000 in support funding from Priority Worldwide Services and Fluid Kayaks in memory of Hendri Coetzee. Hendri was tragically killed while exploring the Lukuga River in the Democratic Republic of Congo. Hendri's blog ([greatwhiteexplorer.blogspot.com](http://greatwhiteexplorer.blogspot.com)) reads like Henry Morton Stanley in search of Dr. David Livingstone played out on the headwaters of the Nile and Congo Rivers in Central Africa.

American Whitewater was deeply humbled to be selected as an organization worthy of this level of support; it demonstrates confidence in our mission and ability to achieve successful outcomes on projects that are near and dear to the hearts of boaters and friends of wild rivers. Support of this magnitude places additional responsibility on AW to demonstrate leadership in the coming year on stewardship issues and to adequately report back key developments.

As a community of boaters and river lovers, we all have a role to play in protecting whitewater resources that are near and dear to us. As we move into 2011, one of American Whitewater's primary goals is to increase our base of membership. Currently, about one out of every 10 whitewater boaters in the US is an AW member in good standing (meaning their dues are up to date). There is a need to grow this ratio so the boating community can speak out with increased clout on stewardship issues. Membership size is the key metric government agencies and elected officials use to determine the capacity of an organization to reach their constituents. Increasing AW membership empowers the AW River Stewardship Team to be even more effective in driving outcomes that protect rivers and increase recreational opportunities for all paddlers.

The American Whitewater membership value proposition is compelling. Each membership dollar that AW receives is leveraged to generate \$5 in total funding directed at supporting river stewardship. The \$1 to \$5 ratio is achievable because core membership allows AW to attract support from foundations, private donors, advertising opportunities, events and partnerships. As a result, each membership dollar goes five times as far in the protection of whitewater rivers. Where else can you stretch your money like that?

On each project we work on, we seek land and water conservation, public river access, stream flow information, and flow releases that benefit the aquatic ecosystem as well as recreation. We have a proven track record of success with each of these goals. With your membership, these enhancements create a triple bottom line: they provide local communities a sustainable economic base, they result in healthier rivers, and they provide opportunities for healthy nature-based recreation. Reconnecting people and communities with their rivers creates an enthusiastic and lasting constituency for river conservation.

American Whitewater has a great story to tell right now. Our stewardship projects are making a real difference to rivers and local communities all around the country, while providing flows for boating and habitat. If you are reading this publication and you are not a member, please consider supporting this work. If you are a member, thanks for your support and in 2011 we challenge you to encourage your non-member boating buddies to join AW. Your reward for accepting this challenge: healthy whitewater rivers for future generations. There has never been a better time to support American Whitewater!

See you on the river,



PS – If you have boating buddies who are not members of American Whitewater, please share this issue of the *Journal* with them. Together all members of the boating community can speak out with a much louder voice.



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# PRESIDENT'S MESSAGE

**W**E HAVE EMERGED from the deep freeze of winter once again and spring is in the air, so get out the boating gear and head to your favorite river. Enjoy all that makes our sport so awesome and know that the chances are good that AW has played a role in your ability to enjoy the river of your choosing.

2010 was another good year for AW and after six years of prudent and conservative financial management AW has returned from the brink of insolvency back in 2004 to a solid fiscal foundation. We now have the financial strength and resources to expand our stewardship efforts and embark on more ambitious initiatives to fulfill our mission to conserve and restore America's whitewater resources and enhance your opportunities to enjoy them safely. In response, AW's Board of Directors approved a much more ambitious budget for 2011 than in previous years. AW's 2011 budget includes several key items aimed at increasing our mission footprint. These include:

- A new plan to grow our membership by 10% in 2011 and improve our external communications. This will allow us to pursue our mission with even more vigor in the future.
- Significant funding for a complete overhaul and redesign of AW's website. We have heard your feedback about

our website and we are responding now that the necessary resources are available.

- Several new stewardship positions including an assistant to enhance the effectiveness of our already highly effective stewardship staff and the expansion of AW's very successful Colorado program with a new employee dedicated to our efforts on the Dolores River. This will enhance our efforts on the Dolores significantly and allow the Colorado Stewardship Director, Nathan Fey, to spend more time on other key issues in the state.

Our new electronic balloting system, used for the first time last fall, resulted in 371 ballots cast. This is nearly 10 times the number of ballots cast in any previous AW election. Our membership's increased involvement in AW's governance is outstanding and is an important step forward. Thanks to all of you who voted. Next year we hope for even broader participation from our members.

The changes to our Constitution were overwhelmingly approved by 95% of those voting. One of the key changes in the revised constitution was the institution of term limits for AW's Directors. I believe this is a very good thing for AW, however, it also means that we will need more of our membership to step up and get involved in leading the organization in the years to

come. In this issue of the *Journal* you will find an open Call for Nominations for Board of Director candidates. We are seeking candidates to fill 4 board seats to begin three-year terms starting January 1, 2012. I urge any interested members to heed this Call for Nominations and consider serving in this capacity. If you are not able to serve at this time, maybe you know someone else who would be a good candidate. If so, I urge you to talk to them about the possibility and encourage them to put their hat in the ring.

American Whitewater's Directors are the trustees of the organization and act as fiduciaries for the members we serve. The Directors are responsible for all outcomes of the organization including:

- Strategic direction and initiatives
- Monitoring operational performance including the fiscal health of the organization and mission fulfillment
- Performance review and salary administration for the Executive Director
- Working with the Executive Director to make sure the organization has the necessary resources to fulfill its mission.

Being an AW Director is not for everyone and not everyone is in a position to make the commitment of time and energy that is required. For those who can make the commitment it is a rewarding and fulfilling experience. If you or someone you know is interested I urge you to explore the possibility and submit a nomination.

See You on the River,



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# PADDLER FITNESS

## PADDLER HEALTH AND FITNESS: MUSCULOSKELETAL FITNESS

BY JOHN AMTMANN AND MEAGHEN RANDALL

### INTRODUCTION

“IN A VERY real and immediate sense, our growing softness, our increasing lack of physical fitness, is a menace to our security.” You’d think this quote was from a recent political speech, but actually it was taken from an article in *Sports Illustrated* titled “The Soft American,” which was written by John F. Kennedy in 1960. In the piece, Kennedy expressed his alarm at the poor performance of most American children on basic physical fitness tests. Many of us who currently enjoy rivers were participants in the tests he was referring to. The question is, how would we perform today on similar musculoskeletal fitness tests?

In the previous issue of *American Whitewater* we described some methods of assessing cardiorespiratory fitness as well as a couple of methods for determining proper weight. It’s only been in the last couple of decades that mainstream America has been convinced of the necessity of developing musculoskeletal fitness through resistance training. In the 1970s jogging, or aerobics was considered the best form of exercise and your average coach and physical educator would often dissuade young athletes from lifting weights for fear that they would develop high blood pressure and become “muscle bound” and inflexible. Years of research, however, have revealed the truth and dispelled the myths and misperceptions once associated with this topic.

The truth is, musculoskeletal fitness is just as important as cardiorespiratory fitness. Examples of this from the river are numerous! Think about the last time you had to assist in a rescue and remember whether musculoskeletal fitness played a



role. Or perhaps ask whether a paddling injury could have been prevented if a balanced and safe strength training program had been followed by the injured paddler. The cardiorespiratory system and the musculoskeletal system work together to provide the needed energy to accomplish the task at hand, and it’s during rescues that we are usually reminded of this. Also, the high incidence of shoulder injuries in paddling sports is a reminder of the importance of muscular strength and muscular endurance in structural integrity.

In a future issue we will provide you with several safe and effective programs for improving musculoskeletal fitness, but let’s first find out whether or not we are “soft Americans.”

### MUSCULAR STRENGTH

Muscular strength is usually defined as the maximal force a muscle or muscle group can produce. A popular dynamic strength assessment has always been the one-repetition maximum (1RM). Unfortunately, this traditional measurement technique may also be dangerous. The problems with 1RM lifting include excess orthopedic stress and extraordinary blood pressure

*Kayaker Meaghen Randall performing leg extensions. Though the lower body is not significantly involved in paddling, it is important to exercise the body in a balanced fashion and include all major muscle groups.*

Photo by John Amtmann

responses. However, a safe alternative to 1RM tests is a submaximal test to predict 1RM (Bryzcki, 2000). To perform this safer test, choose a weight that you can bench press 6-10 times in an all out effort (be sure to have spotters). For example, if Bill bench pressed 160 pounds for nine repetitions, then he had a 9 RM at 160 pounds:

$$\begin{array}{r} \text{Weight Lifted} \\ \text{PREDICTED 1-RM} = \text{-----} \\ 1.0278 \cdot .0278X \end{array}$$

where X = the number of reps performed

So, if Bill, a 35-year-old, 170-pound man has a 9RM pressing 160 pounds, his predicted 1RM would be 205.7 pounds. Though this formula is not a direct measure of pure maximal strength, it is much safer to use a submaximal test to exhaustion to predict 1RM. If Bill is able to leg press 240 pounds

# PADDLER FITNESS

for eight repetitions, then his predicted 1RM would be almost 300 pounds. Norms for bench press and leg press are usually expressed in a ratio of weight-pushed/bodyweight. So Bill's ratio for bench press is 1.2 (205/170) and his ratio for leg press is 1.76 (300/170) and can be compared with the norms listed at <http://occonline.occ.cccd.edu/online/liskeie/pdf1RMNorms.pdf>

## MUSCULAR ENDURANCE

"A single look at the packed parking lot of the average high school [or any parking lot for that matter] will tell us what has happened to the traditional hike to school that helped to build young bodies. The television set, the movies, and the myriad conveniences and distractions of modern life all lure our young people away from the strenuous physical activity that is the basis of fitness in youth and in later life."

-John F. Kennedy, 1960, "The Soft American," *Sports Illustrated*.

If you're not interested in going to the gym for these tests, you can do a couple

of simple tests that will still give you a good indication of your musculoskeletal fitness at home; feel free to invite your family to participate as well. These tests are more focused on your muscular endurance as opposed to strength, but muscular strength and muscular endurance (as opposed to cardiovascular endurance) are directly related. For example, someone who scores high on muscular endurance tests, such as the push-up or pull-up tests, will likely score high on muscular strength tests as well. Three muscular endurance tests that are practical and efficient are the pull-up test, push-up test, and the partial curl-up test. The pull-up test can be done on any fixed horizontal pull-up bar. Take an overhand grip (palms facing away from the body) and pull the chin above the bar in a smooth motion and return to the starting position without touching your feet to the floor for as many repetitions as possible.

If completing one pull-up is not possible, and for many of us it is not, consider the flexed arm hang test. With the assistance of two spotters, raise your chin above the

bar and time how long you can hold this position. Time stops when you are no longer able to keep your chin from touching the bar or when your chin falls below the level of the bar.

The push-up test involves simply counting the number of push-ups that can be done in one set. The standard position involves positioning the hands directly under the shoulders with the body straight and the toes as the pivot point for males, and the knees as the pivot point for females. Touch your chin (gently) and return to the starting position for each repetition, and count your repetitions until you can no longer continue or maintain good form. Compare your final score by plugging your score into the online calculator located at <http://www.exrx.net/Calculators/PushUps.html>.

Begin the partial curl-up test lying on your back with bent knees and hands on the thighs, exhale as you contract your abdominal muscles and flatten your lower back into the floor while reaching your hands to the knee caps. Inhale during the return movement and continue this pattern of exhaling slowly while you touch the knee caps and inhaling slowly while you return. Perform as many as you can without pausing – stop if you can reach 75 repetitions (an excellent score and harder than it sounds!). Technically, you are supposed to use a metronome set at 40 beats/minute to time the upward and downward movements, and if you have a child at home who plays the piano you may have one lying around – try using it. If you don't have a metronome, just eliminate momentum and coordinate your movements with slow controlled breathing – it's important to eliminate any jerky, ballistic movements when doing the partial curl-up. For up to age 50, individuals who can perform about 30 curl-ups qualify as "average." About 50 curl-ups



*Kayaker Samantha Barkell strength trains to prevent injury and to improve paddling/rescue proficiency.*

**Photo by John Amtmann**



is rated as “above average” and 75 is “well above average.”

For any of these tests, make sure you have clearance from a physician to participate in these assessments and warm-up prior to the actual test. An effective warm-up would include a general warm-up of 10-15 minutes of stationary cycling, general calisthenics and a couple of light sets of the exercise you are being tested on.

## CONCLUSION

After performing the assessments outlined in this and the previous article, we should have a good idea of whether or not we are soft. Have no fear, no matter how you perform on these tests, it’s never too late to start an exercise program to improve overall physical fitness and health. In future issues we will provide you with some

practical information and guidelines to get you on the right track.

“...we can fully restore the physical soundness of our nation only if every American is willing to assume responsibility for his own fitness and the fitness of his children...”

-John F. Kennedy, 1960, “The Soft American,” *Sports Illustrated*.

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*Kayaker Samantha Barkell strength training in the gym.*

**Photo by John Amtmann**

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# 2010 NORTH AMERICAN JUNIOR OLYMPICS FESTIVAL A SUCCESS

BY DAVE KURTZ

**S**IXTY TWO PADDLING youth, aged 9-18, converged on the Nantahala Outdoor Center last July for the 2010 edition of the North American Junior Olympics Festival. Eight days of dawn to dark paddling gave kids a wide variety of whitewater paddling sports opportunities. Activities included slalom, freestyle, and wildwater racing along with sprint one-on-one and boatercross competitions.

## The Paddlers

The Junior Olympics program is designed for youth paddlers in four different age groups: cub cadet (up to 12), cadet (13 and 14), junior-16 (15 and 16), and junior (17 and 18). Boys and girls have separate classes. The competitions are also classified by boat type: singles kayaks, singles canoes, and three classes of doubles canoes (2 boys, 2 girls, and mixed boy and girl). The competitions are staged over the course of a week to allow ample time for practice.

If you are a young girl and you wish to be a top JO paddler, you might want to move to San Marcos, Texas, because the top three girls represented the Red River Racing Team located there. Cadet paddler Chelsea Bornemann won 5 gold medals and took the top Rivermeisterin Prize. Cub cadet paddler Sage Donnelly from Reno, NV also represented the Red River team and won 5 golds. Then, too, junior paddler Erin Cambridge from San Marcos won 4 golds.

On the other hand, if you are a young boy and wish to be a top JO paddler, you might consider moving to Bellefonte, PA, where the top 4 boys at this year's JOs train. Ethan Van Horn, junior-16, won 4 gold medals, three others won 3 golds: Cody Achatz, cadet from Wausau, WI, Elliot Bertrand, junior-16 of New York City, and Chauncey Blakeslee, cadet. All four represent the Mach One Team.

Five more paddlers won 3 gold medals each: junior paddlers Charlie Kieft of Rocky Mountain Racing, Colorado; Haley Popp of Team Popp, TN; junior-16 paddler Cole Moore of Bethesda Center of Excellence, MD; and cadet paddlers Brynn Benson of BCE from Thornhurst, PA, and Tyler Uthus of Valley Mill Camp, MD.

## The Teams

The kids racing at this year's JO came from 10 different teams or clubs. The largest was the Valley Mill Team (VM) from Germantown, MD, and coached by Bruce Uthus, which brought 13 kids.

Mach One of Bellefonte, PA brought 10 athletes and the Bethesda Center of Excellence (BCE), MD had 9. Mach One is coached by Dave Kurtz and BCE by former Olympian Dana Chladek.

# WHITEWATER KIDS

*Opposite: Chance Blakeslee in Zip slalom.*  
**Photo by Michele Barbin**

The remaining teams (by location and numbers of competitors) were Nantahala Racing Team (NRC), Charlotte, NC (7), Red River Racing (RR), San Marcos, TX (7), Team Popp, Hixson, TN (6), Rocky Mountain Racing (RM), Boulder, CO (2), Birmingham Canoe Club, AL (1), Cascade Falls Kayak Adventures, Rochester, NY (1), and the Kayak and Canoe Club of New York (KCCNY) (1). The NRC is coached by Rafel Smolen, Red River by Michelle Kvanli and Jim Stuart, and Rocky Mountain by Chris Wiegand.

In addition four girls from Australia, coached by Dita Pahl, were there livening up the activities.

## The Competitions

The Festival started off with the Zip Slalom, so named because it contained only 14 gates and the kids were allowed to take up to 4 runs on the course for their best score (unlike traditional slalom, where competitors take only two runs). They also could compete in as many boat classes as they desired. The largest groups racing in this event were the junior-16 boys kayak, the cadet girls kayak, and the junior-16 girls kayak with 6 kids each.

The Classic Downriver Race was held upstream from the Center on the Nantahala River, a Class II stream. The race was roughly 4 miles long, from the Surfer's Rapid to the normal Slalom Start. The largest class in this event was the boys cadet class with 11 competitors; the girls cadet class had 9 competitors. Races were held with the kids using either specific wildwater craft or slalom boats.

A Freestyle Competition, in which kids used play boats to perform "tricks" in a river hole or large wave was one of the most fun events of the week. Wave tricks included flat spins, roundhouses, and blunts. Hole

*Paul LaJouanie in the Zip Slalom event.*  
**Photo by Michele Barbin**

tricks included spins, cartwheels, loops, and McNastys. Points were given for moves completed in one minute.

This year, as in the previous two years, a freestyle event for beginners was held as a wave surfing competition. Participants' scores were placed below the performers of the normal freestyle event and several earned places thereof.

The Championship Slalom was held at the end of the Festival on the lower slalom course at the Nantahala Outdoor Center. This competition included 21 gates and each competitor had 2 runs with the better run counting for his or her score. The classes containing the largest number of competitors were the boys kayak cadet class with 13 boats, the boys junior-16 kayak class with 11 boats and the girls cadet kayak class with 10 boats. The girls junior-16 kayak class had 8 boats.

There were also two non-point competitions staged through the week to entertain the crowd. One was the downstream sprint race, a very short wildwater race concluded with a one-on-one finals, which

was the highlight of the day. Then there was a BoaterCross event offering similar excitement, in which several boats are simultaneously set off down a short rapid; first one to the finish was the winner. To add excitement, paddlers had to pass through a couple of gates which helped to focus the boats to a very small door which certainly added to the spectators' enjoyment.

## The Results

### Zip Slalom

In the Zip Slalom the best score of the day was obtained by Ethan Van Horn of Mach One, who completed the course in 63 seconds. He edged junior paddler Max Lerner, BCE, who scored a 64 second run. Chance Blakeslee, Mach One, scored big with a 101 second run in the cub cadet group.

Among the girls, quality performances were obtained by cadet paddler Eliza Singleton of Australia, at 74 seconds, just ahead of Lauren Burress's 77-second run for the Popp Team. Chelsea Bornemann, Red River, had remarkable results in the zip slalom. She took third place in kayak



# WHITEWATER KIDS



*The 2010 Junior Olympic Championship Slalom start.*

**Photo by Michele Barbin**

and won the cadet singles canoe class; in each class she posted the same score of 86.3 seconds!

Cole Moore, BCE, won the junior-16 singles canoe class in 78 seconds.

Moore then teamed with Bornemann in mixed doubles to win in 128 seconds, besting the mixed team of Ethan and Evelyn Van Horn.

Cody Achatz, Mach One, raced in 3 separate cadet classes, winning all of them. His kayak, singles canoe, and doubles canoe with teammate Elliot Bertrand were scored at 139, 175, and 212 seconds, respectively.

## Classic Downriver Race

Team Popp showed up at these JO Games with wildwater boats. The sleek, long kayaks zipped past the slalom boats, which everyone else had, and showed to the slalom paddlers what the wildwater sport was really like. Each of the Popp kids won his class with fast scores. Haley's score was 13:29 in woman's junior. Bryson's was 13:51 in men's junior-16. Selena's 14:12 was tops in women's cadet wildwater.

In slalom boats Ethan Van horn again topped the field of all classes by winning the junior-16 kayak class in 14:40 minutes.

Adrienne Kehne, VM, in the women's cadet class showed her strength with a time of

14:56 minutes. Her score was the best among the girls. She outdistanced Anna Marie Ifarraguerra, BCE, in the junior-16 class, 15:16 minutes and Samantha Cole-Johnson, RM, who finished in 15:54 minutes in the junior women's kayak class.

Max Lerner, BCE, won the junior kayak class in 15:03 minutes. In the cub cadet class Chance Blakeslee edged Jacob Mermelstein, VM 15:27 to 16:01 minutes.

Ten-year-old Sage Donnelly, RR, kept ahead of Chloe Sherman, also 10 and with VM, in the cub cadet class 16:38 to 16:55 minutes.

Finally, Charlie Kieft, RM, teamed with Elliot Bertrand, Mach One, in a doubles canoe, junior, to complete the downriver run in 15:30 minutes.

## Freestyle Events

The FreeStyle event was staged over a two-day period with the wave surfing activities held on one day and the main event several days later.

For wave surfing each kid had 2 runs which were summed for the final score. Points were earned for moves such as attaining the feature for 1 point, a roll, 1 point, a back surf, 5 points, and a spin, 10 points. The competitors were all cub cadets and beginner cadets.

Cadet paddler Cody Achatz had the best score of the 6 competitors, with 44 points, while Jacob Mermelstein, VM, came up with 34 points as a cub cadet.

Chloe Sherman, VM, scored 21 points, edging Erin Achatz, Mach One, who had 18 points.

Eric Bartl, Popp Team, won the junior kayak finals with a huge 355 points.

On the other hand, ten-year-old Sage Donnelly, in size the opposite of Bartl, had a very good run for 220 points, winning the girl's cub cadet class.

Max Karlsson, Popp Team, also did very well in the cadet kayak class with a score of 130 points.

In a canoe Charlie Kieft, RM, won the junior class with 100 points and US Slalom Junior Team member Zack Lokken, NRC, won the canoe junior-16 class with 90 points. Nico Tonozzi, Popp Team, won the kayak junior-16 class with 90 points.

## Championship Slalom

US Junior Team member Michal Smolen, NRC, zipped through the course with two clean runs to win the junior kayak title and best score of the day in 88 seconds. He then added the gold in the junior canoe class, winning with a score of 105 seconds.

Top score in women's classes was obtained by Australian Eliza Singleton in the cadet kayak class in 124 seconds. As a true athlete, Eliza returned in the cadet women's canoe class to take the top place with a score of 139 seconds.

Jacob Mermelstein, VM, came from behind to win the kayak cub cadet class by edging Chance Blakeslee, 148 to 157 seconds.

*Opposite: Andre Sanborn of Red River Racing.*

**Photo by Michele Barbin**

In the cadet kayak class Tyler Uthus, VM, won with a score of 123 seconds. He was just ahead of Ethan Diefenbach, Mach One, 127 seconds. Aaron Mermelstein, VM, took third with a good score of 133 seconds.

Ethan Van Horn continued good success in winning the kayak junior-16 class with a very good score of 103 seconds. In second was Michael Rudnitsky, BCE, in 106 seconds while Andre Sanborn, RR, was third in 108 seconds.

Second to Smolen in the junior kayak class was Max Lerner, BCE, who had two good runs ending in a 106-second score.

With the girl's classes Sage Donnelly won the cub cadet class in 135 seconds. Chloe Sherman, VM, was second in 162 seconds.

Chasing down Eliza Singleton in the cadet class was Brynn Benson, BCE, whose 126 earned her the silver medal. In third was Chelsea Bornemann, RR, in 132.9 but right behind her was Adrienne Kehne, VM in fourth with a score of 133.5 seconds.

In the junior-16 class Crystal Davis of Australia almost nipped fellow team member Grace O'Donoghue by winning the gold in 125.5 seconds to 126.7 seconds. Anna Maria Ifarraguerra, BCE, was third in

135.2 seconds with Lily Durkee, VM, fourth in 136.6 seconds.

Haley Popp won the junior class in 143 seconds.

In singles canoe, Keegan McChesney, Mach One, hopped into a C-1 with barely any practice and came up with a winning score of 474 seconds.

Daniel Johnston, VM, paddled his normal class and won the cadet canoe class in 200 seconds.

Cole Moore, VM, showed his vittles by winning the junior-16 canoe class in 128 seconds

Finally, Charlie Kieft pulled up in second place to Smolen in the singles canoe junior class with a very respectable score of 114 seconds.

In women's singles canoe Chelsea Bornemann, RR, challenged Eliza Singleton but ended with the silver medal with a 165 second run.

Kaja Coraor, KCCNY, won the junior-16 singles canoe class in 313 seconds.

In doubles canoe the only class with any competition was the women's doubles

## 2011 North American Whitewater Junior Olympics Festival

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Over the course of seven days, cub-cadets, cadets, junior-16, and juniors will have a chance to test themselves against the river and its challenging waters. This year's festival will include the following main events:

- Championship Slalom
- Sprint Slalom
- Downriver Racing
- Beginner's Freestyle and Advanced/Expert Freestyle Rodeo

as well as these fun events:

- Sladeo (a combo of Slalom & Rodeo)
- 8-Ball Boatercross
- Something special we call "Be the Duck"

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We look forward to seeing everyone who comes to compete or to simply watch these young men and women give their all! Information about qualification will be available at: <http://jo2011.liquid-play.com> or <http://jo.mach1team.org/>



# WHITEWATER KIDS

*Alden Henrie training.*  
Photo by Michele Barbin

class. The Australian team of Annie Tolmay and Crystal Davis won the junior-16 event in 198 seconds. Second place was taken by Adrienne Kehne and Lily Durkee of VM, in 252 seconds.

All the other doubles canoes competed with only one boat in each class. Here are the scores for the men's doubles: cub cadets Alden Henrie and Chance Blakeslee, Mach One, 364 seconds, cadets Tyler Uthus and Aaron Mermelstein, VM, 153 seconds, junior-16 paddlers David Weber and Evan Uthus, CM, 254 seconds, and junior paddlers Elliot Bertrand, Mach One, and Charlie Kieft, RM, 144 seconds.

Mixed doubles boats, again only one per class, found cadets Sage Donnelly, RR, and Blake Snook, Mach One, scoring 304 seconds, junior-16 paddlers Ethan and Evelyn Van Horn, 255 seconds, and juniors Andre Sanborn and Erin Cambridge, RR, 425 seconds.

## Fun Events

### BoaterCross

Once again the BoaterCross activity was popular with the kids. This year the 52



participants were divided into age groups and gender classes. Each group had up to 4 or 5 participants with 5 groups having runoff crosses. The course used was, again, the lower area below the walking bridge at the Center, progressing through the FreeStyle Hole.

Winners of the various sections (with total number of competitors in each group in parentheses): The cub cadets found Sage Donnelly (3) and Chauncey Blakeslee (5) to be the fastest down the course. For the cadets Adrienne Kehne (8) and David Weber (9) were queen and king of the hill.

With the junior-16 groups Lauren Burress (6) and Andre Sanborn (11) were the gold medallists. Finally, Samantha Cole-Johnson (3) and Eric Bartl (5) were #1 on the platform. Not to be missed, Chelsea Bornemann bested Sarah Ruhlen for the Women's canoe title.

### Sprint One-on-One Downriver

Early in the week the suggestion was made to have the sprint take the form of a one-on-one competition—and what a success it was! Like the BoaterCross, 53 kids took part.

Because there were so many participants each kid had a timed run on the sprint course, the same as the BoaterCross. In each age/gender group the top 2 (top 3 in the event of a tie) and the next 2 paddlers crossed paddles in the one-on-one competition. Runoffs were held as needed.

Again, winners in each age group were the following: The cub cadets showed Chauncey Blakeslee (5) and Sage Donnelly (3) to be the quickest down the course. With the cadets, Jordan Sherman (8) and

*Elliott Bertrand, Ethan Van Horn, and Cody Achatz. The three tied for the Rivermeister Award (the athlete with the most points in the major activities of the JO festival).*

Photo by Mark Van Horn



Adrienne Kehne (10) were tops. Ethan Van Horn (10) and Crystal Davis (7) reached the top of the winners' stand for junior-16 and Max Lerner (5) and Haley Popp (3) were the gold medalists for the juniors.

### Individual and Team Awards

Before his untimely death Ray McLain was one of America's great youth leaders. Ray introduced paddling to a number of kids who later became great paddlers in their own right. Ray was raised in Green Bay, Wisconsin and spent much time in Wausau where the internationally known slalom course is located. Ray would paddle doubles canoe with these new kids and encouraged them to paddle in many classes, boats and with other kids. To his memory the McLain Team Award was established in the Junior Olympic competitions. Points were earned by the kids in the main sports of the JOs according to their placing: 5 for first in the class, and 4, 3, 2, and 1 for places 2 through 5 respectively. Points are earned on a per person basis, hence, participation is a key component in determining the winner. These main sports are currently the two slalom competitions, the downriver/wildwater race, and FreeStyle events.

In 2010 13-year old Chelsea Bornemann from the Red River Team earned the most

points in the McLain Award. Her 33.5 points were earned by participating in all four main events and in kayak, singles canoe, and doubles canoe classes. She is truly the Rivermeisterin for 2010! Not to be out done but second place of both the girls and boys, too was Sage Donnelly a 10 year old from Reno, NV. She earned 25 points.

Tops point getters for the boys in this year's competition were not one, not two, but three boys. Cody Achatz, 13 from Wausau, Elliot Bertrand, 15 from New York, and Ethan Van Horn, 16 from Bellefonte, PA earned 24 points each. Representing Mach One, they each had long lasting relationships with the team over a couple of years. Hence, we had to replicate the Rivermeister award 3 times. Runner up was 12-year-old Chauncey Blakeslee of Bellefonte with 23 points.

Thus the McLain award went to the Mach One Slalom Team with a total of 166 points. The Valley Mill Team earned second place with 113 points and The Red River Team was third, 105 points.

Chuck Hines of Asheville, NC set up the other team award originally. Now dubbed the Dickert-Hines-Kurtz Award, it was set up to honor the team earning the most

points in the JO Championship Slalom on the basis of earning 5,3,2,1 points for the top four places in each of the classes, again on a per person basis. This year the winner was the Valley Mill Team, with 56 points. Second place was earned by the Mach One Team, 52 points, with third going again to the Red River Team, 35 points.

### Whitewater Cadet Teams

The Junior Olympics have evolved into competition encouraging primarily cadet and promising junior paddlers. More recently, arrangements have been made to use the competitions to name National Cadet Teams in each of three sports: slalom, wildwater, and freestyle. In each discipline the results for cub cadets and cadets are combined with the top four kayaks, top three singles canoes and the top two doubles canoes of each of the three types being named to the respective cadet Team.

The individuals making the National Slalom cadet Team for 2010 are Aaron Mermelstein, Adrienne Kehne, Alden Henrie, Blake Snook, Brynn Benson, Chauncey Blakeslee, Chelsea Bornemann, Cody Achatz, Daniel Johnston, David Weber, Ethan Diefenbach, Keegan McChesney, Sage Donnelly, Sarah Ruhlen, and Tyler Uthus.

Those making the National Wildwater cadet Team for 2010 are Adrienne Kehne, Brynn Benson, Chauncey Blakeslee, Eliza Malakoff, Ethan Diefenbach, Evelyn Van Horn, Jordan Sherman, Selena Popp and Tyler Uthus.

Those making the National FreeStyle Cadet Team for 2010 are Brynn Benson, Chelsea Bornemann, Chloe Sherman, Cody Achatz, Jacob Mermelstein, Max Karlsson, Paul Kuehnert, and Sage Donnelly.

Complete data for these events can be obtained on our website, <http://jo.mach1team.org>

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*The final awards ceremony.*  
Photo by Michele Barbin



# WHITEWATER KIDS



Photo by Darron Laughland

## RIVER AS A METAPHOR

BY DARRON LAUGHLAND

**F**OR SEVERAL YEARS now, I have been fortunate to be involved with The River as Metaphor Project. The early incarnation of the program was hatched out of the Maine Writing Project by my colleague, Ryan Mahan, a college student under the tutelage of Dr. Jeffrey Wilhelm, an author and college professor specializing in literacy development in adolescent males. They ran several sessions of the Vikings Boys Writing Camp in northern Maine, rafting on the Penobscot and Kennebec Rivers, and canoeing the waters around Baxter State Park. These trips would include paddle sports, wilderness camping, writing experiences and instruction, and the opportunity to bond with an all male group of teens and instructors. Ryan brought in guests, like a Maine poet and writing teachers to broaden the writing aspects of the trips.

Concurrently, I was in the Adirondacks of New York, where I was paddling and guiding

rafts on the Hudson and attending college. I attended a course at SUNY Oneonta where I met Professor Daniel Payne, who was teaching an undergraduate college literature course titled: "The River as Metaphor and Reality." He steeped his students in classic American Literature, like Twain's Huck Finn and Thoreau's The Maine Woods and river texts like: John Wesley Powell's account of the Colorado descent, Edward Abbey's Down the River, James Dickey's Deliverance, and Norman MacLean's A River Runs Through It. The class finished with a canoe trip in upstate New York. We had a rich discussion about the potency of rivers as a way of thinking about the world, and how so many great literary works take place on or around rivers. In grad school, I was taking courses in adolescent writing with Dr. Mark Jury and Dr. Margaret Sheehy at SUNY Albany, who were pushing their students to explore different ways to grow literacy in teens, especially kids having a difficult time with reading and writing.

After graduation I moved to New Hampshire to teach in Conway. I met Ryan there and we started kayaking together. While floating down rivers and creeks in the Mount Washington Valley, we discussed ways to develop his Vikings Trip. Our goal was to target students with a talent for writing but who had difficulty in other areas of their lives. We provided them with an experience that would foster their enjoyment of writing, as well as build self-esteem, and expose them to novel experiences and settings they may not have seen on their own. Our intent was, and is, to grow the "Project" into several co-ed and all male trips a year, mixing strong writers with students who aspired to be better writers, as well as focus on the esteem-building benefits of the trips.

The inaugural new course included a raft trip down the Hudson Gorge, several days of canoeing in the St. Regis Canoe Carries, a college visit, and many writing and performance pieces. As a capstone, we went to a book reading by author Russell Banks. On subsequent trips we have done

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# WHITEWATER KIDS



*Instructor reviewing hydrology and river characteristics.*

**Photo by Darron Laughland**

setting of a week-long expedition has led not only to gains in their esteem, but also in their confidence developing their writing, and accepting and using editing and revision feedback.

I share this with the readers of American Whitewater because as a guide, paddler, and educator I know that the ability to read and write are critical for people to make informed decisions and participate fully in their communities. I believe that rivers are powerful teachers, and the more students we can expose to rivers, the more potent we will be as educators.

overnights on the Hudson, hiked, caved, and canoed. More recently, we spent time in New Hampshire and Maine, paddling and rafting the Magalloway and Androscoggin Rivers, and canoeing on Lake Umbagog. Next year we anticipate including a day of introductory whitewater kayaking, rafting, and an increased amount of time focused on writing, with even more guest writers and educators.

We have partnered in the past with Whitewater Challengers Hudson Base, Kennett High School in Conway, NH, and The Community School in Tamworth, NH. We are currently affiliated with the Enriched Learning Center, an alternative day school in Berlin, NH that runs a rafting company ELC Rafting. The trips all have a whitewater rafting and a canoeing component, community building group challenges, primitive camping, writing and literacy experiences, guest speakers (often high school English teachers), and when possible, a guest author. Each trip concludes with a final celebration of student work, or a performance piece involving the whole group of students.

*Students discuss writing on a layover day on the Hudson, without the dam release.*

**Photo by Darron Laughland**

What we have found in the several sessions we have run is that students find their experiences rafting, canoeing, caving, camping, and the shared journey with their group of fellow travelers to be a fertile place from which to cultivate written work. We have had students create graphic novels, cartoons, fiction and non-fiction accounts of their trips, stories, poems, and digital videos. The confluence of writing and literacy instruction and the adventure of whitewater and rivers in the novel

For more information on A Summer Whitewater Rafting and Writing Course, go to [www.enrichedlearning.net](http://www.enrichedlearning.net). For information on The River as Metaphor Project contact Darron Laughland at [mtnman46@hotmail.com](mailto:mtnman46@hotmail.com).

*Darron Laughland is an educator and teacher at the Enriched Learning Center, as well as a whitewater kayaking instructor and raft guide. He is the lead facilitator for The River as Metaphor Project.*



# ROOKIES

BY BRAD MODESITT

PHOTOS BY BRAD AND LINDSEY MODESITT/MODESITTMIRAGES.COM

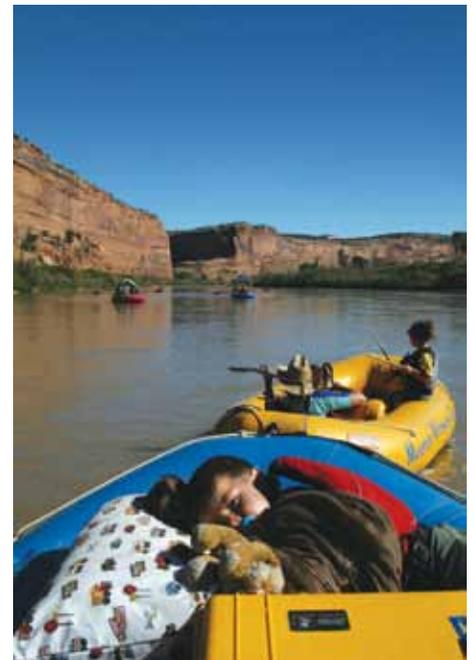


*The kids piled in a mini me for some of their own fun.*

HAVE TAUGHT A couple hundred people how to guide rafts down Class IV whitewater. My business has taken many thousands of people rafting down Colorado's only Wild and Scenic River, the Cache La Poudre (thanks to AW and Nathan Fey for your efforts keeping it all boatable). I enjoy sharing my passion for water with so many people, intimately with guides and more briefly with our guests. I can think of many individuals among all those people and my fulfillment grows. I sell happiness.

Nothing could have prepared me for the awe I felt watching my kids paddle a MiniMe down the Colorado River. My two kids, Ella 5 and Chase 2, and another four kids piled in the nine foot little boat and had a ball. Actually, we couldn't get them out.

They paddled after a foot-tall rubber ducky. They giggled themselves to craziness at times. Stories were being told, but I couldn't hear them. Guide jokes, I suppose.



*Above: Chase (2) takes a nap while Ella (5) rows her mom down the river. Lindsey (mom) plays guitar and sings.*

*Left: Dad rows as the kids follow in their boat down Class II Beautiful Betty rapid.*

# WHITEWATER KIDS

“What do you call a guide without his own crib? In a relationship.”

They spotted a Bald Eagle in a snag above them as they coasted down the muddy water. They were experiencing the world.

Later, when Ella wanted to “row like Daddy,” she stole Chase’s paddle and used the two paddles as oars, expertly rowing her boat. Her brother accepted his fate and let his sister take him down the river. My wife was rowing me. Life was perfect. Soon, we came upon Beautiful Betty Rapid, a Class II. My wife was worried. My son looked confident. Ella looked confident and radiant and happy. Why not?

Ella did beautifully. Mom loved every minute. Later, I started explaining to her about currents and eddies. “I already

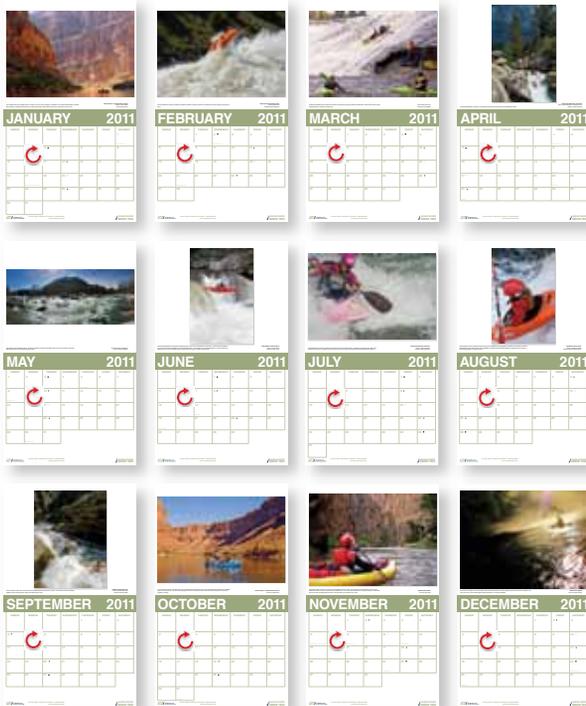
know that Dad!” she screamed with that exasperated tone that truly can be felt, as her whole body seems to shake with her head in disappointment. I just think, “Rookies. They’re all the same.” A rookie already knows everything. An experienced boatperson is always learning.

Chase learned that having a girl row you around a river is cool, relaxing stuff. Ella learned confidence and respect on the water. My wife learned to watch her little girl grow up. I learned to have a sexy woman row me around with an ice-cold beer in hand. Every now and then she strums a guitar and sings. I like learning. Life is good. Next week, we head to the Kalamath River.

*The dirty business of rafting with little kids. Makes attending to the Groover seem like a good job!*



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# THE EXPLORPLAYTION PROJECT

BY A.J. SNYDER



*A.J. Snyder on the Top Yough (MD).  
Photo by Rick Snyder*

ONCE HEARD A quote that has since altered my perspective on life: “Not all who wander are lost” This simple statement has very deep connection to many paddlers. We find ourselves on rivers, exploring and playing in the world around us. This philosophy is at the root of the Explorplaytion Project.

The Explorplaytion Project is an expedition to travel throughout the United States in search of whitewater rivers in all 48 continental states. Along the way we will be stopping in an array of different communities presenting our mission and encouraging the local youth to leave their comfort zones and televisions behind to explore the natural wonders that surround them. We hope to show that there is still much to be explored in our own backyards and encourage youth to not only get

outdoors, but also show them some of the many environmental problems we are facing in our modern world. The expedition has taken shape as a journey to truly explore the country through the eyes of a paddler and explorer, both on and off the river. We will be documenting all aspects of American living from the bustling cities of the east to the rugged mountain ranges of the west, and the rivers that meander their way in between, showing the many different landscapes that make up our country but also how we are all connected through our one environment.

To understand how the Explorplaytion project was born you must first understand me, A.J. Snyder. I was born and raised in York, Pennsylvania, which isn't the worst place to be raised, but at times my friends and I were forced to make our own fun

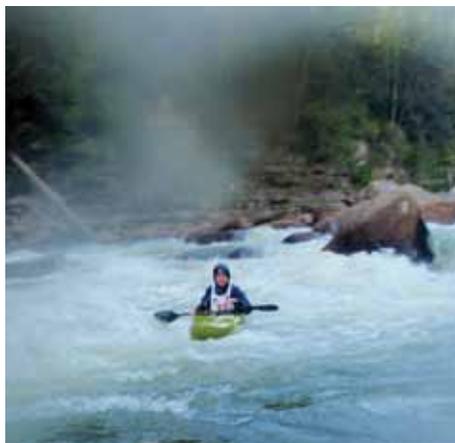
outdoors, which definitely helped shape my future. As a kid growing up and a student in school, I was always more interested in the outdoors. As a teenager I received some strange looks from my fellow peers for my interest in the world. I always seemed to be questioning what makes things the way they are and why things behave the way they do. I'm sure over the past 18 years I annoyed my parents with my fair share of off-the-wall questions, but those questions allowed me to learn about and connect with the world around me.

As I matured I was forced, as most teenagers are, to get a job and earn some of my own spending money. I was employed by a small landscaping company. When I say small, I mean small. The owner was a 25-year-old fresh out of college with an adventurous spirit like me and my fellow

# WHITEWATER KIDS



employees were his childhood friends. For the next three summers I learned how to mulch houses and cut grass while hearing stories about these guys as kids, going on weekend rock climbing adventures and paddling trips. These stories quickly influenced my life as I began to branch out in my own activities. I started whitewater paddling and rock climbing for fun. Over my high school career I was always packing my



*A.J. Snyder on the Cheat Canyon (WV).*  
**Photo by Rick Snyder**

tent and sleeping bag on the weekends and hitting the road for my next adventure. I took myself all over the East Coast, kayaking on the weekends and sitting in school during the week, daydreaming about my next adventure.

As I began to count down my final days as a high school student I started to brainstorm a larger adventure to take upon myself

while at the same time educating kids about environmental issues and all of the wonders that the outdoors have to offer, if we only take the time to look. I started out thinking of small, local projects, but when my Dad suggested I should attempt to paddle a river in every state I quickly decided that was the expedition I'd been looking for. For the past 19 years I have been confined to the East Coast and have always dreamed of seeing what else is in the country, to see the differences in the land and the people for myself. I have lain in my bed at night dreaming and brainstorming of ways to pull this adventure off, which is where the Explorplaytion Project comes into play. The name, as odd as it sounds, is quite simple: explore + play. I will be exploring the entire country from the cities of the east to the mountains of the west. I will work on educating youth on the environmental aspect of the world we live in today as well as playing in the rivers along the way with locals from each area.

I am now hard at work not only as a freshman in college, majoring in environmental biology, but also working diligently on the Explorplaytion Project with the help of world famous paddler Tyler Brandt. He has guided me on ways to pull off such a massive environmental expedition. I am attempting to raise funds, coordinate presentations, and overall, spread the message about my adventure that will impact not only myself but also the country. In order to make this dream a reality I am asking for the help of the paddling community.

*New River Bridge (WV).*  
**Photo by A.J. Snyder**

If you would like to become part of the Explorplaytion Project please contact me at [explorplaytionproject@gmail.com](mailto:explorplaytionproject@gmail.com). Please include your favorite river in your home state, a local organization that would be willing to coordinate presentations, or any other ideas you may have to improve the project. Most importantly spread the word on the expedition to your family and friends. Encourage everyone to become an integral part of this expedition. More information can be found at [www.epproject.webs.com](http://www.epproject.webs.com).

As Mark Twain once said, "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."



## THE PADDLE SNAKE

BY BRAD MANN

ONE DAY I was walking down to the Green River take out for the Narrows to go swimming. The Narrows is a Class V section of the Green River. Rapids names include Gorilla, Chief's, Zwick's, Sunshine, and Go Left or Die! Our friend has a cabin we stay at right at the river.

So, back to when I was walking, I came across an extraordinary creature. It was a 50-foot Anaconda! It was blue, green, purple, and orange. I had never seen anything like it, except maybe in one of my baby sister's drawings. The snake slithered past me and I screamed, then *it* screamed! We just stared at each other like two cowboys in a Mexican standoff. I thought to myself, Wait, snakes can't scream. It read my mind and said, "You're wrong, I can."

I turned to run, this was freaking me out, but he jumped in front of me and said, "Wait, most people run and so do I, but I want to talk to you." I replied, "What do you want to talk about?"

"I am getting a bad rap," he said to me. "In what way," I asked. "When all these



*Brad paddling on the Ocoee river (TN).*  
Photo by Holly Mann

kayakers flip over and lose their paddles, they blame me. They lie and say that the Paddle Snake took their paddle and that's why they messed up. But paddles do not taste very good, why would I take them?"

I asked, "Well, why are you telling me this? Go talk to them."

"I see you talking to all these people. They seem to be your friends. Can you please help me by talking to them about me. Tell

them I am not a bad guy, not a bad snake. Tell them to take personal responsibility for messing up on the river and losing their paddle. It's not me. It's not my fault! I have no arms, what do I need a paddle for?"

As I tried to wrap my mind around the fact I was talking to a 50-foot, multicolored, talking snake that can read minds, I simply replied "O.K." That must have satisfied him because he just slithered off.

True to my word, I headed down to protect the reputation of the infamous Paddle Snake. Now, just like no one really believed the paddle snake was stealing the paddles, no one believes me that it *really* does exist. Little do they know, the paddle snake and I are now friends.

*Brad, 13 years old, is a 7th grader at Oakbrook Preparatory School in Spartanburg, SC. He wrote this piece when his English teacher, Karen Huminski, assigned the class to write a tall tale. Brad has been kayaking since he was five.*

*Brad, age eight, hand paddling.*  
Photo by Holly Mann



# WHITEWATER KIDS

## FROM CATCHER IN THE RYE TO CATCH HER ON THE FLY

BY MELINA COOGAN

I'M CONFIDENT AT writing essays and terrified of running rivers. When would you need to consider these things in the same sentence? When you are working as an English teacher at a high school for kayakers. It's helpful to be knowledgeable in the subject you teach, but, as I found out, it's just as hard to be a hopelessly green kayaker.

I studied writing for five long years, for which I paid a tremendous amount in tuition. I've been scrutinized and critiqued and published. You'd think this would make me a source credible enough to deserve the confidence of my high school students. Well, it wasn't.

If you've ever taught, tutored, or led kids from this age group before, you'll understand what I'm talking about. I learned on day one that some of my students at the New River Academy were not keen on absorbing knowledge like sponges, no matter how cleverly I administered it. They squirmed like kindergartners, scoffed at constructive feedback, and fidgeted. Oh,



how they fidgeted. If I took away Isaac's notebook, pen and watch, he would literally dismantle the table in order to have something to play with. They were teenagers, and they had their own idea of how things should be done.

Luckily for me, the New River Academy is a kayaking school. Every day after classes finished up, we hit the river. And the first time the kids saw me paddle, on the Lower New in Fayetteville, West Virginia, a little

*Students enjoying creative writing class at the New River Academy.*

**Photo by Melina Coogan**

bit of their rigidity in the classroom melted away. This was not simply because we spent time outside, away from academics and responsibilities, but because I was new to the sport, and scared. The students were already talented boaters who paddled way beyond my ability, and I desperately needed them to teach me their skills.

Without them leading the lines (I bumped six inches behind like a baby duck), explaining what an edge was, holding the throw bag and showing me how to surf out of a hole, I would have been destroyed. I was a complete rookie, I had no problem asking them for help and advice, and they found this delightful.

My eagerness to follow them through rapids made them much more willing to let down their guard and follow me through World Literature. It became a beautifully balanced give and take that teachers rarely get to experience. They led me through

*The author after a successful waterfall run in San al Fonso del Maipo, Chile.*

**Photo by David Hughes**





*Students on the Siete Tazas, Rio Claro, Chile).*

**Photo by Melina Coogan**

open up to the people who will open up to us. On the river, I was completely open to what my students had to say—my safety depended on it.

I also found their unguarded passion for the sport to be a true source of inspiration. I'll never forget the final line of one of Jason Craig's poems: "I want to fall down with the rest of them, I don't want to feel this unrest again." At the time that he read it in class, I was grappling over whether or not to run my first waterfall. The sheer simplicity of Jason's line spoke to me more than any other encouragement I'd been given. Later that afternoon, after I ran a solid line down the falls, Isaac (the fidgeter) paddled up to me and shouted over the roar, "You did it! You fell down with the rest of them!" Isaac never learned to sit totally still, but from that moment on I never ran out of patience with him. I always remembered that moment, the pride and relief and happiness we both felt to be there, safe in the eddy.

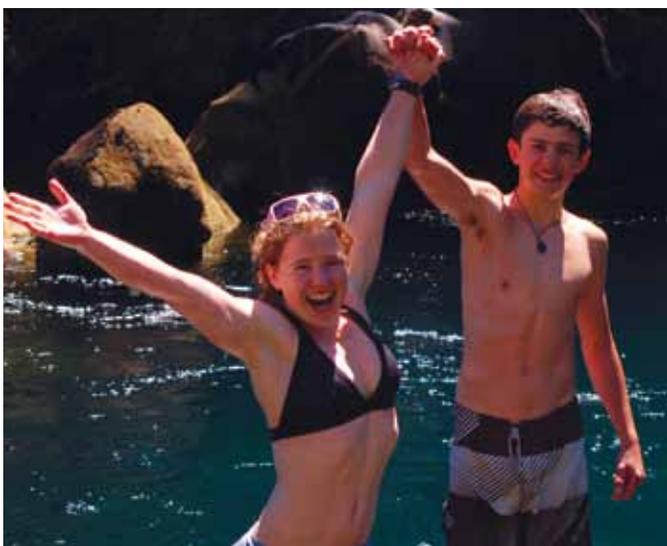
Pure Screaming Hell on the Lower Gauley, and I led them through the equally painful purgatory of their first proper citations. They picked up my pieces and coaxed me back into my boat after I swam at Middle Keenies on the Lower New. In turn, I coaxed them back into the third and fourth drafts of their college essays.

It wasn't difficult to leverage this trust from the river into the classroom, because it came so naturally. I think teenagers just want to know that you trust them before they'll completely trust you. It's the basics of social psychology: we're more likely to

I feel confident that my students are headed off to college with the necessary tools they'll need for whatever writing assignments come their way and they're confident that I won't kill myself in the river anytime soon. This past spring, Tracy d'Arbeloff got her acceptance letter to Dartmouth College, and I ran the Lower Watauga Gorge with no carnage. We were equally proud of one another.

*The author with her former student, and 2010 Junior world champion Jason Craig celebrating another day on the river.*

**Photo by Emery-Kate Tillman**



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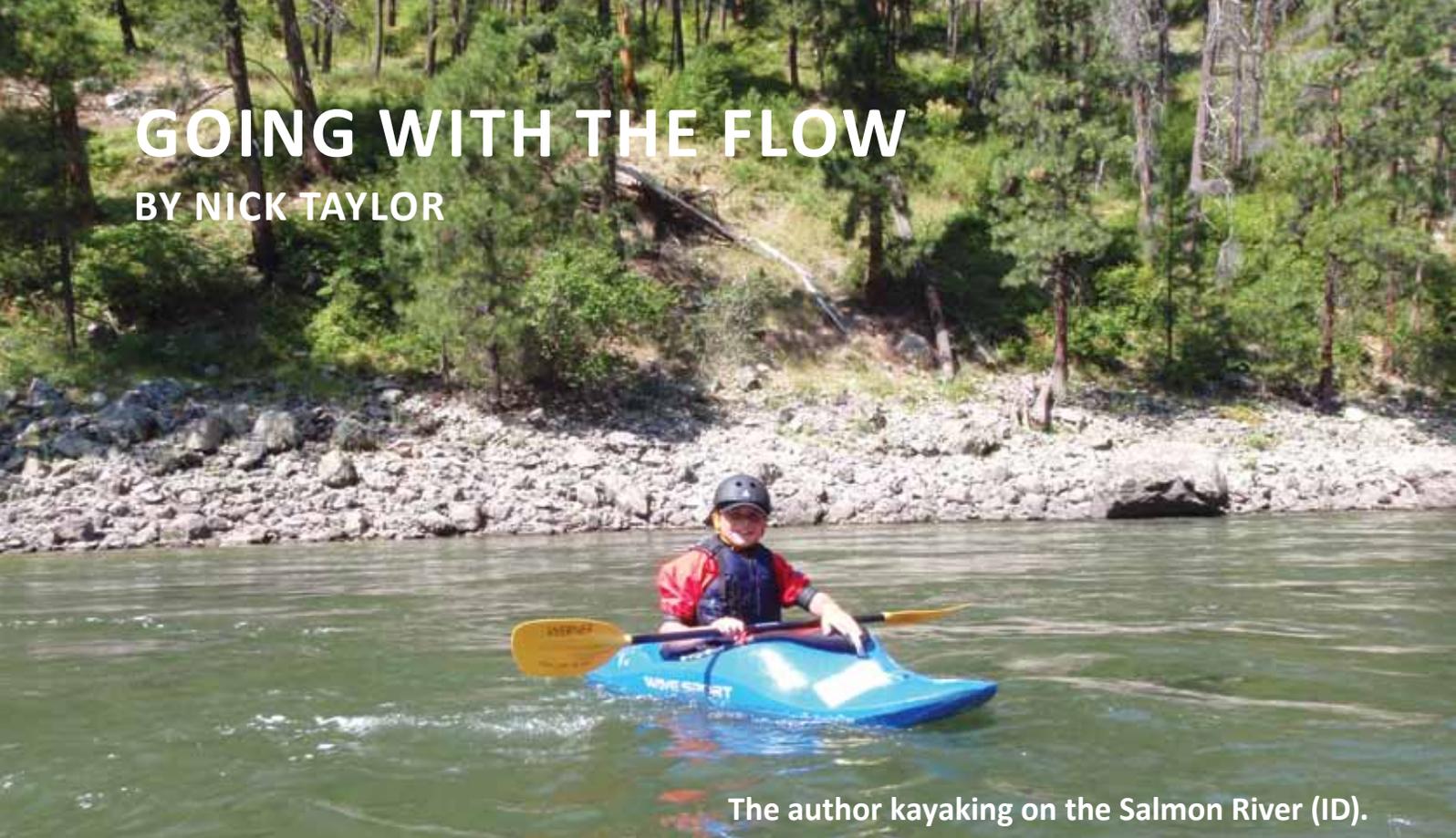
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# GOING WITH THE FLOW

BY NICK TAYLOR



The author kayaking on the Salmon River (ID).

**A**S WE ROUNDED the corner, the raucous roar of the mighty Main Salmon River in Idaho made George, a seasoned rower, almost incomprehensible in his attempts to explain the next rapid to us. But his intention seemed clear enough: we were to start out on the right side of the river to avoid a shallow area, and then we would ferry across the river like our lives depended upon it to the left side of the river to avoid a massive hole. I was caught off guard by the simplicity of our plan. As we entered the rapid, an entry wave grabbed the bow of my kayak and flipped me underwater. As I came up, I realized that I was heading right towards the massive hydraulic. I went in, and I spun around and around like I was in a washing machine. I felt myself begin to wash out of the hole, and I floated to the surface. When it was over I had lost a bootie, my kayak was downstream, and I had water up my nose. Meanwhile, my dad had smashed through the edge of the hole in his kayak to pull me to shore. We all laughed about my mishap, and on a beautiful day like that one, nothing could possibly have made us happier.

This was a river trip with my family, all twenty of us, two years ago. Hours later we were about one mile from our campsite, the guidebook said. All the better, I thought, since I couldn't wait to change into my comfortable river shorts, feel the sun on my back and the sand in my toes. But when we rounded the corner we found five big, orange, rafts already tied up at our reserved campsite. We were astounded! Where were we going to sleep? The guidebook said that there weren't any campsites for miles downriver. We eddied out to decide what to do. Some of the adults in my family wanted to go down there and tell them to pack up and leave. That would have required those campers to inflate the rafts, load their gear, and risk floating down the river at dusk with no good campsites for miles. Others were saying that we could camp right where we were; there was a little clearing in the trees there, and we could probably fit all twenty of my family members in. But there was no beach at this campsite, and we were shaded by all of the trees. We finally decided that we would stay where we were. We had floated 26 miles that day, and we were all too tired for a confrontation right then. We began to unload the rafts

An hour later, the horizon was glowing a mottled orange. Since we couldn't play on the beach, we had built a fire, and had assembled lawn chairs around the fire. I could smell the flank steak and potatoes roasting (I guess there is a reason to bring rafters on river trips. Though they are slow, they do bring along quite the pantry). George and Grandpa were telling exciting kayak and raft stories. My eyes began to glaze over, as I stared into the flickering flames. I wiggled my bare toes in front of the toasty fire, and thought about how great it was to be in the middle of nowhere with my whole family around me, listening to the babble of the river, and looking forward to another amazing day of kayaking.

This experience taught me a mind set that has done me much good in my life so far. I know now to go with the flow. I know how to take lemons and make lemonade. As long as you don't work yourself up about little things, nothing seems quite as scary or bad anymore. If I ever hear myself cursing my situation, then I remind myself that some good will certainly come of my situation. Life is good and I have a family that loves me.

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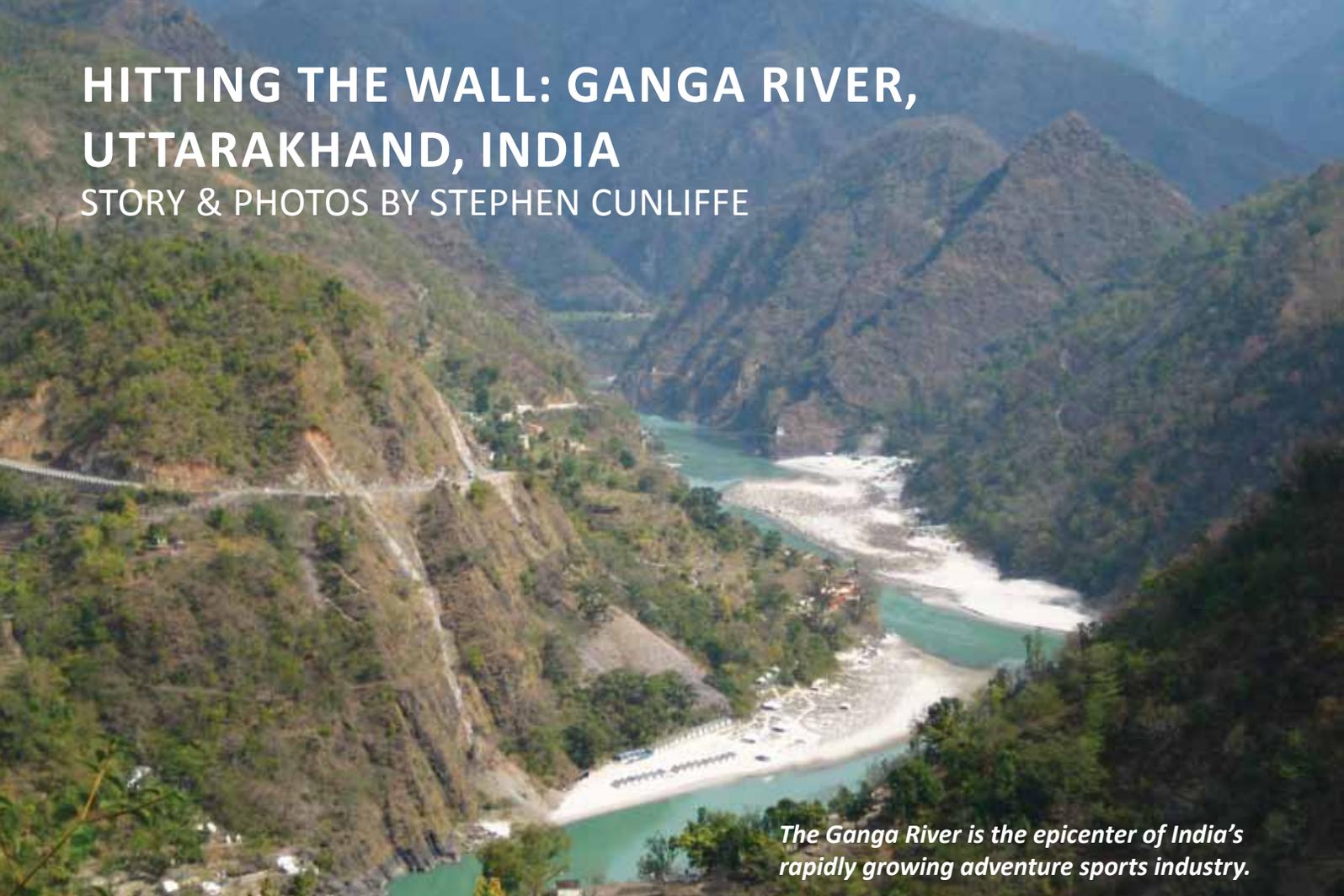
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# HITTING THE WALL: GANGA RIVER, UTTARAKHAND, INDIA

STORY & PHOTOS BY STEPHEN CUNLIFFE



*The Ganga River is the epicenter of India's rapidly growing adventure sports industry.*

**P**OPULARLY REFERRED TO as the national river of India, the Ganges takes its name from the Gangotri Glacier where it originates in the western Himalaya. Draining a staggering 1,000,000 km<sup>2</sup> basin, the Ganges is unquestionably the largest river on the Indian subcontinent. Beginning in Uttarakhand as the Bhagirathi River, it joins the Alaknanda River near the town of Deoprayag to form the Ganges before embarking on a 2510 km eastward journey until it finally empties into the Bay of Bengal inside Bangladesh.

The iconic Ganges, or Ganga, as it is known to Hindus, has long been considered the holiest of all the Indian rivers. For centuries this sacred waterway has been worshipped as the goddess Ganga by the faithful masses. The river holds sway over the hearts of its innumerable enraptured devotees and draws millions of pilgrims to its hallowed banks every year.

In recent times, however, the mighty Ganga has begun to attract a new, yet equally

fanatical, following. Thrill-seekers and adventure sport aficionados are finding themselves increasingly and irresistibly drawn to Rishikesh, gateway to India's whitewater capital, on the captivating Ganga. A booming whitewater industry has sprung up on the stretch of river between Kaudiyala and Rishikesh with over one hundred rafting companies operating commercial trips and seasonal camps along this popular stretch of the holy river. Catapulted to prominence on the back of over 3000 tourists per day running this trendy river section during peak season, the Ganga has become the undisputed epicenter of India's burgeoning adventure sport scene. So, come on, embrace the trend and join this fashionable joy ride...

"Holy shit! What the hell! You've got to be kidding me!" As we paddled our tiny craft deeper into the guts of an infamous Ganges River rapid, known as The Wall, bow paddler, Rory Pryde, was sounding more than a little anxious.

I was desperately trying to keep one eye on the line of our guide Pankaj Rana, in a hard-shell kayak just ahead, as he sliced through powerful breakers and weaved around holes in the chaotic whitewater. We paddled aggressively through the initial waves, propelling our two-man inflatable kayak forward with confidence, but as the waves got bigger and the whitewater wilder we faltered.

By midway through the furious rapid, we were solely concerned with trying not to capsize. There was no respite as whitecaps buffeted our little ducky from all sides. In the midst of all the whitewater confusion, I lost sight of Pankaj; we were on our own. Trying to read-and-run the remainder of the long Class IV rapid, we braced through crashing waves and paddled hard in between. But, as we swept around a sharp right-hand bend in the near-continuous whitewater melee, I suddenly recalled trip leader Nagendra Singh's parting words: "Whatever you do, make sure you avoid

# RIVERS OF INDIA

being pushed into that nasty-looking hole towards the tail-end of the rapid!"

I realized our biggest challenge was yet to come.

By the time we saw the monstrous hole, it was already too late. "Hard forward Rory; come on! Harder than that; paddle you bastard!" I pleaded with my bow paddler. Digging in deep, we paddled as if our lives depended upon it, desperately trying to avoid the inevitable. But the hydraulic had us locked in its tractor-beam and we were being sucked down a long green tongue into the churning depths of the hungry beast. Our valiant efforts at avoidance were in vain; there would be no escape for us that day. As we plunged over the edge into the bowels of the hole, I swung the Ducky round and pointed the nose straight into the massive standing wave that awaited us. We slammed into it at speed and Rory was swallowed by the steep stopper wave—an

aply named wall-of-water curling heavily back on itself with more than enough power to thwart our little boat's forward progress—before he emerged a few seconds later near the crest of the wave.

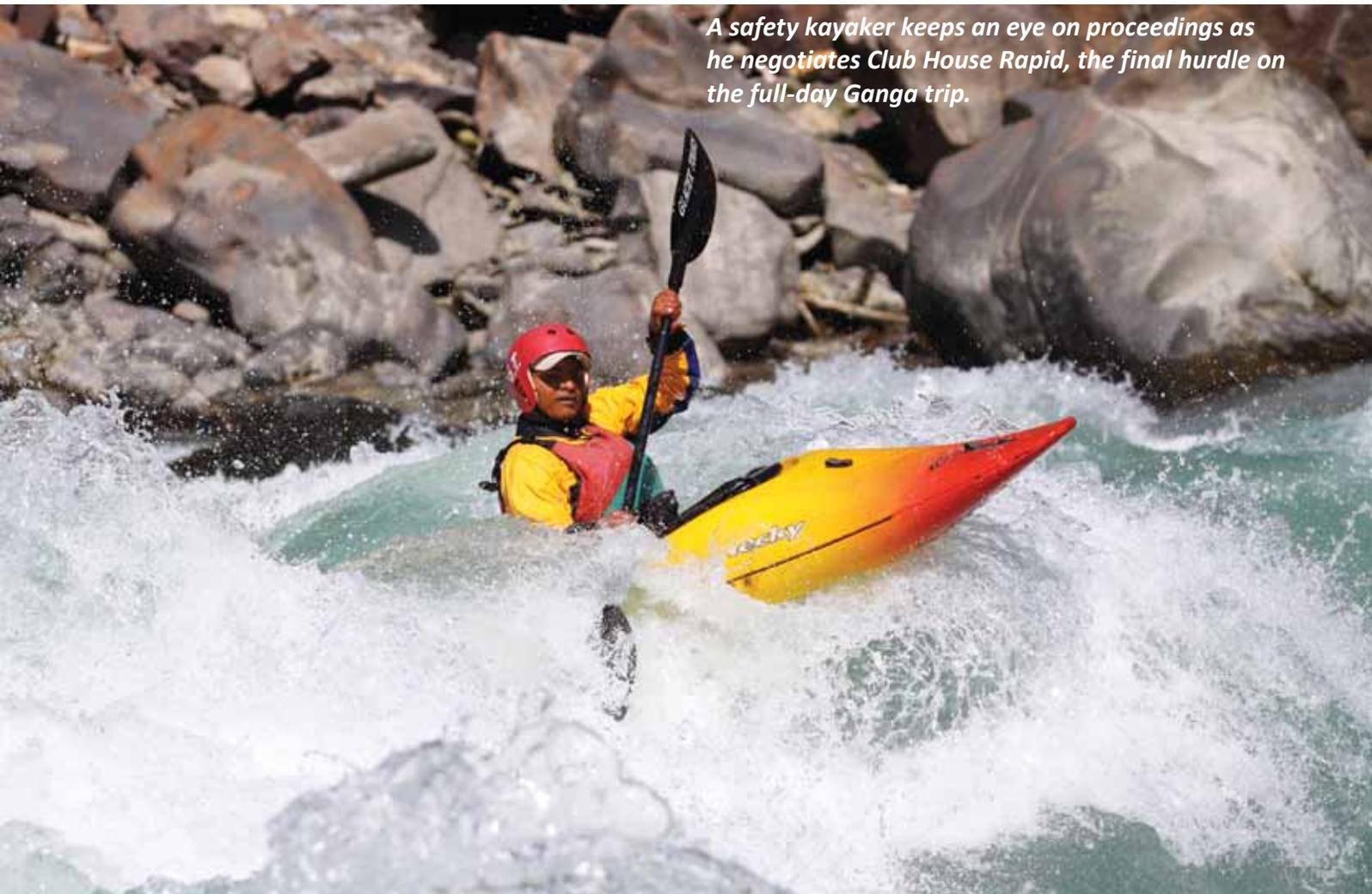
Miraculously, we found ourselves upright and surfing the monster. Water thundered by all around us, but the giant stopper stubbornly refused to grant our ducky its freedom. The river was toying with us, giving us an inkling of hope, when really we should have had none. Very slowly, the re-circulating water began to drag our boat back down the face of the wave into the inky depths below. Paddling was useless. I felt the water rising all around me and soon I was buried with only my head and paddle protruding; the end was nigh. I sucked in one last deep breath, then everything went dark.

While I willed my buoyancy aid to respond and reunite me with the light above, I

had time to consider how Rory and I had ended up in this predicament on India's holiest river...

Entertaining rapids and pleasant beach camps are the major drawcards on a Ganga getaway and, after a thoroughly enjoyable couple of days rafting the river, we were brimming with confidence and looking to spice-up our whitewater experience with something new and exciting. As we sat around a roaring campfire leisurely sipping rum 'n' cokes on the beach with newfound friends and reliving the day's thrills and spills, Nagendra launched into his sales pitch: "People who have plenty of rafting experience should consider the next challenge: tackling the mighty Ganga in a kayak or ducky. Because, when you paddle and steer yourself down the river, every rapid becomes an exhilarating challenge! Don't worry, the inflatable two-man kayaks we use are quick, maneuverable, easy to master, simple to navigate, and

*A safety kayaker keeps an eye on proceedings as he negotiates Club House Rapid, the final hurdle on the full-day Ganga trip.*



# RIVERS OF INDIA

very stable—provided you paddle with an aggressive spirit. I'll also assign you an experienced kayaker who'll advise and guide you on your adventure, making sure you stay safe. I'm telling you the Ducky is great fun; you're going to absolutely love it."

We were sold and, after a leisurely breakfast the following morning, we scrambled into

our wetsuits, collected our paddles and safety equipment, and drove upstream to Kaudiyala where we began our thrilling descent of a fun-filled 36 km section of the mighty Ganga. Rory and I turned out to be the only adventurous suckers to volunteer for Ducky duty that day, so we manned the lone inflatable kayak accompanying an Aquaterra Adventures rafting expedition. But, with an experienced river-running



*Camp Five Elements boasts a spectacular beach location that is hard to beat.*

## LOGISTICS BOX:

**Flights and Visas:** Continental Airlines ([www.continental.com](http://www.continental.com)) offers direct flights between New York and New Delhi, while American Airlines ([www.aa.com](http://www.aa.com)) and Jet Airways ([www.jetairways.com](http://www.jetairways.com)) have non-stop services from Chicago. Alternatively, most other major airlines connect US cities to Delhi via European hubs. Visas are required by US passport holders and must be obtained in advance. The standard tourist visa is valid for six-months; allow at least two weeks for processing. Consult the Trivisa website ([www.trivisa.com](http://www.trivisa.com)) for visa application instructions.

**Getting there:** Rishikesh, the gateway to India's whitewater capital, lies 230 km from Delhi. It can be reached in five to six hours by road, or via a pleasant four-hour train journey to Hardwar with onward taxi connections to the rafting camps. Train reservations can be made online at: [www.irctc.co.in](http://www.irctc.co.in).

**Where to stay, eat:** Camp Silver Sands, spread out along a sandy Ganga riverbank, accommodates a maximum of 70 guests in deluxe twin-share tents furnished with real beds and duvets. Meals are served as wholesome buffets in a central dining area. Hot showers are available on request and toilets are in the form of rustic, environmentally friendly, dry pit latrines.

**What to do:** Entertaining whitewater and idyllic beach camps are the major draw cards of a Ganga getaway. Aside from rafting, thrill-seekers might opt to try their hand at inflatable kayaking or join a kayak clinic. Other active attractions include beach sports like volleyball, frisbee, badminton and cricket.

**Season:** The Ganga can be paddled anytime between late September and May, although the river is at its absolute action-packed best shortly after the monsoon in October/November.

**Outfitters:** With over a 120 outfitters operating on a 36 km section of river, the rafting industry of the Ganga has been consumed by a "discount death-spiral." Remember, you get what you pay for: only sign up with licensed companies that have experienced teams, good safety records and use properly trained guides.

team and two safety kayakers in tow, we relaxed, reassured that we were in good hands, and reveled in the anticipation of the whitewater experience that awaited us.

As we paddled our tiny craft out onto India's holiest river, I wondered aloud, "Do you think the river gods will smile on us today?" Oozing confidence, we had cruised through Daniel's Dip, our first big rapid of the day, and dominated the fluffy whitewater thereafter, but the Ganga Gods were biding their time, knowing full well that they would have the last laugh: their wrath awaited us when we hit The Wall.

After our long swim and a highly entertaining morning paddling down the river, we floated into Camp Silver Sands, Aquaterra's base camp on the Ganges, just in time for a delicious wholesome lunch. Rory and I certainly needed the opportune time-out to replenish our energy reserves and recover our nerve before heading back onto the water for the afternoon session.

Spread out along a sandy riverside beach 256 km from Delhi and 30 km upstream of Rishikesh, this comfortable rustic camp is an idyllic escape from city stress. Silver Sands offers the complete outdoor experience. If you're looking for a day off from the river, you can experiment with

abseiling, rappelling, or hike to local villages in the surrounding hills. Whether you're after tranquil solitude or social campfires, succulent barbecues or reviving rum 'n' cokes, Camp Silver Sands is the ideal base from which to tackle the highly enjoyable whitewater that lies in store mere meters from your tent.

With the Ganga at her absolute action-packed best in the aftermath of a very wet monsoon, we decided to abandon our trusty little boat and skulked off in search of alternative river transport. Despite the fortifying lunch, we felt wiped out by the morning's intense action, so we jumped ship, trading our Ducky in for two seats on a big, stable, self-bailing raft and spent a thoroughly satisfying afternoon back on the river. In between skirting around menacing holes and punching through the large exploding waves of a host of exciting rapids—including the three biggies: Three Blind Mice, Roller Coaster and Golf Course—we floated along quiet stretches of tranquil water in a steep-sided valley brimming with colorful birds and cheeky monkeys. Jumping overboard, we bodysurfed through some of the smaller Class II rapids, before mooring the raft alongside the Ganga's famous Jump Rock. After watching some spectacularly painful-looking bellyflops from the top, we

#### TRIVIA BOX: THE HOLY GANGA

The revered Ganga, popularly worshipped as a goddess, is the most sacred river in Hindu mythology. According to legend, the river was sent down from the heavens to rinse away the sins of mankind. According to the Puranas (holy scriptures of the Hindus), the mere sight of the river can absolve your sins; however, immersing oneself in the holy waters of the mighty Ganga, especially on auspicious occasions or during religious festivals, not only ensures remission of one's sins, but also facilitates the attainment of salvation.

Originating from the holy pilgrimage site of Gaumukha at the foot of Gangotri glacier in the western Himalayas of Uttarakhand, the water of the Ganga, known as Gangajal, is regarded by Hindus to be the most pure and sacred water on earth and the very same holy water is used in all their religious ceremonies.

While other world-renowned rivers might be able to eclipse the River Ganga in terms of length and volume, none can match this holy waterway in terms of the reverence, affection and religious fervor bestowed upon it by the devoted masses of India.



summoned our courage and took the leap of faith off the ten-meter-high cliff. It was an exhilarating way to round off another superb day on the spectacular Ganga River in the heart of Hindustan

*Stephen Cunliffe (www.stevecunliffe.com) is author of the soon-to-be-released book India Whitewater, which will inform adventurous whitewater enthusiasts from around the globe about some of the planet's finest multi-day river expeditions. Scheduled to hit the shelves in mid-2011, this book will showcase the very best of India's Himalayan whitewater with stunning images and entertaining accounts of the country's best whitewater.*

*A raft broadsides in Three Blind Mice, but manages to make it through unscathed.*

# RIVER VOICES

## NEW HAVEN RACE

BY ERIC ADSIT

**T**HE HAIR ON the back of my neck rises and my heart beats just a little bit faster when I think about it...

It was March 27th and after months of planning and preparation, 22 racers had registered, another 30 spectators and volunteers lined the banks, and 200 cfs were flowing through the ice caked riverbed. The cold bore through the cracks and gaps in everyone's clothes; any water thrown into the air was solidified in a matter of moments. Despite the icy grip bearing down on us all, the sun glistened brightly off the many smiles on both racer's and spectator's faces.

I had never raced before, and the atmosphere was casual, but the competitor in me poured the pressure on. I had run the river for the first time only a few months ago. At the time it was one of the hardest, most technical runs I had ever done. But so damn fun! Over the next few months, I checked the gauges any time it rained and made a mad dash to the river whenever it



was up. The clear currents smashing over the tight boulder jumbles, through narrow chutes, and cascading endlessly over waterfalls was the perfect training ground; my personal escape from the pressures of everyday life. And so here I was, all of my experience, all the lines I had scouted,

*Simone Orlandi, fastest lap holder, fights for first in a preliminary heat on the Ledges.*

**Photo by Katelyn Virga**

and all runs I had gone on, condensed into a mile of whitewater and a few minutes of time.

At the start line a friend smiles at me, "Good luck! You ready?" I give him a nervous laugh and say "There's not much I can do about it now if I'm not." In the back of my mind I'm breaking the run down, piece by piece. First through the steep chute right down the center, then left on the narrow slot, over the waterfall, boof left on the ledge, and finally down the twisting slide to the finish line. It's a lot to think about, and I call on my experience in competitive swimming. It's just like the 200 Free, a long sprint, focus on the breathing. But in whitewater there's so much more than the breathing...

*Competitors, volunteers, and organizers come together after the awards ceremony.*

**Photo by Katelyn Virga**



I take strong, smooth strokes, using my torso to pull the boat to the blade and setting a cadence for the rest of the race. I do my best to stay in the fastest jets of current and stay out of the eddies, tempting reprieves from the rapid onslaught of drops and slides ahead of me. In fact, the steep drops become micro breaks from paddling. It's impossible to speed up the pull of gravity; the only time I can afford not to paddle is in midair, and my arms are already fatiguing.

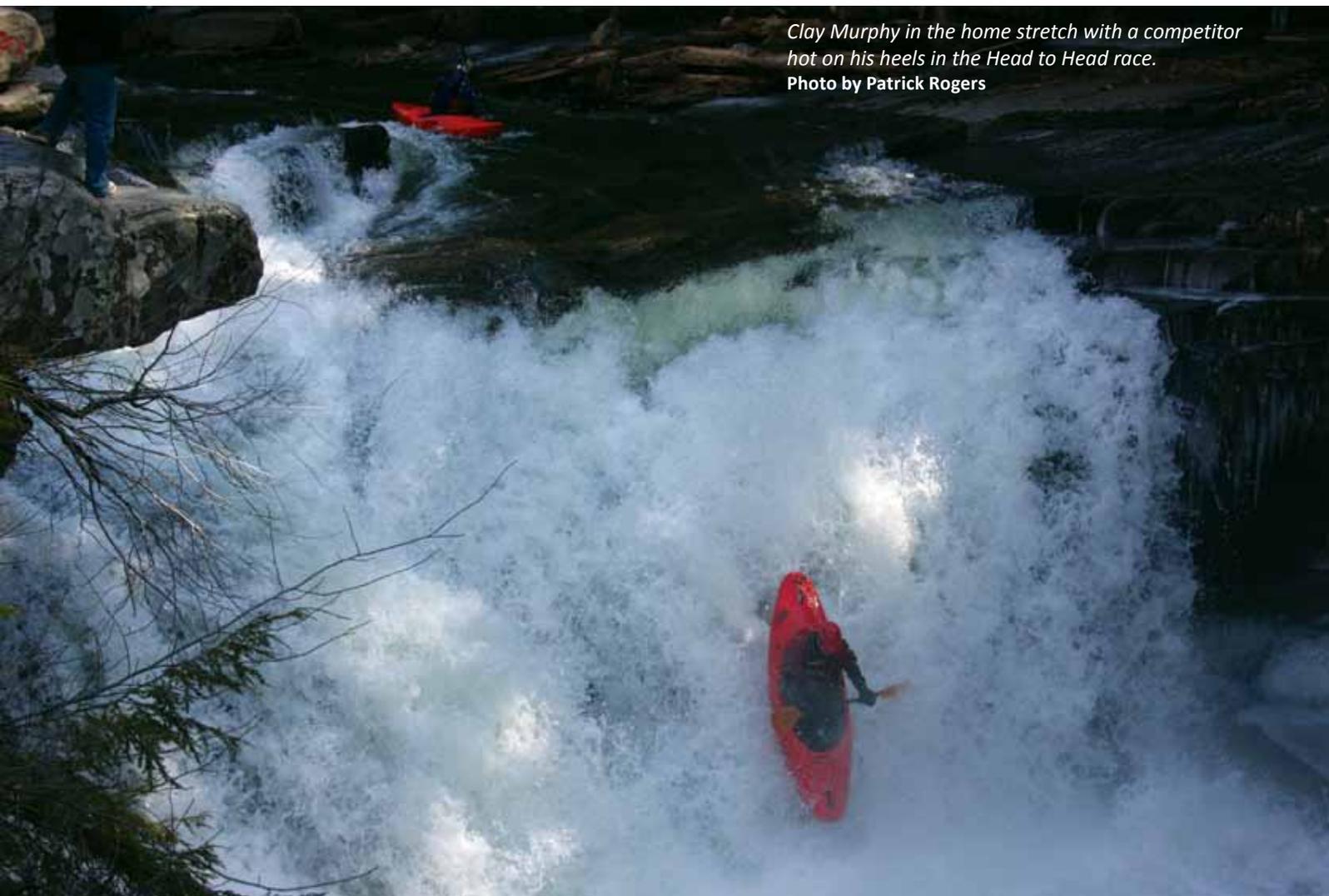
I breathe a sigh of relief as I brace through the hole at the bottom of the narrow slot. The flow struggles through a maze of boulders before narrowing to only a boat length, crashing over a ledge, and piling up against a boulder the size of a car before finally returning to a relatively tranquil state. It's a rapid I've never been entirely comfortable on, and it represented a big obstacle in my mind. It's here that I can use

my first local's only trick. A narrow line on the left offers a straight shot through an otherwise complicated maze of boulders. The water is low, boulders clog normally fluid channels, I struggle to keep my eyes two steps ahead and plan my next moves. Even just paddling in a rhythmic, continuous stride, the riverbank flows by much faster than on any normal run.

The entire river suddenly narrows between three large boulders and twists sharply to the left. The middle one is barely submerged by the smooth curl of water, spiraling into a deep hole. This will be my target. I paddle hard, angling against the curling water, and fly over the rock, landing flat on the other side of the hole with a satisfying whumpf. But I don't have time to look back at the beautiful spiral of water; seconds tick away in my mind. I run the next three slides straight down the right side, something I've never seen or done

before. "That alone must have saved 20 seconds," I think to myself.

I cruise through another couple of rapids and realize I'm getting close to the waterfall. It's about 15 feet tall and drops between a dark vertical cliff on the left and a shattered, irregular wall on the right. The river's emerald green water cascades over the first ledge and falls in bright white sheets to the veritable stadium of rock and water below. Out of the corner of my eye I notice there are more people lining the banks. As I round the bend, I can hardly recognize where I am between the crashing waves. The normally bland cliff side overlooking the waterfall has been transformed into a bright collage of winter hats and jackets, moving as people cheer. The crowd collectively holds their breath as I fall 15 feet through the air and crystalline water droplets. Resurfacing, the roar of the river is accompanied once again by cheers



*Clay Murphy in the home stretch with a competitor hot on his heels in the Head to Head race.*  
**Photo by Patrick Rogers**

# RIVER VOICES

as I paddle hard through the emerald pool into the next rapid.

The last two times I've run this rapid I ended up swimming. Two broken slabs of rock have fallen together to siphon the water between them, creating a sieve of sorts. It's easy to avoid but the channel passes directly by it, and although no one has been seriously stuck in it, I find it intimidating. Determined not to make the same mistake, I drive hard to the right, using all the energy I have remaining. Too hard. I bounce off a rock and slide past the sieve and down a chute backwards. I scramble to spin around again before dropping through another slot and making a boof on the left of a ledge with a nasty hole.

I'm in the home stretch now. Struggling forward I reach out across the void, pull a hard boof stroke and slide down the last twisting rapid, out of breath and shaking. "Time: 11:10" says the volunteer as she types into the computer. I barely hear her over the thumping of my heart and my heavy breathing. Only now do I realize that

my hands are frozen; icicles are hanging from the brim and chin guard on my helmet.

I chat with the racers who went before me, discussing lines, goofs, and the cold. We're all freezing and exhausted as we wait for the shuttle to drive us back up, but the smiles never leave our faces. Back by the car, I get changed and enjoy the bagel sandwich the local bakery donated to the volunteers. I watch a few of the time trials go by and cheer just as loud as everyone else. It doesn't matter who is racing, we're all here for the same thing, and just as excited about our competitors' lines as our own.

Most of the people watching are somehow related to at least one of the racers, and I like attaching the names and faces here on shore to someone I spend so much time with on the river. A few people were just driving by and stopped to see what all the people were doing standing on the side of the river when it's 20 degrees. They had never seen whitewater kayakers before, but ended up staying for a few hours. They

smiled and cheered just like the rest of us though.

A lot of people showed up to volunteer and set safety for the racers. It's touching to see everyone come together and even forfeit their chance to race to make sure everyone stays safe. They laugh, saying it's too cold to go in the water anyways.

The paddlers with the top 4 times are racing in a shortened head to head course now. The shore around the waterfall is packed even tighter than before, but I'm near the front. These guys must be exhausted, they made 2 time trial runs to make sure they had the best times they possibly could, and now they're racing each other. At this point I'm sure the race is more about carefully picking lines than outright strength. Upstream I see Scott go from third to first on the slide, and it looks like he can hold the lead. The crowd is going crazy as they approach the waterfall, the last obstacle between them and the finish line.

Scott won it, with a pretty good lead too. One guy even finished the race backwards! We got everybody back up to the put-in, lined up for a Green Race style group photo and started handing out prizes. I had worked hard along with the other planners to get sponsorship for the race, but even I was surprised at how many awesome prizes we handed out. A huge wood carved plaque was awarded to Scott for his victory. After the prizes were handed out I expected the crowds to disperse, but they stuck around for at least another hour while racers and safety crews alike made laps over the falls.

With golden sunlight streaming down, the snow capped peak of Mt. Abe seemed to melt just a little with the warmth generated by good friends at the 2nd Annual New Haven Race.



*The lone C-1 competitor speeds past the sieve as a safety volunteer looks on.*

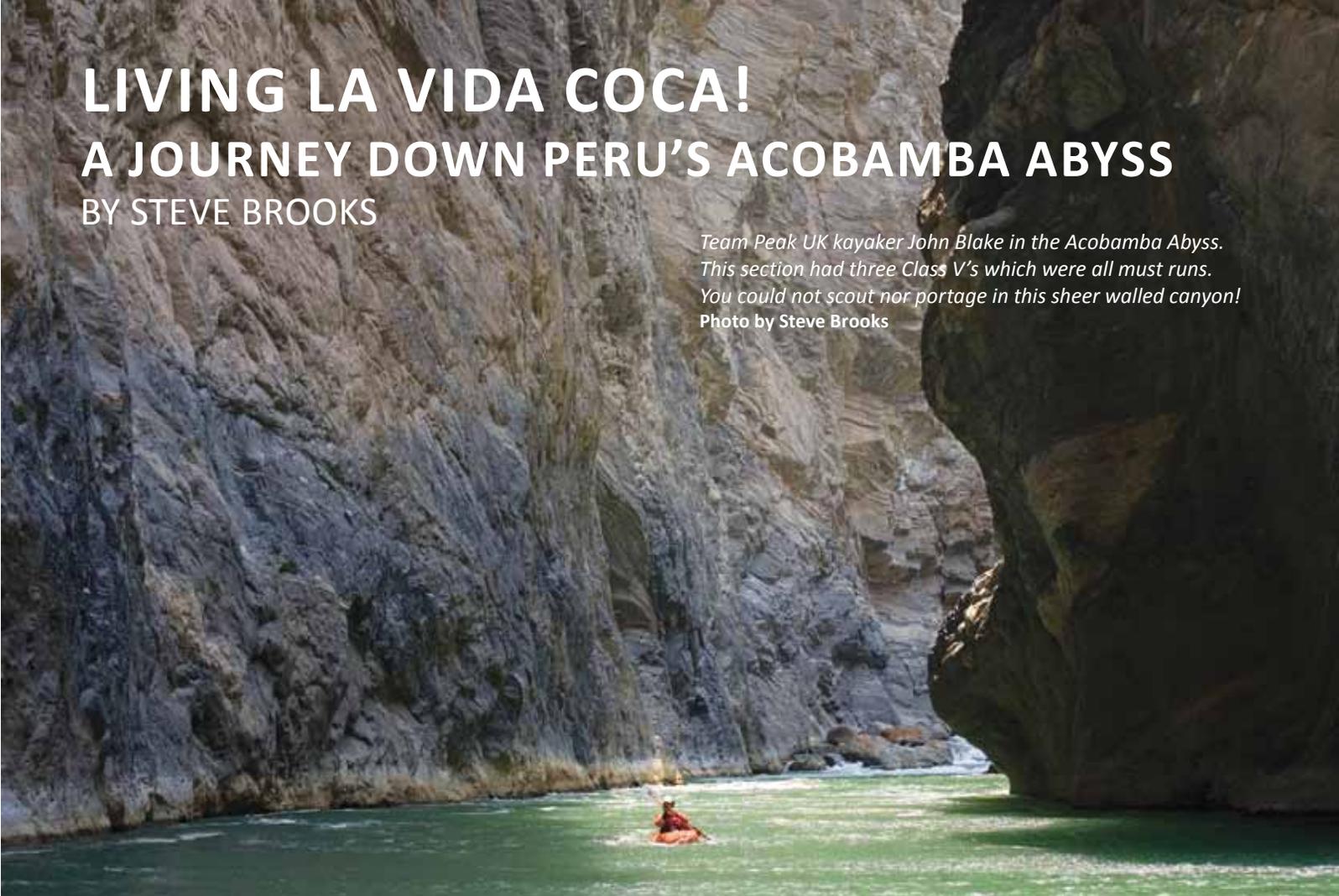
**Photo by Patrick Rogers**

# LIVING LA VIDA COCA!

## A JOURNEY DOWN PERU'S ACOBAMBA ABYSS

BY STEVE BROOKS

*Team Peak UK kayaker John Blake in the Acobamba Abyss. This section had three Class V's which were all must runs. You could not scout nor portage in this sheer walled canyon!*  
Photo by Steve Brooks



**M**OST FIRST TIME boaters to Peru will be looking at two classic canyons, the infamous Colca and the deeper Cotahuasi. However, it is the Acobamba Abyss that had been playing on our minds for some years now. Abyss meaning: Literally a hole that seems to have no bottom or a difficult situation that brings trouble or destruction.

For John and I it was a canyon so deep, so remote and at the limit of what was possibly navigable in a kayak. Not only were we going to carry on down the Apurimac River heading for a town called San Francisco deep in the Peruvian Amazon, where problems with the Shining Path Guerillas frequently occur, but it was an area associated with Cocaine too!

We left Cusco, famed as the “Navel of the Universe” by the Incas, early enough not to be able to get a breakfast. Our courtyard of the hostel was freezing; the sun had not made it over the back of the mountains surrounding the city yet. A couple of

hours later we reached our put-in, a set of thermal pools situated between the end of the rafting section and the start of the Abyss. It was time to say goodbye to the locals who were watching us. They replied with a simple, “Happy travels and good luck!” That put a smile on my face!

The first couple of hours gave us some nice read and run Class IV. As we passed an amazing waterfall the canyon started getting tighter. Then we were in Horseshoe Canyon, a bunch of Class IV+ pool drop rapids, all of which needed scouting. It was now 4 pm and already getting dark as we exited Horseshoe Canyon. We found a small spot on a rock ledge, not the best camp we have ever had, but the canyon was getting tighter down-stream. That night we slept well. We had decided not to take sleeping bags to save on weight using just our liners in a bivi-bag. If the nights were like this up high in the canyon, then we would have no worries about sleeping temperature as we headed toward the jungle.

The next day, as we paddled around the corner, the walls became so tight that we could hardly see the sky. We were running Class V, the river was picking up and in the afternoon the gradient really kicked in. It was now continuous and steep. We were facing huge drops that had to be run as there were no chicken lines and with every rapid came the danger of siphons. That night we camped under a huge rock!

The following day saw the same steep, full on gradient. The volume had picked up a little and we were able to take a couple of Class V sneak lines instead of running out in the meat! The scouting, running and even portaging was taking its toll on both of us—we were so tired. We had enough food for the week but were burning far more calories than we were taking in. After passing the bridges that take trekkers over the Apurimac and up to Choquequirao, the sister ruins of Machu Picchu, the river chilled down to some nice Class IV+, however, it did not take too long until it got back to its gnarliest. We were

# RIVER VOICES

now looking for a camp, it was close to 5 pm and the light was fading. After a big drop we managed to drag our boats up to a piece of sand and do a very English thing: make a cup of tea!!

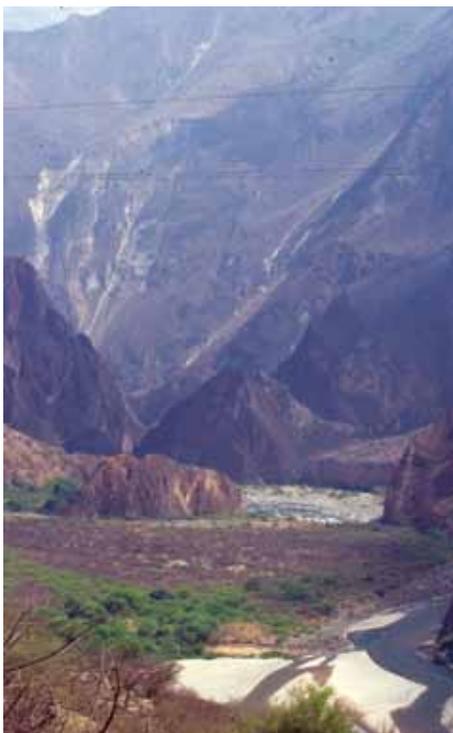
The next morning saw us in continuous Class V+ and it was just before midday when got to the Quebrada Armas. What is significant about this little stream coming in on river right is that below the canyon walls become vertical and for one kilometer you cannot scout or portage the next four Class V rapids. We were negotiating huge waves and holes wishing our necks were made of some stretch rubber. Only at the exit of the canyon we could finally release some of the tension and adrenalin that had been building up in us for the past four days. The view back upstream was something. Smiles were now on our faces, though the smiles were severely tested with the next set of Class V+ rapids. Again a few sneak lines

were taken to avoid some of the gnarliest whitewater I had ever seen. After lunch we got to a rather frightening moment. In front of us were a few huge boulders sitting in the river. It looked as if the only line through the boulders was choked with wood. We managed to bump, scrape, push and slide through a tiny channel then somehow squeeze ourselves (still in our kayaks) through a gap between one huge boulder and the right canyon wall. With no way to portage, a bit more water and we both would have been toast! We made up some time with a rare piece of flat water and made camp on a piece of sand some 20 meters up on a huge rock ledge. The views were amazing and both of us were absolutely shattered.

The canyon had chilled for a bit and John and I were making good time with rapids that could be read and run. Was the worst over now? No, was the answer, as the next

rapid looked like a Class IV but suddenly became a monster V+, a three-meter, river-wide drop into a horrible hole. The next drop was similar except for the hole being even deeper, some pushy water, and then an S move requiring a test of nerve running two holes and skirting past a siphon. We both made it and we were relieved to be at the bottom alive! The river just did not let up, most of the morning we had great read and run Class IV+ then bam...a Class V+ with unimaginable consequences out of the blue! We were again back to running Class V chicken lines until finally arriving at the road bridge in Pasajes. We had completed the Abyss and were now heading to the jungle. Yet another brutal portage and a quick stop for lunch where we met a group of gold panners and got the low down of the local area and just how friendly the inhabitants would be to us passing by in our kayaks!





Looking from high up at the entrance of the Abyss.

Photo by Steve Brooks

The next day saw us leaving at 6:30 am just to avoid the late day winds. We had a lot of flat now in front of us; it was only at midday that we came across another portage—from flat to Class VI, not bad really. The afternoon saw us running Class IV Grand Canyon style rapids; the river was now getting bigger. We had passed two major confluences and the side streams were helping to pump up the volume. We were in the jungle and the heat was oppressive and the greenness was a stark contrast to the arid section of the Abyss. At camp three locals came to visit us. We looked cautiously at them as they came fully armed! They explained that they carried the weapons for protection against the Shining Path Guerillas. They also said that we were lucky to be camping on his beach as we would be safe here (whether or not they guarded us from the jungle we will never know); we were deep in Guerilla territory.

*Opposite: Team Peak UK kayaker John Blake running the Acabamba Abyss of the Rio Apurimac in Peru, a seven day Class V+ river expedition. We were three days into the expedition when I took this shot. .*  
Photo by Steve Brooks

Our last river day saw us again leaving early to get to the first jungle village to organize our motor canoe. We arrived in Lechemayo to a fanfare. Once the word had got out that Gringos were in town, we were not left alone. At the harbor (side of the river) the motor canoe drivers told us that it was impossible to navigate down the river that day. The only bus to leave is in the morning because of the possibilities of ambushes by the Shining Path along the way. That night we kept a low profile, which was not exactly easy as the village had hardly seen any foreigners.

The journey out the next morning was spectacular. We were heading out of the jungle and up to the old Colonial town of Ayacucho. After lunch the passengers looked more relaxed, one tapped me on the shoulder and smiled saying we were safe now as we had left Guerilla territory. The packed nine-seater mini bus was just two hours outside the city Ayacucho.

The whole eight-day adventure down the Abyss, to the jungle, and out to Ayacucho was amazing. It is certainly at the limit of expedition boating and by far the hardest river I have ever run. Would I do it again? Well the Abyss yes, but down to Lechemayo, probably no. The risk of getting attacked by the Shining Path is just too great. In fact, we had planned to head to another river close by as there is a canyon still to be run, but I was warned off from going there. A week later the Shining Path ambushed a group of soldiers and civilians, killing them.

*Authors Note: This river expedition is not for the faint hearted! If you are looking at running the Acobamba Abyss then you should be regularly running rivers such as Austria's Middle Oetz or North America's North Fork of the Payette. Good luck!*

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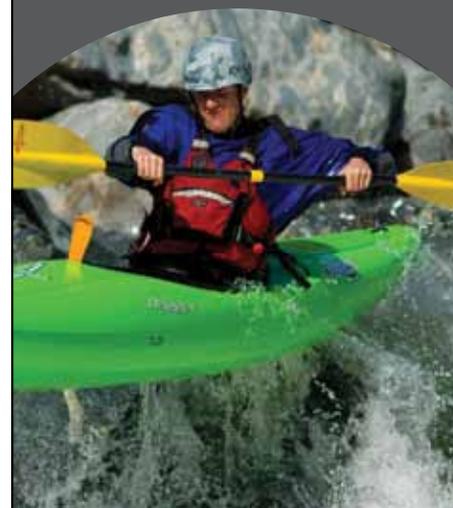
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Scott Ligare, Kokatat Whitewater Ambassador: South Fork Yuba.  
Photo: ©Darin McQuoid, Kokatat Whitewater Ambassador



# WHITEWATER POETRY

## ALONG THE YOUGHIOGHENY

(PRONOUNCED "YOCK-UH-  
GAIN-EE")

BY BUSCADOR DE RIOS

A sound and sight stirred disbelief:  
*"River dangers here are many!"*  
A canoe! Monongahela Chief!  
along the Youghiogheny.

*"Hear the mysteries of my vanished  
nation,  
water ways, and fauna living here -  
all carnivores by occupation!"*  
How did this native ghost appear?

What follows here is not contrived -  
no fiction in these sandstone halls;  
all tribulations I survived  
below 'white frothing water' Falls...

now called Ohiopyle put-in.  
When in this swift 'contrary stream'  
I strode and barely stood my foot in,  
he cried, *"what novice act extreme!"*

*"Mounting CFS spells troubles,  
notwithstanding cautious scruple;  
that's because when creek speed doubles  
the pounds in force exert quadruple!"*

*"And misplaced steps have other risk  
if placed on snapping turtle keels,  
three rows of them serrate its disc,  
their jaws will trap your standing heels!"*

Just then I screamed from locking bite,  
he counseled, *"grab the carapace!"*  
Instead I felt a hellgrammite  
pinch causing reddened toe - and face.



Backdragging bug with painful limp  
I heard about the 'how and why'  
*"This larval arthropodal nymph  
will morph into a dobsonfly..."*

*"unless the smallmouth, bronze and  
green,  
a bass with double appetite,  
no movement passes it unseen,  
eats ripening pair in one big bite!"*

Now so scared I'm frog hop leaping,  
when from the shore he yelled, *"watch  
out!"*

since unbeknownst to me was creeping  
a big voracious stalking trout.

*"In the pool there! see two dorsals?  
weaving through the slippery rock?  
It's closing quickly on both morsels  
wriggling frantic in the Yough!"*

I felt the cutting razor teeth  
and stumbled, slipping, falling down;  
well fed, it lumbered underneath -  
a spotted monster mottled brown.

I crawled up under rhododendron  
assessing bruises, bites and bleeding,  
first aiding lacerated tendon;  
and heard the tall sage loudly pleading...

*"Don't disturb the black arachnid,  
it's the poison biting kind!"*  
But widow bit my tender eyelid -  
fading outlook now half blind.

Still game, I started for my boat,  
the Allegheny seer said, *"Wait!  
Before you enter sacred float,  
you first need to forecast your fate."*

*"Scout all the rapids carefully;  
observe the waves while stooping low  
to memorize hydrology  
with otter's view of changing flow."*

Opposite: Ohiopyle Falls.  
Photo by Barbara Gallagher

*"Sneak by those undercuts and sieves,  
hydraulics, hornet's nests and strainers;  
a smiling upstream hole forgives,  
but frowners make sad entertainers."*

*"With throwrope 'round a sycamore,  
belay with 'figure 8' dressed tight,  
and plan each eddy hop to score  
that big green tongue line center right."*

Still wearing helmet/PFD,  
I roped back up the ferned cliff slants  
arriving at my anchor tree  
with awful itching in my pants.

*"You didn't look for poison ivy  
side hiking to that fossil site?!  
Its telltale sign is 'leaves of three' -  
and I don't mean the trilobite!"*

With paddle as a walking stick,  
I scrambled back along the shelf  
by this time cramping, hot and sick.  
*"Keep putting water in yourself..."*

*hydration brings recovery."*  
In boat about to slide my feet -  
another brown discovery!  
was camping coiled on my seat!

*"You must carry keen awareness -  
the copperhead retaliates;  
poison fangs await the careless  
who startle legless vertebrates."*

*"Now slow and steady move away  
and sculling with your paddle blade,  
coax it on from where it lay,  
then place it in some hemlock shade."*

That frightful task now over and done,  
my wise and knowing river guide  
decided I should start the run  
with seal launch on my rising tide.

I clumsy on the stone ramp sat,  
annoyed, a great blue heron lifted,  
screeching, *"do not land too flat!  
or your spine might get curved and  
shifted!"*

We paddled for the entrance now,  
I practiced fighting combat rolls;  
said he, *"T-rescue on my bow -  
that diving paddle angers trolls!"*

*"They'll smash your knuckles, loop your  
skirt,  
take paddle, lunch and all your happy;  
wet exits lead downstream towards hurt,  
and swimming looks and feels like  
crappie!"*

*"If in the shallows, missing brace,  
'pole vault up' or scrape rock bottom;  
these walrus scars upon my face?  
precisely how and where I got 'em!"*

*"Let's go! with current vision wary,  
draw S-turns to the points selected;  
edge hard to boost your rocket ferry,  
then eddy greet the well connected!"*

Now that explains how I was humbled  
by the flora and the creatures,  
river running, getting tumbled  
flowing north through ancient features...

of this oxbow gorge biota;  
and though I suffered painful grief  
encountering named above iota,  
to my mysterious rhyming mentor...

Many thanks Monongahela Chief!

## SNAKE RIVERBED

BY BUSCADOR DE RIOS

Wings set broad on the wind, osprey  
watchtower spirals high above the river,  
its cruciform shadow a transcendent trace  
sliding on the sunlit stones that patiently  
quiver  
like a shining mosaic, cut down here long  
ago and fitted into chosen place  
as belly scales of this slowly shedding  
Snake,  
until replaced alike  
and sloughed off as silt  
into the roiling wake.

No measure can be taken of this crawling  
timelessness,  
for the fine edges of time have also been  
scoured  
by the serpent's rough caress,  
held underneath the rapid froth of ages,  
margins devoured,  
until replaced anew by streaming  
moments of a trinity  
where the icemelt of all past  
is the crystal green presence of life  
flowing into divine infinity.

# SAFETY

## AMERICAN WHITEWATER ACCIDENT SUMMARY JULY-DECEMBER 2010

BY CHARLIE WALBRIDGE

**L**OOKING BACK OVER the last twelve months it's clear that 2010 was a bad year for whitewater accidents. A total of 63 accidents and 67 deaths were reported to American Whitewater, including 20 kayak, 11 canoe, and 29 rafting fatalities. This is the third highest number in the last 20 years. Although the whitewater kayaking death toll is in a three-way tie for the highest year on record, it also reflects the growing number of people using recreational kayaks. This year's total includes seven deaths of inexperienced users who fit the profile of canoe users of 10 years ago. By contrast, no whitewater canoeing deaths were seen from July to December, which is good, but unusual. The second half of the year was not as eventful as the first, with six kayak and nine rafting deaths. The most common causes of accidents were as follows: no PFDs (6); strainers and sieves (8), and low head dam hydraulics (3). On the whole, the experienced kayakers listed here died despite fast, strong, and creative rescue attempts by their companions.

### Kayak Accidents

The Mid-Atlantic states' whitewater kayaking community was rocked this past fall by the death of two well-known expert kayakers. In both cases the men died despite uncommonly fast rescues by their group. On October second West Virginia's Upper Blackwater River rose after a rain for the first time in a while. This classic Class V stretch was running at 400 cfs, a bit high but still a level that's run regularly, when a group of seven expert paddlers put in below the falls. Their trip was uneventful until they reached Flatliner Falls, one of the last tough rapids in the run. Here Carl Schneider, 35, missed a boof and washed over a six-foot ledge almost sideways. His bow hit rocks at the bottom and the left side of his boat washed against an underwater

rock protruding from the ledge. It was an angled vertical pinning, with the current forcing him against his back deck. There was no air pocket.

Mr. Schneider's friends moved in quickly, setting up on both sides of the drop. A line was set across the river and someone used it to wade out to the pin spot. With a bit of work he was able to get behind the ledge and out of the current. He grabbed Mr. Schneider's arm and tried to pull him free, without success. Other paddlers got out there, and one of them had a line with a carabineer attached. The line was clipped to the stern, which was lifted up and over the rock in back so the boat could wash free. Afterwards, they released the spray skirt and pulled Mr. Schneider out of his kayak. Although he had only been under water for five or six minutes, CPR was unsuccessful. A local rescue squad arrived and carried him back to civilization.

Pillow Rock Rapid on West Virginia's Upper Gauley has been thought of as big, powerful, but relatively hazard free. That changed on October 10th after a veteran paddler died after pinning on a previously unknown undercut rock. Mark Hanna, 55, had been paddling the river for over a decade. His friends who were there that day agree on these facts: At Pillow Rock, running fourth in a group of nine, Mr. Hanna flipped on the big pressure wave that gives the rapid its name. He attempted three-five rolls as he washed downstream. As he did this, he was pushed to the right just downstream of Volkswagen Rock. He came out of his kayak just above a giant rock that guards the bottom of the right-side eddy. As he bailed out, his face appeared for an instant before he was pushed under the right corner of the rock.

There were many paddlers on nearby boulders and in the eddy; they reacted quickly and made several very aggressive rescue attempts. One person pulled off Mr. Hannah's PFD; another went under for a very long time and came up gasping. Finally a guide, belayed in a rescue PFD, went

very deep and pulled Mr. Hannah free; he had been down for five-six minutes. CPR began at once and was continued by several persons with medical training who happened to be out there. They provided great care for 45 minutes, which was followed by oxygen and drugs administered by fast-arriving EMTs. It was not enough to bring him back.

In four other incidents the paddlers were clearly inexperienced. Rodney Dial, 50, found trouble while paddling Brush Creek with his daughter in a double kayak. This is a very fast, flashy little stream east of Round Rock, Texas. The pair flipped after they turned their boat sideways and tried to paddle ashore just above a culvert that takes the stream under Lance Lane. The girl washed through the culvert cleanly, but Mr. Dial was pinned in debris on the upstream side. Afterwards his daughter and a maintenance man from a nearby apartment complex were able to release his body, which floated through the culvert and on downstream. Firefighters responded quickly and located his body after a brief search.

Three other kayaking accidents involved low-head dams, the first one on the Jordan River in Sandy, UT. On August second Joseph Glasser, 49, and Kelly Glasser, 51, drowned after taking a double kayak over a low-head dam under the Winchester Street bridge. Although they were both wearing life vests, they ignored warning signs placed above the dam. The couple recirculated in the hydraulic for some time. A friend paddling a single kayak made it through and assisted bystanders in getting Mr. Glasser to shore. A swiftwater rescue team arrived a few minutes later and was able to complete the recovery. Both victims were transported to a hospital where they were pronounced dead.

On October 1st the Norwalk River was hit by a tropical storm that dropped five inches of rain in a few hours. There was flash flooding locally and considerable damage. According to Charlie Flynn, a local paddler

familiar with the area, Doreen Wallace, 50, and James Lind, 46, had gone to paddle on a flat section above a six-foot high dam in a double kayak. We believe that a sudden surge of water pushed them downstream over the dam. No one witnessed the accident, but bystanders saw the capsized kayak in the river and notified authorities. Ms. Wallace was found floating in the river; she was transported to a hospital where she died the following morning. The Wilton, CT fire department located Mr. Lind's body the next day.

In the third incident, 51-year-old Alexander Gillespie drowned on October 13th after taking his kayak over a low-head dam on

stayed home." Priority Worldwide Services and Fluid Kayaks each made \$25,000 donations to American Whitewater in his memory.

### Rafting Accidents

West Virginia's Gauley River was the scene of two additional rafting deaths in 2010. On September 19th Jie An Yang, 25, fell out of a commercial raft when the boat dumped against a big rock at the bottom of Iron Curtain Rapid. She was carried very deep and pinned under 12 feet of water. Rescuers said that she was found against a log along with an algae-covered paddle and bailing bucket. On the next day, September 20th, three Ocoee River guides

flow dropped to 160 cfs most of the water still went under the rock. Ultimately a small diversion dam was built to redirect the current. On October 28th divers slipped through a four-foot wide slot and entered a 10-foot x 10-foot room under the rock. They found Ms. Appelton's body pushed into a narrow exit slot that was jammed with debris. Because heavy equipment was needed to build the dam there was some talk about modifying the rapid to make it less dangerous. There was immediate concern for the liability it would create for the agency doing the work. River managers also worried that this action could lead to pressure to modify other parts of the river perceived as dangerous. Ultimately

**WHILE READING THE FATALITY REPORTS CAN BE A SOMBER EXPERIENCE, THE OPPOSITE IS TRUE WHEN IT COMES TO NEAR-MISSES ... THESE STORIES ARE VERY TYPICAL OF WHAT PADDLERS DO FOR EACH OTHER WHENEVER EMERGENCIES ARISE ON THE RIVER.**

a Cape Fear River tributary near Ft. Bragg, NC. The Little River was running high after recent rains; the low-head dam here has been implicated in several fatalities over the years. Two people who were running the river with him made it safely ashore and called 911. Mr. Gillespie's body was recovered some miles downstream.

Lastly, American Whitewater notes with sadness the death of African whitewater explorer Hendri Coetzee. Mr. Coetzee, who had extensive experience on African whitewater, was killed on December 7th while exploring a remote and dangerous stretch of the Lukugu River, a tributary of the Congo in Central Africa. The area was prime crocodile and hippo habitat and both creatures are known to be extremely dangerous. Mr. Coetzee, along with two American kayakers, was paddling in mid-river across flatwater. They stayed in a tight formation so as to appear larger to these predators. Despite their precautions Mr. Coetzee, 35, was attacked from behind by a fifteen foot-long crocodile. His boat flipped, and he was pulled underwater. In an interview before the trip Mr. Coetzee said, "If safe was all I wanted, I would have

flipped a small raft against Fingernail Rock, a deeply undercut feature located below Sweet's Falls. The rock, though obvious and avoidable, has seen many people wash under it without problems. In this case, everyone came out except Matt Haynes, 21. In both instances flows were cut back from the normal release of 2800 cfs to around 300 cfs. Rescuers reported that both bodies were still in strong current at these low flows.

Frog Rock Rapid on Colorado's Arkansas River is a deceptively dangerous place. At high flows it's a straightforward Class III, but at lower levels much of the water runs under a massive rock. It's been the scene of at least six deaths in the last two decades; the lower the water, the worse it gets. Upstream signs warn boaters to stay left or portage. On July 11th a group of river guides high-sided a raft here. One of them, Kimberly Appelton, 28, fell out of the raft and washed under the rock. Rescue was impossible, and recovering her body would take several months.

Rescuers arrived with search dogs, divers, and underwater cameras. Even when the

the riverbed was restored to its original condition. The cost of the recovery, just under \$10,000, was split between Chafee County Search and Rescue, the Bureau of Land Management, and Colorado State Parks.

Two other rafting fatalities started with collisions in fast current. A raft carrying four people flipped on September fourth after hitting one of the Interstate 15 bridge piers on the Missouri River south of Great Falls, Montana. Three of the paddlers were able to swim ashore but one, Professor Jerry Pohlman, 68, did not. His body was found floating in the river by emergency responders. On September 5th a commercial raft on Oregon's McKenzie River hit a downed tree after the guests stopped paddling and shifted their weight to the upstream side. The boat capsized, and Autumn Lee 33, was caught in the strainer.

Several rafters drowned who probably would have survived if they had been wearing life vests. On August first, during a raft trip down Alpine Canyon, Joel Ficardo was helping his son get to shore during a

swim break when he lost his footing and washed downstream. Mr. Ficardo, 46, was not wearing his PFD when he disappeared. On July 16th disaster struck a group of friends paddling Washington's Skykomish River. A cheap vinyl raft punctured on a midstream tree, throwing three teenagers into the river. Other rafts in the group rescued two teens, but Russell Yap, 19, was caught in the strainer and drowned. He, like most of his buddies, was not wearing a life vest.

## Drift Boats

Drift boats were also involved in two accidents where PFDs were not used. On September second Robert Merrill, 49, a professional fishing guide, flipped his drift boat on the South Fork of the Snake River in Wyoming. According to the Jackson Hole *News* he was wearing chest waders, which almost certainly filled with water and carried him under. The next day, on September fourth, a Tacoma man drowned on Oregon's McKenzie River near Finn Rock after his drift boat overturned. The Eugene, Oregon *Register Guard* confirmed that Sheldon Cross, 63, was not wearing a PFD. Drift boats are used extensively for fishing, and early fall is a great time to fish. Although much of this activity occurs on whitewater rivers life vest use is low.

## Inflatable Kayaks

There were two inflatable kayaking fatalities in California in the last six months, each quite different in character. The first occurred in Saeltzer Gorge on California's Clear Creek. According to Boof.com, this steep stretch of Class V-VI whitewater near Redding is seldom run. An expert local kayaker described it as "narrow, twisty, and undercut with a propensity for catching logs." On July 18th a man arrived here with his daughter, 11, and her friend, 12, and an inflatable vinyl kayak. Only the 12 year-old wore a life vest. A local man who saw the group putting in called out a warning, but they ignored him. As they entered the gorge the IK flipped and Lily Morales disappeared under water. A bystander said he watched the girl go

under; he dove into the pool and after 10 minutes of searching found Miss Morales down deep. He grabbed her by her long hair and pulled her to the surface. He and a friend tried CPR and called for help, but it was too late. The other two paddlers were trapped deeper in the sheer-walled gorge and had to be rescued by CHP helicopter.

Susan Marie Kaiser, by contrast, was a former river guide, well-trained and equipped. On August 29th she decided to paddle the "Lowbin" section of the North Fork of the Feather with a strong group. According to postings on Boof.com, Ms. Kaiser flipped her IK on a large breaking wave near the bottom of the long Class IV rapid below the first (Bucks Creek) power house. The current pushed her to the left where she pinned in a slot between a large boulder and a smaller submerged boulder to its left. One of the paddlers in her group of four said that the second she was pinned, he knew it was bad. He managed to swim into the small pocket eddy behind the boulder and tried to pull her out, but she was wedged in too tightly.

Boaters who witnessed the accident pulled over to help. A paddler in a rescue vest tried to swim out Ms. Kaiser but the current would not allow him to reach her. Another paddled into the eddy and saw Ms. Kaiser's head about a foot and a half underwater. The current was so strong that he couldn't even touch her. After several false starts, paddlers used a v-lower to get a rescuer into position. He attached a sling directly to Ms. Kaiser. The first time they tried to pull her out something broke; the second time they were able to pull her and a couple of 1½" branches free. Even though Ms. Kaiser had been under for almost 45 minutes the group performed CPR. An EMT was ferried across the river on the back of a kayak and after some further effort resuscitation was discontinued. Butte and Plumas County swiftwater rescue teams launched a raft and brought Ms. Kaiser's body over to the highway.

I'd like to close by noting the October seventh death of nine-year-old Ryan Warner at a low-head dam on the North Fork of the Shenandoah. This is the same spot where a kayaker lost his life last April. Fortunately, they will be the last to die. The Town of Front Royal obtained a grant from the U.S. Fish and Wildlife Services and demolished the structure this past fall. The dam, originally built in 1906 to generate electricity, had been out of service for 80 years. There are thousands of decommissioned dams all over the country and most of them should be removed!

## Near Misses

While reading the fatality reports can be a somber experience, the opposite is true when it comes to near-misses. We certainly don't hear about every close call, but these stories are very typical of what paddlers do for each other whenever emergencies arise on the river.

John Franchella sent an account of a July 9th rescue of a man who dislocated his shoulder in a roll attempt and washed into the intake of a diversion dam on the Meadow Camp Run of Oregon's Deschutes River. His buddies managed to get him up a few feet up out of the water so he could breathe more easily but his knee had been pushed through the grate. Firefighters used the Jaws of Life to free him.

On July 19th members of the Coastal Canoeists rescued a young man who became foot entrapped while swimming Hollywood Rapid on Virginia's James River. An alert paddler eddied out and paddled up to him, gave him his bow, and got him ashore.

On July 25th a nine-year-old boy almost drowned when he became tangled in a loose line after a raft pinned on the Upper Salmon River in Idaho. He was held under water for 10 minutes until his father cut the rope. Two kayakers picked him up downstream, got him ashore, and performed CPR. The boy started breathing

two to three minutes later, and is expected to make a full recovery.

On August first a group of ill-prepared rafters attempted Alaska's Class V Sixmile River without any cold water protection. Chugach Outdoor Center guides noted their lack of gear at the put-in and warned them, but to no avail. A few minutes later their 16-foot raft hit a rock and flipped. Suddenly there were eight people in the water. Five were rescued quickly by nearby kayakers connected with the Outdoor Center; one swam to shore, and two floated a mile and a half before two river guides chased them down and pulled them inside their boat. This pair was hypothermic and completely unresponsive; one had hit her head and the other had washed for some distance

On December 11th the leader of a youth kayaking group nearly drowned after running a 10-foot waterfall on Chile's Pucon River. He was unconscious when he washed out of the hole. Students and other instructors got him ashore, removed his PFD, cut open his drysuit gasket, and began CPR. He came around about two minutes later and was able to walk a short distance to the take-out. He has since made a full recovery.

The information used in this article was found primarily in newspaper articles sent in by individual correspondents or posted in online chat rooms like Boatertalk, Mountainbuzz, or Boof.com. Other sources include Yahoo's SwiftH2O chat room and regular emailed incident reports from the

**PLEASE HELP US OUT! TO REPORT A WHITEWATER ACCIDENT, NEAR MISS, OR SERIOUS INJURY, GO TO THE SAFETY PAGE ON THE AMERICAN WHITEWATER WEBSITE, CLICK "REPORT AN ACCIDENT," AND ENTER YOUR INFORMATION.**

beneath an undercut wall. In the end, everyone was OK, although the couple spent the night in the hospital.

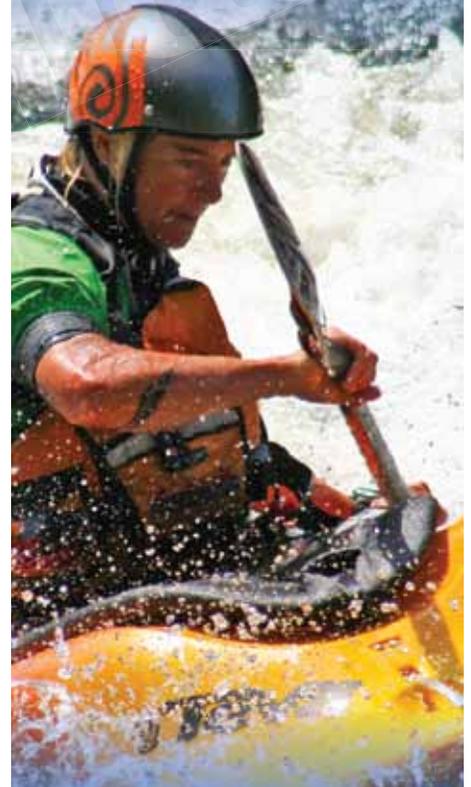
On August sixth an outfitter pinned a 22-foot motor rig in the rock garden at Crystal Rapid on the Grand Canyon of the Colorado. Getting one of these monster boats loose is a really big, tough job! It ultimately took three days for guides to remove stranded guests, unload and de-rig the raft, and finally unpin it. A second, smaller raft was pinned for a time after ferrying guides out to the boat.

In late September paddlers who were watching the action at Mosier Falls on New York's Beaver River saw a swimming kayaker wash into a bad sieve on river right. Fortunately, he washed cleanly under the rock and popped up in a narrow cavern open to the sky. He screamed for help. Several paddlers tried to pull him out, but the space was so tight he had to remove his life vest and helmet before he was able to wriggle free!

U.S. Coast Guard Office of Boating Safety. Several eyewitnesses to fatalities involving experienced kayakers were kind enough to discuss the details with us. We learned a lot from their accounts, longer versions of which are posted in the safety section of the AW website.

American Whitewater needs help collecting these reports, which form the backbone of our safety program. Since most of us will never encounter a fatal accident it's important to share the facts so we can all learn from them. By studying accidents we learn to avoid trouble and react effectively to emergencies. Our techniques, procedures, and gear may be modified based on what happens in the field. Please help us out! To report a whitewater accident, near miss, or serious injury, go to the Safety page on the American Whitewater website, click "report an accident," and enter your information. You can also forward newspaper articles, chat room posts, and first person accounts to the safety editor at [ccwalbridge@cs.com](mailto:ccwalbridge@cs.com). Thanks and be safe!

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# NEWS & NOTES

## USA CANOE/KAYAK ANNOUNCES A SECOND JUNIOR OLYMPICS FOR 2011

BY DAVE KURTZ

**A**RRANGEMENTS, WHILE NOT final, have passed the critical mark for announcing a second Junior Olympics Festival in 2011 to be held in Tariffville Gorge, on the Farmington River in Connecticut from July 30-August 7, 2011. The decision was made to better allow youth participation in Junior Olympics activity without asking parents to drive too far to reach the sites. It also provides another week of paddle training for cadets and promising junior paddlers.

The schedule will be similar to other Junior Olympics where Saturday, July 30 will be a registration day and the Zip Slalom will occur on Sunday afternoon. It's worth noting that only a couple hours away the American Whitewater Deerfield Riverfest is scheduled for July 30th in Charlemont, MA, sponsored by the Zoar Outdoor folks. Participants in that event can travel down to Tariffville either Saturday evening or Sunday morning, a drive of about 1-1.5 hours, register then, and participate in the Zip Slalom. The week's festivities will continue with slalom training, wildwater training and racing, and freestyle training and competition. The schedule of the weekend of Aug. 6-7 hasn't been specifically set, but will include the JO Championship Slalom.



The two Junior Olympic events now have been renamed the North American Whitewater Junior Olympics Festival - West (located in Golden, Colorado on July 14-20, 2011) and the North American Whitewater Junior Olympics Festival - East (located in Tariffville, Connecticut on July 30-Aug. 7, 2011). The plans for the West Festival will appear at <http://juniorwhitewaterusa.org/>. It is not yet determined where the website for the East events will be hosted but it could include <http://jo.mach1team.org>. For great paddling experiences for kids check out the USA Canoe/Kayak Junior Olympics Festivals 2011!

## CALL FOR BOARD NOMINATIONS

**D**EAR AW MEMBER,  
American Whitewater is seeking nominations of interested and qualified candidates to serve as Directors. We are seeking candidates to fill four board seats to begin a three-year term starting January 1, 2012.

A healthy, vibrant, participatory, and functional Board of Directors is critical to the long-term stability and effective governance of American Whitewater. This requires Directors with a passion for our mission and a mix of appropriate skills to help guide AW and meet the challenges we face, both now and in the future.

While we will consider all qualified Candidates, the AW Board has specifically identified the following preferred qualifications and attributes for this nomination cycle:

- Financial analysis skills and expertise including the ability to review and understand financial statements and effectively communicate financial

*Andre Sanborn and Erin Cambridge C-2ing at 2010 JOs.*

**Photo by Michelle Kvanli**

information to peers on the Board. This includes a willingness to consider serving as AW's Treasurer in the future.

Due to the limited number of Board seats available, not all nominees will appear on the recommended Slate of Candidates presented to the membership for vote this fall. If you are selected as a final candidate, the committee will notify you prior to the election.

Please carefully review the Board of Directors Recruitment Information Package, which explains the role and responsibility of a Director, the required qualifications, the necessary commitment, and the process by which Directors are nominated and elected to serve.

If you are interested in serving as an AW Director please complete the Board Nomination Form and Questionnaire. You can obtain an electronic copy of this form and the Board of Directors Recruitment Information Package on our website at:

[http://americanwhitewater.org/resources/repository/AW\\_Board\\_Nomination\\_Information\\_Package\\_April\\_2010.pdf](http://americanwhitewater.org/resources/repository/AW_Board_Nomination_Information_Package_April_2010.pdf).

The completed Nomination Form and Questionnaire, two (2) letters of recommendation and a quality digital photo are due to the nominating committee by July 1. Please email the required information to [mark@americanwhitewater.org](mailto:mark@americanwhitewater.org) with a subject heading of "BOD Response."

If you have any questions or wish to discuss any aspect of the nomination process please contact Mark Singleton, AW's Executive Director.

Thank you,

Norwood Scott  
Vice President  
American Whitewater

**D**EAR AMERICAN WHITEWATER:  
I found your article on paddler fitness in the Mar/Apr issue to be very interesting and even more informative.



I think it is equally important to note in the picture of the unfortunate rafter on page 11 that his PFD is high up in front of his face. He apparently went through his ordeal without full support of his PFD.

After reading this article and seeing the picture I will pay special attention when putting on my PFD in the future.

I do greatly appreciate the opportunity to learn things such as this by reading *American Whitewater* and not through experiencing them on the river.

Sincerely,  
Cliff E Peery  
Huston, TX

**TRIBUTE: TWILA FIKE**

BY JOHN MASON

**We lose another great one!**

Twila Fike was not a paddler, but she's a legend to Upper Yough boaters. She made her restaurants (Twila's Old Mill in Friendsville, MD and Twila's in Bruceton Mills, WV) friendly and welcoming to paddlers when it wasn't popular with the local community. In the early days of paddling the Upper Yough she put up a sign welcoming paddlers. That night it was taken down with a chainsaw!

Many believed that her Ruuski (hash browns with peppers, onions, and cheese) had mythical powers. She died on Tuesday Dec 7th and will be missed greatly. If you believe in heaven, you know she'll be there to greet you with her class, charm, and breakfast rolls.

# No more renewal notices!



**Sick of renewal notices in the mail?**

Sign up for auto-renewal on your AW membership and you'll never get another. Your membership won't lapse and you'll be helping us save our limited funds and trees!

**New and renewing members:**

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

**Current members:**

1-866-262-8429



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## Boof Sponsors



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## Wave Sponsors





American Whitewater is supported by members, donors, foundations, and partners in the whitewater and outdoor industries. In each edition of the *Journal*, we highlight one such partner in this space. American Whitewater urges you not to make purchase decisions blindly. We hope you'll consider a company's commitment to river stewardship when making your next purchase.

Celebrating 40 years of innovation, Kokatat is an independently operated, US manufacturer of technical apparel and accessories for water sports. Handcrafted in Arcata, California, Kokatat employees are focused on building the finest functional product for people who work and play on water. Our gear is designed for paddlers, by paddlers, ensuring a safe and enjoyable experience on the water all year long and in all weather conditions.

Kokatat firmly believes in AW's advocacy for the preservation and protection of whitewater resources throughout the United States and its ongoing stewardship of responsible human powered access.



# Join



# AMERICAN WHITEWATER Today!

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

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

A growing membership base is crucial to our ability to continue with our work. Some studies show that there are currently over 100,000 whitewater paddlers in the US, AW currently has 5,500 active members. When you consider the amount of whitewater river miles that AW has had a direct impact on, this membership number is unimpressive. We need all paddlers to join AW! If you are a member, please be sure that everyone you paddle with understands the work AW does, and how you, as an AW member, value that work.

Membership support is what will determine our ability to continue our river stewardship work in the years to come. Individual annual memberships are only \$35 (\$25 if you are a member of an AW Affiliate Club). This is less than a tank of gas or an inexpensive night out. This is certainly not too much to pay to have a national organization representing your paddling interests all across the country.

It's easy to join or renew an AW membership: Join or renew online today at <http://americanwhitewater.org/content/Membership/join-aw/>; call 1-866-BOAT4AW (866-262-8429); or complete the membership form provided in this Journal and mail it to:

Membership  
American Whitewater  
PO Box 1540  
Cullowhee, NC 28723

\*Note: AW will never share your information with others

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Member Number: \_\_\_\_\_

↑ if you have one and know it

## Membership Level

\$35 Standard

\$25 Member of Affiliate Club

Club: \_\_\_\_\_

\$25 Student

School: \_\_\_\_\_

\$50 Family

\$75 Affiliate Club

\$100 Ender Club (Shirt Size: \_\_\_\_\_)

\$250 Platinum Paddler

\$500 Explorer

\$750 Lifetime

\$1,000 Legacy

\$2,500 Steward

**For current member rewards  
go to:  
americanwhitewater.org**

## Donation

Donation of \$ \_\_\_\_\_

## Additional Subscriptions

\$30 Kayak Session Magazine - 4 issues per year (KS donates \$5 to AW!)

## Journal Options

Do NOT mail me the AW Journal, email it to me <- Saves AW money, and trees! :)

## Auto-Renew (No Renewal Notices!)

Auto-renew my membership each year on the credit card below

## Payment

Credit Card     Cash     Check # \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

# NEWS & NOTES

## FRIENDS IN NEED: ANNOUNCING THE MOOSE/BLACK SPRING FLING (NY)

BY MARTY MURPHY

**S**EVENTEEN YEARS AGO some friends of mine and I worked our way down the Hawkinsville section of the Black River in upstate New York. It was a cold fall day and as the leaves hit the water a chill ran down my spine, although it could have been the water, cold as always. I had been kayaking for a couple of years and I knew this would be a good run for the newbies we had with us. I just did not know it was going to be so cold. As we arrived at the take out some were battered and bruised and all of us were cold. Ice lined the shore; I was happy to be done for the day. At the top of the bank stood a man who said his name was Ward Daily, then pointed over his shoulder. "You should come over to the house and get dressed; there is water ready for hot coco and coffee." He explained that he was an avid whitewater kayaker as well and that it was nice to see people on the water.

Later that same year we found ourselves on the Lower Moose with Ward. Ward calmly pointed out a number of lines and with the patience of a saint answered all questions that new kayakers ask. That was a long time ago, and I am proud to call Ward my friend still. Over the years Ward has run pool practices, become a certified kayak instructor and taken kids to nationals for slalom. Ward is even in the kayaking hall of fame in New York State. He works with ARO, Adirondack River Outfitters, as a raft guide and safety kayaker on the Black River in Watertown, NY. Ward has become a fixture in whitewater paddling here in upstate NY and freely offers his time to those in need.

The summer of 2010, Ward and I had breakfast together one morning before going to work at ARO. He told me that ARO had asked him to safety kayak for a large trip they had coming up and calmly stated

that he had sold all of his kayaks. In the event that he couldn't borrow one from a friend, he asked, could he borrow one of mine?

I sat speechless for a moment. "Well, yes. But, why on earth did you sell all your kayaks?"

The story started with his daughter Gabriel. When she was nine years old she started having renal failure. Her kidneys stopped developing. She is eleven now. Over the years the drugs the hospitals and doctors had drained the family. Not only monetarily but emotionally as well. It was determined that Gabriel at eleven years old needed a new kidney. Ward, without hesitation offered his own. Ward had sold his kayaks to help pay for the genetic testing necessary to make sure he was compatible to give a kidney to his daughter Gabriel. Until then it will be dialyses for her.

My heart sunk; two of my friends were in danger and I was powerless to anything about it.

YEA!! I don't think so... We're putting on a damn festival is what we are doing! Here are the details (look at the green bar to the right!):



## SPRING BLACK / MOOSE FEST

A benefit to help offset the expenses for the Daily family, with the help of Lyons Falls Alive, the festival will take place in Lyons Falls the whitewater capital of New York.

### Spring Fling Paddle Fest

**When:** May 13, 14, 15 in Lyons Falls, NY

#### Details:

- Whitewater and Flatwater
- Moose River release Saturday and Sunday.
- Black River release Friday, Saturday, and Sunday.
- Kayaks and canoes welcome.
- Saturday 14th there will be a band and silent auction along with a bonfire.
- Saturday and Sunday morning breakfast will be available in the campground.
- Bathrooms are available in the campground.

**Price:** \$10 for each car to camp for the whole weekend.

\$10 donation recommended per person for the Dailey Family.

#### Donations may be sent to:

Lyons Falls Alive in care of the Dailey Family / Gabriel

Po Box 702 Lyons Falls NY 13368

## \$2,500 IN GRANTS AVAILABLE FOR AW AFFILIATE CLUBS

Clif Bar and American Whitewater are pleased to announce the 9th annual Clif Bar Flowing Rivers Campaign, a grant program that pledges \$2,500 to American Whitewater Affiliate Clubs for river stewardship work.

AW Affiliate Clubs have the opportunity to apply for one of two \$1,250 grants. Grants will be distributed to clubs for projects that promote river stewardship, conservation, access and/or safety education on our nation's rivers. This program provides Club Affiliates with the seed money necessary to implement programs in their backyards.

Each of AW Affiliate Club whose membership is up to date will receive an application for this year's grants. If your club's membership has lapsed, please renew it at <http://americanwhitewater.org/join>, or you won't be able to participate. Applications are due on April 15th, 2011 by midnight PT.

Full information can be found at <http://www.americanwhitewater.org/content/Article/view/articleid/30946/>



### It's Easy to Support AW!

American Whitewater is proud of the work we have accomplished in our stewardship program but we need your help to sustain our success. Your support through membership and donations enables our staff to be active and engaged in the process of river stewardship. Donations don't have to be large; each person doing a small part makes a noticeable difference. Many donors fail to take full advantage of federal tax incentives specifically intended to encourage charitable contributions. Such incentives often enable a donor to make a larger gift to AW at little or no additional cost. For more information about maximizing your gift visit the IRS website dedicated to charitable organizations.

American Whitewater is a national non-profit 501(c)(3) organization, EIN# 23-7083760. To learn more about the Giving Options below, contact us at 1-866-262-8429 or visit the "Donate" link under "Support AW" on our website at [www.americanwhitewater.org](http://www.americanwhitewater.org)

- Donate online today!
- Monthly Giving: Contribute a minimum of \$10 via credit card or electronic transfer from your bank account.
- Bequests: Include AW in your will or living trust. Bequests to AW are generally exempt from federal or state inheritance taxes, and subject to an unlimited deduction.
- Combined Federal Campaign: Federal employees including federal civilians, military personnel and U.S. Postal Workers can donate to AW through the CFC a once a year charitable fund raising program. Look for AW (Agency #11351) in the official CFC listing of eligible donors.
- Charitable Remainder Trusts: Convert a highly appreciated asset (such as real estate or stocks) into a lifetime income while minimizing income and estate taxes.
- Employer Matching: Many employers will match your donations to non-profit organizations. This includes membership payments, as well as additional contributions. Check to see if your employer has a matching program.
- MissionFish: Sell your items through the MissionFish program on eBay and the proceeds come directly to AW.
- Other Assets: A gift of real estate to AW qualifies you for a tax deduction based on the property's fair market value. If it is not a river access point, AW will sell the property and use the proceeds to protect access and restore rivers. Acceptance of property is subject to certain conditions. You may also be eligible to receive tax benefits for gifts of real property. Art and jewelry are examples of personal property items that may be eligible. Interested donors should check with your financial and tax advisors and AW on the feasibility and tax considerations of such gifts.
- Securities: Donating appreciated stock to AW benefits both the donor and whitewater rivers. The donor receives two tax-related benefits. First, the gain on the stock is not subject to capital gains taxes. Second, the donor can deduct the value of the stock as a charitable contribution.
- United Way: All federal campaigns, and a few of the local campaigns will allow you to donate to AW.
- Vehicle Donations: Turn that extra car, truck, or RV into a tax deductible donation benefiting AW.

# AFFILIATE CLUBS

## AW'S ORIGINAL PURPOSE

BY CARLA MINER

The Affiliate Club Program lies at the very heart of AW's existence. AW's original purpose since 1954 has been to distribute information among its Affiliate Clubs. AW's relationships with local clubs have provided the backbone for the river conservation and access work it accomplishes. We have over 100 current AW Club Affiliates and they are all doing great work on your behalf. If you don't belong to a club, consider joining one.

Our Affiliate Club Spotlight this issue is on the Chico Paddleheads in Northern California an outstanding Affiliate Club and long time supporter of our mission to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.

Chico Paddleheads is a group of Northern California paddlers who share a love of being on the water. The Club was founded over 20 years ago as a way for paddling enthusiasts of all ages, abilities and interests to get together for fun on the water. As signatories to three settlement agreements on the North Fork Feather River the Chico Paddleheads have a long history of engaging in important conservation issues in their local area. The Club also hosts the popular Feather Festival annually in September and donates the proceeds to American Whitewater. Activism while having fun is the hallmark of this small but influential paddling club.

Membership in the Chico Paddleheads is open to the public; annual dues are an affordable \$15 per year. To learn more about the Chico Paddleheads or to join, check out their website at <http://www.chicopaddleheads.org/>. And remember, current members of the Chico Paddleheads receive a \$10 discount off their AW membership.

Thanks Chico Paddleheads for your continued support of American Whitewater!

The AW Journal Club Affiliates by state:

### Alaska

Fairbanks Paddlers, Fairbanks  
Nova Riverrunners Inc., Chickaloon

### Alabama

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

### Arizona

Outdoors Unlimited, Flagstaff

### Arkansas

Arkansas Canoe Club, Little Rock

### California

Chico Paddleheads, Chico  
Gold Country Paddlers, Lotus  
RTS, Angeles Chapter, Sierra Club,  
Sherman Oaks  
Sequoia Paddlers, Forestville  
Sierra Club Loma Prieta Paddlers,  
San Jose  
Sierra Club SF Chapter, Livermore

### Colorado

Avid4 Adventure Inc., Boulder  
Colorado Whitewater Assn, Englewood  
Dolores River Action Group, Mancos  
Friends of the Yampa, Steamboat Springs  
Grand Canyon Priv. Boat. Asso., Colorado  
Springs  
Pikes Peak Whitewater Club, Colorado Springs  
Rocky Mountain Canoe/Kayak Club,  
Broomfield  
San Miguel Whitewater Asso, Telluride  
Stand Up For Rivers, Telluride

### Connecticut

AMC - Connecticut Chapter, Colchester

### Delaware

AMC Delaware Valley Chapter, Oaks  
Wilmington Trail Club, Wilmington

### Georgia

Georgia Canoeing Assoc, Atlanta  
Georgia Tech Outdoor Recreation, Atlanta  
Paddlers4Christ, Ellijay

### Idaho

Idaho Whitewater Assn., Boise  
Univ Idaho, Recreation Student Org,  
Moscow

### Illinois

Team SICK, Carbondale

### Indiana

Hoosier Canoe Club, Indianapolis  
Ohio Valley Paddlers, Evansville

### Iowa

Iowa Whitewater Coalition, W. Des  
Moines

### Kentucky

Bardstown Boaters, Bardstown, KY  
Bluegrass Wildwater Asso, Lexington  
Elkhorn Paddlers, Lexington  
Viking Canoe Club, Louisville

### Louisiana

Sabine Whitewater Club, Lake Charles

### Maine

Penobscot Paddle & Chowder Society, Topsham

### Maryland

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

### Michigan

RSC Kayak Club at University of Michigan, Ann

Arbor

### Minnesota

Minnesota Canoe Asso, Minneapolis  
SCSU Outdoor Endeavors, Saint Cloud

### Mississippi

Mississippi Outdoor Club, Clinton

### Missouri

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

### Nevada

Sierra Nevada Whitewater Club, Reno

### New Hampshire

AMC New Hampshire Paddlers, Raymond  
Ledyard Canoe Club, Hanover  
Mt. Washington Valley Paddlers, Intervale  
Merrimack Valley Paddlers, Nashua

### New Jersey

AMC Delaware Valley Chapter, Oaks  
KCCNY, Flanders

### New Mexico

Adobe Whitewater Club of NM,  
Albuquerque

### New York

ADK Schenectady, Schenectady  
Colgate University, Hamilton  
FLOW Paddlers' Club, Rochester  
Hamilton College, Clinton  
Housatonic Canoe & Kayak Squad, Ossining  
KCCNY, New York  
St Lawrence University, Canton  
Town Tinker Tube Rentals, Phoenicia  
Zoar Valley Paddling Club, Buffalo

### N. Carolina

Carolina Canoe Club, Raleigh  
Dixie Division, Tuxedo  
Landmark Learning, Cullowhee  
Mecklenburg Regional Paddlers, Charlotte  
Triad River Runners, Winston-Salem

### Ohio

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

### Oregon

Eugene Kayaker, Eugene  
Lower Columbia Canoe Club, Portland  
Northwest Rafters Assoc, Portland  
Oregon Kayak and Canoe Club, Portland  
Oregon Whitewater Association, Beaverton  
Willamette Kayak & Canoe Club, Corvallis

### Pennsylvania

AMC Delaware Valley Chapter, Oaks  
Benscreek Canoe Club, Johnstown  
Bradford County Canoe and Kayak Club, Sayre  
Canoe Club of Greater Harrisburg, Harrisburg  
Conewago Canoe Club, York

Holtwood Hooligans, Lancaster  
Lehigh Valley Canoe Club, Lehigh Valley,  
Lehigh Valley Whitewater Inc., Lehigh Valley  
Philadelphia Canoe Club, Philadelphia  
Three Rivers Paddling Club, Pittsburgh

#### **S. Carolina**

Foothills Paddling Club, Greenville  
Palmetto Paddlers, Columbia

#### **Tennessee**

Appalachian Paddling Enthusiasts,  
Limestone  
Chota Canoe Club, Knoxville  
East Tennessee Whitewater Club, Oak Ridge  
Memphis Whitewater, Memphis  
Tennessee Eastman Hiking and Canoeing  
Club, Kingsport  
Tennessee Scenic River Assoc., Nashville  
Tennessee Valley Canoe Club, Chattanooga

#### **Texas**

Houston Canoe Club Inc, Houston

#### **Utah**

Utah Whitewater Club, Salt Lake City

#### **Vermont**

Vermont Paddlers Club, Essex Junction

#### **Virginia**

Blue Ridge River Runners, Lynchburg  
Canoe Cruisers Assoc, Arlington  
Coastal Canoeists, Blacksburg  
Creek Freak Paddlers of Franklin County,  
Rocky Mount  
FORVA, Roanoke  
Hollins Outdoor Program, Roanoke  
James River Float Co, Madison Heights  
Paddlers for Conservation, Vienna

#### **Washington**

BEWET, Bellevue  
EPIC Adventures, Cheney  
Paddle Trails Canoe Club, Seattle  
RPP Kayak Club, Bellingham  
Spokane Canoe & Kayak Club, Spokane  
University Kayak Club, Seattle  
Washington Kayak Club, Seattle  
Washington Recreational River Runners, Renton

#### **West Virginia**

Db! Z! Whitewater Club, Fayetteville  
West VA Wildwater Assn, S. Charleston  
WVU Whitewater Club, Morgantown

#### **Wisconsin**

Sierra Club / John Muir Chapter, Madison

#### **British Columbia**

Thompson Rivers Univ Adventure Studies,  
Kamloops  
Bancouver Kayak Club, Burnaby

## **DISCOUNTED AW MEMBERSHIP FOR AFFILIATE CLUB MEMBERS**

*By Carla Miner, Membership Manager*

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

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

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

## **JOIN AMERICAN WHITewater AS AN AFFILIATE CLUB!**

### **AFFILIATE CLUB BENEFITS**

- Club members can join AW for just \$25 - a \$10 savings!
- Have your club listed in each AW Journal delivered to all AW members
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- Participate in exclusive AW Affiliate Club promotions and grants
- Most importantly, your financial support helps us save rivers!

Sign-up on-line at:

[www.americanwhitewater.org/  
content/Membership/join-aw](http://www.americanwhitewater.org/content/Membership/join-aw)

For more information contact Carla Miner at [membership@americanwhitewater.org](mailto:membership@americanwhitewater.org) or at 1-866-262-8429

# NEWS & NOTES

## RENO RIVER FESTIVAL ROLLS INTO YEAR NO. 8 MAY 6 - 8, 2011 IN DOWNTOWN RENO

### Festival increases music and entertainment line-up along with annual crowd favorites!

Known around the world as one of the top whitewater events, the Reno River Festival returns to northern Nevada's downtown Truckee River Whitewater Park for its eighth year, May 6 – 8, 2011. Making a splash to kick off the summer, the festival's three days of non-stop outdoor fun includes twice as much live music and entertainment along with the return of crowd favorites such as the Friday night Kick-Off Party, down and dirty debauchery of the 4th annual Run Amuck fun run, and action-packed stand-up paddle board, boatercross, and freestyle competitions featuring some of the world's top whitewater athletes. Following its 2010 premiere, the 2nd annual Humans in Motion short video contest hits screens again, doling out a \$1,000 grand prize to the top short film, in addition to the return of the Festival's celebrated urban art project and Holland Project's annual Double Dutch battle.

"Heading into our eighth year, we're really aiming to perfect what good things we already have in place for the event – we really want to enhance the participant and spectator experiences," said Jim Litchfield, co-owner of the Reno River Festival.



"We're excited to bring bigger, better bands from across the West Coast along with focusing on the production aspects of the whitewater competitions and the Run Amuck race. We know that we already have a good thing in place and it's our goal to make sure all of those aspects are running smoothly so that we can continue to expand the annual event."

With an anticipated crowd of more than 40,000 visiting downtown Reno over the course of the three-day event, the 8th annual Reno River Festival kicks off Friday, May 6, with junior and adult Open Freestyle competitions followed by the Humans in Motion short video contest grand prize ceremony at 6 p.m., just prior to the Reno River Festival Kick-Off and Run Amuck Packet Pick-Up Party at 7 p.m. Action continues with Saturday's free whitewater clinics throughout the day and the beginning of professional freestyle competitions featuring top whitewater athletes, and of course, everybody's favorite race, the Run Amuck fun run. Closing out the competitions, Sunday brings the Downriver Race and the Standup Paddle Board Competition, making waves for a second straight year.

The Reno River Festival also presents plenty of entertainment and activities for land-lovers, including an expo featuring the hottest outdoor merchandise and apparel, food and beer gardens, and free Music in the Park from an assortment of bands from Friday through Sunday. There is also complimentary Yoga in the Park Saturday and Sunday mornings at 9 a.m. as well as the highly anticipated Run Amuck Costume Contest Saturday at 1 p.m. featuring great prizes for the top three teams. Continue the fun and festivities by heading across the way to Barbara Bennett Park for the Holland Project's annual Double Dutch battle.

*The biomass gasification unit that converts wood chips into electricity and powered all of our music last year.*

**Photo by David Calvert**



*A competitor in the 2010 SUP race.*  
**Photo by David Calvert**

The Truckee River Whitewater Park is located in the heart of downtown Reno's Old Southwest, named one of "Best Neighborhoods in America" by Men's Journal magazine and recognized by Travel + Leisure as one of "America's Coolest River Walks." The Truckee River Walk is within steps of the downtown Reno gaming and entertainment corridor. Dining options range from five-star to "open 'til 5 a.m.," while entertainment venues, museums, theaters, hiking and biking trails and a selection of renowned hotel-casinos offering fully customizable weekend getaway packages sit just blocks away from the festival venue. For more details about the 8th annual Reno River Festival or the Run Amuck, visit [www.RenoRiverFestival.com](http://www.RenoRiverFestival.com) or call 775-784-9400 x 119.

*The 8th annual Reno River Festival is held at the Truckee River Whitewater Park at Wingfield in the heart of downtown Reno's booming River Walk district. Hosting top whitewater athletes from around the world May 6-8, 2011, the city's \$1.5-million Whitewater Park contributes to the region's image as America's Adventure Place, providing an easily accessible venue for adventure and recreation just steps from downtown's Reno's entertainment and gaming district. The 8th annual Reno River Festival is presented by Reno River Festival LLC.*



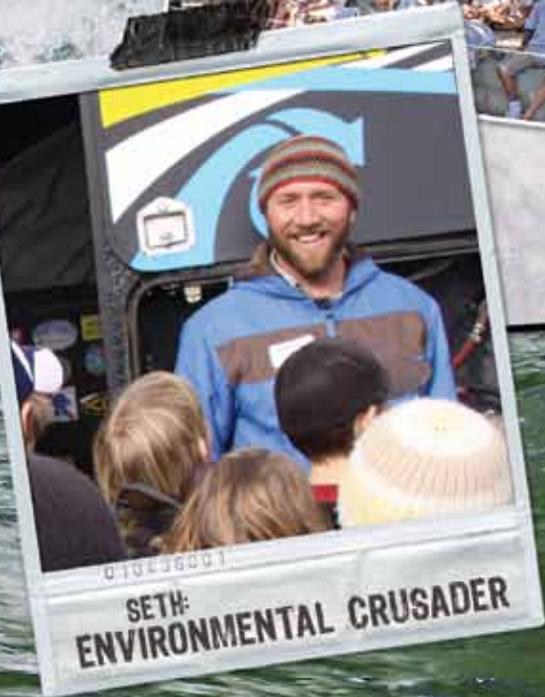
# AMERICAN WHITEWATER

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<b>Issue</b>	<b>Deadline</b>	<b>General Theme</b>
July-Aug 2011	April 26, 2011	Women's Issue
Sep-Oct 2011	June 25, 2011	Regional Issue
Nov-Dec 2011	August 11, 2011	Mental Game

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