



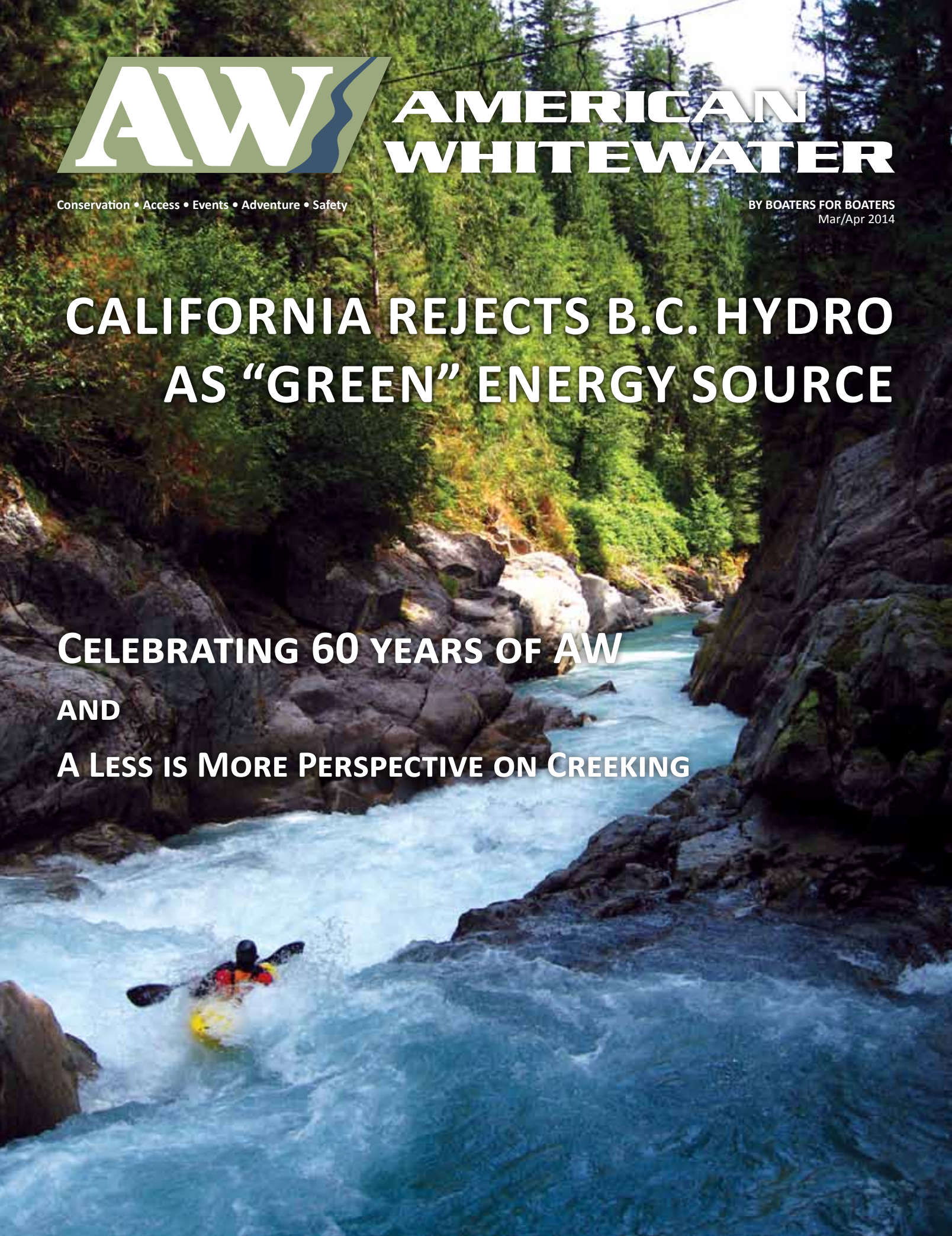
**AMERICAN
WHITEWATER**

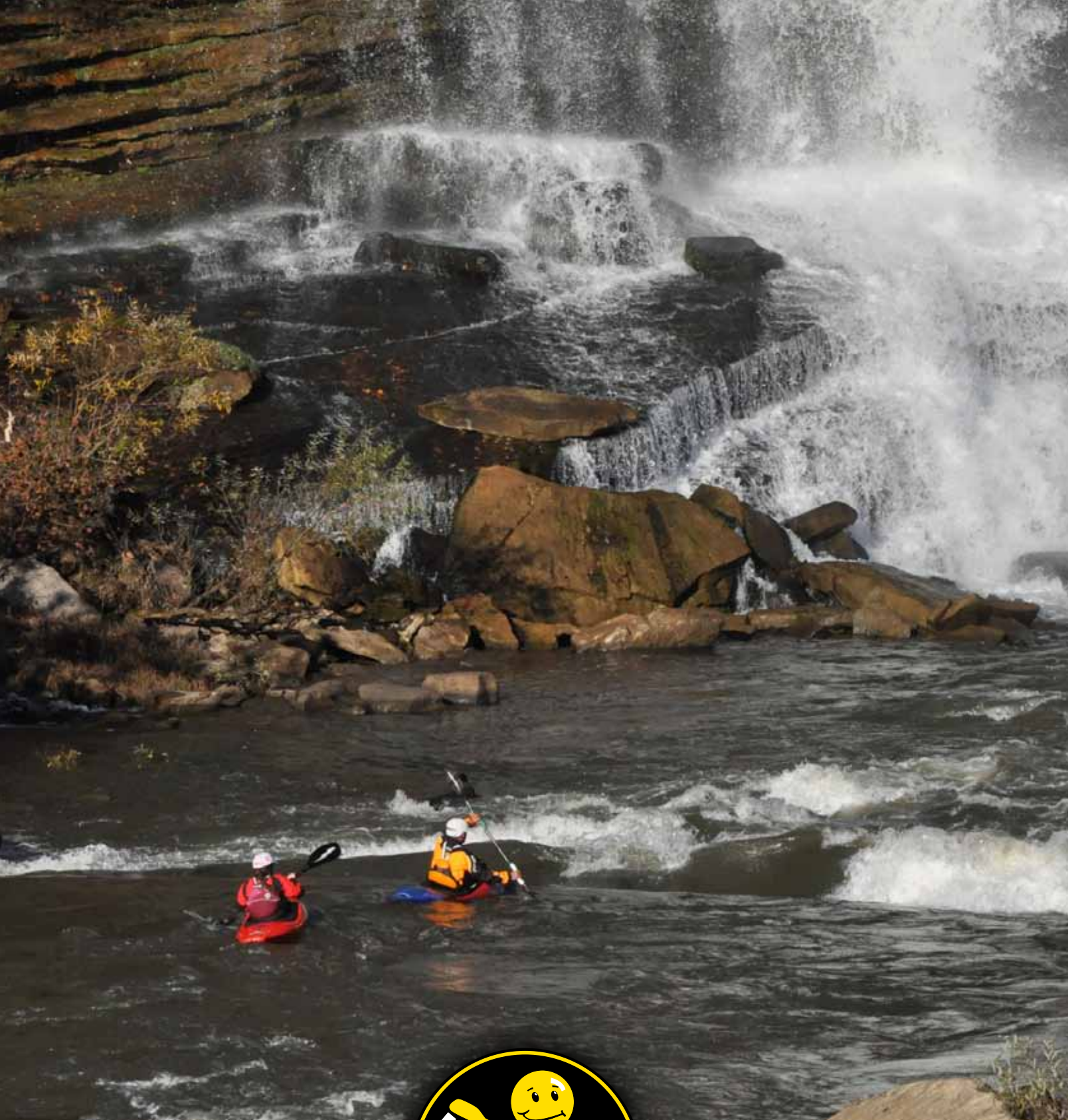
Conservation • Access • Events • Adventure • Safety

BY BOATERS FOR BOATERS
Mar/Apr 2014

CALIFORNIA REJECTS B.C. HYDRO AS “GREEN” ENERGY SOURCE

**CELEBRATING 60 YEARS OF AW
AND
A LESS IS MORE PERSPECTIVE ON CREEKING**





Where will a



take you next?

WHITEWATER | TOURING | FISHING · JACKSONKAYAK.COM



AMERICAN WHITEWATER

A VOLUNTEER PUBLICATION PROMOTING RIVER CONSERVATION, ACCESS AND SAFETY

American Whitewater Journal Mar/Apr 2014 – Volume 53 – Issue 2

COLUMNS

- 5 The Journey Ahead by **Mark Singleton**
- 50 News & Notes: M.A.C.K.fest
- 51 Whitewater Poetry by **CDR Teague Swaim, USN**

STEWARDSHIP

- 6 Protecting Rivers Across the Border by **Megan Hooker & Dave Steindorf**
- 8 Wild Olympics Legislation Reintroduced by **Thomas O’Keefe**
- 10 The Wait is Over for the Upper American River Project By **Theresa L. Simsiman**
- 12 AW Access Updates by **Kevin Colburn**

FEATURE ARTICLES

HISTORY

- 14 The Ebb and Flow of American Whitewater by **Sue Taft**
- 19 Personal Profile: **Corny King**

REMEMBRANCE

- 22 The Dead Kayakers Club by **Richard Montgomery**

RIVER VOICES

- 27 Little Luck and a Lot of Preparedness by **Frank Preston**

CREEKING

- 33 A New Perspective on Creeking by **Ron Ladders**
- 35 What’s Wrong with This Picture? by **Mike Bezemek**
- 38 Unknown Alabama: Yellow Creek by **Adam Goshorn**

LOVE & WHITEWATER

- 42 Just Add Water by **Patti Rutka**

INSTRUCTION

- 44 Teaching the Kayak Roll by **John Amtmann & Reece Gendreau**



British Columbia’s wild rivers like Ashlu Creek, shown on the cover, will not be dammed to create hydropower for California residents after the California Energy Commission ruled in January that B.C. hydropower does not meet the state’s Renewable Portfolio Standards. American Whitewater and its partners in the California Hydropower Reform Coalition have worked hard to help achieve this river stewardship victory.



Photo by Benjamin Holzman

Publication Title: American Whitewater
 Issue Date: Mar/Apr 2014
 Statement of Frequency: Published Bimonthly
 Authorized Organization’s Name and Address:
 American Whitewater
 P.O. Box 1540
 Cullowhee, NC 28723

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, 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.



American Whitewater Journal Staff

Editor Ambrose Tuscano
P.O. Box 913, Soda Springs, California 95728
e-mail: editor@americanwhitewater.org

Graphic Design/Production/Photo Editor Megan Seifert

Assistant Editors Erica J. Seifert, Barry Tuscano

Contributing Writers
Mark Singleton, Megan Hooker, Dave Steindorf, Thomas O'Keefe, Theresa L. Simsiman, Kevin Colburn, Sue Taft, Richard Montgomery, Frank Preston, Ron Ladders, Mike Bezemek, Adam Goshorn, Patti Rutka, John Amtmann, Reece Gendreau, Teague Swaim

Photo Contributors
Benjamin Holzman, Steve Rogers, Gwen Barlee, Thomas O'Keefe, Theresa L. Simsiman, Gary Johnson, Kirk Sisson, Bart Hauthaway, Brandon Knapp, Clarke Stanley, Ron Ladders, Carla Ladders, Mike Bezemek, Levi Rhodes, Adam Goshorn, Melissa Herrick, John Amtmann

Events / Advertising Coordinator Jeff Paine
phone 828-398-0321
e-mail: jeff@americanwhitewater.org

Safety Editor Charlie Walbridge
Route 1, Box 329F, Bruceton Mills, WV 26525
e-mail: ccwalbridge@cs.com

Stewardship Reports Editor
Megan Hooker, megan@americanwhitewater.org

Missing Copies and Address Changes
Carla Miner, carla@americanwhitewater.org

American Whitewater is printed by Boyd Brothers Printing, Panama City, Florida.
All rights reserved.

EDITORIAL DISCLAIMER

The opinions expressed in the features and editorials of American Whitewater are those of the individual authors. They do not necessarily represent those of the Directors of American Whitewater or the editors of this publication. On occasion, American Whitewater publishes official organizational policy statements drafted and approved by the Board of Directors. These policy statements will be clearly identified.

Board of Directors & Staff

BOARD OF DIRECTORS

Brent Austin
Lexington, KY
baustin@brentaustin.com

Chris Bell
chris@boatingbeta.com
Asheville, NC

Rich Bowers
rich@hydroeform.org
Bellingham, WA

Ed Clark
Lincoln, VT
rise@madriver.com

Trey Coleman
Knoxville, TN
treycoleman@yahoo.com

Kent Ford
kent2003@performancevideo.com
Durango, CO

Christopher Hest
kayakasia@yahoo.com
San Francisco, CA

Susan Hollingsworth Elliott
Portland, OR
smhollings@gmail.com

Brian Jacobson
Long Creek, SC
briandjacobson@gmail.com

Don Kinser
dkinser@diltld.com
Marietta, GA

Megi Morishita
megi1971@gmail.com
Newport, Oregon

Charlie Walbridge, Honorary
ccwalbridge@cs.com
Bruceton Mills, WV
Courtney Wilton
courtneywilton@gmail.com
Portland, OR

BOARD OFFICERS

President: Chris Bell

Vice President: Courtney Wilton

Secretary: Susan Hollingsworth Elliott

Treasurer: Trey Coleman

At Large: Christopher Hest and
Brian Jacobson

AW STAFF

Laura Blalock
Finance Manager
Cullowhee, NC
laura@americanwhitewater.org

Kevin Colburn
National Stewardship Director
Missoula, MT
kevin@americanwhitewater.org

Nathan Fey
Colorado Stewardship Director
Longmont, CO
nathan@americanwhitewater.org

Megan Hooker
Stewardship Assistant
Bend, OR
megan@americanwhitewater.org

Carla Miner
Membership Director
West Valley City, UT
carla@americanwhitewater.org

Bob Nasdor
NE Stewardship Director
Sudbury, MA
bob@americanwhitewater.org

Thomas O'Keefe
Pacific NW Stewardship Director
Seattle, WA
okeefe@americanwhitewater.org

Jeff Paine
Outreach Director
Asheville, NC
jeff@americanwhitewater.org

Mark Singleton
Executive Director
Cullowhee, NC
mark@americanwhitewater.org

Theresa Simsiman
California Stewardship Assistant
Sacramento, CA
theresa@americanwhitewater.org

Dave Steindorf
California Stewardship Director
Chico, CA
dave@americanwhitewater.org

TOLL FREE NUMBER
1-866-262-8429

THE JOURNEY AHEAD

OVER THE LAST three years, the staff and Board of Directors behind American Whitewater have been taking a deep dive into overhauling our website and online tools. This project has not been taken lightly; it's a significant commitment of resources that has long-term implications for how we communicate with you, our members. Our website, by a significant margin, is the most popular face of the organization. It sees an incredible amount of traffic with over 800,000 page views per month. Most of the traffic visits the national river database for river descriptions and river levels.

Volunteers first developed these web services starting in the mid- to late-90s and they have been expanding ever since. Much like a house that has been remodeled and added to over time, our website has seen contributions from multiple developers with a variety of skillsets and preferred technological approaches. Although we're proud of the site these efforts have built, this approach has led to a website that has some challenges when it comes to design, user experience, information architecture and the ease of modification, expansion and user contribution.

The American Whitewater Board of Directors made resolving these website challenges a high level priority in late 2010. Their goal was to intelligently and rationally address the issues we were experiencing and to develop a website solution for the next decade of the organization.

The first step in this process was getting an independent, professional assessment of our current website, including recommendations on how to address the issues we had identified. We selected a firm to perform this audit in late 2010. To ensure their impartiality, our contract dictated that they would be ineligible to perform any work that their findings recommend.

This audit was completed in early 2011 and recommended that we rebuild our website from the ground up rather than attempt

to modify our current, custom solution. Additionally, this audit recommended that whichever team we selected to perform this overhaul we should endeavor to complete the entire project with one team at one time.

To further augment our audit and careful website research, we conducted a web survey of our site users in spring 2011, garnering over 2,000 responses. The survey results were not surprising; users highly valued the river data and were interested in mobile access and more robust mapping. The results also indicated that our river stewardship information is important to visitors, but not the primary driver of most of our traffic.

With the information gained from the website audit, survey results and American Whitewater staff and Board input, we constructed a request for proposal (RFP) with help from the original audit firm. We received 51 responses, each of which we methodically reviewed and whittled down over time to a top ten and then to a top four finalists. These four finalist firms and their respective proposals were taken to our Board of Directors in the spring of 2012.

At that 2012 Board Meeting, our Directors reaffirmed the American Whitewater website as a top organizational priority and directed staff to undertake a project to overhaul it consistent with the audit recommendations. American Whitewater selected Confluence Corporation as our vendor to perform this overhaul and work began shortly thereafter.

Throughout this entire project, we've focused carefully on managing our expenses and on the quality of the end product. While this approach may lead to a longer timeline, we're confident in the investment and the end result. To these ends, we've made a point to use common, open source technologies whenever appropriate while also taking advantage of reasonably priced third-party services or solutions. This approach ensures our

website will be easily improved and cost effectively maintained for years to come.

Additionally, we've taken a pragmatic approach to deciding which features our future site will have. This means that after careful consideration, we elected to drop some unpopular features from the current site so we could concentrate on high quality execution of other, high-value features. In the same vein, we intend our long-term website development process to be iterative. We will start with a high quality base and then judiciously build and improve on it over time.

Our goal is to launch this new site to our Membership in the Spring/Summer of 2014. We also plan to invite Members to help us beta test and provide feedback on the site before launching it. As with any project of this size, there are bound to be some hiccups. So please bear with us as we work to overcome glitches and improve functionality during testing and after launch. Member and volunteer contributions have always been a cornerstone of American Whitewater and with this new website we believe that it will be easier than ever to incorporate your feedback.

We're confident that our methodical and pragmatic approach will result in a website we can all use and point to with pride—for many years to come!



Executive Director, American Whitewater

STEWARDSHIP

PROTECTING RIVERS ACROSS THE BORDER: CALIFORNIA REJECTS B.C. HYDROPOWER

BY MEGAN HOOKER & DAVE STEINDORF

WE OFTEN FIND ourselves in situations where we know an environmental disaster is happening in some other part of the world and yet we are powerless to stop it. As we've looked to our neighbors to the north, we've been dismayed by the push to develop hydropower at the expense of freely flowing streams and rivers in British Columbia, Canada. The undisputable reality is that sovereign nations have the right to make their own determination as to how they use their limited natural resources. While we acknowledge this fact, we also recognize that we individually, and collectively, have the ability to refuse to promote these environmental impacts through our own consumptive choices.


Ironically, California's desire to be a leader in renewable energy opened the door for hydropower developers in British Columbia. This situation could have led to the biggest

destruction of free-flowing rivers in North America. The good news is that American Whitewater, along with our partners in the California Hydropower Reform Coalition (CHRC), have been able to prevail in this David versus Goliath struggle. It is a great story of how conservation groups came together across borders to achieve the common goal of protecting some of the most pristine rivers on Earth.

What do rivers in B.C. have to do with renewable energy in California? In 2011, the state legislature passed the California Renewable Energy Resources Act (Senate Bill X1-2), increasing the state's Renewable Portfolio Standards (RPS) goal from 20% to 33% by 2020. At the time, many of the major utilities in California were doubtful that they could achieve this standard in the timeline that had been proposed. Several utilities suggested that they could achieve the 33% renewable standard if they were allowed to import hydropower from British Columbia. In a rush to capitalize on California's new renewable energy standard, hydropower developers in B.C. began a push to privatize the hydropower industry.

In addition, developers began work to systematically degrade B.C.'s environmental protections for rivers and reduce stakeholder input on proposed projects. One of these provisions removed most of the environmental review for projects that were less than 50 MW. As a result, virtually all projects that were being proposed came in just under this threshold. In 2009, B.C. kayaker and filmmaker Brian Smith released the documentary *49 Megawatts*. This documentary described how private hydropower developers were circumventing environmental and other regulatory processes to develop hydropower on pristine rivers such as Ashlu Creek. Paddlers, anglers and other conservation groups reached out to river conservation organizations in California to aid in their struggle to protect rivers that were under threat of hydropower development.

Fortunately, river advocates in California had foreseen the potential consequence of blankly labeling hydropower as renewable energy. The CHRC, which includes American Whitewater and most of the other major river or conservation organizations in California, shaped the



Ashlu Creek, one of many B.C. rivers and streams that might have been dammed to satisfy California's renewable energy mandate.
Photo by Steve Rogers Photography

renewable energy regulations so that new hydropower development could not be counted as renewable energy, although we did support including upgrades to existing dams and efficiency improvements to existing powerhouses. Additionally, we supported a provision in the Renewable Portfolio Standards law that required that power imported from facilities outside of the state be constructed and operated to be as protective of the environment as a similar facility located in California. This provision also mandated that those projects only be eligible if they do not “cause an adverse impact on instream beneficial uses or cause a change in the value or timing of streamflow.”¹

At the same time, several California utilities and hydro developers from B.C. convinced California legislators that B.C. hydropower should be at least considered for eligibility in the state’s RPS law. This was a provision that the CHRC fought to keep out of the bill, but despite our efforts, the B.C. Hydro provision made it into the final version. As a result, the California Energy Commission was required to study whether B.C. hydro projects were, or should be, considered eligible.

The types of hydro projects under consideration were labeled as “run-of-river,” a term that hydro developers have misleadingly used to describe their projects as being environmentally friendly. In fact, this term simply means that a project does not store water. The reality is that the term “run of river” is just a misnomer for hydropower projects that are similarly destructive to rivers as those with large reservoirs. These projects still involve dams and diversions, dewater river reaches, and impact the amount and timing of flow. Making matters worse, it is precisely because these projects did not have any storage capacity that they would not necessarily be able to deliver power at the time it is actually needed. One of the actual benefits of hydropower is that water can be stored and used, as energy demand requires.



The 49-MW Ashlu Creek Hydropower Project in B.C. is an example of the type of project that California was considering for inclusion under renewable energy standards. In January 2014, the state declared that B.C. hydro did not qualify as renewable.

Photo by Gwen Barlee/Wilderness Committee Files

B.C.’s environmental laws relating to hydropower are much more lax than those of California, and the “run-of-river” hydropower projects would have had significant impacts on B.C. rivers and streams. Knowing this, members of the CHRC, including American Whitewater California Stewardship Director and CHRC Chair Dave Steindorf, met with representatives, testified at hearings, mobilized opposition to B.C. hydro as part of RPS, and educated the Commission about what “run of river” hydropower really looks like. Keith Nakatani of the CHRC, Gwen Barlee of the Wilderness Committee, and Arthur Caldicott and Aaron Hill of Watershed Watch were particularly instrumental in the process.

After months of study and consideration, the California Energy Commission adopted a final report on January 15th, 2014 that reaffirms the integrity of the state’s Renewable Portfolio Standards regarding imported hydropower, declaring that B.C. hydro is not eligible. After five years of hard work, American Whitewater and our partners in the CHRC and river advocates in British Columbia are celebrating this important victory, which

will have a far reaching impact on rivers in British Columbia.

Interestingly, California utilities realized that they were actually able to meet the new 33% requirement without importing hydropower from B.C. Utilities also realized that the significant expense of the additional transmission lines that would have to be built to transfer this power, and the power losses associated with this transmission, were simply not worth the cost.

While the Commission’s decision does not prevent developers from moving forward with hydro projects in B.C., it does insure that the economic incentive to build these projects will not come from California. This huge win also shows that, even in the face of powerful economic forces, boaters, anglers, and other conservation groups can use their own economic choices to encourage others to make sound environmental decisions.

1. From the Lead Commissioner’s report, which can be found at: <http://www.energy.ca.gov/2013publications/CEC-300-2013-011/CEC-300-2013-011-LCD.pdf>

WILD OLYMPICS LEGISLATION REINTRODUCED

BY THOMAS O'KEEFE

*Paddlers pause in a peaceful pool,
Quinault Gorge (WA).*
Photo by Thomas O'Keefe

FOR MORE THAN 25 years, American Whitewater has advocated for the permanent protection of the Olympic Peninsula's free-flowing rivers under the Wild and Scenic Rivers Act. Few locations in the country can boast the diversity and quality of whitewater creeks and rivers that emerge from the Olympic Mountains. Located in the heart of the Pacific Coastal Rainforest, these rivers descend from an elevation of nearly 8,000 feet yet cover a distance of just 35 miles. With up to 20 feet of precipitation each year in their headwaters, these rivers emerge from the center of the peninsula in a radial pattern of descent to the Pacific Ocean. There are enough paddling adventures on the Olympic Peninsula to fill a whole guidebook, and Gary Korb's *A Paddler's*

Guide to the Olympic Peninsula is a good one to check out. It describes everything from multi-day backcountry epics to easy roadside day trips.

In 2012 Congressman Dicks and Senator Murray introduced the Wild Olympics Wilderness & Wild and Scenic Rivers Act, but as was the case with all Wilderness and Wild and Scenic River bills during the 112th Congress, it died—this one did so in January 2013. With the retirement of Congressman Dicks, a champion for river conservation and a leader in the multi-decade effort to remove the Elwha River Dams, the future of our legislation was in question.

Fortunately for everyone who stands to benefit from Wild and Scenic Olympic

Rivers, Congressman Derek Kilmer emerged as the new representative for Washington's Olympic Peninsula after Congressman Dicks' retirement. As someone new to river conservation issues, Congressman Kilmer took over a year to carefully study our proposal and consider it in the context of his broader Olympic Peninsula Economic Development Initiative. Congressman Kilmer's rationale and opinion, in his own words, were: "Leaders in our region's shellfish industry told me that protecting clean water helps them grow; Entrepreneurs who started their businesses on the Peninsula because of the natural surroundings said the increased attention gained by a wilderness designation will drive others to invest, too; I spoke with outfitters, guides and other

STEWARDSHIP

The Quinault Gorge is one of many precious places that is eligible for protection under the Wild Olympics Wilderness & Wild and Scenic Rivers Act of 2014.

Photo by Thomas O'Keefe

small-business owners who believe that increased tourism in the area will allow them to hire new employees and spur other new businesses; And of course I spoke with hundreds, if not thousands, of folks who just want to ensure that our children can enjoy the same natural wonders we do.”

These comments echo what we have heard from the public as we have worked to promote this river conservation initiative. The benefits of protecting wild rivers is felt well beyond the small tribe of whitewater enthusiasts who tromp around in the cold and wet exploring the deep gorges and majestic old-growth forests that are unique to this landscape.

We are pleased to report that in January of 2014 Congressman Kilmer joined Senator Murray in reintroducing the Wild Olympics Wilderness & Wild and Scenic Rivers Act. In addition to providing permanent protection to 126,000 acres of remaining ancient forests through wilderness designation, the bill would designate 19 new Wild and Scenic Rivers and their major tributaries, representing more than 400 miles of protected rivers.

While the current Congress is not showing any signs of making river conservation a priority, we are optimistic that the time will come. Having our legislation introduced in Congress is a critical step that will allow us to take advantage of the day when such legislation can move forward. The pressure to expand hydropower development continues. For the time being we have been able to keep these rivers free-flowing, but they need the permanent protection of the Wild and Scenic Rivers Act. We are pleased to have the leadership of Congressman Kilmer and Senator Murray in making this a priority.



STEWARDSHIP

THE WAIT IS OVER FOR THE UPPER AMERICAN RIVER PROJECT

BY THERESA L. SIMSIMAN

THE FEDERAL ENERGY Regulatory Commission has signaled their intent to finally issue new licenses for Sacramento Municipal Utility District's (SMUD) Upper American River Project #2101 (UARP) and Pacific Gas & Electric's (PG&E) Chili Bar Hydroelectric Project #2155. This is great news for paddlers in Central California, who will see flows restored and whitewater boating opportunities guaranteed on the popular South Fork American reaches below Chili Bar Dam. SMUD also has the green light to form an advisory consultation group that will help them implement the license with the managing state and federal agencies. Members of this group will include American Whitewater, Friends of the River, California Sportfishing Protection Alliance,

and El Dorado County Parks Division, along with longtime local advocates Bill Center, Nate Rangel and Hilde Schweitzer. The first order of business for our boating interests will be to develop a management plan that will address whitewater recreational needs on the South Fork American below Chili Bar, South Silver Creek below Ice House Dam and Slab Creek below Slab Creek Dam. SMUD must also develop a plan for sharing the information from the various streamflow and reservoir level gages that will be placed at various locations within the project.

The flows outlined for the Class II-III runs below Chili Bar Dam in the new agreement have been graciously provided by SMUD in advance of the new license, meaning that scheduled year-round flows will continue as they have for the last seven years. There will be additional improvements moving forward, as SMUD and PG&E will provide funding for river patrols and improved access at state and federal recreational

facilities. California Department of Parks and Recreation and the Bureau of Land Management will receive annual payments to go towards river patrol and improving/maintaining key river access sites at Greenwood Creek, Marshall Gold Discovery State Historic Park and Folsom Lake State Recreation Area. In 2011 American Whitewater met with State Park representatives to identify access improvements and advocate for year round access and better hours at their facilities in anticipation of this license funding. El Dorado County will also have funding provided through a separate agreement and American Whitewater will advocate that these funds be used in the river corridor within the FERC project boundaries.

Within three months of license issuance, SMUD will provide recreational flows for the Class III-IV South Fork Silver Creek below Ice House Dam a.k.a. the Ice House Run. Recreational flow will be provided between the months of May and June each year. Flow levels will depend on the water year type ranging from 300 cfs in a Critically Dry year to 500 cfs in a Wet year and the number of days will vary from one to six. After five years, if recreational boating triggers are met, the number of days will increase to two to nine days of whitewater flow. The boating triggers will be based on criteria such as river capacity numbers and overall use numbers and will be determined by SMUD, the agencies, and the Consultation Group. This reach is very unique because it is not Class V, typical of most High Sierra runs above 5000 feet. One of the management challenges in this reach will be the buildup of woody debris in various sections of the river. Over the years there has been no flow event big enough to push and distribute the deadfall from the 1992 Cleveland Fire, forcing boaters

One of the large root balls observed during American Whitewater's site visit on South Silver Creek below Ice House Dam.
Photo by Theresa Simsiman





The local play hole, Barking Dog, on the South Fork American River below Chili Bar Dam.
Photo by Gary Johnson

to be extra cautious of strainers. SMUD and AW collaborated in the summer of 2013 on a site visit to identify potential hot spots, which included downed logs with huge root balls across and along the riverbed. Eventually, over time with the right management and regular pulse flows, the Ice House run should clean up nicely.

One of the most significant pieces of this new license will be improvements to the “gem” of the UARP—the Class IV-V Slab Creek Run, where recreational flows will be provided each year between the months of March and May. Recreational flows will be released in Below Normal, Above Normal and Wet water year types for the first 15 years. This is due to the operational fact that the only way for SMUD to provide adequate flows (850 to 1500 cfs) is to coordinate a complicated spill over the top of Slab Creek Dam. Fortunately, SMUD is working on a better solution—an amendment to the

upcoming license for the construction of a new powerhouse at Slab Creek Dam that will allow them to provide recreational flow without spill. The first 15 years of set flows allows for the construction time of such a project and if recreational boating triggers are met during the first 10 years, SMUD will eventually provide Critically Dry and Dry water year flows and add recreational flow days in October. In addition to these flow conditions there will be a new take-out; American Whitewater is currently working with SMUD and others to determine the best location.

Finally, within one year of the new license, SMUD will present a plan for providing public information. This will include two simple staff gages for South Fork Silver Creek below Ice House Dam and Slab Creek below Slab Creek Dam, as well as streamflow information, in cfs, on a website for 10 project-related stream

reaches. This will improve boating access to all of the river reaches that are affected by this project.

Of course recreational boating interests will not be the only aspects addressed when FERC issues the new licenses for the Upper American River and Chili Bar Hydroelectric Projects. There will be many ecological considerations to manage and monitor, some of which could have varying impacts on whitewater recreation—most notably Foothill Yellow Legged Frog populations. Yet despite all this work ahead, it is safe to say that all parties are eager to move into this era of collaborative license implementation and American Whitewater is looking forward to a long and fruitful relationship.

STEWARDSHIP

AW ACCESS UPDATES

BY KEVIN COLBURN

Stream Access Legislation in Virginia

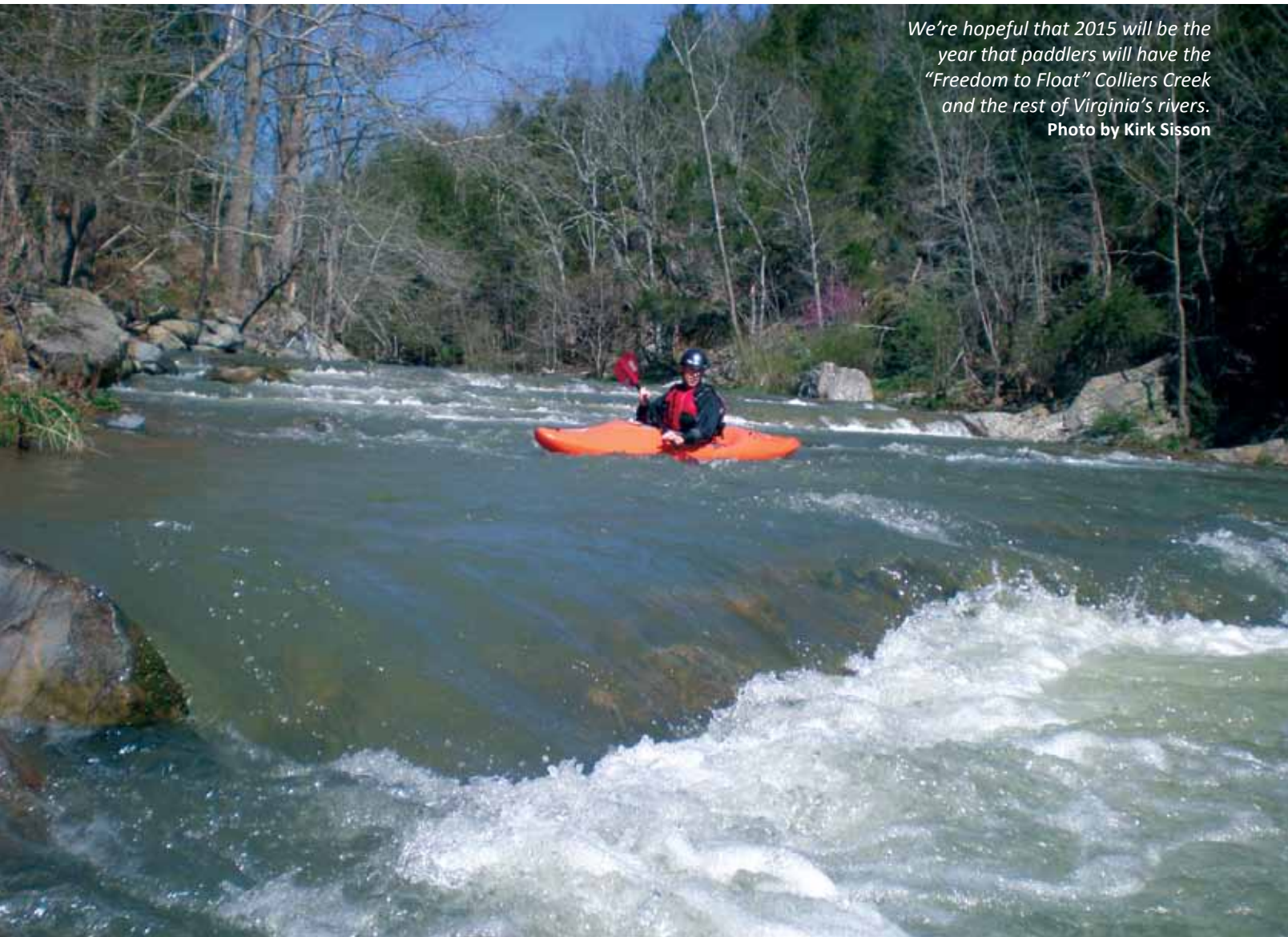
Virginia Senator David Marsden introduced legislation in January 2014 that would have allowed the public to paddle most rivers in Virginia without fear of trespass charges. The "Freedom to Float" bill, SB 692, was an improved version of 2013's narrowly defeated SB 737. Paddlers stepped up by calling and emailing their Senators in anticipation of a hearing that took place in late January, and American Whitewater reached out to all of the relevant committee members and encouraged our members to do the same. Despite our hopes that 2014 would be the year that change would come

for stream access in Virginia, the bill did not pass. We'll be regrouping in the coming months on a new strategy heading into next year.

AW Joins Navigability Case in SC

Five days before Christmas a limited liability corporation that owns 80 acres on the South Fork of the Saluda River filed a legal complaint against the State of South Carolina, numerous upstream landowners, and the public at large. The LLC is seeking a ruling from the Court that the South Fork of the Saluda as it flows through the Class IV Blythe Shoals is non-navigable. Their intent is to prevent paddlers from descending the river. With the help of our long-time Chattooga

attorney Nathan Galbreath, American Whitewater intervened in the case with our local affiliate Foothills Paddling Club. Our goal is to provide evidence of recreational paddling on the reach as well as general context about whitewater paddling. The LLC characterized paddlers running Blythe Shoals as "daredevils and thrill-seekers." We are hopeful that our involvement can help South Carolina keep from setting a bad precedent regarding the navigability of whitewater rivers in the state.



We're hopeful that 2015 will be the year that paddlers will have the "Freedom to Float" Colliers Creek and the rest of Virginia's rivers.
Photo by Kirk Sisson

**JOIN THE
REVOLUTION!**



STOMP PER



WWW.LIQUIDLOGICKAYAKS.COM

HISTORY

THE EBB AND FLOW OF AMERICAN WHITEWATER

BY SUE TAFT

JUST AS RIVERS adapt their course from heavy rains that can dislodge boulders and create new channels, so too has American Whitewater adapted to its environment. It is a testament to its membership's ability to recognize the need to adapt and adjust that we can celebrate American Whitewater's 60th year.

The early decades of American Whitewater were critical for the development of a sport that did not yet really exist in America. Except for Grumman canoes and folding kayaks, there were no whitewater manufacturers and no whitewater specific gear—no helmets, pfd's, paddles, or clothing. There were no how-to books or manuals, no guidebooks, nor was there even any standard terminology or river ratings. Absent any and all aspects of the whitewater industry or outdoor conservation organizations, American Whitewater was the source for everything whitewater-related in the United States. It was the social media equivalent of the time where anything and everything about whitewater was shared via mail among its members, who were spread across the country. Of course, this was the organization's stated purpose—the *distribution of information among its affiliates and members*. The objective was achieved through the interclub exchange materials and its journal-magazine, *American Whitewater*, as members across the country shared everything from how to design and build kayaks, canoes, paddles and wetsuits, to paddling techniques, to trip reports.

The members also established the basis for American Whitewater's river stewardship with an emphasis on conservation and safety. The Conservation Committee provided information about dam building efforts, perceived as the biggest threat to whitewater. Their early efforts focused on dam sites on the rivers of the Colorado Basin



In the early days of whitewater paddling foldboats, like the ones shown here, were the only commercially available kayak. Foldboats could be disassembled to fit into several small, light bags—and more importantly in the pre-SUV era—to fit easily into a sedan.

Photo Courtesy of Bart Hawthaway

in 1960s and in the 1970s they shifted to California, which was in the throes of a dam building craze. Although it was always the intention to coordinate efforts with other like-minded conservation organizations, consensus was often difficult to obtain. As a result, American Whitewater as an organization did not often take an active role except through the individual efforts of its members.

In the mid-1960s American Whitewater's concerns expanded beyond dam building.

With its support of the Wild Rivers Bill in 1965, American Whitewater took a more active role when members arranged safety for a party of approximately 60 people down the Hudson Gorge. The party included influential policy makers, like Senator Robert Kennedy and Secretary of the Interior Stewart Udall, and the press, brought along to help dramatize river sports, water pollution control, and the pending Wild Rivers Bill that was hung up in Congress.

The Safety Committee also found strong opinions among its members, including the suggestion that life jackets be worn at all times. The use of riverside throw lines was also seriously questioned for their practicality due the concern of loose ropes in the water. The use of spray skirts was also encouraged, but with concerns regarding making sure the skirt could be released. The end result of five years of discussions was the Safety Code, finally accepted by the membership in 1959. The adoption of the International Scale in 1963 spawned further discussions regarding the interpretation of the River and Rapids Rating System.

The early years also saw a change in the structure of American Whitewater itself. When founded in 1954, it was primarily an organization in name only — as American White Water Affiliation (AWWA). While the members wanted to avoid a rigidly structured organization, they also recognized the need for some structure to survive the growth of its membership and growing interest in the sport. The organization was incorporated in 1961 as the American Whitewater Affiliation (American Whitewater) and six years later, the organization incorporated as

a not-for-profit. The structural changes included a new constitution and by-laws and provided for a nine-member Board of Directors and Executive Committee to replace the Executive Director. By this time, the organization had grown from 21 affiliates in 1958 to nearly 100 in 1967.

While the purpose of the Conservation and Safety Committees were considered vital to the growing sport, so too was the Guide Committee (which was concerned with guidebooks, not raft guides), with its now forgotten purpose — *to reach an agreement in principle and in as much detail as possible on the use of a standard method for rating the difficulty of cruising streams; to clarify understanding of river problems by seeking uniformity in methods used to describe portages, scenery, river flow rates, distance tables, mapping symbols and riverside signs, etc...; to compile an accurate listing of guide information now available; and to disseminate this information for the use of future authors.* This represented everything associated with fundamental knowledge, understanding, and terminology of the sport which was absent. Within ten years much of this vital information had been gathered and disseminated and the

committee was disbanded, having fulfilled their original purpose.

As the number of whitewater paddlers grew, so too did the market for products and services. Commercially available books, boats, and gear developed, displacing some of American Whitewater's early functions as a medium to disseminate information. However, *American Whitewater* was the only national publication devoted to whitewater and continued to facilitate the dissemination of information with reprints of articles. Advertising in the magazine also supported the growing commercialization of the sport.

The explosive growth of the sport and industry in the 1970s was accompanied with heightened environmental and conservation awareness which also brought increased regulation by federal and state governments. American Whitewater took on expanded imperatives including increased coverage and information in the *Journal*, an intensified effort to preserve whitewater streams, and lobbying against unwise legislation on equipment and use restrictions that surfaced across the country. In 1977 the Upper Youghioghene (Maryland) access issues regarding the put-



HISTORY

in at Sang Run exploded. Local landowners were upset over the implementation of Maryland's Wild and Scenic regulations and whitewater paddlers became the unwitting victims of their anger. Since the Upper Yough was considered one of the top Class V runs in the East, its access issue gained American Whitewater's attention. This was also partially because a number of American Whitewater's more active members, including its directors, regularly paddled the river.

As a result, American Whitewater cut its teeth on access issues with the Upper Yough and became actively involved as an organization in river access and conservation issues across the country. Gone were the days of merely reporting issues to members to rely on their letter-writing efforts. American Whitewater also started working directly with the other national paddling organizations in conservation and access efforts.

Safety and consumer protection also were part of the regulations of the 1970s. An upsurge in river running accidents and

fatalities reported in the news concerned the Coast Guard to the point of seeking to implement leveling flotation requirements for canoes and kayaks. As a result of the reprint of the Coast Guard letter in *American Whitewater* requesting input on the issue, an avalanche of mail opposing any regulations regarding leveling flotation for canoes bombarded the Coast Guard, but also congressmen and senators. The Coast Guard also invited representatives of the national paddling organizations including American Whitewater's Safety Committee to review the data for the 1977 canoeing fatalities. Their findings did not support the reduction of accident fatalities through implementation of leveling flotation but instead supported basic canoe instructions and PFD usage. The efforts to block flotation regulations had succeeded and the Coast Guard set aside their efforts to institute the flotation regulations, instead focusing on education and training.

In spite of the growth in the number of paddlers across the country, American Whitewater never had more than a thousand members throughout the

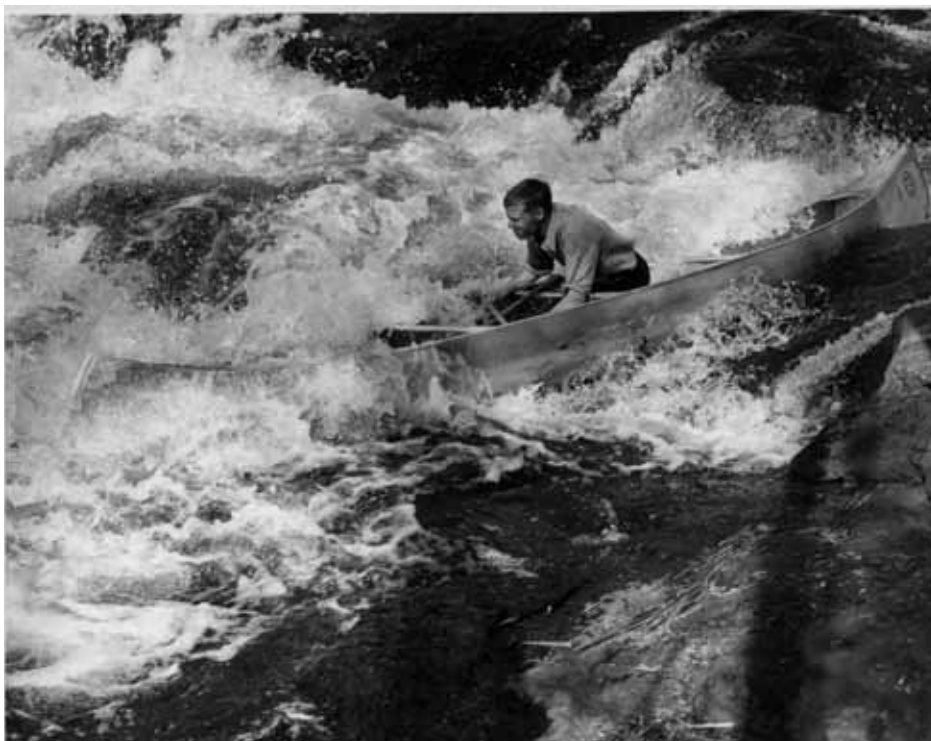
1970s. The number of affiliates however, increased to 127, including businesses, manufacturers, universities, and other clubs that could benefit from American Whitewater's conservation and safety efforts. Yet even with these successes and the growth of the sport and the industry, American Whitewater struggled and by the mid-1980s, membership had fallen below 800 and the number of affiliates was about half what it had been five years earlier. Conservation and river-saving fights became ineffective because American Whitewater's focus had become too broad for such a small volunteer organization.

About the same time, numerous hydropower licenses from the Federal Energy Regulatory Commission (FERC) were coming up for renewal, and these had obvious implications for whitewater paddlers. This was a truly overwhelming issue and challenge for an organization struggling to survive. Fortunately, one volunteer member took up the cause and almost single-handedly re-shaped American Whitewater's focus. Relicensing interventions which supported whitewater use and access ultimately helped position American Whitewater for a significant role in these efforts. Its efforts became a template for all interventions across the country, often with American Whitewater as the lead collaborator with other conservation and paddling organizations.

Although American Whitewater emerged with a renewed sense of purpose, it continued to struggle to pay its bills to cover litigation and lobbying behind its river conservation efforts. Its directors decided to take on the Gauley Festival as a fund raiser to help pay for conservation efforts. Although American Whitewater's first festival appeared to be a disaster as huge storm clouds rolled in, it actually netted

Aluminum canoes were a revolutionary advance in whitewater in the 1950s (though PFDs and helmets were not).

Photo Courtesy of Bart Hawthaway



about \$2,000. However, the Gauley Festival wasn't enough. It took critical and timely multiple (\$10,000) charitable donations to continue with the relicensing interventions.

This was a major watershed event for American Whitewater. It also coincided with other changes within the organization, helped by a strong and determined Board of Directors. Within months, American Whitewater was again viable with renewed vigor. Even the *Journal* changed. After a six-month absence in 1987, *American Whitewater* was back in a larger magazine format and within a few short years was published on a regular basis, which drew back advertisers. It also went mainstream and was carried by whitewater retailers. By the end of 1990, membership had grown to 2,000 members and *American Whitewater* was found in over 125 retail outlets.

While American Whitewater found a renewed sense of purpose and success, the organization's main challenge became apparent — its volunteer staff was not professional enough. If American Whitewater wanted to be effective, it must become professional, even if that meant hiring employees. In 1988, American Whitewater's constitution and bylaws were amended for the appointment of a paid Executive Director. With this change, American Whitewater took the lead in creating a nationwide inventory of whitewater rivers based on guidebooks and other knowledgeable experts. Conservation and events became important focal points. American Whitewater continued to organize the Gauley Festival and added new events to help support the growth of rodeo-freestyle kayaking.

With input from the regional coordinators, American Whitewater identified yearly Top 40 issues which ranged from a focus on specific river issues to broader access, conservation, hydropower re-licensing, and safety issues. As learned from fighting hydropower development, American Whitewater took battles to court when necessary. Funding for legal help was

provided by the Whitewater Defense Project which was supported by individual and club donations as well as donations from companies, foundations, and trusts. American Whitewater now fully depended upon charitable donations to support its conservation efforts.

In 1995 American Whitewater developed a strategic five-year plan. Its Mission Statement was to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely. The plan was designed to address goals and strategies for whitewater river conservation, access, safety, and to promote whitewater through special events such as rodeo-freestyle competition and other events. The plan also proposed that American Whitewater become the focal point for whitewater information on the "information superhighway" just as American Whitewater had always been through its magazine, *American Whitewater*. American Whitewater's website became an important medium for assisting paddlers with everything from information and links regarding river levels, to updates on access, conservation, and festivals, to hosting Affiliate home pages.

American Whitewater's promotion of safety in the sport continued as an integral program through its role as the caretaker of the river ranking system and the Whitewater Safety Code. Compilation, analysis, and publication of whitewater accidents, begun in the early years also continued and were expanded to include a database of accident reports by year and state available through American Whitewater's website.

The website was just the beginning of changes resulting from the strategic plan. By 1995 membership reached almost 4,600 paddlers and affiliates. The increased revenue derived from membership and events was sufficient to support its two paid staff positions, Executive Director and Conservation Program Director. Two years later, a new Conservation and Hydro-Power



Whitewater paddlesports have evolved tremendously in the past 60 years—paralleling American Whitewater's own progress.

Photo Courtesy of Brandon Knapp

Program Director were hired and an Events Coordinator was added to handle festivals and rodeos. An Access Director was added in 1998 and a Development Director was hired the following year.

As reflective of the changes, American Whitewater finally dropped the term "Affiliation" from its name in 1997.

In 2000 American Whitewater's membership was over 8,000. The organization sponsored and co-sponsored four different categories of events: eleven separate American Whitewater festivals, twenty rodeos, seven extreme/downriver races, and co-sponsored five professional rodeos. In spite of the competitive nature of events associated with rodeo and extreme racing, all four categories of events were designed to support river conservation and access efforts as well as heightening paddlers' awareness of how these efforts affected them. Event sponsorship supported expanded

HISTORY

access efforts including land acquisition, permission, or leases for put-ins and take-outs. Three years later having achieved a fair amount of success in its original event goals, American Whitewater scaled back its event sponsorship to include only events with significant conservation or access significance.

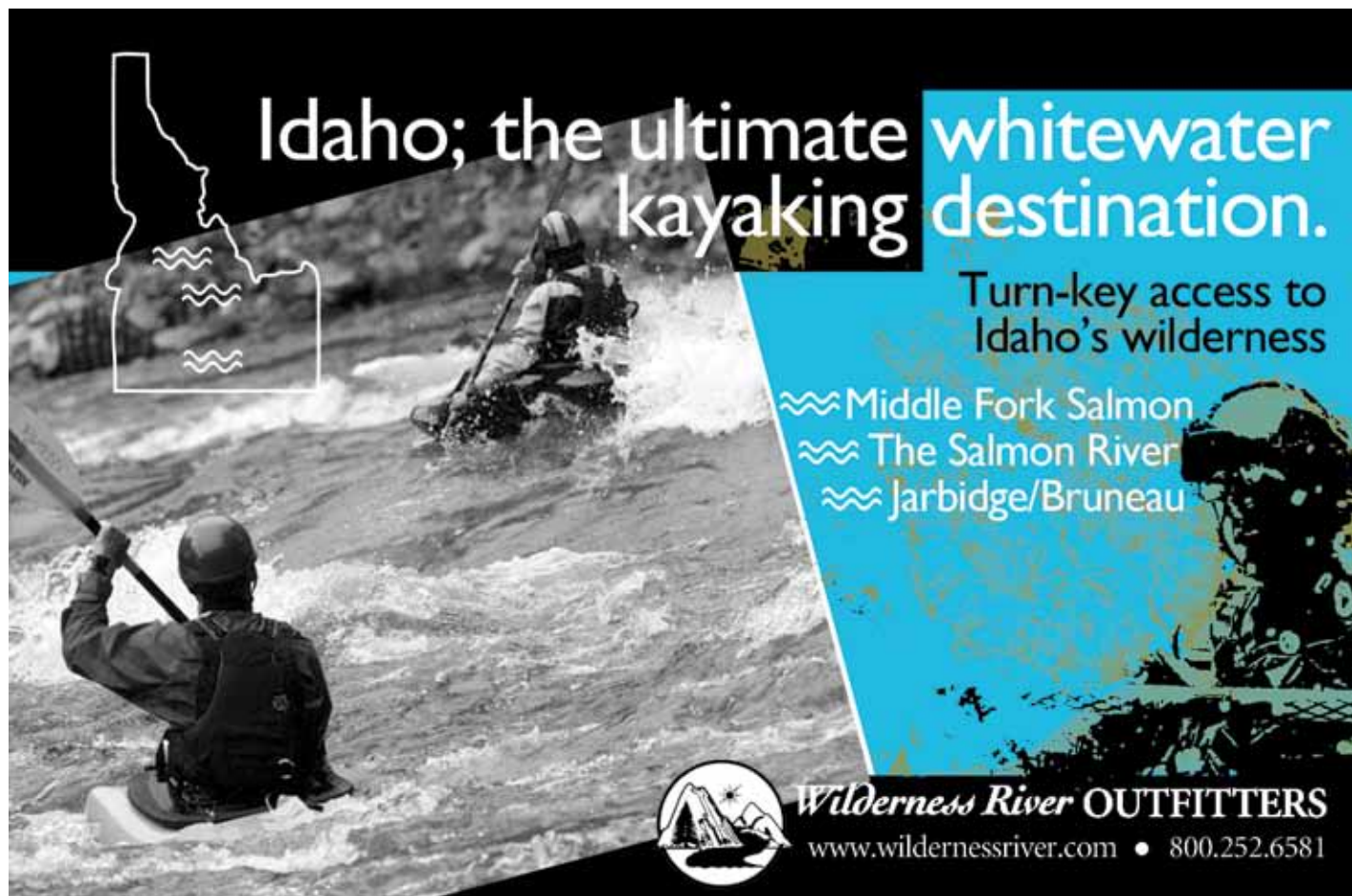
A few years later, American Whitewater also scaled back operations for a smaller, more cost effective organization to focus on river stewardship as the umbrella for conservation, access, and safety. With its extensive experience with relicensing issues, American Whitewater was a founding member of the Hydropower Reform Coalition which significantly enhanced input into hydropower relicensing across

the country. This was also the beginning of a renewed focus of working with other human-powered outdoor recreation organizations and American Whitewater became a founding member of the Outdoor Alliance, an important and integral piece in supporting AW's effectiveness.

By 2010 American Whitewater had incorporated a lean administrative model earning it the highest Four-Star rating by Charity Navigator, returning 85 cents on every dollar directly to support river stewardship efforts. American Whitewater also developed an integrated approach to river stewardship through a paid staff of nine supported by many more volunteers across the country. And while its membership generally ranged between 5000-6000

members, American Whitewater achieved far-reaching impacts beyond those numbers by leveraging each revenue dollar into \$5 through support from foundations, private donors, advertising opportunities, events, and partnerships. These on-going financial accountability and transparency efforts earned American Whitewater its fourth consecutive Four-Star rating in 2013 with an overall score that places it above all charities performing similar work. As American Whitewater enters its seventh decade, it is well positioned to carry on its mission in the spirit of its founders and members.

Susan L. Taft is the author of The River Chasers: A History of American Whitewater Paddling.



Idaho; the ultimate whitewater kayaking destination.

Turn-key access to Idaho's wilderness

- ≈ Middle Fork Salmon
- ≈ The Salmon River
- ≈ Jarbidge/Bruneau

Wilderness River OUTFITTERS
www.wildernessriver.com • 800.252.6581

PERSONAL PROFILE: CORN Y KING

Editor's Note: In our yearlong effort to highlight and celebrate American Whitewater's 60th anniversary, we bring you this doubly historic piece. Originally published in the January/February 1981 issue of the Journal (or, as it was known in those days, the Journal of the American Whitewater Affiliation), this profile is itself over 30 years old, and Corny King, the paddler interviewed is a legend of 1950s and 60s whitewater. King's anecdotes about early whitewater exploration and about the equipment and culture of those days are a great reminder of the rich history of whitewater paddling and of the many legends of the sport who have helped it become what it is today.



Corny in stern and Ruth Walker in bow wend a stretch of the Salmon in their 1950 descent.

A talk with one of whitewater's pioneers who explored Hell's Canyon and the Salmon in 1950, and recalls Glen Canyon, before it became Lake Powell.

IF YOU BOAT with the Appalachian Mountain Club or anywhere around New York, you may be fortunate enough to paddle alongside a quiet, modest gentleman by the name of Corny King. He'll be easy enough to spot. Heavy black shoe laces drooping from his baggy corduroys tying in all his pocket gear, kneeling erect and nearly motionless in a battered Grumman, he'll be the one using two flicks of his blade to maneuver that Class IV stretch that just exhausted you.

But Corny's skill is nothing to be jealous of, he has spent over 40 years acquiring it and passing along what he knows to thousands of novices in the middle states. He is one of whitewater's most fascinating ole timers. He started paddling before World War II and soon became one of this neophyte sport's top experts. His experiences pre-date aluminum, fiberglass, life jackets, and Glen Canyon Dam.

In the early '50s, Corny was one of a half dozen top New York area paddlers who launched on a series of expeditions to try out whitewater all around the country. It was originally our intent to just talk about his trip on the Salmon River. But after hearing a string of incidents from all over, we decided to broaden the interview and share more of his travels with our readers.

AWA: Corny, you paddled the main branch of Idaho's Salmon River back in 1950. Were you the first?

King: Oh, heavens no. But it was then about the biggest water anyone ever thought of canoeing. You have to remember the whole sport's skills have changed with years and our experience.

AWA: Well, it's still considered a darn tough river. Did you run it when the water was high?

King: Fairly. It was in early June...we put-in around the confluence with the Middle Fork and headed down to a take-out just before Riggins. There were 10 of us paddling. Louise Davis, Ruth Walker, Helen Fair, and I came out from the East and joined with some Western foldboaters. We ran with

Bud Hatch, now of Hatch Expeditions. He did all the cooking and his two big bridge pontoon rafts provided river support. He'd taken passengers down, but I don't think he'd ever shepherded canoes down.

AWA: What kind of boats did you use?

King: Six of us used Grummans. They were marvelous boats—so steady when you needed it. Louise (Davis) invented the most fascinating decks and with Ruth Walker sewed them together. They consisted of hard plastic cockpits which fitted tightly over the fore and aft. Then covering the long center section between them (each cockpit) was a piece of canvass that fitted over the gunwales and snapped to the side of the boat. The whole affair was pulled by steel rods sewn into sections of the canvass center. The gals also put in a huge C-shaped zipper so you could portage the boat without removing the deck.

AWA: That seems like quite a bit of effort.

King: Well, we needed them and there was no design you could buy. Besides we all looked lovely in our red mini-sprayskirts.

HISTORY



The Colorado River in 1873, just upstream of Lee's Ferry, the put-in of the Grand Canyon, that was inundated by Lake Powell after the construction of Glen Canyon Dam.
Photo by Timothy O'Sullivan, Courtesy of USNARA & Wikimedia Commons

AWA: How was the water?

King: Oh, it was huge. But the canoes fared better than the foldboats. Our keels were a great aid. We would start down a slick tongue toward absolutely fearful haystacks, and because of the keels, we could make a right-angle back ferry and get into the nice little rollers about the size of sleeping bags. But the foldboats couldn't make that kind of a ferry. They had to run a lot of the things right down the middle. I'll never forget this vision of Liz and Nat: their boat bridged two haystacks and they were lifted two thirds out of the water looking as out of place as a house on a highway.

AWA: Did you run into many other people along the bank or on the river?

King: Well, just at the end we stopped at a town called Riggins. It held about 250 people in it and they all claimed ours were the first canoes they'd seen in 20 years.

They were so impressed that anyone'd be fool enough to run the river, the whole town turned out and threw us a watermelon feast. I remember the town was set high up on the bank and it was a steep trek up to it. Ruth Walker, scarcely over four feet, came trudging up carrying two huge packs and towing a canoe behind. One old rancher looked at her, shook his head, and said 'Gawd, I wouldn't load a mule like that!' Ruth, by the way, was the only one who didn't upset the entire trip.

AWA: What about paddlers, meet any others?

King: Not on the Salmon. Of course there were a few ranches along the way and they were supplied by this motorboat team we ran into. It was quite a sight. These two men piloted a big red dory held together with heavy steel straps and powered by two, 35-horsepower motors. They would power this boat full of freight upstream

until they came to a substantial rapid they would pull over and portage all the freight and the boat, around it. It was incredible.

AWA: They must have been giants.

King: Oh, they were. We stopped to help them with one portage. One of these fellas hoisted the motor end of this 35 horsepower thing, while I tagged behind carrying the propeller end. He ran with it until I was exhausted. Finally, I asked him how he got so strong. He reached into his pocket, pulled out a plug of chewing tobacco and said, "Here, you ought to take a chaw on this stuff."

AWA: Was it that same summer you explored the Snake River's Hells Canyon?

King: Yes. Hatch had never run the Snake and wanted to scout it for commercial raft possibilities. We didn't know what was there, so we got a reduced rate for tagging along in the rafts.

AWA: So none of you paddled?

King: Well, yes and no. We were accompanied by a fella and his wife who had rigged up a decked Grumman with oars in the center. You see, this was their honeymoon. He would sit in the middle of the boat, facing the stern, where his wife sat. She would use a paddle as a rudder and tell her husband how to turn the boat. On some of the rapids, he let me run his boat alone. Of course, I faced forward, and it was great fun.

AWA: Did you have any trouble?

King: I didn't, no. But on the really big stuff, this fella would put his wife ashore and go it alone—primarily because of weight. I remember his running one hole which stretched across the entire river and had already swallowed up a six-man raft. He rowed his Grumman into it with all his might, slammed into the back roller, and just couldn't punch through. He tried three times, and on the third try, we saw his oar

snap just as he was on the crest. The boat flipped and he wound up swimming just downstream of the hole. But within 30 seconds he was back in the boat, had spare oars locked in, and was stroking away.

AWA: Sounds like a true paddlers' honeymoon. You paddled a lot of Colorado water around that time didn't you?

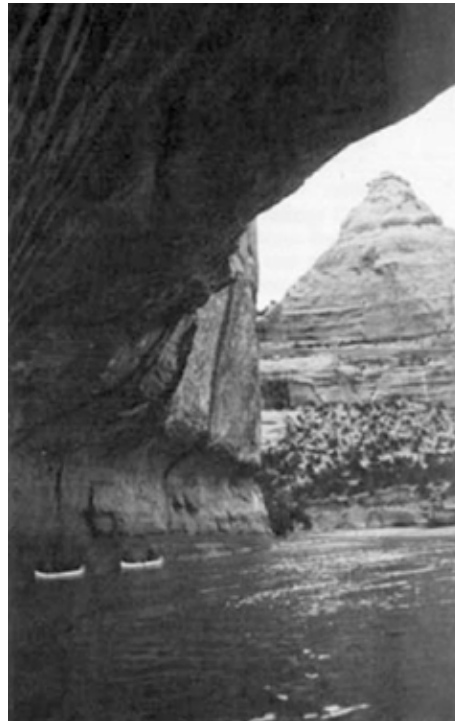
King: Oh yes, we spent a couple of summers hopping around the state; we did the Yampa, the Green, the Arkansas, the Gunnison. But by far the most beautiful was the Colorado River's Glen Canyon.

AWA: Isn't that where Lake Powell is now?

King: Yes, they plugged it up with Glen Canyon Dam in 1956, I think. You know, I've always thought it was a sin to name that dammed lake after John Wesley Powell. He would have wept to see what they've done in his name.

Anyway, the paddle through Glen Canyon was unmatched. The water wasn't much more than a few riffles with only one big rapid, but the scenery took all our time. We did 165 miles in 14 days. We would paddle one day, camp, and hike up a side canyon the next.

Have you ever stood on a bank so undercut that if you dropped a pebble off, it would land on the other side? Well, there was a formation called the Cathedral in the Desert that did this twice. I remember we walked along the side stream under these



A view of Glen Canyon from below, before the construction of Glen Canyon Dam flooded the geologic marvel with the waters of Lake Powell.

tiers of vaulted arches 100 feet overhead. In front of us, a lone ray of sunlight fell on a waterfall like a shining stained glass window. And the white stone walls were lined with cracks, which all sprouted hanging green vines of some sort, fed by the trickles. It was just beautiful. Now they have inundated the entire thing.

There was so much there, we saw the Natural Bridge, but now that's virtually flooded out too.

AWA: Corny, I don't mean to make you sound like a codger in a wheel chair, but

The Glen Canyon dam site seen from the air in November 1957, before the construction of Glen Canyon Dam.
Photo Courtesy of US Bureau of Reclamation & Wikimedia Commons

do you think paddling has changed much over your years as a paddler?

King: Oh, in a lot of ways. I mean when I first started, we never used to wear life jackets, and of course the boats are faster and skills are better. Also, I think things are easier. I remember when Louise Davis wrapped her Grumman around a bridge, that evening at camp she spent riveting in a patch with an egg-beater drill and rivets. Probably we did more inventing then. But actually, the sport as a whole, except for the details, is much the same.

AWA: Well, few have contributed to it as much as you have. Thanks a lot for your time and for filling us in on some fascinating whitewater history.

A poster for a kayaking event titled "M.A.C.K. West". The text on the poster includes "Marion Area Canoe & Kayak Festival", "Crowe River", "Top Drop Race", "\$500 First Prize!", "5 Rivers C-II to C-V Run & Play", "Tentative date: April 5-6", "TBC on March 15th at:", and "www.mackfest.ca". The background of the poster shows a river with rapids and a large rock formation.

REMEMBRANCE

THE DEAD KAYAKERS CLUB

BY RICHARD MONTGOMERY



Bill Stanley at a race up in Washington, circa 1966.
Photo by Clarke Stanley

Editor's Note: This is not a remembrance in the traditional sense. Instead it is a series of stories about some of the earliest explorers of California's formidable whitewater rivers. It just so happens that Bill Stanley, the paddler being remembered, was brother to Chuck Stanley, famous in whitewater circles for co-authoring "The Bible," a.k.a. The Best Whitewater in California: The Guide to 180 Runs with legendary paddler Lars Holbeck. Both Chuck and Lars figure peripherally in this story, but are larger than life in California whitewater lore, owners of first descents of some of the most difficult and impressive whitewater rivers in the country. Richard Montgomery took part in some of Lars's and Chuck's exploits, and someday, perhaps, the full story of how so many Class V and V+ rivers were explored in such a short period of time will be told. Until then, this remembrance will serve to both honor Bill Stanley's life and give a taste of what was happening in California whitewater circles in the 70s and 80s.

IF YOU'VE LIVED long enough your paddling friends start dying from natural causes.

Lars Holbek died at 52 of a liver cancer in March of 2009, a best friend whose boldness and humor suffused most of

my life. Bill Stanley died at 55 of a heart attack in October 2013. He was my first paddling friend.

I've had three friends drown on the river: Mark Allen, in 1982, at 23, just a year older than my daughter is now, on Giant Gap (N. Fork American River); Bob Porter, in 1989, in his mid-40s, on the Garlic Falls section of the Kings; and finally Jaraslav Mach, in 1993, at about 35 on an early spring first descent of a tributary of Eel.

With Mark and Bob I was able to make up rationalizations for why, if I'd been where they were, I would not have died. Mark was playing against a sloppy breaking wave/cushion which turns out was formed by the front end of a granite anvil, pointed upstream. He got sucked under the anvil. My excuse: well, I would not have played in a sketchy place like that. Bob died in a T-Slalom in Garlic Falls. He had missed a line by about five feet and his boat got wedged with him in it. The crew he was with, which included Bill's brother Chuck Stanley, got a rope to Bob. He precariously popped his skirt, climbed out of the boat, and was instantly washed down into the jumble of granite rocks on river left, where he drowned holding that rope. My rationale:

I would not have missed that line. We also worked hard in discussing Bob's death to blame his drowning on that funky T-Slalom boat. The boat entrapped him. Heaven forbid that it might have been raw chance, that sometimes even a top-notch paddler's time is simply up.

But Jaraslav...Jaralsav was as good or better boater than I, an ex-competition Czech slalom paddler, precise and dedicated. If I had run that rapid, there is a better than a 50-percent chance that I would have ended up like him. Our daughters were about the same age at the time: five years old. I would have left behind a child and a widow, like Jaraslav—in my case, two young children. Jaraslav's death changed my boating. Afterward I toned it down another notch.

But enough about death. What about Bill Stanley and his life? I met Bill when he was 15 and I was 16. His brother Chuck was 17. I had just begun to boat.

Back then, there were a dozen kids boating in the whole state of California. The best were the Stanley brothers, Bill and Chuck. Candi Clarke was in their league. There was also Barbara Campbell out in Orinda, Brad Bolger, the Pardee brothers, the Ritchie

brothers and that lone wolf Mike Schlaw up in Santa Rosa. There were a few kids boating way down South on the Kern in Tom Johnson's orbit.

We built our own boats out of fiberglass. Up in Northern California the outlay was the \$25 mold rental fee that went to the Sierra Club River Touring Section, and around 40 dollars in material bought from Abe Schuster plastics in Industrial Oakland. The time outlay for a moderately experienced boat builder was a full day of work spread over two days.

I became a decent paddler through boating with Bill. To be clear, I was not a decent paddler when I started boating with Bill—I was a beginner. But I had a big advantage over almost all intermediate and even many advanced paddlers of that day: a reliable eskimo roll! My roll, my hockey helmet and my youthful exuberance made me feel invincible. I ran rapids I had no business being on.

Chuck and Bill in contrast were technically excellent boaters who paddled conservatively relative to their skill level. They did not flip. To this day the highest praise Chuck allows himself for styling it down a big drop is: "I didn't even get my face wet." Bill and Chuck got huge enjoyment watching me crash and burn down rapids, flipping, bouncing over rocks upside down all tucked up, only to roll up, quite surprisingly, at the bottom. A great show and no pick-up work at the bottom for the Stanley brothers. In return for the entertainment I provided them, they would deign to boat with me, and sometimes even provide me with boating tips during those rare moments, after, say, 50 flips in a row on an eight-inch surfing wave, when my ego would crack enough to listen to them.

I went through a lot of boats, nearly a dozen between my start in 1972 and the purchase of my first plastic boat in the Spring of 1974. Bill and I built a lot of boats together, either in my backyard, or their garage in Walnut Creek, a 20-minute drive away.

Bill and I boated together almost every weekend of 1973 and 1974, and in the winter often during the week. In hard weekday rains we would run the little creeks near our houses after school: Orinda Creek, Walnut Creek, and Strawberry Creek. Orinda Creek runs by the sewage treatment plant in Orinda, a commuter town just east over the hills from Berkeley. It was Candi and Barbara's backyard creek and they guided us on our first run of Orinda Creek.

Walnut Creek runs completely channelized in concrete through the city of Walnut Creek (thanks Army Corps), right near the Stanley's house. There is an eight-foot weir in the middle. The water was low but the wier was grabby. One or two of us made it through but Bill's long boat did the slow swivel back in and he had to swim out. Basically he jumped out, without flipping. To get the boat back, I paddled Bill near to his boat, he jumped in holding onto a yellow nylon rope tied to my back grab-loop and together we dragged his boat out. The take-out for Walnut Creek was especially noteworthy, being through a manhole.

Strawberry Creek runs through the UC Berkeley campus and only runs in the midst of driving storms, its drainage being maybe four square miles all told. The Strawberry run consists of various 50-foot to 300-yard sections separated by carries around grates and bridges with six inches of clearance. The run ends where the creek pours through a grate and disappears under Berkeley. A paddler's true nightmare even in this era of stair-stepped 80-footers with logs en-route.

Bill had wild curly hair in tight ringlets, almost white in its blondness. He was over 6 foot 2 but weighed only 130 pounds. One of his eyes wandered, drifting off and looking in random directions while the other eye

looked at you fixedly. He seemed to me to be a crazed boating ascetic mystic.

I remember January of 1974. My first time traveling to Santa Cruz, the town I now live in. It was cold. The river was low. Too low. So we went to Natural Bridges State Beach to surf. There was snow on the beach, something that almost never happens—maybe once every 15 years. There is a small steep hill of crumbling mudstone from the parking lot to the beach at Natural Bridges. We were carrying our boats to the small break, but Bill was unsure of the drop-off on that hill because his wandering eye limited his depth perception. His brother Chuck hunkered down to make himself look small and said "Bill it's really far. Like 15 or 20 feet!" Bill replied desperately, "Come on Chuck!" Brothers can be so cruel.

We had many trips, especially in the winter of 1973 involving very cold hands.

The paddling giants in the California of our day were Dick Sunderland and Gunther Hemmersbach. Any trip they were on, we tried to get ourselves on. I remember a long cold trip on the Middle Eel, hands burning in pain the whole way. It was maybe 30 degrees and we had no pogies. I remember busting my boat up and not knowing how



Bill seal launching at bottom of Rainey Falls on the Rogue, 1973.
Photo by Clarke Stanley

REMEMBRANCE

to use duct tape. Sunderland had to explain that I had to wait for the boat to dry before applying.

In the spring of 1973 Bill and Chuck, along with Dick Sunderland and Gunther ran the Garlic Falls section of the Kings. Real Class V, even today, I think. I was invited—to do their shuttle! This was too humiliating for me—not worth the \$100 shuttle fee. I got my friend David Gill from high school to do it instead, and remember the reports from that week.

It was the era of club boating, one I am quite nostalgic for. How would a middle class kid whose parents don't boat and are not even outdoorsy ever get started nowadays? I guess he or she might take some \$1000 class. Back then, you could do it on your own by hanging out with the Sierra Club River Touring Section.

The monthly meetings of the RTS in the Merrit Lake boathouse in Oakland were my church, my tribe. I would see Chuck and Bill there. They would be in the back, selling boats they'd built. There would be some movie. John Gogins would announce in his stentorian voice. There were often over 100 people there. In retrospect, I see that I chose boating and this club because my parents were separating. I needed a new tribe.

And Bill and Chuck? Their father Clarke was a club man from way back. He had introduced Bill and Chuck to paddling at ages nine and 11 through a paddling club in Sacramento. Bill and Chuck's sister and mother were never part of the boating scene. It was always Bill and Chuck and their father Clarke.

Bill and I kept in touch but our relationship never again had the intensity of 1973-74. I witnessed him go through a marriage, children, career, career change, divorce, moves, break-ups, and career victories.

About eight years ago he told me his secret to meeting friends, women and having



Chuck and Bill Stanley. Early Days of boating, 1958.
Photo by Clarke Stanley

successful social interactions: "Richard, it's all about clubs. Join a club." When he moved to Baltimore he had joined a local sea kayaking club there. That is how he met his wife, now widow, Beth.

I need to hold on to a few more Bill stories. The Stanleys moved around a lot. Clarke worked for Bechtel, which was something like working for the army. When I met them in 1972 they had been living in Walnut Creek for less than a year. Their mother invited me to Bill's 16th birthday party. I was honored by the invitation, but then really surprised when I arrived to find that I was the only one invited.

Bill was a lonely gawky shy boy. I am sure the eye did not help. Paddling helped bring him to find his full strength and fill out his character. His first friends were made through paddling. But by the time he finished graduate school he had gotten good at making friends and by his 40s he made friends quickly and easily. He had a surprisingly easy, somewhat quirky social grace.

Bill's forte was downriver racing. He made the World Championship team in 1975. Later he raced flatwater. During my late

teens and early twenties, while I was hanging around in a loincloth living in tree houses, tee-pees, or camperbodies in farmers' fields, Bill was living in Berkeley, going to school part-time and training flatwater kayaking full-time. For part of this time he rented a room from my mother on the south side of Berkeley along with other Olympic hopefuls Carl Toepfner and Joe Bruger—and maybe another guy. They were training to make the 1980 flatwater Olympics team at Berkeley's industrial Aquatic Park. Candi Clarke was training too and many others. Ex-Olympic paddler Andy Toro was their coach. Candi tells me the gang called Bill "Mophead," with his white curly hair, curling out in all directions like a Scandinavian-Irish afro. Mophead. He trained harder than any of them but did not make the team.

I spent some time with the paddlers. I took part in one training camp and a few training sessions. These guys worked out hard nearly every day. They were after a spot on the Olympic team, after all. They had big, big appetites. There is a local ice creamery named Fenton's, where, if you can eat their entire monstrous Sundae they give it to you for free. And ring bells and sing. This Sundae is close to a full half-gallon of ice

cream. The would-be Olympic paddlers also trained for the Fenton's event. They would all sit down at my mother's kitchen table, making the table seem small. Each had his own half gallon of ice cream. They would go to it. They all wore down jackets as they ate even though it was a warm spring night out. They needed the jackets because the massive quantities of ice cream slithering into their bellies would drop their core temperature.

Allow me to continue to reminisce. We also did a fair amount of kayak surfing in those years. Pacifica's Rockaway Beach. Steamer's Lane. Bolinas. All beaches within two hours of Berkeley. The closest break was Pacifica. An older paddler named George Larsen lived on the way to Pacifica in a town very near the San Francisco airport called San Bruno. I had an arrangement with George whereby he would let me pick up his surf shoe, which he stored leaned against the side fence in his row house, and then I would take Sharpe Park road right over the hill into Pacifica. I often went after school.

One particular weekend I was surf kayaking with Bill, Chuck and Clarke. We had George's surf shoe, two fiberglass river boats, regulation slalom length of course, and a river C-1. Bill was going to be adventurous and surf in a C-1. It was a big day at Rockaway—eight feet. Waves at Rockaway are meaty, with real weight to their lips. We were paddling out and a big set came. We charged, but the third wave of the set broke square on Bill's chest, ripping him clean out of his machines—what we called the aluminum thigh straps that C-1s of the day were fitted out with. Chuck had Bill climb on back of George's shoe to rescue him. The brothers got back-ended and tumbled all the way back in but the current worked them North to the graveyard of big rocks on that part of the beach. Chuck recalls the rocks coming up on him. George's surf shoe broke in two on collision. Chuck recalls hunkering on the rock, clinging with his hands feeling like a nearly drowned rodent. He tells me that he then had the thought, "Oh! I'm still

alive. I better run for it before the next one comes." Twenty minutes later, Clarke, old sage of a father, rescued Bill's boat. He had noticed the rip current and instead of charging straight for the big part of the break, waited for a lull and gently floated out on the rip, hardly having to paddle.

The Russian River at flood. Kayaking was an addictive drug. Of course I had to share it with my high school friends. But I did not have the patience to teach them anything so I took them green. And of course I did not want to run easy stuff because, well, I wanted to kayak. Sean McGuire has a real adventurer's spirit, having spent a year in the arctic at age 12. He has performed feats of endurance that stretch the imagination. He was a wiry small high school jock—you know, the guy who sets the school chin-up and bar-dip records, a wrestler and gymnast—incredibly driven and incredibly persistent. He wanted a real kayaking trip. We agreed to take Sean to the Russian River. Problem was it was in full-on flood, say 30,000 cfs.

It was raining the whole way up. Sean was doing push-ups in the back seat. His Alaskan friend, Dione was very quiet. I was driving Sean's parents' station wagon.

Right around Cloverdale, where highway 1 changes from a divided highway to one lane each way I was playing with the radio, trying to find a good station. I looked up to see I was in the wrong lane, doing 60, and hydroplaning toward an oncoming car. I spun the wheel. We fishtailed. Very soon we were doing 360s down the middle of highway 101. Time slowed. Three spins. We gently hit the edge of a ditch and teetered on an embankment. For maybe two minutes the whole car was very quiet. Bill believed that this accident saved Sean and Dione's life. They would have put-in otherwise.

Here is another story where I get to talk a bit about Bill. The Russian River at flood, again. Bill and I had made downriver boats together. I did not use them much but I

enjoyed the speed and training. During my first year up at Sonoma State, in the winter of 1977, the Russian was flooding as it is wont to do in any decent winter. I figured it would be too easy of a run, and too slow, in my slalom boat. So after class I put in on the flooding river with my Bill-built downriver boat. We called them Ripples. It was a mold Dick Sunderland had made off of a European race boat. Of course I put in above the big rapid at Squaw Rock. It was running about 20,000 cfs. I felt like my line was good, but I still flipped in a diagonal right above the big hole in Squaw Rock. I got to go over it upside down, ripping my knuckles to shreds when I hit rock after or over the hole. I then proceeded by way of numerous failed attempts to relearn the well-know lesson that downriver boats are rather harder to roll than slalom boats. I swam. I swam for my life. Of course I was wearing just shorts and a light sweater and paddling jacket. I mean, come on, I was in training!

I was getting quite cold, and pummeled by the large waves. There was a small forest under water on the right bank and I was able to cling to a swept-out tree, holding on for my life, panting, a bit surprised to be alive, and gradually working my way to shore. And I was solo. Where does Bill come in? Next weekend he was helping to run wildwater training camp up there on the Russian. The river had dropped considerably. Bill saw half of my boat up in the trees about two miles below Squaw Rock. He thought he recognized the boat but shook his head, "No, that couldn't be Richard's. He's not that dumb." Ah well, the truth came out a few weeks later when I was visiting my mother in Berkeley.

Steamboat Hole. Even in our prehistoric 13-foot, 2-inch glass boats we had destination play spots. Two thirds of the way down the standard run on the Tuolumne is Steamboat hole. It is at the bottom of a rapid, right in the middle, with plenty access to paddle back in. We had no technique. All we could do was hang on. The hole is just a bit wider than a regulation slalom boat.

REMEMBRANCE

Your end would eventually stick out one side and you would whip around doing an out-of-control spin. With a bit of luck we'd change our lean. We'd ride it until it spit us out. We were not always able to make it out in the boat, but it was enormous fun. Now, as a boat builder I was not the neatest craftsman. We would attach the coaming of the boat to the deck with the help of some fiberglass powder shmeat we would make. Stalactites of this hardened mix hung down from my coaming. Every time I bailed out, that stalactite would rip into my shin. The bone is not far from the shin and those cuts took a good amount of time to heal.

When I went to graduate school at U.C. Berkeley, Bill was already there, in the graduate program in exercise physiology, still working out regularly at Aquatic Park. We had dinner together, my wife Judith and I with Bill and his wife Judy. They lived in a crowded apartment complex. Judy and Bill filled their balcony up with plants. All kinds. The downstairs neighbors played the same pre-hip-hop deep bass song every night 'till two in the morning.

Bill and his wife Judy were the first of our cadre to have children. Their first born was John. We had our first child a few months later. Bill was on our birth team, ostensibly to support me, if I fainted or otherwise keeled over and became less than worthless

during the birth. During labor, Judith was breathing hard and needed hands to hold. Bill showed me his hand later. My wife had dug in so hard that her nails had pierced the skin and he was bleeding.

After our heydays of 1973-1974 Bill and I took occasional paddling trips, just the two of us. The most notable was a Tuolumne trip, probably 1989. It was June 12. We called ahead to arrange the shuttle. It was snowing on the way down to the river. Big surprise for mid-elevation California in June.

We ran and biked together. A few times in grad school we met at the Edwards Field track and then ran into the hills. I am not known for being a natty dresser. On one of these runs I showed up with my running shorts inside out, the liner on the outside. I didn't know. We were to meet my wife Judith at the track afterwards. On the way back Bill saw her in the distance and zoomed ahead to get to her first.

"Don't tell him."

"Don't tell him what?"

"You'll see—about his shorts."

Later Bill told her "I was worried if you told

him he'd just take them off right there in front of everybody."

The required criterion for joining the Dead Kayaker's club is to be born, and to paddle. Once we've done that, we're all going to join the Club, one way or another. Your particular initiation into the Club can be a wet trapped death like Big-Water Bob's. Or your initiation might be more like Lars': a long arduous climb through sleepless nights in hospitals, endless prodding painful tests, prayers of friends, weeks and months of nights of loved ones gnashing their teeth at your slow demise. Or like Bill, you might have a sudden out-of-the-blue event in the middle of the night and you are gone without even knowing you were about to go. Bill studied heart health. He did everything right by his heart. Exercise. Eating. Omega-3 fatty acids. But there are no guarantees.

I used to believe the wet trapped death was the romantic death. Much more heroic for a man to go down drowning "doing what he loved" as opposed to subjecting himself and his loved ones to the pain and the marathon courage of dealing with a terminal illness. I no longer hold on to that belief. Not that it matters what I believe. Does anyone really have the choice?

I am, best as I can, trying to be glad to be counted among the living, to have two healthy daughters and a wife I can actually talk to from time to time. And I am grateful for these memories of my friend Bill (and all the others) that helped me out and even appreciated me in the early days of my paddling career when I was an out-of-control dufus with polyester resin in my matted hair.

Thanks for bearing with this long reminiscence, in tribute to my friend Bill, who will no longer be paddling with us.



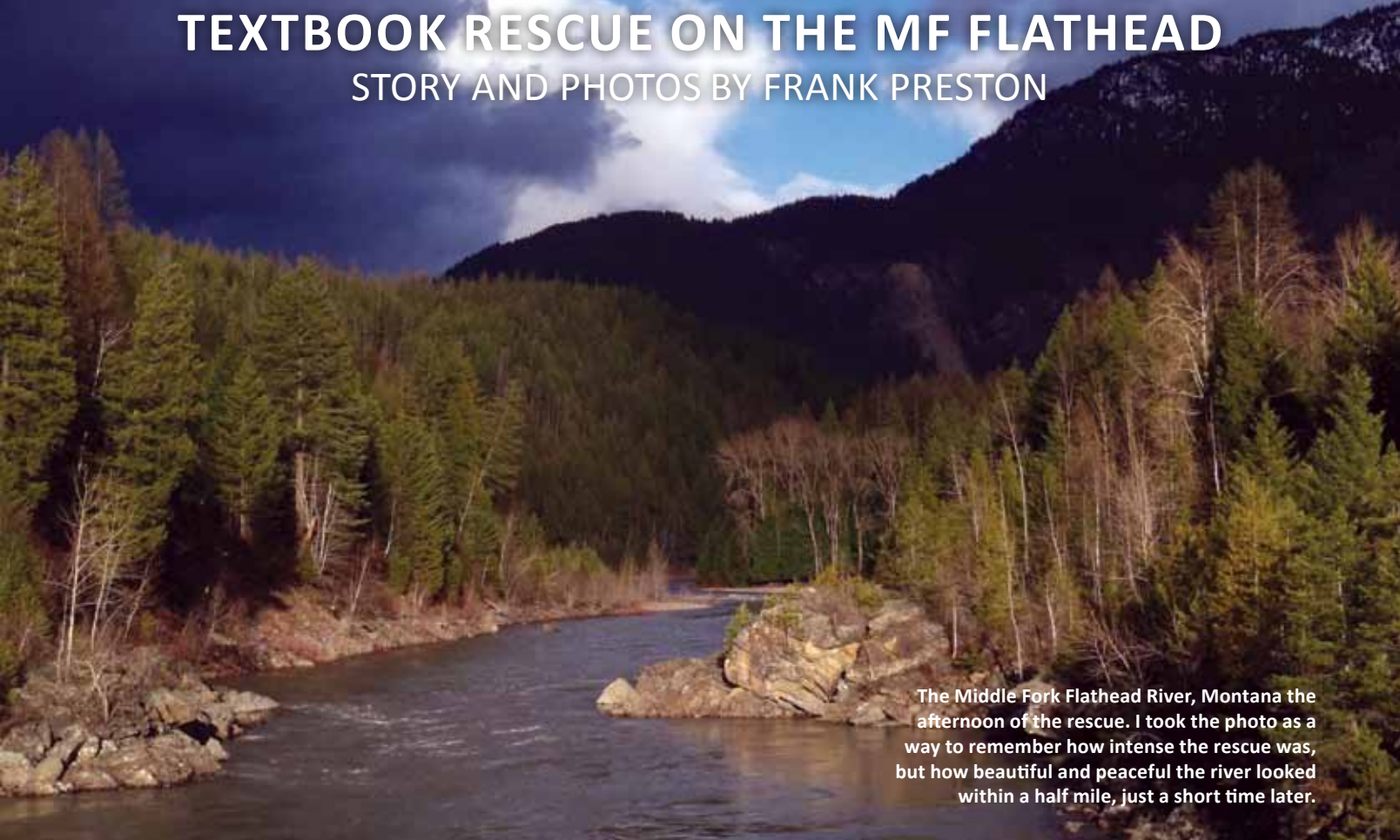
Bill Stanley, pool slalom, Portland OR, circa 1966.

Photo by Clarke Stanley

RIVER VOICES

A LITTLE LUCK AND A LOT OF PREPAREDNESS: TEXTBOOK RESCUE ON THE MF FLATHEAD

STORY AND PHOTOS BY FRANK PRESTON



The Middle Fork Flathead River, Montana the afternoon of the rescue. I took the photo as a way to remember how intense the rescue was, but how beautiful and peaceful the river looked within a half mile, just a short time later.

“FIRST, YOU SEE a cooler floating down the river. Then a head of lettuce. Then it’s a person.”

This joke has been used for years, including two days earlier in a class. But it was a joke, right?

Scenario on The Middle Fork

The North Valley Search and Rescue (NVSAR) Team was doing an advanced level whitewater rescue class on a cold and snowy Monday in late April on the Middle Fork Flathead River in West Glacier, Montana. The team consisted of 8 NVSAR members and 3 whitewater rescue instructors from The Whitewater Rescue

Institute. After practicing with throw-bags and rescue swimming all morning, two members of the team were called out for a rescue on Flathead Lake. Two stand-up paddleboarders were caught by strong winds and a blizzard. There was no sight of them now. The remaining 6 members of the class suited up with the 3 instructors and continued with the training.

The afternoon schedule included scenarios, aggressive swimming through a Class III rapid known as The Notch, and some dry-land mechanical advantage system work. The scenarios went well, and the team picked their lines for the swim. The constriction rapid offers a long challenging

swim through big swirly water and boiling eddy-lines. The group completed the swim, and re-grouped on river right, except for one member, who chased a river booty to river left. The team was almost ready to regroup when someone spotted something floating downriver. “It looks man-made. I think it is a cooler.”

Everyone joked. “Next the lettuce.”

“Watch out for the person.”

“Is this a scenario?!”

RIVER VOICES



NVSAR swiftwater rescue training on the MF Flathead on a different day.

Scenario Turns to Real-life

Then someone actually saw a person. Floating, but not swimming. No helmet. No hat. He must be cold. The current was pushing him to river left, where Chris was standing. He had a throw-bag, and got prepared to throw. Everyone on river right started yelling to the man to swim left. He answered back that he needed help, and that he was too cold to swim. By the time Chris threw the throw-bag, it was known that there were 4 people total, and that they had flipped a raft. At this point, three rescuers had swum across the river to help Chris. One joined him to pull the hypothermic man onto shore and start first aid. The other two were going to the truck for supplies and to call 911.

The swimmer was cold, but otherwise uninjured. He had no signs of any trauma, and had not ingested or aspirated water during his swim. He was dressed in jeans and hiking boots, with a PFD underneath a clear poncho that was tucked into his belt. The river temperature was in the

mid 30s, so he was not prepared for any length swim. He was concerned about his friends, and barely able to take and follow instructions from the rescuers.

The Evacuation Begins

Next, a raft with one person came floating down. The raft got to river left, and the plan to get the first victim into the raft for an evacuation was set. A wool blanket and paddles came down from the truck, and an ambulance was on its way to The Old Bridge, only half a mile down from the raft. With a paramedic on board and three competent paddlers maneuvering the raft through the remaining rapids, the evacuation was in motion. The rest of the team was also in action.

The point last seen was Repeater Rapid, about one mile upstream of the Old Bridge. The second victim who had showed up in the raft stated that the other two were out of the water, on river right, where there is a good trail. A team of two rescuers began walking upstream on river left. Because

the river right is in Glacier National Park, the Park Service was now in charge of the effort. The Park Service had an Incident Commander (IC) stationed on The Old Bridge, and in addition to a ranger searching upstream on the trail along river right, they had a team mobilizing with a litter. The SAR Team now plugged in to assist the Park.

The Search for Two Remaining Victims

The third victim was found on river left near an access point off of the highway. He was uninjured and had refused care. After he had been accounted for and was away from the scene, the two SAR Team members who had been searching river left saw the fourth victim, a woman, on river right, and made an impressive swim across a large fast channel to assist her. They got there just before the ranger who had been hiking up the trail, and began getting her out of her cold wet clothes. Once dry, and with the assistance of the ranger, the three used body heat and dry clothes to begin rewarming her. An oral thermometer read her temperature at just over 90 degrees Fahrenheit. After a time, her temperature had risen to 91 degrees. She was in good spirits, especially after hearing that the other 3 in her group were accounted for and OK.

The IC originally seemed hesitant to have the SAR Team jump in, as he had a team mobilizing, but when he found out that there was all the necessary equipment at the Old Bridge, ready to go, he sent a team of 4 upstream on the trail to help the ranger. After considering many options, including swimming her across in a drysuit on a riverboard, having a raft or inflatable kayak dropped by helicopter, setting a line across the river to get her to river left where a fire truck waited, the ranger and the team decided that she would be able to hike out if her body temp continued to rise back towards normal. By this time, her temperature had climbed another 2 degrees. The SAR runner team arrived, and set a rope at the top of a 300 foot tall scree slope between the woman and the trail.

The team put the woman in a make-shift harness and clipped her into the rope, and began assisting her up the scree slope to the trail, where the park had a team ready with a litter. As she ascended the slope, it became apparent that her temperature was close to normal, and that she would be able to walk out under her own power. Once on the trail, she declined the offer to be wheeled out on a litter, and she walked the one mile down the trail to the Old Bridge.

A Short Re-cap

The raft flipped after hitting a log on a strong eddy-line in a rapid known as Jaws. Judging by the length of the swim and the current speed, the first victim was most likely in the water for 25-30 minutes. When the ambulance took a core body temperature they got a reading of 78 degrees Fahrenheit—well below the defined “severe hypothermia” cut-off. He was moved from the ambulance to A.L.E.R.T Air Ambulance, treated for hypothermia and no injuries at Kalispell Regional Medical Center, and later released.

The second victim was a local who knew the river. He had rowed this section of river 20+ times, and had never flipped before. He had been on the oars, and had re-flipped the raft after the incident. He was pursuing the first victim as best as he could, but a person usually floats downstream faster than a raft. Therefore he would have had a hard time catching up with the first victim.

The third victim swam to shore relatively quickly, and gotten out on river left, the side that Route 2 is on. The highway is not at river level, but he made it to an access point where he was found by the fire department that had responded to the 911 call.

The fourth victim had also made it to shore in a relatively short amount of time, but was now on river right, away from the road and at the bottom of a steep canyon, with no good exit at river level upstream or downstream. Not knowing about the trail, she had not moved uphill and away from

the river for a self-evacuation. Perhaps she knew that her best bet was to stay put and wait for the rescue efforts. By the time the SAR Team swam across the river to access her, she was hypothermic and still in her wet clothes, scared but otherwise uninjured.

The time elapsed between spotting the first victim and the completion of the fourth victim’s evacuation was 3 hours. The raft flip occurred around 1:30 pm, and the first rescue began at about 2:00 pm. The last victim walked herself to The Old Bridge by 5:00 pm.

What Can We Learn From This?

First of all, there is no substitute for the element of luck. There were few, if any, people on the river on this day. The NVSAR Team happened to be in the right place at the right time.

But you cannot call it luck entirely. The NVSAR Team is highly skilled and well prepared for situations like this. They were training on a cold snowy day in April because that is the type of conditions that they frequently respond in. With over 30 water related calls in 2012, they had scheduled this Advanced Level Whitewater Rescue Class to further improve their river rescue skills and teamwork.

The NVSAR Team also works well with the other responding agencies. Within their response area, they work with the National Park Service, the US Forest Service, numerous fire departments, police departments, and other SAR Units. In this rescue, they did an excellent job taking charge where appropriate and supporting the leadership or other agencies when necessary. They not only worked well as a team within themselves, but they worked well as team members with the teams around them.

The rafters were not prepared for the conditions. They were all wearing PFDs, but no helmets. They did not have appropriate thermal protection for being outside for

multiple hours in the condition, i.e. rain/snow, let alone gear that was appropriate for swimming in the 35-39 degree river. They were ill-prepared for the best case, which was an uneventful Class III raft trip in a snowstorm, and they were nowhere near prepared for some of the worst-case scenarios, such as flipping and taking a lengthy swim.

It is important to have a back-up plan for your worst-case scenario. One large problem for a single-boat trip is that the back-up plan is self-rescue or rafters rescuing the raft. At high water especially,

AW STEWARDSHIP

MIDDLE FORK FLATHEAD

By Kevin Colburn

Did you know that the Wild and Scenic Rivers Act was born on the Middle Fork Flathead? Various government agencies began proposing dams on the forks of the Flathead River in the teens and twenties, and did not stop until the rivers were protected by the newly inked Wild and Scenic Rivers Act in 1968. The massive 564 foot tall Hungry Horse dam was constructed on the South Fork of the Flathead River, flooding 35 miles of the river, between 1945 and 1953. This act brought the high ecological stakes of dam building into sharp focus. When Spruce Park dam was proposed in 1957 at a site 5 miles upstream of where the Middle Fork Flathead spills out of the Wilderness, conservationists rallied against the dam. The Craighead brothers, renowned wildlife biologists, fought the dam and envisioned a legislative check and balance for the nation’s dam building craze. The Wild and Scenic Rivers Act was the result of this vision, and the forks of the Flathead were among the very first rivers protected by the Act.

RIVER VOICES

this leaves little room for error. As with this case, once the raft flipped, it took time to re-flip the raft, and then catching up to the first victim in-time became challenging if possible at all.

Everyone on the NVSAR team was outfitted in a drysuit, PFD, helmet, neoprene gloves, and sturdy footwear. Not every member had a throw-bag, but there was at least one throw-bag per each two team members. The fact that not everyone had a throw-bag was a conscious decision when the team left the truck. Since the plan was to swim through a Class III rapid, the decision was made that swimming with throw-bags would add an unnecessary hazard to the situation. Some team members later commented that they would have liked to have a waist throw-bag, and would carry one in the future.

During the morning training session, the vehicles were easily accessible at the Old Bridge. For the afternoon, one truck was parked near the training site—approximately 300 yards from the river, up a steep 200-foot embankment. When the group went to swim the rapid, all the gear was left in the truck. The thought was that it was very close and accessible. Before the raft arrived in the rescue, it became clear how challenging it would have been to evacuate a patient from river level to the truck. In this instance, the first victim was unable to walk on his own, and hoisting a litter to the truck would have been time consuming and challenging.

Closing Thought

Luck played a large role in this rescue: nothing can substitute being in the right place at the right time in a river rescue scenario. But what can we learn from this situation in order to prevent similar incidents in the future? Let's look at three guidelines of rescue for future days on the river.

1. *Always wear the proper gear.* One common adage on the river is "dress for the swim." We cannot plan on best-



Training for swiftwater rescue is a great way to make your own good luck in emergency situations, like the one we encountered on the MF Flathead that day.

case all the time. So, being prepared for the worst-case scenario means being warm no matter what happens. A wetsuit or drysuit with additional non-cotton layers is appropriate for water temperatures colder than the mid-50s, especially on cold or wet days. In addition, a PFD, helmet and sturdy footwear are the minimum gear for being out on a river.

2. *Contain the trip or the scene.* When things start going badly on a river, they can get exponentially worse in very little time. Making sure that we don't leave anyone behind, and that nobody gets downstream and out of reach is imperative in order to keep the situation from spiraling out of our control. Having a lead and sweep boat is a good way to contain the trip. Having a downstream safety boat such as a kayak or another raft may be good option.

3. *Have a back-up plan.* Again, we cannot plan on best-case, so we need to

recognize the worst-case and actively avoid it. What happens in case of a flipped raft? Does everyone now how to re-flip a raft, and at least swim whitewater? For a single boat trip, this might mean making sure each person knows the basics such as access points, evacuation options, and how to contact emergency services.

We all enjoy time on rivers, and we don't want to be deterred by other peoples' or our own mishaps. We can learn from these stories in order to make the river a safer place for everyone. So, keep these tenets in mind and use good judgment even before you get to the put-in. Happy floating!

SINCE 2001 KAYAK SESSION HAS GIVEN AW OVER \$160,000 TO SUPPORT IT'S TREMENDOUS EFFORT.
LET'S MAKE IT EVEN MORE THIS YEAR!

GET YOUR GREEN CARD TODAY!

SUBSCRIBE TO KAYAK SESSION MAGAZINE, CONTRIBUTE TO AW EFFORTS EVEN FURTHER AND SAVE MONEY!

Here's how: As an AW member, you save money when subscribing to Kayak Session. If that's not enough, your purchase awards another 5 bucks back to AW's effort to change the world. If that doesn't change the world, it can at least make it a little sweeter...



50% discount on Kayak Session Subscriptions!
30 USD for one year subscriptions
5 dollars back to AW for every subscription purchased
Save, Support, Enjoy

Special offer available only with the use of the present form (photocopy accepted)

Please sign me up for one year (four issues)

Start my subscription with: current next issue

Name

Address

City State Zip Phone

Email (for customer service only)

Method of payment: Mastercard Visa Check

Credit card number Exp. date: / 20

Signature

You may fax this form and/or credit card orders to: 828-586-2840

Detach and mail to: American Whitewater / Kayak Session Subscription - Po Box 1540 - Cullowhee, NC 28723
Call toll free: 1-866-262-8429 - info@americanwhitewater.org or subscribe online @ www.kayaksession.com

CREEKING

A NEW PERSPECTIVE ON CREEKING

BY RON LODDERS

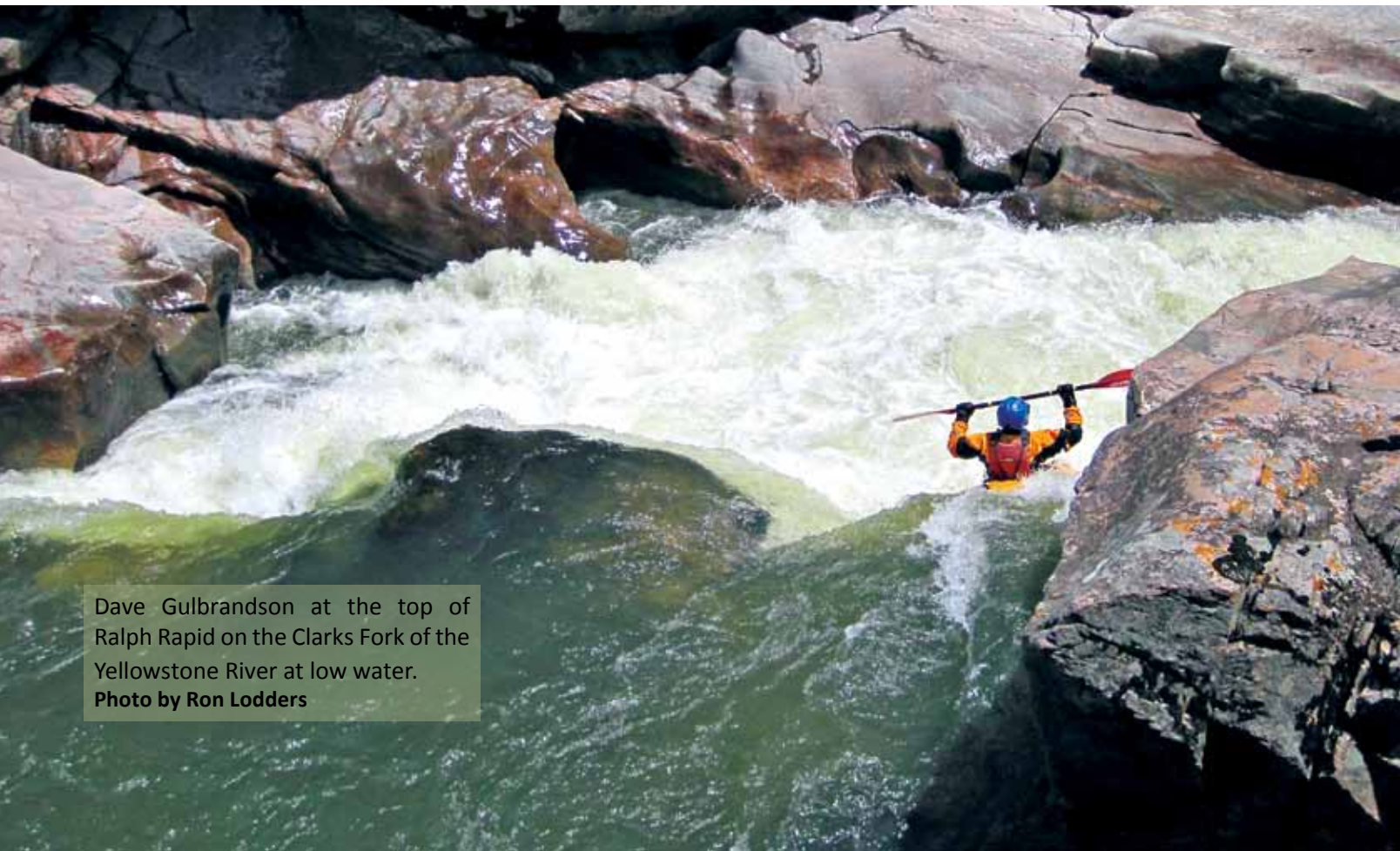
THE MUFFLED ROAR of falling water rolled up over the horizon line, reverberating off the rock walls that surrounded the safety of my surging eddy. I was just above a Class V- rapid called Ralph in Honeymoon Canyon on the Clark's Fork of the Yellowstone. In years past, this was frequently a place of apprehension and nervous energy. Today, I felt relaxed and ready for the plunge over the top of falls and into the backed up pool below. Why was it so different now? Because the water was low and the hole was manageable. The canyon was every bit as beautiful and the technical challenges of the river were still real, but the risk of a bad swim at a place where both canyon walls were severely undercut was substantially reduced. I was truly able to appreciate the amazing place kayaking had brought me.

I have been kayaking on the Clark's Fork for more than 20 years, and I am convinced that there are few places more beautiful on the planet than this deep granite gorge just east of Yellowstone National Park. I am now in my mid-60s, and long past the days when I kayaked all the way through the Canyon to the Wyoming Plains. But now I have a greater appreciation for the skills that make it possible for me to still boat through this awe-inspiring place despite my slower reaction times and diminished strength. It was the call of my favorite river that started my new journey in kayaking...a new perspective that opened up even more rivers and creeks to an experienced kayaker past his prime.

In the last several years, I have experimented with running rivers and creeks at levels much lower than is usually considered optimum. Although such runs frequently require technical skills to ensure that I stay on a line with enough water to avoid the "rock bashing" sensation that so annoys

many boaters, the risks are significantly reduced by the slower and less forceful water. This fact makes creeks really fun that might be more than I would otherwise attempt now, and after several runs I get to know the lines very well indeed. Another benefit is that the "season" is much longer for rivers and creeks susceptible to this new approach (not all are), and there are always more runs to pick from for much of the season. Of course, many of these runs are dramatically different at low flows, and it is necessary to learn completely new lines and approaches at most rapids.

The only drawback I have found to my new perspective is that it is unfortunately not shared by many paddlers. I have noticed that boaters are naturally divided into two very distinct tribes: those who like more placid streams and reject what they see as the testosterone-fueled antics of hard water paddlers, and the adrenaline junkies who enjoy kayaking only if it is a sport that challenges their courage as well as their



Dave Gulbrandson at the top of Ralph Rapid on the Clarks Fork of the Yellowstone River at low water.
Photo by Ron Loddors

skills. In fact, the attitudes that define each of these tribes seem to survive even the inevitable changes that come with time and age, so that many boaters who have developed the skills necessary to do difficult whitewater tend to quit boating when they no longer have the desire to put themselves at risk every weekend. The result is that I rarely run into boaters on runs that are rated Class IV or V at “normal” water levels when I am paddling them at low water levels.

I would like to suggest a new perspective to those paddlers who have always enjoyed both the technical aspects of the sport and the truly amazing places that rivers can take us. When age finally brings “wisdom” about the risks we are willing to take, it should also remind us that rivers still flow through places beautiful enough to make us spiritual, and the extra gradient (they actually do look steeper when they are low) and rocks (yes, there are a lot of them) just mean that we must become even more familiar with our favorite runs and that we must use everything we ever learned about paddling to get down them successfully—but that we can enjoy these most precious gifts of paddling without the sense that the risks outweigh the benefits.

This new perspective should not be limited to those of us paddling long after our prime, but may also provide opportunities to those interested in seeing legendary places without the equally legendary risks, or those simply interested in expanding the number of runs available to them over a longer season. This new approach sometimes requires an investment in developing the skill-set necessary for hyper-technical runs, but pays big dividends in new rivers, new places, and a new kind of paddling experience.

I enjoy paddling more than ever now because I still get to see creeks that are like old companions to me, but I don't wrestle with fear and anxiety created by the ravages of time on my body or the acquired knowledge of consequences for

Carla Ladders in Stump Rapid on West Rosebud Creek at low water.
Photo by Ron Ladders



CREEKING

an occasional mistake—which I now make more than just occasionally. Although this does not seem like a radical new concept, my experience has been that few have actually tried this with an open mind. If this evolution of attitude about paddling became more common, I believe that fewer boaters would give up the sport because of either age or new-found caution. I cannot help but believe that the significant investment in energy and spirit that most of us make in this sport justifies the attempt to prolong the benefits that we all remember paddling bringing to our lives, and that more paddlers getting out more often is equally beneficial to the sport and the rivers we all love.

Ralph Rapid on the Clarks Fork of the Yellowstone River at low water.
Photo by Carla Ladders



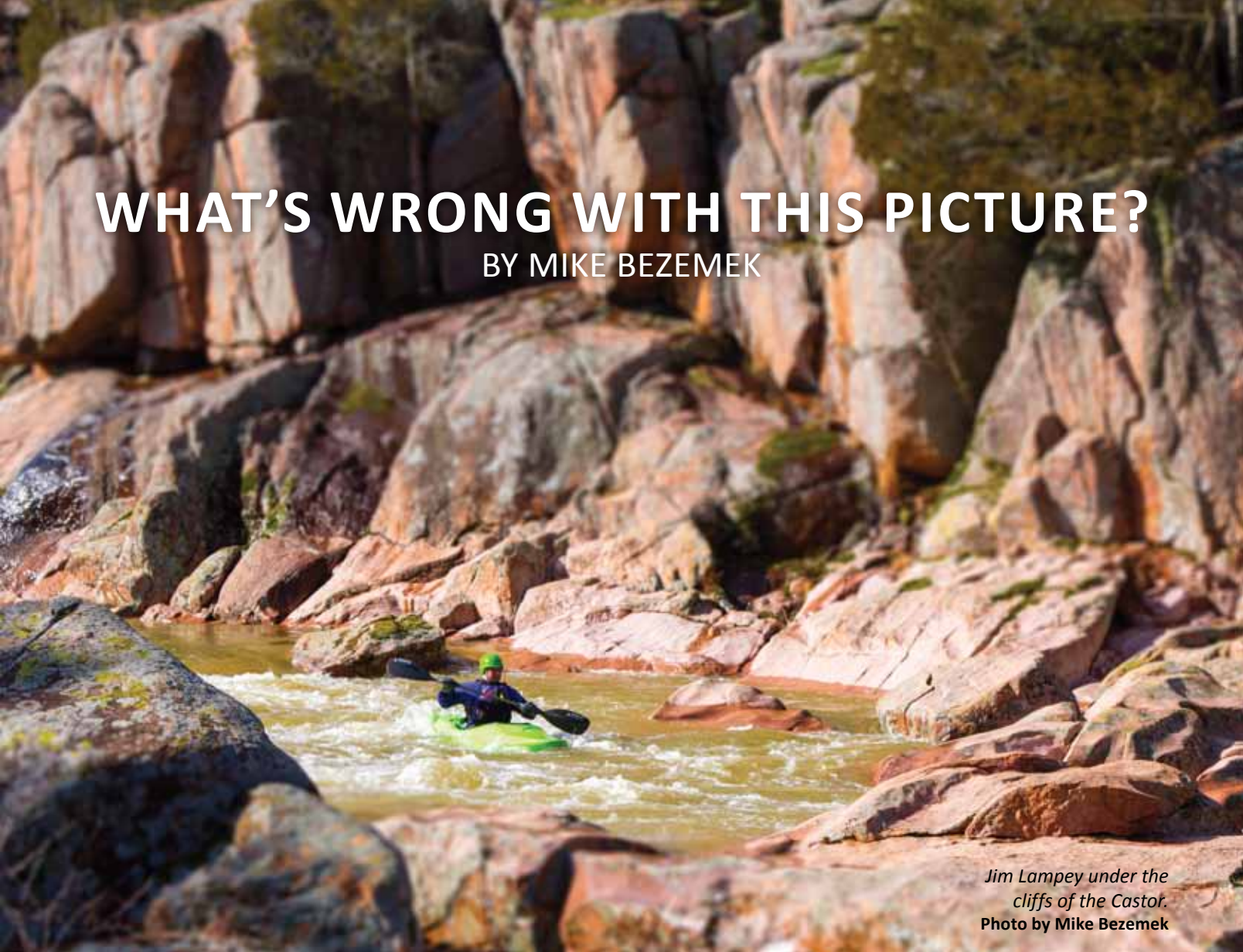
STONYCREEK RENDEZVOUS
2014
GREENHOUSE PARK, JOHNSTOWN PA

MAY 15TH-18TH
LIVE MUSIC
RODEO
DOWN RIVER RACE
GEAR AND FOOD VENDORS

Benscreek Canoe Club
Johnstown, PA

WHAT'S WRONG WITH THIS PICTURE?

BY MIKE BEZEMEK



Jim Lampey under the cliffs of the Castor.
Photo by Mike Bezemek

“IT’S HIGH,” OBSERVES Jim.

Levi and I stand with him on squat bluffs lined with stubby short-leaf pines, rock-clinging cedars, and bare-limbed birches that remind us winter has only recently given way to spring. We survey the green whitewater which pulses between pink granite cliffs splotched with patches of green moss. It’s one of the first sunny days we’ve seen in a while. Overhead, big puffy clouds march across the blue sky, the lingering remnants of a cold rain storm that came in heavy Sunday morning. As the rivers and creeks of the Missouri Ozarks rose, we decided to stretch the weekend to Monday. So we met in the gravel parking lot of Amidon Conservation Area in the middle of rolling farmland to hit up an infrequently run favorite of ours.

The Castor “River” is a funny one. It’s really more of a creek than a river. With cliffs that rise about 20 feet and are roughly the same distance apart, the Castor offers a quick burst of paddling. The run only lasts 1/8 of a mile, beginning and ending with two distinct rapids and tossing in two smaller drops in the middle. These tiny Ozark gorges are called “shut-ins,” and the locals call this particular one, Pink Rocks. Like a lot of the hard rock shut-ins set into the time-worn hills of the Ozarks, this miniature canyon seems out of place, unlikely, surprising, like we were stumbling around the forest seeking a meadow for a picnic and instead found a whitewater creek.

As one of our few creek runs in the area, we know the Castor like the grooves in the bottoms of our boats, so we’re not

so much scouting as we are pointing out the most fun lines and boofs at this flow. Every time we come here, it’s always a little different—on the higher side if we’re lucky, but usually by the time we arrive, it’s low and scrapey. Earlier in the season, Levi was able to catch it near flood stage, and almost all the rapids were underwater leaving wave trains and some big munchy holes. Today, it seems somewhere perfectly in the middle. For now. We glance down at a big, river-wide ledge that’s drying out as we scout. Probably missed it by half an hour. Realizing how quickly the water is dropping, we hustle back to our cars to change and get in some laps.

After pulling our boats off the cars, we carry through a flat forest of skinny, leafless oaks. We waded through a side channel and hike

CREEKING

over a gravel bar to the deepest braid. Then we paddle through shallow willow gardens until the eddy above where the bottom drops out. The first rapid is Crack-in-the-Rock, where the channel splits, offering either a chute, a boof, or a sieve. Jim and I opt for the chute where the water funnels cushy and fast. Levi centers up the snow-balling rock, boofing off it like a ski jump. From below I can see almost every square inch of the bottom of his boat. For a moment, I think I see the silhouette of honest Abe Lincoln or the Virgin Mary, but realize it's just gouges in the plastic.

We navigate to the next drop slowly, grabbing eddies, ferrying across the river to boat scout and then ferrying right back to where we were. We flare boof a triangular rock and then surf a near nothing wave. When it's this short, we do anything to make it last. Above, a big hulking cloud ambles in front of the sun, and the gorge dims in the shade. We square up the third drop, a constricted flume that's nothing but fun. On far cliffs, distant pine trees still glow in sunlight, as if spring is beckoning us. Spring...or the final rapid.

As we approach Rooster Tail, the clouds clear and the pink granite flames in renewed sunlight. This is the main event, a big chunky chute over boulders, where the river makes a hard right. Usually it's filled with lurking slabs that try to spin our boats off line, but today it's nice and plush, just water flushing between two big flat boulders that face upstream. One is fully emerged on the right and the other is submerged on the left—the rooster tail rock, which sends spits of water high into the sky. The rapid ends with a punchy hole. Below that, there's a deep pool and then the Castor returns to being a pleasant farmland stream through forest and fields.

I go set up on the bank to get some high-speed photos of this scenic gem. Once the camera is ready, Jim spies up the line and bombs down the flushing right side in his big green boat. He plows through the hole and floats into the pool.

Next comes Levi in his play boat. He plants a stroke and squares the drop, and then, between the flickering black snaps of my camera's shutter, I see a most horrific

sequence of events. Levi's boat is pushed left and his bow pitons the Rooster Tail rock. In a blink he's completely stopped—at least his boat is stopped. The rest of Levi, not so much. His face scrunches up in a grimace. His torso snaps forward like an interpretive dancer with a seizure. And his dreadlocks fling from his head like an octopus in a car accident. Wait. How am I seeing Levi's dreads? Where is his helmet? Levi spins off the rock and goes into a defensive brace, jamming his paddle blade into the froth behind him. It's not going to work. He's too far on edge. He melts into the deepest part of the riverwide hole and vanishes. He reemerges upside down. I almost drop the camera as I scramble toward my boat. I shout at Jim, as Levi rolls up. He slouches onto the back deck of his kayak, as Jim paddles toward him.

"Did you hit your head?" I shout.

Levi's helmet emerges on the surface of the pool. It floats up next to him. Levi grabs it and pats the top of his head. He floats in the pool, letting the moment sink in.

Mike Bezemek punching through Throat rapid.
Photo by Levi Rhodes



On the bank a few minutes later, we scroll through the images I captured. Viewing the event frame by frame is even more shocking than watching it live. We see the helmet frozen as it leaps from Levi's head, his face contorted from the impact. It flies past his deck and over his bow, before disappearing into the aerated current. It just slipped right off.

It reminds me of something I occasionally see on easier runs that we all know and sometimes get complacent about. Boaters with loose straps flapping below their chin, as they eddy out below a rapid. Or helmets dislodged and cocked to one side after they roll up downstream of a hole. I don't have to wonder, what if? I know, because years ago I made the same mistake. I was on the Upper Ocoee, back when I carried over my old guide helmet from rafting to kayaking without thinking. I thunked a rock during a roll attempt in Roach Motel and felt something sharp knock my helmet backwards and slice into my brow. Then I tasted blood. I went into my tuck and took several impacts off the top of my helmet—I was lucky it stayed put. I rolled up, my face

Levi Rhodes meets the Rooster Tail.

Photo by Mike Bezemek

coated red like a victim from a haunted house. Eight stitches and one week later, I ordered a new helmet from WRSI with a rear brace.

As we hike back up, Levi decides against another lap. A bad twist of events ended with a lucky break and a lesson learned. That's enough for one day, he decides. "Maybe it's time for a creek boat," he adds with a grin. "And next time," he says, his eyes lifting toward his helmet, "I'm cranking this thing down."



CREEKING

UNKNOWN ALABAMA: YELLOW CREEK

STORY AND PHOTOS BY ADAM GOSHORN

I HAVE WANTED TO explore Yellow Creek for almost as long as I've lived in northeastern Alabama. It would not be a first descent, I knew that it had been paddled previously, but not often and not by many. In the decade since I moved to Lookout Mountain in 2003, I had heard a lot of third-hand information and speculation about the run from around the Alabama paddling community. However, I had never talked to anyone who had actually paddled it themselves. It was the mystery of this rarely-run creek that called to me—and its proximity didn't hurt either. The take-out is less than 30 minutes from my house and that fact made me feel a little silly for not having checked it out sooner. Yellow Creek flows east off of Lookout Mountain a short distance south of the ultra-classic Johnnies Creek. Historically, Yellow Creek was also a tributary of Little River (just like Johnnies Creek), but in modern times it flows into Weiss Lake, as does Little River. Who knows what historic Yellow Creek rapids might be buried beneath the waters of Lake Weiss, but what remains above the lake is a short, steep section of creek that involves several beautiful portages...and some runnable rapids as well.

Over the years Ben Bernhard and I had talked about Yellow Creek a number of times and he shared my curiosity about the run. So, one January day when the water levels seemed right, he was enthusiastic and ready to go! While setting shuttle at the take-out we couldn't help but gaze across the lake at Yellow Creek's confluence with Weiss Lake and the massive Yellow Creek Falls visible through the trees. We didn't know much about the rest of the creek, but it seems obvious that we would be spending the day in one of the most beautiful mini-canyons in Alabama. After the short drive up the mountain to the put-in, we hurriedly dressed and headed downstream. The first few rapids were a series of small ledges with easily discernable lines in the main



flow of the creek. After a few of these easy rapids we found ourselves scouting and portaging two drops in a row. Both rapids were somewhat strange and different than

most of the other geologic features found on other creeks on Lookout Mountain. The first was a two-foot wide, bedrock crack that was in the middle of the streambed



and swallowed the entire volume of the creek. It looked possible to run it, but it was also barely a boat-width wide and undercut on both sides. We choose to take the easy portage over the exposed bedrock on river left.



After making a quick portage of The Crack, we arrived at one of the main reasons we were so intrigued by Yellow Creek in the first place: V-Falls. We had heard of an un-run falls that was over 20 feet tall and we had wanted to see it for ourselves. Standing there in person, two things were quite clear. First, it was obvious why no one had previously run this falls, despite the deep pool it had a tricky shaped lip and was severely undercut at the bottom. Secondly, it seems clear to both of us that, with a higher water level, this drop will surely be run someday. After a long scouting session, we both decided that it was not an ideal water level for the drop and that it would be impossible to set effective safety with just two of us. We shouldered our boats and portaged again, this time finding our way around some large boulders on the left and scrambling down a steep gully back to river level.



After V-Falls, we were able to boat-scout several easier rapids in a row. After the portages above, it was nice to be making such easy downstream progress, but we knew we had to be getting close to Yellow Creek Falls, a massive drop requiring a mandatory portage. After running another fairly easy rapid we caught an eddy on river left above what seemed to be a dramatic increase in gradient. Upon exiting our boats it was immediately clear we were at the main attraction. I don't know that I have ever been as happy to have caught the correct eddy as I was at that spot. In front of us was a sliding drop that started out steep, leveled out briefly, and then fell off the face of the earth!

Ben Bernhard running and scouting rapids on Yellow Creek, AL. In photos 1 and 2 he's running early rapids on Yellow Creek. In photos 3 and 4 he is scouting V-Falls and Yellow Creek Falls, respectively. In photos 5 and 6 he's running the last two rapids on Yellow Creek.

Not including the sliding entrance drop, the main part of Yellow Creek Falls is somewhere in the 60- to 70-foot range with an ugly flake at the lip and a

CREEKING

questionable looking pool. We spent some time scrambling around the lip of the falls and enjoying the view. From one spot, it was actually possible to see our truck in the distance, sitting at the take-out across Weiss Lake. Leaving our boats behind for the moment, we walked along the top of the cliff seeking a place that might allow us to descend. After a short time we found an acceptable route and returned to retrieve our boats from the lip of the falls. In one place the portage route involved removing our PFDs to pass through a narrow crack in the rock. In a couple of other places we also used throw ropes to lower boats down broken sections of cliff. The terrain was steep, but we both agreed that now that we know where to go, the next time we paddle Yellow Creek we could easily portage in half as much time. As we finished the steepest part of the portage, we again left the boats

behind and scrambled down to scout the remaining rapids between the falls and the lake.

When we arrived in the heavy spray at the base of the falls we found that four boulder-garden rapids separated us from Weiss Lake. At the water level we had for our descent of Yellow Creek, the first two rapids below the falls were an ugly, sieve-infested pile of boulders, but it seemed that runnable routes might be possible at higher water. The third and fourth rapids after the falls (the last two rapids before the lake), both had runnable lines and were incredibly picturesque with Yellow Creek Falls visible in the background. We hike back up to our boats as the light began to fade and Ben immediately began to carry down to the second-to-last drop. I hiked my boat straight to the confluence and dug out my

camera to capture Ben descending the final two rapids. After the short paddle across the lake, Ben and I found ourselves back at the truck having completed another great day of exploring close to home. The take-out for Yellow Creek is a mere 30 minutes from my house and after paddling it, my interest is even more piqued for further exploration of the unknown and lesser-known creeks in Alabama. My topo maps keep seeing more and more notations and markings, as more and more creeks are calling to be explored!

Adam Goshorn is a long-time supporter of American Whitewater and a life-long paddler currently residing in Mentone, Alabama. You can keep up with his adventures online at: www.granolapaddler.blogspot.com

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

Current members:

1-866-262-8429





AIRE Rafts, Cataracts, Kayaks

AIRE

makes your

RIVER TIME

some of the best **TIMES** of your life

If you want a relaxing trip or have the skills to go huge, AIRE has the perfect raft to match your desired pace.

Whether you purchase a high performance PUMA series raft or an expedition sized round boat, you will experience the ultimate in USA craftsmanship, proven design and outstanding 10 year warranty.

www.aire.com

800 - 247 - 3432



Do they hit the rock?
Scan to find out!

LOVE & WHITEWATER

JUST ADD WATER: A WHITEWATER LOVE STORY

BY PATTI RUTKA

“WANT TO COME to the river with me today?” I said. “I’m meeting a friend at noon, and you could watch us paddle, hang out by the river, if you want. It’s supposed to be warm and sunny. Bring your bathing suit.”

“I can’t get there by noon, but 12:30 would work.” Tom’s voice was curious, keen.

And so it began, the love story of my life that flows on to this day.

My new friend, Tom, and I didn’t actually meet on the water; I met him on the volleyball court. Volleyball was fun, but dry. We needed to add water. But who knew he’d be so drawn to the river? Whitewater played its siren song for him, so I re-introduced him that first summer of our acquaintance to the local playspot.

My friend Pat and I sized up Tom for Pat’s boat, an Acrobat 270, and figured he ought to fit. His balance was remarkable. A deliberateness kept him steady in the first boat he’d ever been in, though he had longed to be in one ever since his mother had shown him the races on Massachusetts’s Farmington River in 1967, when he was just 13. Perhaps the sun that day, or his mother’s peacefulness at the river, or the colors of boaters swinging through gates on glittering water, seated itself in him then, because he came back to the water as if it were the natural medium for him.

Me, I’d begun paddling a dozen years previous during a whitewater staff training opportunity from Outward Bound that took a passel of newbies from Maine one rainy May down I-95 to the south. We learned self-rescue on the French Broad, tandem communication on the Chatooga, reading water and setting safety on the Ocoee—all vital skills for learning to be in relationship



“Loving” the Seboomook section of the West Branch of the Penobscot River, Maine
Photo by Melissa Herrick

with the water. With that training I dove into the Grand Canyon as it ran between 2,000 and 20,000 cfs for a month in December to January. I explored the Rio Grande through the vast dryness of Big Bend, past hot springs, and survived a Mexican bull that gummed and ate a paddling jacket hanging out to dry in camp one night. As I became wet behind the ears with my new paddling skills I moved from state to state, looking to the river to find some balance within a dysfunctional family, all the while thrashing within the hydraulic of my first marriage. A progression of boats floated through my life: a tandem Old Town Tripper, the hellish Perception HD-1 which had neither primary nor secondary stability, a Lose (Cruise) Control kayak converted to C-1. (Have you ever considered that the boats you paddle are like the dogs they say look like their owners? Now there’s a scary thought.)

During that time boating had proven my primary stability, but now, more facile with the balancing act of both life and water, I wanted to play more. Deciding to go over to the dark side, I switched to kayaking. After all my peregrinations I settled in Maine. At Limington Rips on the Saco River I practiced

getting the lean of a kayak, my butt nearer the water than it had ever been in an open or decked boat. Perhaps it was time to try a new relationship, too. Enter Tom.

How could Tom know I would put him through his paces on the water, much as I had gone through mine? I was fresh off my divorce, and he was in the final stages of his own. When we first met, we probably trusted the water more than we trusted the ability of ourselves to make a go of it. It wasn’t a graceful time, but we began our balancing act together with the water as a channel for our new friendship. Fifteen years later, having acquired the lean of our relationship, we joke that between the two of us we’ve been married for 50 years.

During his courtship with the water, Tom survived learning with a left-handed paddle even though he was a righty. He lived to tell the tale of breaking a rib during a swim on Maine’s Dead River at 5500 cfs when it might have occurred to me, being as seasoned as I was, that I should introduce him to the river during a low release of 1300. He also negotiated a swim in the hole at Humpty-Dumpty drop on the Dead,

where he got up close and personal-like with the confines of Dumpty until I threw him a rope. That taught him not to look at yawning, gaping holes in passing. And then there was the Magalloway release, where he trotted for a ways alongside his boat as it floated downstream, until some other boaters rescued it and propped it upright on a tree on the bank. He paid his dues to the river gods.

Of course, I've had my trials too: there was the time on the way to the put-in that the boats hinted they would eject themselves from the car so, having been there and done that (at high speeds on the interstate), I slammed on the brakes to let the boats shoot off the front of the car. It worked. But it took one more jettisoning of my solo boat, a purple Esquif Zoom, out of Tom's truck bed into the middle of the road for him to correct his tie-down

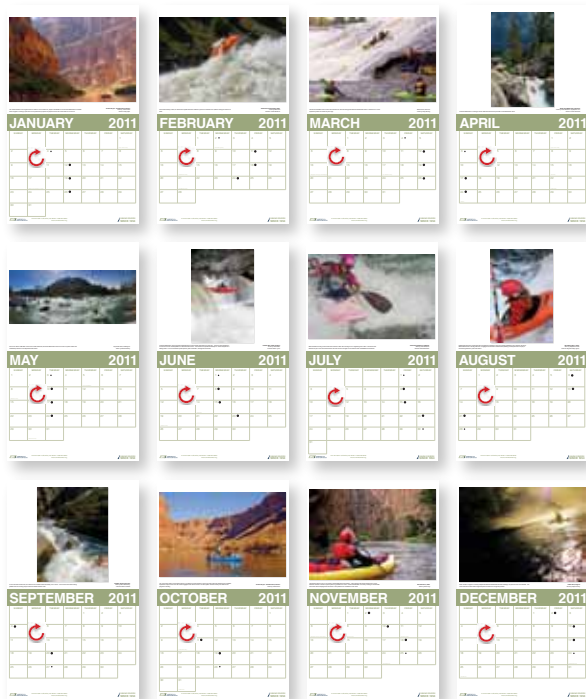
technique. The combination of not tying the boat in, with the beer he'd had after roll practice at the pool that day, was a volatile mixture that resulted in the boat flying out and me shouting, "Stop! I'll get it!" I jumped out of his truck in the middle of the street, stopped traffic with upturned hand, and scooped up my precious boat. I didn't speak to Tom the whole way home. Still, our relationship continues to survive and, I might even say, thrive, despite the fact that he is now irreversibly anal about his tie-downs.

The day did come when we had a split: I went back to canoeing, and he stayed with kayaking. But even there we have found a happy medium. We've managed to both become comfortable enough on Class IV water despite our boat differences so that we can still paddle together. These last two years he's been exploring canoeing,

to check out life from my perspective. He's decided he likes it. We've even shredded big water a few times, and while I won't say that shredding with him is the zenith of my paddling experience, the shredder has also not proven the divorce boat in our case.

Would we be a couple if we weren't paddling together? Yes. But the water has lightened our load, carried us along past the burdens of life, softened our chines, and improved both our primary and secondary stability. Lately Tom's been patching and sanding my Zoom along with his solo canoe and our tandem Tripper. G-Flex and Kevlar strips are the magic glue; there must be a metaphor in there somewhere. I look forward to the years ahead even as fissures from our heavily used craft show themselves. It's a privilege, this durable love that floats my boat.

Membership Installment Plans!



Big support, small payments

Now, you can choose to pay for any \$250+ membership in four or twelve payments. It makes that \$750 Lifetime membership just \$62.50 a month. Easy as \$62 pie :)

New and renewing members:

americanwhitewater.org/join

Current members:

1-866-262-8429



INSTRUCTION

TEACHING THE KAYAK ROLL...AT UNIVERSITY

BY JOHN AMTMANN AND

REECE GENDREAU

ONE OF THE courses offered through the Montana Tech Applied Health Science degree program is called Anatomical Kinesiology, which is a functional anatomy course involving detailed study of the muscles of the body and how they work together to produce movement. Towards the end of the semester, when we cover the unit on how the spine and pelvic girdle work together, the students are always excited to get out of the classroom and to try their luck at training their spine and pelvic girdles for a kayak roll experience. The students are usually surprised to learn that the roll is more a function of the spine and pelvic girdle working together than the strength of the arms.

This article will share some of the ingredients found in the successful student rolls, the common causes of failed rolls, and the process we use to teach complete beginners the kayak roll in a limited amount of time. Additionally, this practical exercise is a demonstration of musculoskeletal movement in an athletic situation, similar to the individual projects the students are required to complete.

The process we use to teach the students the roll, and that we've found to be an effective process for teaching the kayak roll in general, includes four general phases: (1) Lecture, (2) Work with a stability ball, (3) Land roll exercises, and (4) Pool roll. The lecture consists of a Powerpoint presentation consisting of several slides and illustrations detailing the basic steps of the C to C roll: Starting from the "home base" or set-up position, the paddler will roll over maintaining that position using active flexion and rotation of the cervical spine, lumbar spine and pelvic girdle. Once the boat has settled the student will sweep the paddle to 90 degrees by extending and rotating at the lumbar spine. Emphasizing



As part of their Anatomical Kinesiology class, Montana Tech students learn to roll a kayak. Here a student tries the Land Roll, first unsuccessfully, then successfully.

Photos by John Amtmann

the fact that the arms just go along for the ride, the student's torso should form a "C" shape by striving to reach the surface of the water with their heads as they rotate at the lumbar spine to bring the paddle out to 90 degrees. The lecture then analyzes the movement many instructors call the "hip snap", which is executed as the paddle nears the 90 degree position at the surface of the water. In kinesiology terms, the hip snap is cervical and lumbar lateral flexion combined with pelvic girdle lateral tilt to the opposite side, which rotates the boat underneath the student. However, it's easier to just refer to this process as "the hip snap." The most common mistake is to raise the head, preventing the spine and pelvic girdle from rotating the boat underneath the student.

We also show YouTube videos of John's three daughters explaining how to perform the paddle roll as well as the hand roll, and we take the opportunity to discuss the technical and kinesiological differences between the two. The YouTube videos are somewhat entertaining, and the students frequently ask to replay the videos so they can visualize what they will be doing in the water. For an example video see:

<http://www.youtube.com/watch?v=olaNG9OaMql>

The second phase involves balancing on a stability ball just to introduce the concept of upper body-lower body disconnect so when they actually enter the kayak

in the pool, they'll be more prepared to allow the upper body and lower body to work independently of each other while paddling. Simply sitting on the stability ball and balancing with the knees extended and the feet off the floor will allow them to experience this disconnect.

The third phase involves moving through the steps of the roll on land; we go to a padded exercise room to do this, but this phase could just as easily be taught outside on grass or on a carpeted surface, or on the shore of a pond, lake, or river as well. One of the YouTube videos covers this phase, so the students are aware of what they'll be doing, however, reviewing the steps of the roll and demonstrating the land-roll is required. I emphasize the three steps, the set-up, sweep and "hip-snap," and re-emphasize the fact that it's counter intuitive to drop the head, but doing so will facilitate an efficient rotation of the boat underneath the student. Paddle basics are also covered during this phase, including how to hold the paddle, the feathered blades and how to rotate the shaft so the power face is positioned to grab the water during the forward stroke, as well as proper positioning of the paddle for the paddle roll.

The students learn quickly during the land roll that raising the head will stall the roll, and it's better to learn this lesson on land than in the water because we can actually talk about it as it's occurring, and they can concentrate on correcting the movement

instead of gasping for a breath of air as they would have to do in the water. When they use the correct technique for the land roll, the students usually state how easy it feels, and that is an opportune time to discuss the importance of developing technique and efficiency to improve performance in any sport. We usually plan a full class period, about 50 minutes, for phases two and three to be covered together.

The two roll sequences outlined below show successful land rolls. The students sweep the paddle 90 degrees out from the kayak and the spine and pelvic girdle work together for efficient rotation of the boat under the student. Following these technically correct land rolls, the student will usually smile and say something like, “well that was simple.”

The fourth phase involves applying what’s been learned up to this point in a kayak at a swimming pool. We begin by allowing students the opportunity to paddle around a bit, not only to get the feel of the upper body-lower body disconnect concept discussed earlier, but also because casual paddling is effective for allowing the student a little time to recover and mentally review the steps of the roll between roll attempts. We also demonstrate a wet-exit so the students know exactly what to do if they are trapped upside-down; it’s ideal if each student can actually perform a wet-exit prior to attempting any rolls, but because we have at least two people overseeing each student in a kayak we believe it’s safe to proceed after simply providing verbal instructions on the wet-exit. Next, the “gutter snaps” are covered and practiced, which involve practicing the hip snap while holding onto the pool edge. Similar to the land roll the students have already practiced, during the gutter snap it’s important to drop the head while driving the knee to facilitate the necessary actions of the spine and pelvic girdle.

Because time is a factor, we usually just give them a paddle at this point and let them have a go at it. It is helpful, just prior to

their solo attempts, to allow the student to go through the three steps to the roll (set-up, sweep, hip-snap) while supporting them in the water because, though we’ve covered the steps in detail the natural tendency is still to raise the head. So, this supported roll review (pictured below) is one final opportunity to practice the correct technique.

So, how did they do? We had a ninety percent success rate. Eighteen of the twenty students who showed up for the out of class roll session successfully rolled. Each student had approximately a half-hour of actual in-kayak roll time. The two main reasons rolls failed in the pool were (1) poor paddle position and (2) raising the head. If the student moved the paddle near to 90 degrees from the boat and near the surface of the water, and if they performed the proper spine/pelvic girdle movements and ended the roll attempt with their head down, they were successful in rolling the kayak. If they had incorrect paddle position and/or their hip snap was inhibited by raising their head, then they usually failed. These causes not only affect the beginner in a controlled pool setting, they are often the cause of the veteran paddler failing in a combat setting. The next time you are in charge of teaching a roll class or working with friends interested in learning the kayak roll, consider using some of the methods outlined in this article. A short YouTube video of this process can be viewed at http://www.youtube.com/watch?v=TU_5biK2iNQ.

John Amtmann is a professor for the Applied Health Science program at Montana Tech in Butte, MT and an avid kayaker. Also a whitewater kayaker, Reece Gendreau is an undergraduate student in the same program and is Amtmann’s Teaching Assistant for Anatomical Kinesiology.



In the pool session students do “gutter snaps,” and supported rolls (photos 1 and 2) before going for it on their own. In the third and fourth photos, technique determines the success of students’ roll attempts.

Photos by John Amtmann

AW PARTNERS

\$20,000 - Class V



\$15,000 - Class IV

\$10,000 - Class III



\$7,500 - Class II



Fit for Adventure



\$5,000 - Boof



\$2,500 - Wave



*Leave a lasting legacy to the
special places that made
a difference in your life.*



Become a member of the American Whitewater Enduring Rivers Circle, created exclusively to honor and recognize people who have helped to continue our river stewardship efforts through a gift to American Whitewater in their estate plans.

For more information about making a bequest to American Whitewater
CONTACT Carla Miner: 1.866.262.8429 or carla@americanwhitewater.org

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 U.S. American Whitewater currently has 6,300 active members. When considering 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 American Whitewater. 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. If you are a member of your local paddling club and your club is an Affiliate Club member of AW, join as a Club Affiliate Individual for \$25. 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.

Join on-line today at <http://americanwhitewater.org/content/Membership/join-AW/>, call 1-866-BOAT4AW (866-262-8429), or fill out the form on the back of this page and mail it to:

Membership
P.O. Box 1540
Cullowhee, NC 28723

*Note: AW will never share your information with others

Name _____

Address _____

City, State, Zip _____

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

M.A.C.K.FEST: SPRING PADDLING FESTIVAL IN ONTARIO SUPPORTS RIVER ADVOCACY

SINCE ITS INCEPTION in 2008, the Marmora and Area Canoe and Kayak Festival, M.A.C.K.fest for short, has grown significantly in popularity and developed a reputation as one of the “must make” spring whitewater festivals in Ontario. The festival is the brainchild of local whitewater paddling enthusiast, Cale Reeder and it is based out of Marmora Ontario in early to mid April. The two-day whitewater paddling event is organized by volunteers from one of the largest recreational paddling clubs in Ontario, the Kawartha Whitewater Paddlers (KWP). The festival was started to promote some amazing rivers, known as the “Highway 7 runs” as they intersect Highway 7 running between Peterborough and Ottawa. The Upper and Lower Black, Beaver, Skootamatta, Salmon, Crowe and others typically only flow in early spring with the snow melt and seasonal rain. They feature river runs from Class II-V as well as a number of quality park and play spots. In recent years the annual festival included boatercross and freestyle competitive events.

MACKfest organizers and Whitewater Ontario Advocacy Committee members have worked together over time to promote



Plaque unveiling ceremony in Queensborough, ON

river access and land sharing agreements on a number of the Highway 7 runs. Some of our river access victories include:

- Obtaining permission from private property owners for paddlers to access play waves at Crowe Bridge.
- Opening up a new paddling opportunity on the Skootamatta River by establishing a public take-out on a cottager's private property, now eliminating the drudgery of many miles of flatwater.
- Erecting a commemorative plaque in the town of Queensborough to thank the community and celebrate river access granted by private land owners. Each spring, the town looks forward to paddlers returning to the river, and

Philip Kompass has recently installed WO signage at his property on the Skootamatta River, allowing paddlers easy access to a great take-out. Here Phil and his family pose with a new sign.

fundraise for the community by selling burgers, fresh baked pies, coffee and hot chocolate to cold paddlers at the take-out.

- Donating funds to river advocacy efforts by Whitewater Ontario and the Save the Petawawa River campaign.

This annual festival is a great way to kick start your paddling season, dust off your winter cobwebs and meet new and old friends. In doing so you will also help to promote river awareness and contribute to river advocacy initiatives in Ontario. This year's festival is scheduled tentatively for the weekend of April 4 - 5, 2014, as the timing of the event is dependent on when the rivers open up. Visit <http://mackfest.ca> for more information and updates about this year's festival. Aside from exciting spring boating, the event promises amazing prizes from sponsors and music by local musicians. Organizers are looking forward to boaters gathering in Marmora once again to celebrate spring paddling in Ontario!

WHITEWATER POETRY

UNTITLED

BY CDR TEAGUE SWAIM, USN

Many a soul will ache to feel
The sweet caress of life
Or fathom pleasure's savory touch
Existence is but strife

Their mind a spiritual prison
Bars thick an' cold as steel
From "safely" locked far deep within
Mere mortal fate they seal

Living but a postponed death
Each dawn peeks on but past
Where secretly an ensnared mind
Starves to end the fast

Forsaking life for sake of fear
Or of Death's looming blade
It's not birth but for lingering years
But risk for which we're made

To strive toward a daunting peak
Heart pumping ice-thin air
The soul inhaling for the lungs
Not death but life we dare

Or tumbling down spring's raging melt
O'er foaming wet allure
With wide-eyed focus does our mind
Long memories ensure

So let the spirit not be chained
An' let its wings beat free
To challenge body, soul, an' mind
Beyond what most will see

An' reason soars to wilds beyond
What earthly shackles sow
Horizons past infinity
Life's boundless bliss to know

"Fearing life is the only true death"

Swami

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 866-BOAT4AW or visit the "Donate" link under "Support AW" on our website at 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. AW's UNITED WAY member # is 2302.
- 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 American Whitewater's existence. American Whitewater's original purpose since 1954 has been to distribute information among its Affiliate Clubs. Our relationships with local clubs have provided the backbone for the river conservation and access work we accomplish. 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 Baltimore Canoe and Kayak Club 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.

The Baltimore Canoe and Kayak Club located in Maryland was originally incorporated in 1976 as the Greater Baltimore Canoe Club as a non-profit to promote responsible recreational canoeing and kayaking, to develop a water safety program, and to promote a conservation program. The Club's name was changed in December 2013 to help make the club easier to identify as being a club that kayakers as well as canoeist could use to help promote their interest, skills, and meet other folks in the paddling community.

The Club is especially active on Maryland, West Virginia, Pennsylvania and Virginia rivers, with frequent excursions from Maine to Florida, and occasional trips to Canada (some crossing the Arctic Circle) and to Central and South America. They also have kayak rolling sessions in the winter, and canoe and kayak classes in the late spring and early summer. There are over 300 families in the Club and membership dues for the Baltimore Canoe and Kayak Club are an affordable \$20 per family/household per year, dues are for one calendar year January 1 - December 31. Check out the Club's website <http://www.baltimorecanoeclub.org/index.php/en/> for additional information.

A big thank you to the Baltimore Canoe and Kayak Club for their continued support of American Whitewater and our mission to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely!

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

Grand Canyon Private Boaters Assn,
Outdoors Unlimited, Flagstaff

Arkansas

Arkansas Canoe Club, Little Rock

California

California Floaters Society, Cameron Park
Chico Paddleheads, Chico
Gold Country Paddlers, Lotus
RTS Sierra Club Angeles Chapter, Durate
Sierra Club Loma Prieta Paddlers, San Jose

Colorado

Avid4 Adventure Inc., Boulder
Colorado Whitewater Assn, Denver
Dolores River Boating Advocates, Dolores
Friends of the Arkansas River, Canon City
Friends of the Yampa, Steamboat Springs
Pikes Peak Whitewater Club, Colorado Springs
San Miguel Whitewater Asso, Telluride
Western Association to Enjoy Rivers, Grand Junction

Connecticut

AMC - Connecticut Chapter, Waterbury

Delaware

AMC Delaware Valley Chapter, Oaks
Wilmington Trail Club, Newark

Georgia

Georgia Canoeing Asso, Atlanta
Paddlers4Christ, Ellijay

Idaho

Backwoods Mountain Sports, Ketchum
Idaho Whitewater Association, Boise
North Idaho Whitewater Boating, Post Falls

Illinois

Chicago Whitewater Assn, Chicago

Indiana

Ohio Valley Paddlers, Evansville

Iowa

Iowa Whitewater Coalition, W. Des Moines

Kentucky

Bardstown Boaters, Bardstown,
Bluegrass Wildwater Asso, Lexington
Viking Canoe Club, Louisville

Maine

Penobscot Paddle & Chowder Society, Troy

Maryland

Blue Ridge Voyageurs, Silver Spring
Baltimore Canoe and Kayak Club,
Baltimore

Monocacy Canoe Club, Frederick

Massachusetts

AMC Boston Chapter Paddlers, Boston
UConn Kayaking, Amherst
UMass Outing Club - Whitewater
Kayaking, Amherst
Zoar Outdoor, Charlemont

Minnesota

Rapids Riders, Minneapolis
SCSU Outdoor Endeavors, Saint Cloud

Missouri

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

Montana

Beartooth Paddlers Society, Billings

Nevada

Sierra Nevada Whitewater Club, Reno

New Hampshire

AMC New Hampshire Paddlers, Raymond
Merrimack Valley Paddlers, Nashua

New Jersey

AMC Delaware Valley Chapter, Oaks
KCCNY, Flanders

New Mexico

Adobe Whitewater Club of New Mexico,
Albuquerque

New York

ADK Schenectady, Schenectady
AMC NY/NJ Chapter, New York
Colgate University, Hamilton
FLOW Paddlers' Club, Rochester
Hamilton College, Clinton
Housatonic Area Canoe & Kayak Sq.,
Ossining
KCCNY, Flanders
Zoar Valley Paddling Club, Buffalo

North Carolina

Base Camp Cullowhee, Cullowhee
Carolina Canoe Club, Raleigh
Mecklenburg Regional Paddlers, Charlotte
Triad River Runners, Winston-Salem
Western Carolina Paddlers, Asheville

Ohio

Columbus Outdoor Pursuits, Columbus
Keelhauler Canoe Club, Cleveland
Toledo River Gang, Toledo

Oregon

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

Pennsylvania

AMC Delaware Valley Chapter, Oaks

Bradford County Canoe and Kayak Club, Sayre
Canoe Club of Greater Harrisburg,
Harrisburg
Conewago Canoe Club, York
Holtwood Hooligans, Paradise
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
Plateau Eco-Sports, Cookeville
Tennessee Eastman Hiking and Canoeing
Club, Kingsport
Tennessee Valley Canoe Club, Chattanooga

Texas

Rockin 'R' River Rides, New Braunfels

Utah

High Jim and the A.S.K., Salt Lake City
Utah Whitewater Club, Salt Lake City

Vermont

Vermont Paddlers Club, Montpelier

Virginia

Coastal Canoeists Inc, Richmond
Creek Freak Paddlers, Rocky Mount
Float Fishermen of Virginia, Roanoke
Hollins Outdoor Program, Roanoke

Washington

BEWET- Boeing Employees Whitewater &
Touring Club, Bellevue
EPIC Adventures, Cheney
Paddle Trails Canoe Club, Seattle
Spokane Canoe & Kayak Club, Spokane
University Kayak Club, Seattle
Washington Kayak Club, Seattle
Washington Recreational River Runners, Renton

West Virginia

Dbl Z! Whitewater Club, Fayetteville
Mason Dixon Canoe Cruisers, Berkeley
Springs
WVU Whitewater Club, Morgantown
West VA Wildwater Assn, S. Charleston

Wisconsin

Hoofers Outing Club, Madison
North East Wisconsin Paddlers, Inc.,
Neenah
Sierra Club/John Muir Chapter, Madison

Wyoming

American Packrafting Association, Wilson

Ontario

Guelph Kayak Club, Elora

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 <http://americanwhitewater.org/content/Membership/join-AW/>. 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.

Kawartha Whitewater Paddlers, The
Kawarthas

British Columbia

Thompson Rivers Univ Adventure Studies,
Kamloops

JOIN AMERICAN WHITEWATER AS A CLUB AFFILIATE!

10 REASONS TO JOIN AW AS AN AFFILIATE CLUB

1. Support river access and restoration through the AW River Stewardship Team.
2. Be part of a national voice for the protection of the whitewater rivers your club values.
3. Tap into the professional expertise of AW staff for river issues that come up in your backyard.
4. Your club's members can become AW members for \$25. A \$10 savings!
5. Receive the American Whitewater Journal, the oldest continually published whitewater magazine.
6. Your club is recognized in the list of Affiliate Clubs posted to the AW website.
7. Recognize your club in the list of Affiliate Clubs noted in each bi-monthly AW Journal.
8. Post Club information on the AW Website to help paddlers find you.
9. Gain Club satisfaction from lending support to AW's stewardship efforts.
10. Improve your club members river karma.

For more information, contact
Carla Miner at membership@americanwhitewater.org or sign-up on
line at [www.americanwhitewater.org/
membership](http://www.americanwhitewater.org/membership).

AW AMERICAN WHITewater

Contribute your text and photos to *American Whitewater*

American Whitewater is a member-driven publication. If you enjoy reading it, please consider letting its pages tell your story. We are looking for articles about whitewater rivers of any variety, so let your imagination flow free!

We're always accepting submissions and we hope you'll consider contributing. For complete submission details, story topics, deadlines, and guidelines, go to:

americanwhitewater.org > Library > AW Journal



AMERICAN WHITEWATER

Saving Rivers Since 1954

Rok Sribar and friends, East Fork Kaweah, CA. © Darin McQuoid

\$35

Cheaper than anything in your gear bag, twice as important.

americanwhitewater.org/join

RECESS IS BACK



• ORIGINAL HYBRID •
FOOTWEAR, BAGS AND SOX



KEENFOOTWEAR.COM

Hybrid.care™

PROUD SUPPORTER OF
AMERICAN WHITEWATER

