



Conservation • Access • Events • Adventure • Safety

AMERICAN WHITEWATER

BY BOATERS FOR BOATERS
May/June 2006



Women in Whitewater

Women Leading the Industry

Paddling Through Pregnancy

Gnarly Third World Expedition - Boy Need Not Apply

Our Summer Reading List

Some of Our Favorites To Get You Through the Dry Spells

**TEAM
JACKSON KAYAK**



Eric Jackson



Clay Wright



Emily Jackson



Dane Jackson



Jay Kincaid



Stephen Wright



Devon Barker



Ruth Gordon

TEAM JK 2006 FUN TOUR

April 1&2 • Southern Trails 30th Anniversary
Alabama

April 15-16 • Kern River Festival
California

April 22-23 • Spring Splash
NOC

April 22 • American River Festival
California

May 6-7 • Rock Creek Demo
Tennessee

May 11-14 • Reno Invitational
Reno, NV

May 20-21 • CKS Event
Colorado

May 21-22 • Bus Eater Event
Canada

May 29 • Steamboat Springs Festival
Steamboat Springs, CO

May 31- June 4 • Teva Mountain Games
Vail, CO

June 9-11 • Lyon River Fest.
France

June 16-18 • Bremgarten
Switzerland

June 16-18 • FIBARK
Colorado

July 15-16 • Potomac Festival
Potomac, MD

August 23 • U.S. Team Trials
Ottawa, Canada

Sept. 1-3 • World Cup #1
Ottawa, Canada

Sept. 8-10 • World Cup #2
Black River, NY

Sept. 15-17 • World Cup #3
Rock Island, TN

Sept. 23 • Gauley Festival
West Virginia

October 28 • Guest Appreciation Festival
NOC, North Carolina

Find out more about Team JK and these
events at www.jacksonkayak.com.

Nick Troutman

PADDLE BETTER.





AMERICAN WHITewater

A VOLUNTEER PUBLICATION PROMOTING RIVER CONSERVATION, ACCESS AND SAFETY

American Whitewater Journal

May/June 2006

COLUMNS

- 3 The Journey Ahead by Mark Singleton
- 4 Letters to the Editor
- 6 Safety First by Rob Hammond
- 8 News & Notes
- 9 Locals' Favorite by Matt Young
- 10 Field Notes by Clay Wright & Deb O'Keefe
- 14 History by Sue Taft
- 64 Corporate Sponsors: Featuring Teva
- 66 AHE Scholarship Essay Winner by Erinn Keas
- 72 Poetry by Lila Marie Thomas and Richard Norris

Field Notes



Opening the Door for a Lady

There have been struggles to gain access to the most downstream open, late season, white-water rapids. But a woman's skills and persistence have opened the door for a lady.

There have been struggles to gain access to the most downstream open, late season, white-water rapids. But a woman's skills and persistence have opened the door for a lady.

Field Notes



Opening the Door for a Lady

There have been struggles to gain access to the most downstream open, late season, white-water rapids. But a woman's skills and persistence have opened the door for a lady.

There have been struggles to gain access to the most downstream open, late season, white-water rapids. But a woman's skills and persistence have opened the door for a lady.

FEATURE - Summer Reading

- 16 Summer Reading

FEATURE - Women in Whitewater

- 26 A Girls' Trip by Katie Hilleke
- 32 The State of Female Leaderships In the Whitewater Industry by Anna Levesque & Risa Shimoda
- 52 One Women's Experiences in Paddling & Pregnancy by Janet Burnett Cowie
- 54 Discovering Myself On a Lost River by Lila Marie Thomas

Women in Whitewater



a GIRLS' trip

By Katie Hilleke

There's a lot of talk about the importance of having a good role model. But what if you're the role model? What if you're the one who's been there, done that, and now you're the one who's got to teach the next generation? That's the challenge of being a woman in whitewater. It's not just about the physical aspects of the sport, but also about the mental and emotional aspects. It's about being a role model for the next generation of women in whitewater.

Women in Whitewater



a GIRLS' trip

By Katie Hilleke

There's a lot of talk about the importance of having a good role model. But what if you're the role model? What if you're the one who's been there, done that, and now you're the one who's got to teach the next generation? That's the challenge of being a woman in whitewater. It's not just about the physical aspects of the sport, but also about the mental and emotional aspects. It's about being a role model for the next generation of women in whitewater.

STEWARDSHIP

- 56 River of Doubtful Takeout by Bill Tanger
- 58 When Nature Calls by Kevin Colburn
- 61 Discovering the South Feather by Eric Petlock

Stewardship



Another Jewel on the Feather River

By Eric Petlock

There's a lot of talk about the importance of having a good role model. But what if you're the role model? What if you're the one who's been there, done that, and now you're the one who's got to teach the next generation? That's the challenge of being a woman in whitewater. It's not just about the physical aspects of the sport, but also about the mental and emotional aspects. It's about being a role model for the next generation of women in whitewater.

Stewardship



Another Jewel on the Feather River

By Eric Petlock

There's a lot of talk about the importance of having a good role model. But what if you're the role model? What if you're the one who's been there, done that, and now you're the one who's got to teach the next generation? That's the challenge of being a woman in whitewater. It's not just about the physical aspects of the sport, but also about the mental and emotional aspects. It's about being a role model for the next generation of women in whitewater.

CFC UnitedWay #2302

Support American Whitewater through CFC or United Way

All the federal campaigns, and a few of the local United Way campaigns will allow you to donate through them to AW. Check to see if yours is one of them.

Also, check to see if your employer will match your charitable contribution - double your money, double your fun!



Shannon Carroll on Big Kimschew Creek, CA.

Photo by Taylor Robertson



Printed on Recycled Paper



Publication Title: American Whitewater
Issue Date: May/June 2006
Statement of Frequency: Published bimonthly
Authorized Organization's Name and Address:
American Whitewater
P.O. Box 1540
Cullowhee, NC 28723

Purpose American Whitewater

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 bi-monthly 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
14076 Northwoods Blvd. Truckee, California 96161
e-mail: editor@amwhitewater.org

Assistant Editor Tim Catalano

Graphic Design/Production/Photo Editor Christie Dobson

Contributing Writers

Ambrose Tuscano, Mark Singleton, Rob Hammond, Chris Bozeman, Sue Taft, Katie Hilleke, Deb O'Keefe, Clay Wright, Risa Shimoda, Anna Levesque, Matt Young, Tim Catalano, Doug Ammons, Charlie Walbridge, Ken Strickland, Lila Thomas, David Hughes, Erinn Keas, Bill Tanger, Eric Petlock, Kevin Colburn, Tom O'Keefe, Janet Burnett Cowie, Richard Norris

Photo Contributors

North Carolina Rivers & Creeks, Laura Hanlon, Wayne Barson, Karen Hammond, Clay Wright, Byron Dorr, Christie Dobson, David Hughes, Taylor Robertson, Christopher Collier

Events / Advertising Coordinator Ben VanCamp
P.O. Box 1540, Cullowhee, NC 28723
phone 828-713-5825
e-mail: ben@amwhitewater.org

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

Stewardship Reports Editor
Jason Robertson, jason@amwhitewater.org
Kevin Colburn, kevin@amwhitewater.org

American Whitewater Magazine Task Force
Jeff Espy, Dunbar Hardy, Dale-Marie Herring, John Mason, Tanya Shuman, Ambrose Tuscano

Missing Copies and Address Changes
carla@amwhitewater.org

*American Whitewater is printed by
The Printing House in Quincy 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

Sutton Bacon
sutton@suttonbacon.com
Atlanta, GA

Chris Bell
chris@boatingbeta.com
Asheville, NC

Rich Bowers
nwriters@comcast.net
Bellingham, WA

Dave Cernicek
dave@losalamos.com
Jackson, WY

Adam Cramer
adam@cramerlawgroup.com
Washington D.C.

David Ennis
enndo@aol.com
Bryson City, NC

Steve Exe
steven.j.exe@boeing.com
Mercer Island, WA

Liz Ferrin
lferrin@deckers.com
Santa Barbara, CA

Jennie Goldberg
jennie@nwwhitewater.org
Seattle, WA

Joe Greiner
joekayak@worldnet.att.net
Raleigh, NC

Kristine Jackson
kristine@jacksonkayak.com
Rock Island, TN

Andrew Jillings
ajillings@hamilton.edu
Clinton, NY

**TOLL FREE NUMBER
866-BOAT4AW**

Tim Kelley
tmkelley@clarkson.edu
Potsdam, NY

Don Kinser
dkinser@ediltd.com
Marietta, GA

Mark LaCroix
mwlcx@worldpath.com
Thorton, NH

Evie Locke
evelynlocke@verizon.net
Charlemont, MA

Eric Nies
ericnies@mac.com
Morgantown, WV

Aaron Pruzan
aaron@jacksonholekayak.com
Jackson Hole, WY

Norwood Scott
wms111@sbcglobal.com
San Francisco, CA

Patricia Supanich
patricia@achievepeakperformance.com
Vail, CO

Charlie Walbridge
ccwalbridge@cs.com
Bruceton Mills, WV

BOARD OFFICERS

President: Sutton Bacon
Vice President: Don Kinser
Secretary: Norwood Scott
Treasurer: Chris Bell

AW STAFF

Laura Blalock
Book Keeper
Cullowhee, NC
laura@amwhitewater.org

Kevin Colburn
National Stewardship Director
Moscow, ID
kevin@amwhitewater.org

Carla Miner
Membership Manager
West Valley City, UT
carla@amwhitewater.org

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

Craig Plocica
Development Director
Cullowhee, NC
craig@amwhitewater.org

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

Dave Steindorf
California Stewardship Director
Paradise, CA
dave@amwhitewater.org

Ben VanCamp
Outreach Manager
Cullowhee, NC
ben@amwhitewater.org

Executive Director The Journey Ahead

Fighting Irrational Forest Management on the Chattooga

By Mark Singleton

For the May/June issue of the *Journal*, I would like to use this space to make readers aware of an important River Stewardship issue that American Whitewater has been working on for some time. It is my hope that by raising awareness of this outrageous management plan, which singles out and discriminates against whitewater paddling, we can end this unfortunate situation.

The upper half of the Chattooga River is the only stretch of river in the entire US Forest Service system closed to whitewater boating. This boating ban has a 30-year history of resistance and status quo river management directed at limiting access for whitewater users. This 22-mile reach of river shares borders with three states: North Carolina, South Carolina and Georgia. Ironically the Chattooga is a federally designated Wild and Scenic River that was selected largely for its value to the American public as a whitewater boating destination. This isolated pocket of southeastern creeking is taking the national stage in river management as American Whitewater works to compel Forest Service land managers to lift this arbitrary boating ban on the Chattooga Headwaters.

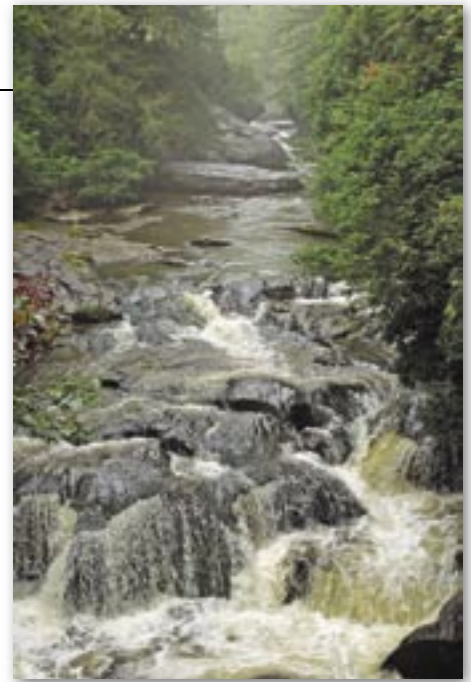
In 2004 American Whitewater appealed the revised forest plan for Sumter National Forest (SNF) which renewed the 30-year-old ban because there was no basis for the ban in USFS record, law, literature, or legislation. The Chief of the USFS agreed the record was “deficient in substantiating the need to continue the ban on boating” and concluded that “No capacity analysis is provided to support restrictions or a ban on recreation use or any type of recreation user.”

The chief then directed the SNF to conduct a user capacity analysis and amend their forest plan as necessary after two years.

This user capacity analysis is underway, but has been plagued by the SNF’s withholding critical information, singling out boating as a new use of lesser value, relying on false information (specifically regarding navigability), and refusing to adopt nationally consistent river management goals and techniques. While the analysis framework they have proposed could yield a fair study, comments from SNF staff and recent developments make it seem very unlikely. Should the analysis be implemented in an unfair manner and lead to unfair management, our only two recourses are litigation and yet another appeal (both costly and needless for everyone involved).

The SNF simply refuses to grant boaters equal consideration and equal access to the river, even though paddlers are wilderness-compliant users. Throughout this process we have requested only to be treated equally, and for the SNF to start managing the Chattooga River in a responsible and nationally consistent manner. They have no idea how many people currently are using the river corridor or what the impacts of that use are – yet they remain opposed to allowing paddling and to addressing other uses. The result is that US citizens that wish to enjoy the river by boat cannot, and that all other uses continue unmanaged. American Whitewater is advocating that the SNF:

- Ensure a fair user capacity analysis by monitoring all users rather than focusing only on paddlers.
- Compare data between user groups and assess a full range of management alternatives.
- Assess impacts associated with all types of recreational uses to ensure fairness and future river management that protects, restores, and enhances the river corridor.




The forbidden headwaters of the Chattooga River

Photo courtesy of North Carolina Rivers & Creek

- Address every user’s solitude in a nonbiased manner to comply with the order of the USFS Chief, and to ensure equitable management.
- Study Section 00 (NC section) in the same manner as Sections 0 and 1 (SC & GA sections) in order to ensure an adequate record is developed for a full range of management alternatives.

Only through complying with these recommendations can the SNF give US citizens who wish to experience the Wild and Scenic Chattooga River in a boat equal consideration, and thus prevent future legal and regulatory challenges. Likewise, only through complying with these recommendations can the SNF responsibly manage the river in a manner that protects its rich ecological and recreational values.

Gaining boating access and nationally consistent river management practices on the river that *Deliverance* made famous 30 years ago is the first step. Along with a lifting of the boating ban, AW would like to see management of the headwaters that cuts across all user groups and provides for sound stewardship of the river corridor. 

Letters to the Editor

Dear Editor,

You wouldn't believe how excited I was when I received my January/February 2006 issue of *American Whitewater* featuring Ecuador in the International Paddling Section. Three years ago I planned a wintry Midwestern escape to enjoy the warm rivers of Ecuador. Through Small World Adventures I found great people to help me explore and enjoy the outstanding rivers Ecuador has to offer.

I spent the best paddling day of my life on the Jondachi, an incredible boof-fest for Class IV-V creekers. At the end of the day I was beat but my grin was ear-to-ear. Not to be missed is the Misahualli, which while it doesn't feature the most pristine water, does provide amazing big water play plus a beast of a portage around a river-wide Class VI waterfall. Even with only three of us it took an hour-and-a-half and ropes to portage along the steep, slick canyon. But the reward was a seal-launch and paddle through the incredible rapid called "Land of the Giants."

I'll definitely be returning for more South American paddling. Thanks for bringing back great memories!

Cheers,

Mark Mastalski

Dear AW,

I am writing to let you know how disappointed I am that your magazine has snubbed my region of the country. In your May/June 2005 feature on favorite playspots, there was not a single entry in the Midwestern United States—what gives? We might not have as many great spots as people in other parts of the country, but that doesn't mean the people living here in the Midwest love them any less. When will my region get fair representation in your magazine? I'm sick and tired of being overlooked!

Mad in Michigan

Dear Mad,

Your concern that the Midwest has been poorly represented is valid, however the blame for this rests largely with the paddlers of the Midwest. American Whitewater relies on submissions from every day paddlers like yourself to contribute articles for features such as "Locals' Favorite" and feature stories. American Whitewater even publishes its editorial calendar on the website so that members and non-members can submit their favorite river stories. Here is a direct link: http://www.americanwhitewater.org/content/Wiki/aw:journal_article_submission

I encourage you and your friends to write about your local rivers and submit them to us at: editor@amwhitewater.org. AW has nothing against the Midwest; we just don't get much material from paddlers there.

There is one more thing that I want to make you aware of, which is a common misconception among our members. Your membership dues and donations do not go to fund the American Whitewater Journal. The magazine is funded entirely by advertising and is provided to our membership as a service and membership benefit. Membership dues and donations provide AW with the financial resources to work on a variety of projects across the nation. In fact, right now we are working on over 60 different rivers including these Midwestern projects:

Red River Development in Wisconsin

For several years now the future of the property known as "The Monastery," which forms the backdrop for one of the signature rapids on Wisconsin's Red River, has been in question. Most recently the option of dividing the property up into parcels for individual home sites has been discussed. We have been in discussions with several parties over the past few weeks to make sure the interests of paddlers are considered in the future use of this property, most importantly protection of the right to portage the left side of the rapid. Paddlers should also keep in mind that the licenses for dams on this river begin to expire within the next decade and

discussions of their future begin now.

Cuyahoga Hydro Project in Ohio

The Cuyahoga River, the river that burned, played a pivotal role in the birth of the nation's river conservation movement. While restoration gains have been significant, a proposal for a new hydropower project on a dam targeted for removal would represent a significant setback in ongoing restoration efforts and would delay for at least half a century any effort to bring back the lost whitewater that sits buried behind the Ohio Edison Gorge Dam. The Keelhaulers, another long-time AW affiliate, are helping us lead the fight and drawing on the expertise of the Hydropower Reform Coalition, of which AW was a founding member.

Midwest Hydro Relicensing and Dam Removal

AW has a long history of working on hydro projects in the Midwest, a region where many of the early efforts to remove outdated dams began. AW provided leadership at the national level in 1990 that led Congress to provide the funding to initiate the National Park Service Hydro Assistance Program. One of that program's most dedicated staff members, Angie Tornes, directs efforts in the region. The first flow study was held on the Pine River in 1991 and now, more than a decade later, we celebrate many tremendous successes leading to new recreational opportunities on the Black River, Chippewa River, Menominee River, Otonagon River, Paint River, St. Louis River, Wisconsin River, and Sturgeon River, where dam removal has led to exposure of more miles of free-flowing river. We aren't stopping there and have already set our sights on the Grandfather Falls (bigwater rapids on the Wisconsin River), Montreal River, and the aforementioned Red River, all of which will be up for relicensing soon.

Preserving and Enhancing Opportunities for Great Road Trips

We know paddlers in your region have a long history of heading out for extended road trips to enjoy the rivers of the mid-Atlantic and Colorado front range. We are working hard to protect your right to float in Colorado, have led efforts to provide public access to the Numbers of the Arkansas, worked with our partners to preserve public access to the Big Sandy and Cheat, and are currently working to develop a long-range plan for public access to the Gauley. We are also creating new destinations for road trips. Runs like the Cheoah, Upper Ocoee, and West Fork Tuck all offer new opportunities for whitewater paddlers.

I hope this helps provide you with a clear understanding of AW's magazine and river stewardship work. Please feel free to contact me or the editor about submitting an article to the magazine. We would love to see some Midwestern rivers represented in American Whitewater. I do appreciate your comments and hope that we can do a better job of serving you in the future.

Sincerely,

Ben Van Camp

Dear Editor,

Clay Wright's article made a great point about the common thread binding all who enjoy moving rivers spiced with a dash of white. However, he neglected to mention riverboarding even in the "Etc." portion of the article. That's a shame.

Riverboarding trips make up nearly 1/3 of the commercially run trips in Europe and maybe an even higher percentage in New Zealand, and the sport is growing exponentially each year in North America.

While it is certainly a niche extreme sport, it definitely deserves mention as a viable method of river transportation, especially

considering that riverboarders routinely run many Class IV-V rivers.

It's an extreme adrenaline experience that puts a person more in touch with the river and its power than any other sort of craft, and yet with a little athleticism and the ability to read whitewater, riverboarding is accessible to all. It is an incredible way to not only cure the adrenaline jones, but also to experience the beauty of nature from a more intimate perspective.

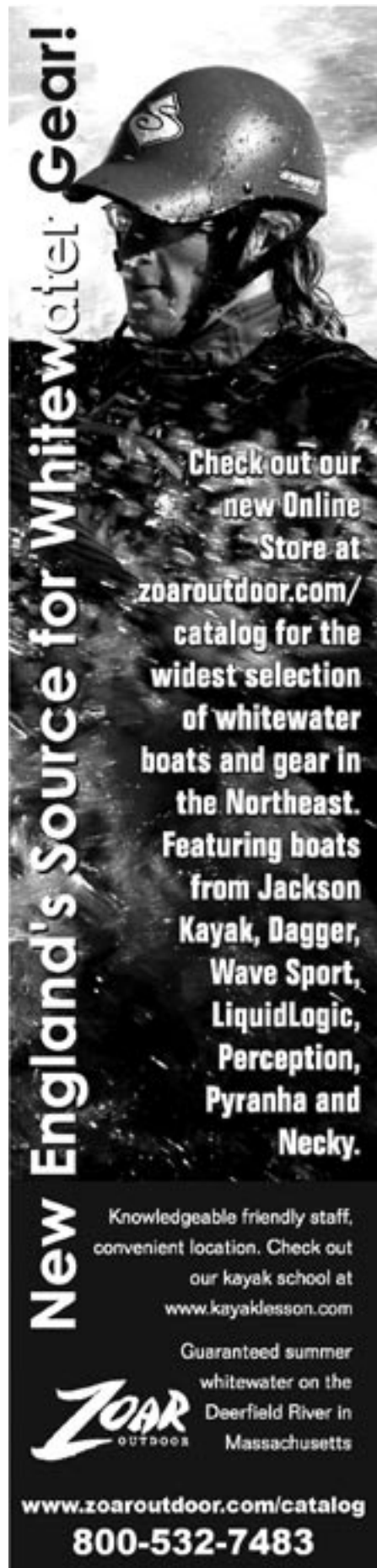
Ice

Dear Ice,

You make a very good point about the lack of attention riverboarding has received in this publication heretofore. As Ben points out above, we can only print what we receive, so you and your fellow riverboarders can help to reverse this trend. This magazine is meant to represent the interests of those who love whitewater—whether they experience it in inflatables, kayaks, riverboards, canoes, or simply through magazines and videos. As editor of this magazine, I don't worry about it becoming biased towards any of the above because American Whitewater reflects those who contribute to it. When riverboarders, Midwesterners or any other group that feels underrepresented by the Journal think of themselves as part of the larger whitewater community enough to contribute to it, they will begin to overcome their lack of exposure. If we were commissioning stories and paying authors and photographers, I would feel much more self conscious about how we divide up our pages. As it is, the only stories we discriminate against are those which are poorly written or lacking in inspiration. We don't print everything we receive, but if you and the rest of your underrepresented group put forth the effort, you will eventually find your words here, alongside the rest of the whitewater community's.

Sincerely,

Ambrose Tuscano



New England's Source for Whitewater Gear!

Check out our new Online Store at zoaroutdoor.com/catalog for the widest selection of whitewater boats and gear in the Northeast. Featuring boats from Jackson Kayak, Dagger, Wave Sport, LiquidLogic, Perception, Pyranha and Necky.

Knowledgeable friendly staff, convenient location. Check out our kayak school at www.kayaklesson.com

Guaranteed summer whitewater on the Deerfield River in Massachusetts

ZOAR OUTDOOR

www.zoaroutdoor.com/catalog
800-532-7483

Safety First

River Rescue turns into a Rodeo

By Rob Hammond

Wow ... talk about a tough day on the river! Last year, three of my friends and I spent a day on the river that we'll never forget. About five miles into our trip we found some hikers on the river's edge shouting and motioning to us. When we got closer we saw that someone had waded out into the middle of the river and was stuck there! It appeared that one or both of his feet were entrapped in the riverbed. Though the water was not even waist deep, the pressure of the water against his body made it impossible for him to get his feet out, and worse, the victim was obviously tired and struggling to keep from being swept under by the strong current.

I yelled for Tom and Julie to paddle to river right and be ready to catch a rope. Meanwhile Bill and I headed over to river left. Foot entrapments are one of the most difficult rescue scenarios on the river. We all knew from river rescue clinics that there are several ways to extract a foot entrapment victim, but it is a very difficult maneuver that is much easier to talk about than to do.

I pulled out my throw rope and Bill talked to the hikers. Bill knew that putting a line across the river creates a hazard to navigation. Any other boaters coming down river could potentially get tangled in the rope and endanger themselves along with the victim. Bill instructed one of the hikers to go up river 100 yards and flag over any boaters to prevent additional problems. He also knew that the victim had been in the water for quite a while at this point, and the cold was wearing him down. If he remained in the water much longer he would become hypothermic and eventually lose consciousness. There was also the potential that the victim's leg was broken, and even if it was not, it was possible that our extrication would break his leg. Bill told two other bystanders to hike out and call 911 and to advise them that we may have a hypothermic victim with a broken lower leg.

Our immediate goal was to stabilize the victim. He was using all of his strength to hold himself up and keep his head above the unrelenting force of the water. We had to get a stabilization line across the river that the victim could hold on to. If we could set this line while the victim still had some strength and was conscious, things would go much better. With a taut line across the river, the victim might even be able to extract his foot by himself. I pulled out my throw rope and threw one end to Tom on the other bank. My throw was short! Damn ... time was quickly running out. The victim was clearly losing strength. No time to take a chance on another bad throw. I yelled to Bill to get back in his boat and ferry the line to Tom. While Bill was getting into the boat I frantically pulled my rope back in.

Man, this had been so much easier at the rescue clinic. Now we didn't have the luxury of re-dos or debating how to best pull this off; the clock was running against the victim and we could not afford another mistake! Bill grabbed one end of my rope and I fed it out as he ferried to the other side. I had to keep the rope high above the water to prevent the drag from the current pulling Bill off course, or causing him to let go of the rope or even flip. As Bill was nearly to the other side, the rope started to dip into the water. Soon he was struggling to get the line across. Tom waded out in the eddy to receive the rope, but just as Bill reached the eddy, he flipped over! Fortunately, Tom was only about three feet away, and was able to grab Bill's boat and pull him into the eddy; Bill rolled up and Tom grabbed the rope.

We quickly pulled the rope taut and walked it down to the struggling victim. He grabbed it and pulled himself upright, but his foot was still stuck. We advised the victim to put the rope under his arms and rest against it. Now that we had the victim stable for the time being, our next move was to get him out of the entrapment and back to shore. After quickly surveying the scene and considering several options, we decided to wade out to the victim to complete the rescue. Bill, Tom and I waded together while Julie remained on shore to handle a throw line with the help of the

two hikers. We also took Julie's PFD so that we could fit it to the victim. The three of us formed a triangle with our arms around each other's shoulders. When we reached the victim, Tom's job would be to grab him in a bear hug while Bill and I got his foot loose. Tom would then float the victim to the bank. This would work because Julie and the hikers were holding the end of the throw rope attached to Tom's PFD and would be in an excellent position to pendulum Tom and the victim into the calm eddy.

The three of us headed out into the river, taking one step at a time, first Bill, then myself, and then Tom. Before each step we gave a verbal OK to let the others know our footing was solid. As we reached the victim, I stepped around to his left, Tom got behind him and Bill moved to his right. We carefully put the PFD on the victim, talking him through each step. Next we turned to getting his foot out of the entrapment and with a little maneuvering, the foot was freed! Whether it was relief or just pure fatigue on the victim's part, he let go of the stabilization line. Fortunately, Tom had his arms around him and the two floated off to the eddy. Julie ran down to pull them ashore while the hikers continued to man the rope.


The moment that the victim touched dry land a judge stepped up and yelled "TIME!" No, this was not a real rescue. This was just a sample of one of the scenarios that you may have encountered at last year's Slippery Rock Rescue Rodeo!

The first Rescue Rodeo that I know of was developed by Chris Bell and sponsored by the Western Carolina Paddlers Club in 1991 (See story in the Sept/Oct 1996 issue of the *AW Journal*). In 2001 Matt Muir added a Rescue Rodeo to the Keel Haulers' annual Rescue Clinic.

A Rescue Rodeo consists of four-person teams competing for the best time and best execution. Some of the drills are as simple as the "yard sale," where a boater victim flips over and swims. The four-person team tries to rescue the boater, boat and paddle before any gear, victims or team members wash over the "Brink

of Death Falls,” which is an imaginary line across the river. Another simple drill is sending a float down the river, which the teams try to hit with their throw lines. The drills can get more complicated and difficult. In our first year we had a victim pretend to be broached on an undercut if the rescue team did not stabilize him within 60 seconds, he would pretend to lose consciousness, making the rescue more difficult and adding more points to the team’s score. A paddler with good rescue skills and some imagination should be able to come up with many scenarios that would make good rescue rodeo events.

Well, you might ask, if you are not a safety geek, how can you possibly know enough to compete in all of these events? The best way is to attend a rescue clinic prior to entering a rescue rodeo. The Keel Haulers hold the two events in the same weekend: the clinic on Saturday gives participants a chance to prepare for the rodeo on Sunday. This year the Keel Hauler’s Rodeo weekend is June 24th and 25th and will be held at McConnell’s Mills State Park near New Castle, Pennsylvania. For more information check our website (www.keelhauler.org) or contact me (see below for details).

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



Jen Hubschman and Tobin Nilson participating in the 2003 Rescue Rodeo.

Participants in the Rescue Clinic practice the art of rescue wading.


Michael Duvall assisting Joe Marks.

photos by Karen Hammond

AW News & Notes

Puntledge River Festival Celebrates Collaborative Conservation Victory

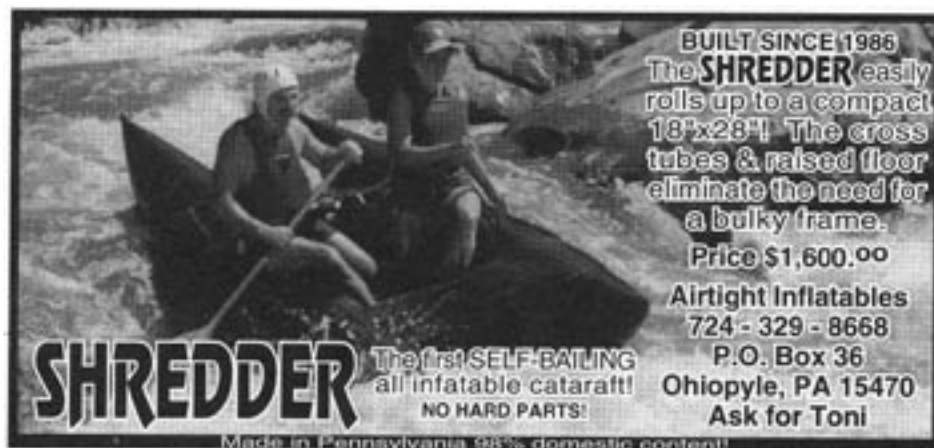
By Chris Bozman

This past May, hundreds of river enthusiasts flocked to the holy waters of the Puntledge River to take part in the First Annual Puntledge River Festival in the Comox Valley on Vancouver Island. The festival was a long time coming and a huge success for kayakers across British Columbia, Alberta and Washington State. This was the first time that paddlers got together with fishery and hydro interests on the Puntledge to allow for a planned water release for recreational purposes. Releases did not happen overnight. The legwork that went in to this project was immense. Special thanks should be given to Shayne Vollmers, Wayne Barson and all the others that have taken time to work with the Vancouver Island Water Use Committee to allow for such a great event to take place. Looking forward to the 2006 festival, the planning has already started. In fact, ideas were bouncing around moments after the water was shut off last May. This year's Puntledge Festival will be the weekend of June 3rd and 4th. That means that there should be warmer weather than last year and also so that the nearby Browns River will be flowing at the same time. On the evening of Saturday June 3rd we will be hosting the Reel Paddle Film Festival in Courtenay, BC. Overall, it looks like this year's festival is going to be even better than last year's! We are planning to have more organized events and hopefully some nice warm weather. If any one is interested in helping with planning, or if you have ideas or suggestions, feel free to contact the Vancouver Island Whitewater Paddling Society: info@surfkayak.org, or me at: c_bozman@yahoo.ca. More information on the Reel Paddle Film Fest can be found at: Rapidmedia.com. 



Paddlers enjoying the newly-won releases on the Puntledge

photos by Wayne Barson



BUILT SINCE 1986
The **SHREDDER** easily rolls up to a compact 18"x28"! The cross tubes & raised floor eliminate the need for a bulky frame.
Price \$1,600.00
Airtight Inflatables
724-329-8668
P.O. Box 36
Ohiopyle, PA 15470
Ask for Toni

SHREDDER The first SELF-BAILING all inflatable cataract! NO HARD PARTS!
Made in Pennsylvania 98% domestic content!

Locals' Favorite The Black River, NY



Bryan Kirk, Andrew Holcombe, and Matt Young
Handsurf on Route 3

photos by Laura Hanlon

The Black River (NY)

By Matt Young

The Black River is urban kayaking at its best. The river offers something for every kind of kayaker, no matter the interest or skill level. The Black River and the city of Watertown even offers something for non-paddling significant others.

Playboaters love Watertown because, on most summer days, there are two excellent places to park and play. The Route 3 Wave runs on most summer days as long no rocks fall into the river (like they did in the summer of 2005). The wave is mellow enough to allow beginners to hone their surfing skills, but also aggressive enough to host major competitions like the Blackwater Challenge. The parking lot for the wave is conveniently located just up the street from an ice cream shop that offers up tasty summertime treats after long surf sessions.

Located just down the street from Route 3 is Hole Brothers. On any day, at any water level, there is always something to do at Hole Brothers. Whether it's January or June, one of Hole Brothers' features will keep you entertained.

One of the best things about this site is

the convenience of a cup of coffee, a place to change or even dry your gear between early springtime sessions. Hudson River Rafting Company is kind enough to allow paddlers to park in their lot. If you ask the staff, they are more than happy to allow paddlers the use of their changing rooms and bathrooms. Located just up the street from the parking lot is a lovely little strip mall with a bagel shop and laundromat right next to each other. Here you can eat a tasty bagel while your gear dries next door. You can also sit in the center of town, which is only a five minute walk from Hole Brothers, and enjoy free wireless internet on your laptop computer.

One of the lesser-known features of the Black River is a wave called Inner City Strife. This phenomenal feature only appears at high flows of 10,000 cfs or above. Most wave moves are possible, and the best part is, there is eddy access.


Even if you're not a playboater there is a plethora of paddling options on the Black River. If you like vertical drops the Black River has two. For Class IV river runners, the Black boasts a lovely six-mile section through its surprisingly beautiful canyon. The Black even has a nice one-

mile Class II section for those learning to love whitewater. There is truly something for everyone.

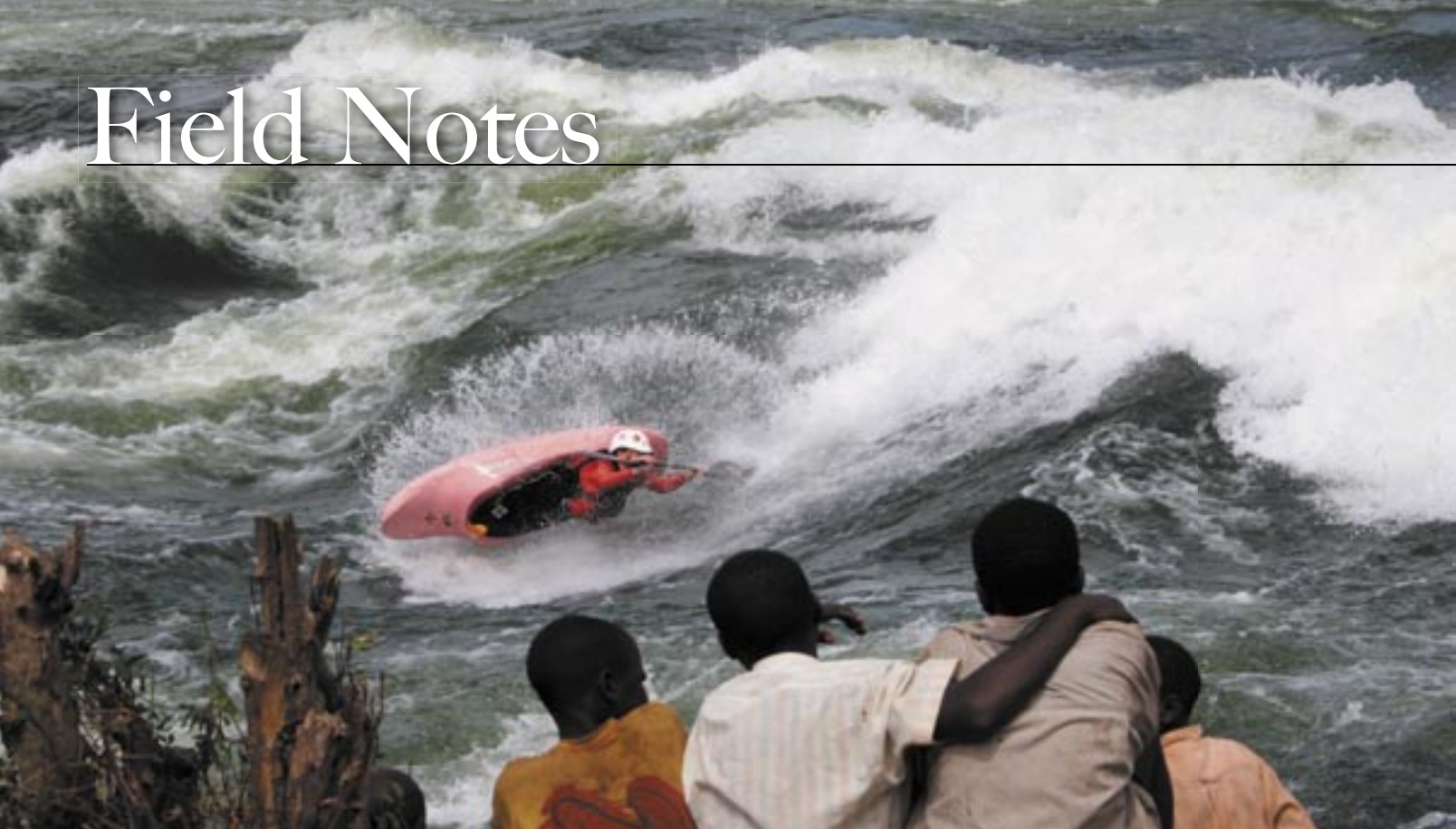
Great Falls and Glen Park Falls are both exciting waterfalls that can be run all summer long. Great Falls can be found about one mile upstream of Hole Brothers. It begins with a slide over a dam and finishes with a vertical 25-foot plunge into the pool below. Glen Park is further downstream, located at the Glen Park Hydropower facility. It begins with some low-angle sliding and ends in a vertical 14-footer.

The Black River Canyon run begins at Hole Brothers and ends in the town of Brownville. There are seven Class III and IV rapids, and one portage around the Glen Park Hydropower dam. Once in the canyon it really feels like you are in a different part of the country. There is water seeping through the canyon walls that really gives it a tropical feel.

Watertown is a perfect place for shuttle bunnies. While paddlers head down the river, shuttle drivers can head to the mall. The local mall is less than a 10-minute drive from the take-out in Brownville. Non-paddlers can also take a short drive towards lake Ontario and cruise around the beautiful tourist town of Sackett's Harbor, which has lots of good restaurants and neat shops to visit.

The Black is just a great place to hang out and go kayaking. There are many ways to keep whitewater enthusiasts entertained on the water, as well as off. It has good kayaking combined with all of the modern conveniences that the 21st century has to offer. It is a truly unique place to be; I don't know another put-in or play spot that is walking distance from a coffee shop or a river that has so many opportunities for paddlers and non-paddlers alike. 

Field Notes



Opening the Door for a Lady

By Clay Wright

Imagine a world without women . . .

Ok, you can stop now—that sucked. Now imagine our whitewater world without women: it's a lot easier isn't it? Sadly, women make up only a small percentage of the participation-days in our great sport. The guys have more numbers to start with, and almost all of the hardcore 200 days/year boaters are men. Is it a sign of the times? Is our sport doing something wrong to discourage women? Is risk-taking behavior innate or is it learned? Shall we question gender roles in upbringing? Thankfully, we don't have to find out here.

Since the Eskimos invented it, there have always been women involved in kayaking. While many like to stereotype women in paddling, the truth is that they come in all shapes and sizes, attitudes and daring. I've been really fortunate in my life to grow up paddling with women (including my mom, aunt, and sister) and to have women in my crew almost the entire time. I think this brings me a unique sense of

how women have struggled to gain access to this male-dominated sport. Let's start with some examples:

Elise has been going on canoe trips since the 70s, usually in the front of someone else's boat. She often had to arrange for paddle partners who had equipment. Since the 16-foot canoes were so unwieldy, she often carried the paddles and drybags and let her male paddling partners carry and dump the boat. She ordered a C-1 custom built out of lightweight Kevlar so she could be self-sufficient, but it was crushed by a falling tree. She went back to paddling in the bow, with occasional solo trips later on, but was troubled by the constant struggle with the weight of the boat and finding a tandem partner.

Barbara is a canoeist from Georgia who started paddling in the 80s. She is married, has a solid job, and spends weekends at the river. Her loving husband built a canoe rack especially for her truck so that she could load her boat easier. He even rigged a coffee maker that hooks to the truck battery so she can wake up to fresh brew. Now she frequently just heads to the river hoping to luck into a shuttle and "do her own thing," since her husband doesn't paddle. He never did.

Colleen is a raft guide from the late 80s hailing from Pittsburg who dates a supportive kayaker and eventually becomes one herself. She is fortunate enough to work on the river every day as a raft guide, but is rarely given trip-leader responsibilities or chosen to guide the harder trips. She decides to use her love of photography and video to turn the tables on the strength-driven staff: now she drives her own boat and makes her own moves then sells images to the customers in the rafts. Her time in a kayak rapidly expands her understanding of the river. Soon she's as good or better at running whitewater than her male guide-friends.

Katie is a farm girl from Iowa who followed a boyfriend to West Virginia to work at a rafting company in the 90s. She buys a kayak, but he and his friends paddle it more than she does. While she's surely interested in learning, few of the boys will take the time to teach her the skills she needs to get started. When finally taught some basics, she begins video boating; soon, she leaves her boyfriend for a man who not only takes her boating, but also sees the skills she's got and nurtures them. Now they travel all over the country, knocking down first D's, shooting photos, and making great videos.

photo by Clay Wright

Shannon is a girl from West Virginia with a wild streak. She is brought to the river often by her dad, and begins video kayaking for his Christian rafting company. In the mid 90s, she meets up with a number of women kayakers who run Class V, including Colleen and Katie. When denied a trip to the Ottawa due to her youth, she heads to the Green instead, where she runs her first Class V (Gorilla—in a playboat) and makes her first portage (Sunshine). She joins in future whitewater trips, runs some huge waterfalls and rapids, and becomes one of the first well-paid female kayakers.

Emily is a second-generation kayaker who didn't start till the 2000s. Her dad gets her in the water as soon as she can sit up. At just 13 she starts playboating (her dad happens to make a playboat just her size). By the time she's 14, she wins her first major freestyle event—in the adult women's class—and also runs the Green. At 15 she's throwing air-screws on the Nile Special.


What have we learned here? I hope we've seen that while women's skills and

determination can be right up there with the men, in the past, the equipment and physical demands of kayaking were truly limiting. All the women I discuss above are strong and most are exceptionally tall—which came in handy when paddling men's-sized creek boats or loading a canoe on the car. In my experience, the women who have excelled in whitewater had the support of their family or spouse. Even with advancing equipment making it easier for women to get involved, other factors work against women in whitewater. Many men aren't encouraging of female participation, citing strength as a limiting factor; also maledominated environments can be daunting for women to break into. I've found that women are generally less pro-active than men about finding people to paddle with them, to push them, or to help them along the way. While a guy with some skills will just show up at the river and try and find a group, many women with great skills will wait to find someone they know who is already going, so they tend to paddle less. And as those who paddle a lot know, if you only go occasionally, then you aren't first on the call list.

Luckily, so many strong female paddlers have pushed through the challenges between women and whitewater that today, companies design gear—from clothing to PFDs to kayaks—just for them! Sure, women in paddling will meet with discrimination occasionally. Yes, they will have to prove themselves to be as ready to throw a rope, haul a loaded kayak, or rescue a swimmer in distress as their male counterparts in order to be seen as part of the team. And in competitions they will be judged in a separate category then awarded a prize that's smaller than the men's. But the equipment of today allows them an independence the women of the past never enjoyed. The growing number of skilled female whitewater fanatics allows women who like boating with women more options than ever. There is even the Girls at Play series of clinics and videos that caters to the female mindset with a different approach to kayaking. In short, whitewater paddling is easier for women today than it ever was for any of the exemplary women discussed above. Yet today's women still appreciate a helping hand or an extra bit of courtesy thrown their way just as much as anyone.

So the next time a girl you know is looking to get into kayaking or mentions she would like to kayak more but doesn't seem to commit, give her a hand! Perhaps inviting her to paddle, or teaching a female to roll, brace, or read water should be seen as the modern version of opening the door for a lady. It's not that they can't do it, it's not that they need special treatment, and it's not that you men are obligated to perform the heavy lifting just because of differences in chromosomes. It's simply that women seem to respond positively to encouraging invitations instead of thrusting themselves into the scene and hoping for the best. Just introducing your lady friends to other women who boat is a positive step. Women may have trouble getting started in kayaking, but once they find a supportive group the sky is the limit.

For both ladies and men: now imagine a whitewater world with MORE women!

Isn't it worth opening a few doors to make that dream a reality? 

Maria Noakes running the Green River in NC - this Mommy's probably knocked the door off the hinges herself.

photo by Clay Wright



Field Notes



From Learning to Kayak to Learning from Kayaking

By Deb O'Keefe

Learning to Kayak

To learn to kayak, we must all go through a long, difficult learning period; many of us are still honing our skills every time we enter the water. I remember the first day I ever sat in a proper kayak. It was a Dancer a friend had out on a lake in the Adirondacks of New York State. The boat was so big on me, I didn't even know there was such a thing called foot braces. Then there was the day that I sat in MY first kayak! It was a recreational Walden kayak that I paddled as much as possible that first summer. That, of course, led to my first whitewater

boat, then a creek boat and freestyle play boat, and then eventually a squirt boat ... the story is always expanding. All this was just about 10 years ago, but the images remain with me just as clear as they were then. There were new skills to learn, new places to explore, new adventures ahead. If I knew then that kayaking would bring me where I am today, I would be in disbelief, but that is the beauty of life, really.

Learning to kayak for me was a slow and painful process. I was not a natural at the

There are a lot of mental and physical skills needed when kayaking down challenging rivers. These skills can be used in other areas of one's life. When faced with a difficult choice in life or work, I think of what I would need to do if I was faced with a similar choice on the river. I've learned to build confidence, learned to trust my mates and learned to listen to my instincts—all skills I developed through kayaking.

photo by Byron Dorr


sport—far from it actually. It took me a few seasons before I had confident skills to negotiate Class II and easy Class III rapids. My roll was a mystery, especially to me. I recall my first river roll, and then I recall my frustration when my roll disappeared as quickly as my next swim. Mastering the river roll was a complete puzzle; I just couldn't make my body do what it needed to. So I figured out one day that I just needed to fine tune the precise technique of a combat roll, and spend hours repeating the motion so that it was so automatic I never had to worry about my roll leaving me again.

Of course I took no chances that summer. I learned the C-to-C, sweep roll, hands roll, one-hands roll, and everything needed to be on both the left and right side too. I was going to master this skill of rolling if I turned blue in the face. This strategy of high repetition and memorization of body movements was what I used to learn most technical river-running skills and freestyle moves. That is how I learned to kayak, and for a slow learner, it was the best option available to increase my fun factor in a kayak.

Learning from Kayaking

I have learned many of life's lessons from kayaking. I do not take any of my accomplishments and opportunities for granted. Kayaking has allowed me to travel to Europe, Africa, and Australia. In these places, I made new friends, experienced different cultures, and shared a similar passion: kayaking. I've competed in two world freestyle championship, taking first place in women's squirt boating both times. That is an accomplishment I am very proud of, but it was the friendships and camaraderie I experienced at these events that stand out as much if not more than standing on the podium.

There are a lot of mental and physical skills needed when kayaking down challenging rivers. These skills can be used in other areas of one's life. When faced with a difficult choice in life or work, I think of what I would need to do if I was faced with a similar choice on the river. I've learned to build confidence, learned to trust my mates and learned to listen to my instincts—all skills I developed through kayaking.

I'm glad that I learned to kayak. It has allowed me to see many beautiful places and meet many new friends. Kayaking has taught me to grow as a person in all aspects of my life. I do not kayak nearly as much as I used to when I was competing in the freestyle events, but I've been able to enjoy many other outdoor activities. I can use what I learned from kayaking to increase my enjoyment of all my pursuits. Perhaps you'll see me kayaking down the Arkansas River in Colorado, or mountain biking at Angle Fire New Mexico, or simply hiking on the 14,000-foot Pikes Peak in my backyard in Colorado Springs. Wherever we meet again, I'll be smiling and enjoying life, just a few of the good things I have learned from kayaking. 



History

Our Own Hall of Fame Nominees

By Sue Taft

With the inaugural class inducted into the International Whitewater Hall of Fame in October 2005, a question comes to mind. If American women had their own Hall of Fame, who might we nominate?

Of the four Hall of Fame categories, our Champions are the most recognizable. For women in whitewater, that recognition began in the 1960s with Barb Wright, the matriarch for our champions. In her thirties, Barb took up slalom racing with a determination to be the top American competitor. She trained hard, practiced English gates in her backyard pool, and sought-out the best instructors, including Milo Duffek. She also sought the best equipment, bringing back paddles and boats from Europe and soliciting improvements from U.S. manufacturers. Her efforts paid off and at the age of 41, she became the first American to place in the top 10 in the World Championships, with a 9th place in 1967.

Barb's padding skill and generosity of time teaching younger paddlers earned her the utmost respect. Walt Blackadar even approached her to help him with his roll and paddling technique. As a result of their friendship, she was tapped to be the instructor and guide for William Shatner for an ABC *American Sportsmen* piece titled "Challenge."

Ten years later, it was the athleticism of Linda Harrison that inspired many paddlers, competitors and non-competitors alike. Her aggressive style inspired younger athletes while also garnering comments that compared her to her male counterparts. She was a seven-time national slalom champion during a very competitive time. Linda took a bronze at the '77 World Championships, the first American K-1 woman to break into the medals and gold at the '78 Pre-Worlds. She was favored to win the next year at the '79 Worlds but won bronze instead, after being nudged

out by a younger American competitor.

That younger athlete was Cathy Hearn, whose performance at the '79 World Championships has not been bettered—a medal in every K-1 event including an individual gold in slalom. Her overall career ties the record for most years of slalom racing internationally of any American paddler in history. She has numerous individual and team silver and bronze medals in World Championship and World Cup competitions spanning her twenty-six year career, ending with her retirement in 2002. Yet throughout her career as a competitor, she also coached nationally and internationally and continues to help young athletes as a current national canoe coach.

Of course without question, our champions also include our Olympic medal winners. Dana Chladek's slalom bronze medal in the '92 Olympics followed by her silver at the '96 Olympics cast a well-deserved spotlight on women's champion performances. Dana, an 11-time U.S. team member, not only proved the caliber of women's paddling, but her medal performance in Olympic competition has provided the U.S. with two of its five medals in slalom. Incidentally, three of five Olympic medals are for our women athletes, with the most recent medal, a silver, for Rebecca Giddens at the '04 Olympics.

Some of the most deserving but least acknowledged whitewater women are our Advocates. We may recognize their names but are probably not be aware of their often behind-the-scenes activity within our sport. A couple of women come readily to mind as river advocates. One is Risa Shimoda, who has a history of participation and activism that spans almost 30 years. Her accomplishments run the whole gamut of the sport: paddler, competitor, industry professional, and activist. Risa was one of the early squirt-boaters, and

the only squirt boater to run the Niagara Gorge during the legal runs permitted in 1987. She was also a squirt competitor starting in the early years of the rodeo "circuit," which included sponsorship by New Wave Kayaks to demonstrate squirt-boating in Japan. As a member of the Whitewater Freestyle team, she represented the U.S. in four World Freestyle Championships from 1993 to 2001. Risa was behind the formation of NOWR (National Organization for Whitewater Rodeo) in the late 1980s and was the force and the glue behind its success in the 1990s.

As an industry professional, Risa directed marketing, sales, and product development for Perception through much of the 1990s. She also is a two-time Executive Director for AW, initially for two years starting in 1989 and later for three years starting in 2001. She currently owns her own marketing consulting firm providing strategic marketing consulting for the outdoor industry, river conservation, environmental advocacy, and whitewater parks. Risa continues to be the go-to person in the whitewater industry. She knows everybody and everything that is going on and is the continual volunteer promoting whitewater in more ways than most will ever know.

Kay Henry is also a widely recognized name, primarily for her ownership of Mad River Canoe Company which she co-founded in 1971. Kay was actually the force behind Mad River's success in developing a market for whitewater canoes for racing and wilderness trips. The company's products and marketing encouraged the growth of the whitewater market. In 1980 Mad River introduced one of the most successful solo whitewater canoes, the ME, a few years before any other manufacturer entered the solo whitewater market. In the early 1980s, Mad River sponsored instructional weekends with ACA instructors across the country. This evolved into the

highly successful "You Can Canoe! Days" demo program begun in 1985. At the same time, Kay was one of the key players in developing a trade organization for the paddlesport industry. Officially formed in 1987, this organization ultimately became the current TAPS (Trade Association for Paddle Sports).


Kay's involvement in the paddlesport industry was the result of her passion for whitewater. An avid whitewater paddler, Kay was in the first group of women to kayak the Grand Canyon in 1970. She also paddled competitively, competing in numerous whitewater open canoe championship. Kay has also had an ongoing interest for wilderness trips, which has evolved into an interest and involvement in river conservation. In 2000, she co-founded the Northern Forest Canoe Trail to create the longest water trail in the Northeast, preserving Native American travel routes spanning four states.

Although she is recognized within a narrower geographic region, Marge Cline is another woman deserving accolades for her advocacy in safety and instruction. She has personally taught thousands of beginners and influenced an even greater number through the training of other instructors. Her tireless efforts are legendary from regional organizations like the Chicago Whitewater Association (CWA) and ACA's Midwest Division to the national organizations, ACA and AW. She has also been the volunteer editor of CWA's newsletter *Gradient* for almost 30 years. Her nickname, "River Mom," is an appropriate summation of what she represents to the paddling community.

Our Explorers are often not acknowledged. While there are not many women who can claim actual first descents, there are a small number who have first descents for women and who have pushed limits in whitewater exploration and extreme

paddling. One of the earliest and more widely recognizable women in that respect is Kathy Blau-Shelby. In the 1980s she logged many first descents for women, from the North Fork of the Payette to the Alsek. She also was the "poster-woman" for Perception's Mirage ads which featured Kathy doing a pop-up at the Stanley Rodeo in 1980. Her image, that of a woman participating in the early days of "extreme paddling," garnered considerable respect among her male counterparts, a relative rarity of the time.

Another who gained even greater recognition is Arlene Burns. Arlene has lived a life of exploration on rivers and beyond. She has been a professional river guide around the globe for more than 20 years with extensive exploration of rivers in Nepal and Tibet, including the Tsangpo. Recognition of her whitewater skill and abilities reached greater heights in 1994 when she became the coach and stunt double for Meryl Streep in the movie *The River Wild*. This recognition landed her an anchor position for ESPN's *Extreme Games* and *Survival of the Fittest* series and as host for *Trailside* on OLN. She is one of the few women who have garnered such varied and extensive recognition for a life as a whitewater explorer.

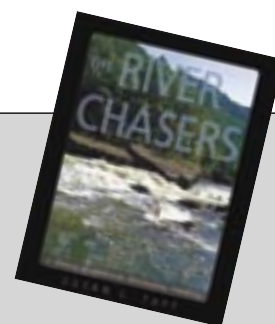
And finally we have our Pioneers. Actually, all women who have participated in whitewater are pioneers. They have in their own way pioneered the sport for all who have come after them. Many, by just being there, have inspired others to follow. By paddling with men on rivers in the early years of the sport, women opened the experience for others. Each club, each group, had women who inspired others to follow, to not only test their own limits, but to test and advance the limits for all women in whitewater. Women like Elizabeth Knowlton and Majorie Hurd of the Appalachian Mountain Club are some of the early women paddling whitewater canoes in the 1920s and 1930s; Elsa Bailey of California is one of the early western kayakers from the 1950s; Carol Kane of Colorado is one of the first American women to compete in Europe in the 1950s; the growing number of even younger women who starting paddling in the 1970s and 1980s were noticed as a niche within the whitewater market niche; and finally, our newest and youngest women like Jamie Cooper, Christie Dobson, Kristine Jackson, Erica Mitchell, Tanya Shuman, and all the others continue to be our pioneers in many different ways. 

Copyright © 2006 Susan L. Taft

All rights reserved.

With permission for use by American Whitewater.

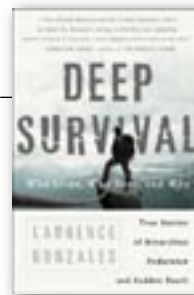
Sue Taft is the author of *The River Chasers*, *The History of American Whitewater Canoeing and Kayaking*. If you have a topic or question you would like answered, e-mail it to editor@amwhitewater.org and look for its answer in an upcoming issue.



Summer Reading

American Whitewater's 2006 Summer Reading List

We are proud to present this year's list of suggested summer reading. These books cover a wide variety of topics, serve a diverse set of functions and have been written over a 125-year period. Still, they all have at least two things in common: (1) they speak to the desires, complexities and experiences of whitewater enthusiasts and (2) we happen to enjoy reading them. This list isn't an attempt to delegate a canon of the best whitewater literature. It's just a simple sharing of books that others have previously shared with us—to our great delight. So whether you've never heard of these summer reading books before, or you've read some a dozen times, perhaps it's time to find one on your book shelf, at your local library or at American Whitewater's online bookstore and head for the backyard hammock. Better yet, find one of these gems in a light paperback edition and stow it in your drybag for that mid-summer overnighter. Long, warm days, a peaceful, sandy beach and you lounging in your camp chair reading a classic—what could be better?



Deep Survival: Who Lives, Who Dies, and Why

By Laurence Gonzales

Review by Charlie Walbridge

When I picked up a copy of *Deep Survival: Who Lives, Who Dies, and Why* by Laurence Gonzales, I was expecting another collection of outdoor adventure war stories. What I got was something a lot more useful. The author has made a lifelong study of people's reactions to mortal peril in an effort to learn why some of them live and others die. The book draws from physiology, psychology, and even philosophy to explain the inner-workings of the mind when a person encounters life-threatening dangers. He draws heavily on the life experiences of pilots, mountaineers, whitewater paddlers, surfers, and blue-water sailors to make his points and tells the stories of ordinary people who encounter unexpected emergencies.

One of his most interesting discussions centers on the difference between conscious and unconscious decision making. When you first encounter a situation the neocortex, or logical mind, handles the information. But after several repetitions the brain creates a shortcut, and these decisions are then made reflexively by the instinctive part of the brain, the amygdala. This is what allows a complex physical skill like the Eskimo roll, which initially takes your full concentration, to become ingrained. Your mind, no longer cluttered with thoughts of the setup, the paddle motion, and the hip snap, is left free to manage other tasks. Although this "imprinting" allows skilled paddlers to handle increasingly complex rapids, it may also cause them to miss important cues about unexpected danger. One simple example of this concept is our response to a newly placed stop sign. A person who drives past the new sign often may pass it many times without stopping,

while someone who has never driven the road will notice the sign and stop.

According to the author, adventure sport participants are sensation seekers. Pleasurable experiences, like a good run through a big drop, also become imprinted on the amygdala. We all know that fear can be fun, but this “pleasure imprinting” may lead a paddler to proceed despite clear indications of danger. This explains why expert paddlers may make decisions in direct opposition to their knowledge and training. They might put in when huge logs are floating down a flooded river, or run a dangerous rapid without scouting or setting safety.

The author also describes how emergencies affect the brain. Adrenaline and the other hormones associated with fear go straight to the amygdala and invoke a powerful emotional reaction. If the primitive amygdala hijacks your brain your IQ drops down to the level of the average monkey. This is what causes a person to freeze or panic in an emergency. It causes athletes to “choke” and accident victims and rescuers to develop tunnel vision. Survivors, like paddlers, aren’t fearless. But they know how to use their fear to focus intensely on the environment and on the skills they need to prevail. They fight to shift decisions away from the amygdala into their logical mind, to broaden their perceptions, and to avoid impulsive decisions.

This is just a portion of what’s covered in this book. There’s a chapter on “the sand pile effect,” an accident where one small mistake causes a cascade of connected events that lead to a catastrophic failure. Another section talks about route finding in trackless wilderness and how becoming lost can cause a mental breakdown leading to irrational behavior. Staying calm and controlling your mind is far more important than knowing hard survival skills like starting a fire or building a shelter. The book is not only helpful for ocean and wilderness travelers who encounter life and death emergencies, but it also offers useful strategies for living successfully in modern society.



The Laugh of the Water Nymph: And Other River Stories

By Doug Ammons

Reviewed by Ken Strickland

Timeless is the word I would choose if I had but one allotted with which to describe *The Laugh of the Water Nymph* by Doug Ammons. For me, paddling whitewater has been a way of life for well over three decades now and I’ve seen a great deal of change during that time: boat design, whitewater technique, and the evolution of the sport from the domain of a small population of what many might have described as eccentrics, into that of the mainstream. However, I have observed that two things have remained constant throughout this state of flux: the river itself and the profound effect it has upon us.

In *Laugh of the Water Nymph* Doug eloquently expresses what many of us whitewater journeymen have known for a long time in an intuitive sense, but were perhaps unable to articulate into a coherent explanation of it all. More than once I have found myself pausing after reading a passage from one of his stories and thinking: Yeah ... that’s it!

For inspiration (and ambience) Doug draws from a deep well of experiences gleaned from his many years of paddling

the classic rivers of the Northern Rockies as well as expeditions into the Himalayas, Mexico, and South America. When one also considers his journeys into the near mythical river-realms of the Alsek, Stikine, and Susitna, it becomes obvious that this writer-poet has received counsel from the River Gods themselves and returned with stories to share.

The essays in this book are as varied in scope as the rivers we run and the emotions we carry: In one there is the magical discourse with an eponymous, all-knowing river-fairie: “Come in,” she says with a whimsical look. “This is where you belong, in here with us. There is all the music you could ever play, and more than your words could ever say. Come in!” she gestured and smiled. “Everything is clean and clear.” It was all so simple. I laughed, then jumped.

In “Old Friends” he takes us on a heartfelt ride upon the colorful waterwheel of life and shares with us how subtly the baton of knowledge can be passed from one generation to the next, often unrealized by the recipient until years later. Although “Old Friends” is a river story, its message transcends its setting and will more than likely evoke an emotional tightness in your throat as you mentally place your own old friends into the cast of the story.

Of course there are the epic tales of whitewater realities: In “Alive” Doug gives us the harrowing account of a near-miss with a terrifying ice-sieve, and in “Doubts” and “Fear” he acknowledges and explores those mental states we all have to deal with at some time or another, both on and off the river.

“Waves in the Darkness” is an ethereal ride upon a cosmic wave of the here and now, while “Bubblemaking over the Lochsa River” gives us a poignant glimpse into the radiant yet ephemeral beauty of life itself, as Doug describes the early morning dawn along the river while coming to grips with the suicide of his best friend.

Summer Reading

“Agua Azul: The Games of the Mayan Gods” recounts running a storied waterfall at a near-mystical but real river in Mexico. The crux of the story leads us into a metaphorical freefall where we earthboundlings might play for a fleeting moment in a realm reserved for the gods. I quote: “Set free from gravity we reach into a different world, where Gods might live forever but mortals cannot. The Maya called it the Place of Fear and Awe, and if we enter, we can only hope to be there a few moments when we are at the height of our care, knowing the consequences for any mistake will be violent and final.” I know many of us experience this stirring phenomenon each time we summon up all our courage, resolve, and skill, and then ... paddle off the edge! In beautiful prose with great insight into the water and beyond the sport, Ammons makes it all seem so clear and understandable. You will find yourself stirred with the realization that, yes, this is why we seek again and again this profound moment.

One humorous tale (“The Attack of the Killer Radical Extremes”) is a parody that takes us along on a hysterical ride with Raz and Jorge, two extreme sport aficionados bent on breaking all the records in every extreme sport known to mankind—and having their names enshrined in stone as “The Two,” only to find out in the end just how fleeting their fame was. This is the funniest satire on extreme sports I’ve ever read. It’s totally over the top, but also hilarious, engaging and a full-on romp through the wildest set of extreme sports you’ve ever heard of. It’s also the one fully fictional story in the book. If you like inline skating down Everest, kayaking Class X, skateboarding off the Sears Tower, sky diving with no parachute, sky surfing at Mach 4, sport climbing 5.19 like a gibbon, all while tumbling along with the greatest athletes in the Galaxy and their private rap band, this is your story.

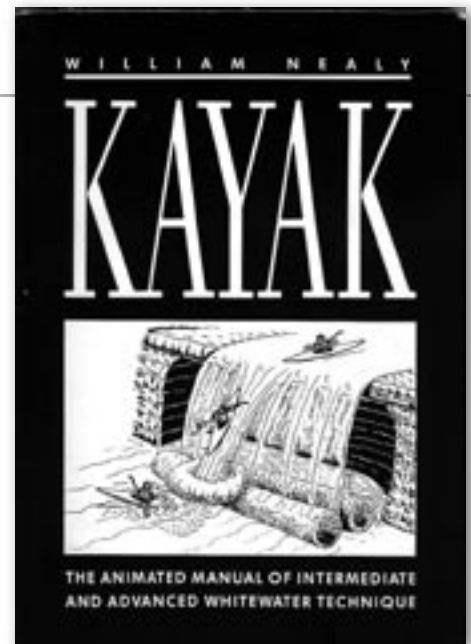
This is also a book to share with those significant non-paddling people who are

essential to our lives, especially the ones who sometimes roll their eyes and do not fully understand this never-ending song of the siren we dance to. The stories will help explain the things about us that they must consider idiosyncratic and obsessive, and it is done in a beautiful and understandable style.

In *Water Nymph*, the midsection is made up of 36 pages of stunning photos: some are panoramic foldouts, and some of which go so far as to illustrate the sublime! Renowned outdoor photographers Charlie Munsey (*The World of Whitewater Kayaking*; see page 51 of this issue) and Markus Schmid share their remarkable work. In addition, a look through the lenses of Michael Brown, Matt Gaynes, Wink Jones, Bob McDougall, as well as the author, provides us with a visual complement to this classic book. The photos alone are worth the price of the book.

In all, there are 22 works in this anthology that comprise an enduring collection of stories penned by one of the premier big water and expedition kayakers of the last two decades. Yes, timeless is the word I will use to describe Ammons’ book. Many of the stories could have been written 30 years ago ... however, they are contemporary ... but then again, they could very well be from a future world—so long as in that world we continue to have rushing rivers to stir the muse in a gifted few.

So, the question is: Is Doug Ammons a paddler who writes, or a writer who paddles? To this I can only answer: Yes!



Kayak: The Animated Manual of Intermediate and Advanced Kayak Technique

By William Nealy

Review by Tim Catalano

When the editor asked me if I wanted to write a book review for “anything Nealy,” I said, “sure.” I have read, re-read and giggled over *Kayak: The Animated Manual of Intermediate and Advanced Kayak Technique* so many times I figured I could probably crank something out while watching a little March Madness. I have regretted the decision ever since. Feeling a whole lot like the college freshmen in my composition class, I procrastinated for a while. Then I started preparing some excuses for failure (“uh, uhm...the Gauley’s running”). When I finally saddled up to the responsibility, I wrote and re-wrote, knowing that *Kayak* is probably the one book that everyone reading this article has in common (at least those of us with a few gray hairs). What could I possibly have to say? It’s one of two books (the other being *Bechdel and Ray’s River Rescue: A Manual for Whitewater Safety*) that I always tell newer boaters to buy (if they ask).

Published in 1986, *Kayak* was perhaps the first book that introduced novice boaters to the then esoteric culture surrounding advanced whitewater boating. Before the

explosion of kayaking and the widespread growth of whitewater clubs and advanced instructional programs in the 90s, there was Nealy's *Kayak*, a used Dancer, a borrowed neoprene wetsuit, and a couple of red-eyed older brothers who promised to show you how to roll at the bottom of Fayette Station—after you ran it. It doesn't address too much in terms of introductory skills like eddy turns and basic strokes, but instead provides attention to more advanced skills like surfing off a pillow, reading the kick out of a downstream hole, and dropping off a 10-20 footer.

Kayak provides strong instructional elements, like chapters on boating technique, reading rivers, using hand signals, and conducting self and river rescue. A no-nonsense chapter on first aid simply tells boaters to "take a course" and lists suggested courses, as first-aid skills are more properly taught and better learned in a hands-on classroom. What most of us probably remember, however, are the various words of wisdom ("Nealy-isms") sprinkled throughout the book. Nealy uses the first lines of the first chapter to set the tone, telling boaters that the number one rule to kayaking is to "Be Loose."



The caption reads: "Tight-kayaker – fights the river ... stiff ... shaky ... falls over on 6" riffles. Needs a beer or a valium." A lot of the "Nealy-isms" are also found in the "Riverse" glossary at the end of the book. Here he shares a language that can still be heard in eddies from the Arkansas to the Gauley. The English teacher in me can't help but wonder if younger boaters are even aware of the etymology behind some of their whitewater vocabulary.

In a lot of ways, Nealy was ahead of his time. His drawings included plenty of female boaters, and he made it way cool to "pass on the puberty rights" by addressing the issues of fear and walking rapids. At

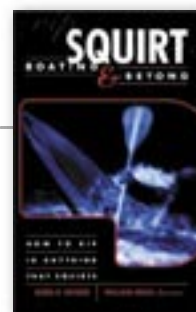
the same time, chapters like "The Joy of Flood," the shameless teasing of open boaters and rafters, and the supremely animated expressions of his drawings made readers feel the juvenile, alt-culture vibe of the sport. I'm proud that, as a college professor and "magazine writer," I have climbed up Nealy's shuttle protocol. In many ways, *Kayak* helped to shape and keep this culture alive.



I thought of Nealy last summer. The early evening sun was setting behind us, and we were beginning the stretch from Pushbutton down to the RiverRun take-out on the Ottawa River. I pulled a Labatt 50 from my drybag, distracted my buddy long enough to take out his drainplug, and got his mind off of his sinking Animas by engaging in a little "merc-talk" on the paddle in. It was brilliant!

I shed a small tear thinking of Nealy. Though I never met him, it's unfortunately too easy for me to imagine what it's like to lose friends and family before their prime. I wish they all could have been there with me, enjoying the vibe on the evening Ottawa water.

If you're reading this article and don't have a copy of *Kayak*, buy it. If you have it, read it again. At least once a year paddle in a loud and obnoxious band of kayakers, if only to remind yourself of some of the more silly social aspects and personalities associated with boating. When you get a chance, and circumstances are appropriate, take a safety break and hide your buddy's drainplug. And if you're trying to think of a small gift to give the newer boater in your group, buy them a copy of *Kayak*. It's not just a book, but a whitewater rite of passage.



Squirt Boating and Beyond: How to Rip in Anything That Squirts

By Jim Snyder

Reviewed by Doug Ammons

Kayakers out there who don't know who Jim Snyder is should be ashamed. They should also be thrilled, because it's still possible to acquaint oneself with one of the great revolutionaries of the sport and one of the most noted river thinkers of our era. This book is vintage Jim Snyder and should be read by anybody who is serious about kayaking, no matter what style.

Jim wrote this book in the 80s after developing, along with others like Jessie Whittemore, the art of squirt paddling. Jim was one of the main designers of squirt boats, and the key developer of technique that opened up the third dimension of the river.

It was a different era and the new realm of squirting was not an easy one to enter. You had to turn everything you'd learned about paddling inside out, while dealing with cramped legs, warped feet, and abraded, tweaked-up toes. It paid to be able to fit into small spaces. Those unlucky enough to have feet bigger than size seven, long big toes, or lengthy legs had to consider amputation—or buy one of Jessie's boats instead of the tiny potato chip wings that defined the wild new kind of paddling by Jim and Jeff Snyder.

What was that world? Most paddlers will find Jim's major ideas have been incorporated into modern playboats. A great number of freestyle moves derive from the basic possibilities that Jim introduced while experimenting with movement in the vertical direction. Many paddlers might still find his realm pretty wild. Jump into the middle of a whirlpool and disappear, front or back surf in a

Summer Reading

pourover, catch eddies that are three feet underwater, carve and cartwheel and do screwups and mystery moves. Learn a kind of x-ray vision and read the river from the bottom up, seeing the interference patterns that made the rapid, read the topography and structure of the whole river, not just the surface. A new world beckoned to us and this book gave us the tools.

Squirt Boating and Beyond would be well worth having even if it were only a “how to” book. The kicker is that it’s way more than that. It is a great introduction to Jim’s way of understanding rivers and currents. If you read it and experiment with a squirt boat, you’ll unlock the third dimension of rivers and never look at things the same way again. This book was revolutionary in the 80s, and it is still revolutionary today.

It also has some of the best illustrations ever done for kayaking. They are clear, funny, informative, and fascinating. The late William Nealy managed to illustrate Jim’s concepts in near-holographic depictions of the river’s currents and the paddlers in them. When you compare these drawings to the actual photos in other parts of the book, you realize how insightful Nealy had to be, and what a great combination these two guys were.

I remember when I first got a copy of the book. I’d known Jim’s brother Jeff for a while, but had never met Jim. I’d been squirting using an original Jet, so I was familiar with the types of moves and the techniques. When I cracked the book open, I realized immediately that Jim was one of a kind. I’d been brought up in a household of scientists, and spent a lot of time, even as a kid, doing serious research with my father. It took me all of about 10 minutes to see that Jim was a natural scientist, and that the book was a systematic theory and description of the river and an entirely new way to interact with it. As I read, I found he was much more than that. In addition to a born scientist, he was (and still is) a poet and philosopher of water—

the best of all combinations. Each one of those personas weighs into the book, and there would have been a big gap had any one of them been missing. The end result is what makes this book so special.

The book will teach you the language Jim developed. He’s not talking about simple things that just anybody could have figured out. His descriptions repeatedly demonstrate the difference between linear and nonlinear thinking. And if you think the river is linear, well, it ain’t. And so he talks about charc or “charging arc,” cluing, cartwheels, the fine points of mystery moves and using the boat’s angles and lines to plane like a wing underwater. Counter pressure with the paddle, counter angles, balance points, carving on outside edges; it’s really amazing to me all the things you find in there. And every single one of them is applicable in one way or another to your paddling no matter what kind of boat you use. More than anything else, this is a great essay on the physics, truth, and poetry of water.

With the help of his brother Jeff, and other eastern “edge” boaters of that era, Jim created a new way to paddle. None of those things were thinkable before that, although slalom paddlers had certainly experimented with “squirts,” or stern pivots as they called them. But Jim drew a bigger and more comprehensive

picture, and had to invent the language for describing it. The terminology is pure Jim, and it is essential for one simple reason: These were new concepts that required a new language and a new way to think about the river.

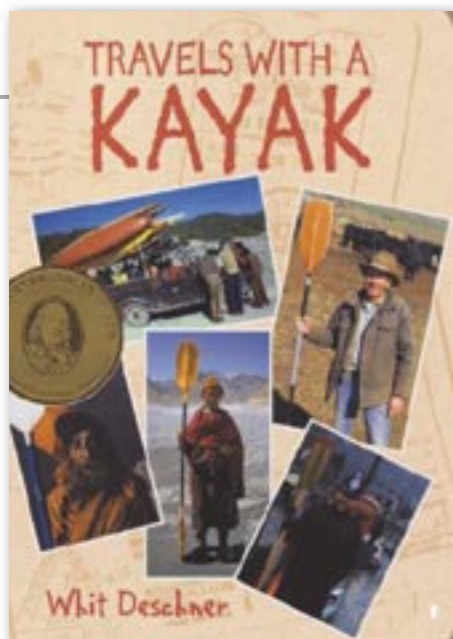
Don’t expect this book to be easy, but do expect it to give you more interesting thoughts about the dynamics of water than any other technical kayaking book ever published. Expect it to be playful, funny in places, full of Jim-isms, insight about rivers, and deep-water philosophy. Nothing about Jim’s ideas is ordinary or commonplace. Every topic and technique brought up in the book has some—or even many—unique insights or an intuitive grasp that you can gain from.

I have to admit a conflict of interest in writing this review: I was privileged to meet Jim in the early 1990s, and we’ve been best friends ever since. He has one of the most active, interesting minds I’ve ever come across. All I can say is, if you can distill Jim’s wisdom about water, you’ll understand rivers far better, and enjoy every aspect of kayaking and living more for it. If you want to see the river three dimensionally, poetically, and with depth in every direction, read this book.

TYGART RIVER ENTERPRISES
Heavy Duty
Steel Racks



When You're Ready for A
**real
RACK**
FOR BOATS & BIKES
(304) 457-5674
www.tygartriver.com



Travels with a Kayak

By Whit Deschner

Reviewed by Doug Ammons

Whit Deschner is one of the funniest writers ever and this book is a compilation of his stories from around the world. He has an ability to take off on a little tangent, and have it blossom out into a full-on absurd and hilarious adventure. It's all about finding the little things along the way. It doesn't matter whether he's paddling with legend Walt Blackadar in New Zealand, or with Dave Manby in Iran or Scotland or with other hapless and remarkable characters arguing about sanity and paddling. It's all good. No, it's all great.

You can join him on the placid Seine in France, making your way with him through bank to bank boats, dingies, canoes, and any plastic floatable object that can be filled with Frenchmen. You can join him in Turkey with Dave for a run on the Coruh, or with Slime in Nepal looking for the mythical Shangra-Kola. Or deep in the desert backcountry of Idaho huddled under a tent in a blizzard, with kayak and paddling gear being rapidly covered by drifting snow, on another insanely botched trip filled with mutinous comrades, lies, blaming, and good cheer.

He loves puns and plays on words, and he's damn good at them. Some will make you want to spit out whatever you just ate, others will make you gut laugh, and there's no let up. Reading his book is the verbal equivalent of a run down the Lochsa River in Idaho: just nonstop, high-octane silliness and the best kinds of trouble that a kayak can get you into.

There aren't massive tales of daring do. You won't be biting your fingernails in terror while reading of Big Men teetering on the brink of The World's Highest Waterfall, or philosophizing about running The Impossible Gorge. You'll be way too busy smiling, chuckling, or laughing hysterically at the funniest stuff you'll probably ever read about kayaking and kayakers.

There's hilarious photos too: Of severed kayaks on railroad tracks, of cardboard kayaks pitching down rapids with drunken Englishmen aboard, of wild and ridiculously overloaded shuttle vehicles broken down in the Middle of Nowhere, of mishaps on the river and scenes along the way. Whit has a matchless eye for the absurd in everything and his captions just add to the show. I don't know how he ever got one photo in particular, but it clearly isn't a set up. It shows a raft badly wrapped on a boulder, a kayak upsidedown and broached on a nearby rock, an empty boat washing by the raft, paddles floating, and general mayhem. The caption: "A typical boating scene from the 70s."

And readers should know that Whit keeps this type of perspective up even while suffering in recent years from Parkinson's. He would never admit it, but he is one of the most insightful paddlers ever, and one of the most courageous personally. It is a pleasure to recommend his books to anybody who is interested in the sport. If you like to laugh with the water, then Whit is your man. He's certainly mine.

Otter Bar Lodge

Kayak School

World-class
paddling location

Industry-leading
kayak instruction

Programs for
paddlers of all levels

Grand Canyon
September Trips

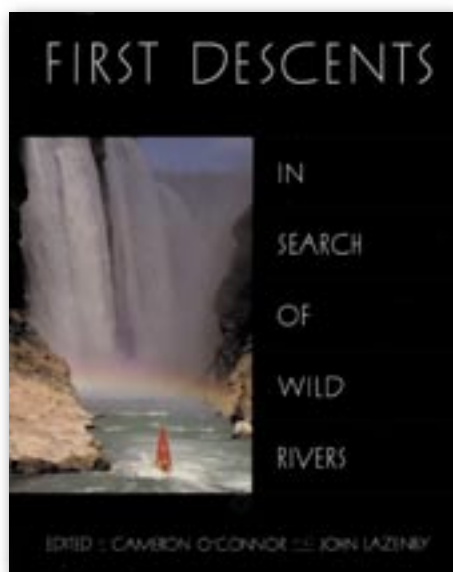
New Zealand Trips

Kids Kayaking
Camps



530 462 4772
otterbar@aol.com
www.otterbar.com

Summer Reading



First Descents: In Search of Wild Rivers

Cameron O'Connor and John Lazenby, Editors

Reviewed by Doug Ammons

This is one of the earliest collections of river stories, originally published in 1989. It is from the era before kayaking's explosion of popularity and includes both early kayaking and rafting descents around the world.

River Pirate and Sobeck founder Richard Bangs thrashes rafts down a rain swollen Wauhgi Tua-Pitari in New Guinea, as well as the sedate Boro river in Ethiopia, both originally TV movie extravaganzas with articles written by Dave Roberts. The Yangtze in China makes an appearance. You can join Polish kayaker Andrzej Pietrowski down the Colca Canyon, or Phil DeReimer on the Paucartombo in Peru, Bo Shelby on the Braldu in Pakistan, or assorted other explorers on the Bio Bio in Chile, the Zambezi, and even Chuck Stanley doing the original descent of Bald Rock Canyon in California's Sierra Nevadas.

Whit Deschner has a great story about ace waterfall runner Al Faussett, who in the early 1920s surely outclassed modern

kayakers with his descents off the huge slide of Skykomish Falls and the 212-foot high Shoshone Falls. The perspective of Al, an itinerant logger, making his own dugout canoe to cast into the unknown should give modern plastic boaters some pause.

William Nealy tells a story from his errant childhood. He sets off down a flooding concrete storm channel called Polio Creek in the only vessel he can find—a plastic wading pool and is swept away and nearly drowned. Separated from his friends, his leaking pool careens out of control, until he barely snags a rusted pipe from the side and scratches up the smooth bank, just before being found by his mum. It captures the essence of whitewater adventure. His cartoon illustrations serve as more-than-epic photos.

Stalwarts of the Old School climbers-turned-kayakers make their storied appearance. Yvon Chouinard takes you on an understated first descent of the Clark's Fork of the Yellowstone canyon in 1983, flyfishing, portaging, rappelling in boats and generally having a great time. You can join Royal Robbins on the astonishing portagefest and now brilliant Sierra classic, the Devil's Postpile section of the San Juquin. What is most obvious in these recountings is the pure pleasure these guys took in exploring the natural world, the challenge and lure of wild places. They will remind you that your kayak is a vehicle, just as climbing shoes are, and they form a wonderful recipe of skills that allow you to journey down forbidden canyons and beautiful whitewater.

The cover photo illustrates another great story, the descent of the Santa Maria in Mexico written by Jamie McEwan. The photo shows the late Doug Gordon framed by a rainbow doing a perfect endo in front of the huge waterfalls that block the gorge below.

The photos are nearly all black and

white, and so tend not to do justice to the stunning places. They'll definitely give you the idea though. While some of the writing is magazine-sophisticated (such as Dave Roberts' work), other stories are earthy and read more like trip reports than literature. The feelings come through nonetheless. The spectacular nature of the runs and the joy in doing them are very apparent. This is another set of historical benchmarks that should be on every paddler's shelf. When you page through it, you won't be able to help feeling the stirring and excitement of the world's greatest whitewater, and understand you share it with everybody in the book.



CAMP MOR
WWW.CAMP MOR.COM

**CANOE AND KAYAK
OUTFITTERS**

DRY BAGS • PFDs • INFLATABLES
• NEOPRENE CLOTHING
• CAR RACKS • ACCESSORIES

PLUS:

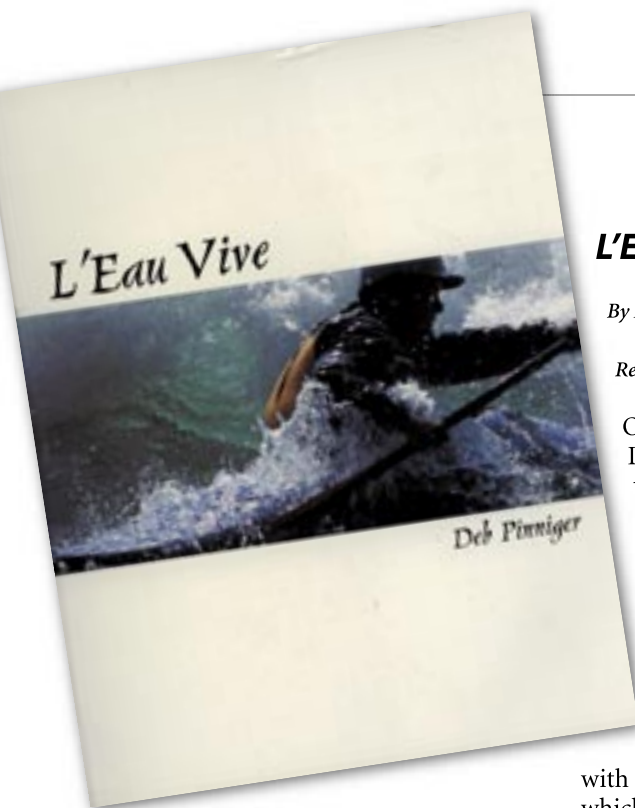
- BACKPACKING
- CLIMBING
- FAMILY CAMPING
- RUGGED CLOTHING & FOOTWEAR

NAME BRANDS AT
THE LOWEST PRICES


AOL
keyword:
CAMP MOR

CALL FOR OUR FREE CATALOG
1-(800) 230-2151

Or Write to Us at:
PO BOX 700-AW0,
SADDLE RIVER, N.J.
07458-0700



L'Eau Vive

By Deb Pinniger

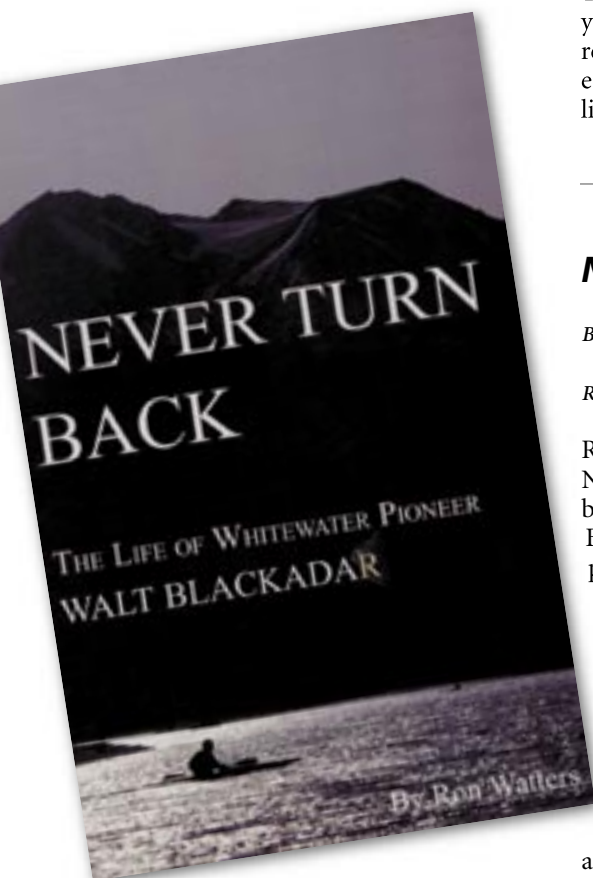
Reviewed by Doug Ammons

On the inside front cover, a friend of Deb's, Nico Chassing, explains the title of the book:

"L'Eau vive is French for whitewater, though a more accurate translation would be something like moving water. Eau is water and vive is the word one might use when describing a baby fish, meaning he is very fast and can dart around rocks and through little gaps with ease. Vive also contains the word vie which means life, so vive also describes something natural and alive."

That quote aptly sums up the feeling you'll get when you look through and read this book. It is an intimate photo essay displaying Deb's wandering river lifestyle, while showcasing her great

photography. She calls it "a visual history of my kayaking adventures over the past five years ... reflecting the wildness of the places we travel to, the characters we share our experiences with and the beauty of the water we ride." She has action and scenic shots from Africa and Canada, the U.S., all throughout Europe and the Balkans and Turkey. She blends them together with striking quotes from John Muir, T. S. Elliot, T. E. Lawrence, magical water dreams from her friends, and short vignettes of trips. There are close ups of surfing in California, playing on the Aare river in Switzerland, a cascading river in Norway, and much more. The result is an engaging book that sits well on the shelf, and even better in your hands. This is a very, very nice book full of crystal facets of water, insightful sayings, and wonderful photographs.



Never Turn Back

By Ron Watters

Reviewed by Doug Ammons

Ron Watters did the entire history of North American kayaking a huge favor by writing this book on legend Walt Blackadar. Ron's extensive research and personal knowledge of Walt and his familiarity with the many paddlers who shared rivers with the old man made this biography possible.

Ron is a professor of outdoor recreation at the University of Idaho in Pocatello. Having spent many long years paddling in the Idaho heartland, Ron was well acquainted with the places and people, and then dug deep for the full story.

Walt Blackadar was somebody for

whom the cliché "bigger than life" was spot-on. There really is no comparable personality in today's sport. This is not only because the sport has developed so much and become so much larger, but because it is so much more specialized. Walt was a pioneer; he was a big guy who took big steps and probably would feel modern kayaking has become much too refined, and head off for bigger and rougher arenas.

Ron spends the first chapters describing Walt's prelude to kayaking. A small town doctor, originally from back East, he moved to Salmon Idaho in the 1950s, which opened up the world of the outdoors. He eagerly took part in everything the wilderness had to offer, starting practically on the edge of town. He was an excellent rafter and an expert at living in the wilderness, a hunter, trapper, and avid fisherman. He was at home in

Summer Reading

the wild, and this kind of background is essential for understanding why he would end up doing the things he did.

After some years of rafting, he became entranced with the new sport of kayaking. He got one of the new fiberglass versions that were just coming out, and quickly became a one-man band recruiting for the sport. He sponsored Eastern slalom champions like Barbara Wright to come out for a trip down the Salmon in exchange for rolling lessons. He organized trips and carried people along with endless energy and enthusiasm for the new sport.

Today we can marvel in an almost bemused way at his gear in comparison to the space-aged plastics, breathable fabrics, synthetic pile sleeping bags, personal foam outfitting, and the myriad technical knick-knacks we have for every aspect of river running, both on and off the water. In contrast, you can see a picture of Walt wearing Carhartts and a hockey helmet and wielding a huge battle-ax of an Iliad paddle about to get into his old 13 foot Hollowform—the first plastic boat. The river is the Sustina, Devil's Canyon, in the wilds of Alaska in the mid-70s. A country almost big enough for Walt's persona and dreams.

Some of us saw a few early films with Walt from the American Sportsman and marveled at him, this paunchy 40-something old man, getting trashed in massive waves, then giving the greatest deadpan interviews. "Well, I rolled again and again, and by the tenth time, it was either bail or stay and die in the boat." Or, after a modestly successful descent of Devil's Creek rapid, during which he backsurfied and flailed and got pounded by Big Sue: "Well, she's a big one. I'll be back, but I hope I'm younger. And when I try it again, I'm going through the same damn place."

Central to the book is the story of Walt's amazing first descent of Turnback Canyon

of the Alsek River in the Yukon. That was way back in 1971. The river is still one of the all-time classic runs, and probably always will be. Watters does a great job of putting us into Walt's life, and his decision to run the river. Originally, he'd planned a big team to challenge the unrun gorge, but as people dropped out one after the other, the tenor of the trip changed. His empathy for others in his medical practice played a role. He recounted the futility and depression he felt when one of his patients, a man younger than himself, died of cancer despite Walt's best care. His own aging, and the inevitability of death weighed on his mind, and a solo first descent of the Alsek came to have a different meaning, of reaching for the biggest challenges that life had to offer and taking them on with full realization that he might die in the struggle. Walt's son Bob told me that he started keeping a picture of Niagara Falls on his table, saying that if he ever had terminal cancer, he'd run Niagara falls rather than die in bed. When Bob asked him what he'd do if he lived, without batting an eye Walt said, "I'd go right back up and run it backwards." How can you not love the guy's spirit?

There was the time when he rescued Evel Knevel after the aborted jet-motorcycle jump of the Snake Canyon. Walt had figured out where he needed to be if Evel didn't make it, and was the first guy to get to the ill-fated rocket-stuntman. He was instantly on national television with Knevel under his wing, "I'm a doctor! Clear the way!"

Walt's "alpha male" personality, ego and charisma are on center stage throughout the book, as are his personal concerns about those he paddled with. There are looks at his thoughtful side and the responsibility he felt for the death of a younger paddler who looked up to him. There was the inevitable crush of time, injuries, and health that finally led to his death, being pinned under a log on the South Fork of the Payette in the rapid that

still bears his name.

And Watters captures something that all readers will understand, no matter what age or walk of life—Walt's sheer relish of life itself, which a cascading whitewater river is such a perfect expression of. Every paddler will understand his infectious enthusiasm, a timeless trait shared by kayakers of any era. Rivers are just damn fun—any way you do them.

And Walt did them in more ways than most of us can imagine. He hunted and fished and rafted and polled and drift-boated and kayaked his way into the heart of the western wilderness, and left a legend that still inspires us. Thankfully, Ron Watters took the time to bring us that great story.

continued on page 46



ADVANCED DESIGNS GREAT FIT ULTIMATE PADDLE PERFORMANCE

ULTIMATE PADDLE PERFORMANCE
ISN'T JUST FOR THE PRO'S.

THE FACT OF THE MATTER IS EVERY KAYAKER, REGARDLESS OF THEIR EXPERIENCE LEVEL, BENEFITS FROM PADDLE PERFORMANCE. PERFORMANCE SIMPLY MEANS YOUR PADDLE IS WORKING WITH YOU...HELPING YOU WORK A HOLE, CROSS YOUR FIRST EDDY LINE OR TO MAKE A MUST MAKE MOVE. IT'S A GOOD THING AND ALL DRAMA ASIDE, YOUR SAFETY MAY SOME DAY DEPEND ON ULTIMATE PADDLE PERFORMANCE.

IT TAKES ADVANCED DESIGNS AND A GREAT FIT TO ACHIEVE ULTIMATE PADDLE PERFORMANCE.

WE PROMISE TO PROVIDE THE ADVANCED DESIGNS, BOMBER DURABILITY, AND A COMPLETE SELECTION OF PADDLE FEATURES. YOUR JOB IS TO SELECT AND COMBINE THESE FEATURES FOR A GREAT PADDLE FIT.

TO VIEW OUR COMPLETE LINE OF PERFORMANCE, PREMIUM, AND RECREATIONAL PADDLE LINES VISIT WWW.WERNERPADDLES.COM. WHILE YOU'RE THERE CHECK OUT OUR NEW "INTERACTIVE GUIDE TO A GOOD FIT."



WERNER

Ultimate Paddle Performance

WWW.WERNERPADDLES.COM

800-275-3311

Thomas Rogenmoser, Verzasca River, Italy Photo: Tanya Shuman



Women in Whitewater

a GIRLS' trip

By Katie Hilleke

Could it be true that women need to paddle with men? First of all, it must be safer, since men know more about rescue techniques than women do. Second, men are just better kayakers because they're stronger. In fact, when taking part in any kind of travel adventure, women need a man by their side, ready to handle any kind of crisis that may occur. Women are more fragile and if something really goes wrong, on or off the river, a man will be much quicker to react, while a woman will be quick to cry.

It is hard to believe that there are people who still hold on to this narrow mindset, but they're out there. Despite the many heroic women who work as firefighters, doctors, CEOs, and even the head of kayaking companies, there are men and women who don't believe women cut

the mustard when it comes to real life crises. To dispel this myth, four women (myself included) will be setting off on an all-women expedition to the third world country of Honduras. In doing so, we hope to put to rest the archetype of the Damsel in Distress.

This adventure will create unique challenges for our group, mainly because none of the members have ever been on an all-women adventure travel trip out of the country, much less on an all-women kayaking expedition. Stacy Heer and myself have been paddling together for 10 years now. We are the reluctant members of the Dirt Patch, a name given to us by acquaintances which must stem from an old reputation of improper behavior, forgotten gear, and a short time spent living together with a dog in Stacy's Chevy

pickup. Being the founding members of this celebrated group is not easy. On the bright side, you can't pay for the lessons we have learned from our years of irresponsibility. Stacy and I are teaming up with Jessie Rice and Robin Betz to embark on this adventure to Honduras, *solas*.

The first time I paddled an unfamiliar Class V river without a man was a warm summer day in June, 2002, when Stacy and I paddled down the big waters of the North Fork of the Payette River in Idaho, just the two of us. Both of us are Alabama girls and so we weren't at ease on high volume rivers, but we trusted each other. This day was our moment of truth. Could we, two little girls from Alabama, really make our way down 10 miles of Class-V whitewater we had never seen before without any guys around?

photo by Tommy Hilleke

After lots of scouting, rope holding and one small episode of my boat floating into the river by itself while I was setting safety for Jacob's Ladder, we did achieve our goal of paddling the 10 miles. Actually, I only paddled nine miles because Stacy had to chase my boat by herself for one mile. The point is, we realized that day that we could do it. Not only did we accomplish our goal, but we also we handled a major crisis nicely in the process.

To get some perspective of the challenges we are going to face, I looked to one of kayaking's strongest women for some advice on kayaking Class-V whitewater in an all-women group. Buffy Bailey-Burge has firsthand experience in this type of adventure. She spoke with me about participating in an all-women's heli/kayak expedition in New Zealand. The other members of the team were Jamie Simon, Nikki Kelly, and Shannon Carroll. They did many challenging West Coast runs, including a first descent.

"The trip was a great confidence booster to me," she said, "because each female got her chance to lead down great, quality rapids. You know you are doing well as a kayaker when you can lead, not follow, and have styling lines while you're at it!"

When I asked Buffy what she thought the biggest disadvantages are for women paddling difficult rivers without men, she said that it really depends on the members involved.

"I have been on extremely difficult rivers with a group of all women who were strong in all aspects: skill-wise, physically, mentally, and emotionally," Buffy said. "There was no hesitation or doubt to run the most challenging rapids and in confidence to provide safety. However, I have also been with groups of women where self-doubt and low-confidence spreads to each member of the group. Bad lines and shaky emotions will rub off on all members. Confidence gets so low that all women involved will start walking the challenging but doable rapids."

Most female paddlers are used to paddling with guys because kayaking is a male-

dominated sport. It is comforting to know that the boys are there for you, but as women continue to paddle together and challenge each other, a different kind of camaraderie is building for us. Women are becoming more independent in their adventure travels. However, there are many challenges people face when traveling and kayaking abroad, some unique to women, while most affect both sexes equally (like lost or stolen luggage).

Since we've given this trip a lot of thought, we wanted to share some important tips for women, travelers, and paddlers of all kinds. Here are some important safety tips:

Before You Leave:

- We plan to register in every country that we're going to with the US Embassy. This is a good idea for any international traveler—especially if you're visiting third-world countries. The US Embassy can be a valuable resource in times of crisis.
- We will get travelers insurance. When traveling abroad, you should always make sure that if you get seriously hurt everyone knows to get you back to the states for critical medical care.
- Our group will make sure that someone back in the United States—either family or friends—knows our itinerary; you should always do the same when traveling and kayaking.
- We have made contacts in the country we are visiting. Jessie knows a kayaker who runs a school in Honduras. He will be our "local help" should we need him. Contacting local kayakers or kayakers who are frequent visitors of a location is usually the best source of river beta. Sometimes this is what will make or break your trip.
- Throughout your international trip, keep checking the US Department of State website for updated travel advisories and warnings for places on your itinerary.

WRSI
WHITEWATER RESEARCH
& SAFETY INSTITUTE

Whitewaterhelmet.com

WRSI Proudly Supports
World Class
Kayak Academy

WCKA in action
White Nile, Uganda

CURRENT
water helmet

Superior Retention
System keeps your
helmet in place

**Multiple Impact
Shell Design**
Ask about it at your
local retailer or check
it out online at:

whitewaterhelmet.com

Women in Whitewater

Traveling Light is Key

- Travel journeys from one part of a country to another can be quite difficult, especially when dragging along a kayak and kayaking gear. We will try to keep what we pack to a minimum. In Ecuador in 2001, Stacy wore a pair of black pants, one sundress, and a sweater for three weeks. She somehow made six different outfits out of it. Travel websites provide helpful packing lists that can come in handy when you're standing in a pile of clothing and gear the night before a flight wondering what to pack.

- Before going on an overnight or multi-day trip, carefully consider what you are packing, especially when loading your boat. For example, you should NOT pack full toiletry kits, heavy food (anything with water in it), or extra "outfits," but you SHOULD bring the necessary gear and

safety equipment.

- Also, a kayak is going to perform differently when the stern is loaded with gear. For some boat designs it is essential to put something light in the bow, like a sleeping bag or pad, to even the weight distribution.

- Wearing footwear with some ankle support and tough soles can make long hikes into and out of your kayaking destination a lot more comfortable.

Stay Aware

- Check water levels and consult with local paddlers when they are available.

- Never put on a river too late, too high, and/or without some knowledge of what you are up against.

- On the river, it is always important to look at what is going on around you. The leader of the group must look behind her frequently. We plan to take care of one another and be there for each other when we are needed.

- We will always be ready to get out of the kayak at any sign of trouble. This would probably be the number one rule of creek boating, and it separates competent creek boaters from ordinary kayakers. If something sketchy happens to another kayaker on the river, a skilled creek boater, like a knight in shining armor, is out of her boat running—rope in hand—to the rescue before she even knows exactly what is happening. Hopefully the kayaker in danger rescues herself before the rescuer arrives. I have seen this type of anticipation save many boaters from impending danger.



The poster for FIBARK 2006, America's Greatest Whitewater Festival, features a blue and white color scheme. At the top left is the New Belgium Brewing logo. The main title 'FIBARK 2006' is in large, bold, white letters with a blue outline. Below it, 'AMERICA'S GREATEST WHITEWATER FESTIVAL' is written in white on a blue background. The tagline 'beer. boats. music... more beer.' is in large, bold, white letters. Below that, 'FREE Live Music * Whitewater Action * Family Fun' is written in white. The bottom section features logos for Subaru, Teva, Absolute Buckle, Bank of America, American Whitewater, The Peak, ACA, and Headwaters. The dates 'JUNE 15TH - 18TH' and location 'SALIDA, CO' are prominently displayed. The website 'FIBArk.com for more info.' is at the bottom.

NEW BELGIUM BREWING

BLUE PADDLE

FIBARK 2006

AMERICA'S GREATEST WHITEWATER FESTIVAL

beer. boats. music... more beer.

FREE Live Music * Whitewater Action * Family Fun

SUBARU **TEVA** **ABSOLUTE BUCKLE** **BANK OF AMERICA** **AMERICAN WHITEWATER** **THE PEAK** **ACA** **HEADWATERS** **Hooked**

Dagger ★ **JUNE 15TH - 18TH** ★ **SALIDA, CO**

cleaner greener

FIBArk.com for more info.

Stacy Heer training for international travel on the Green River's Gorilla

photo by Tommy Hilleke



Nikki Kelly
Team Kōkatat



Since 1994, the most extensive line of
paddlesports garments exclusively for women.



Polly Green
Team Kōkatat



Tanya Faux
Team Kōkatat

Kōkatat
watersports wear

www.kokatat.com

Women in Whitewater

Use that Feminine Intuition


- When running a difficult rapid, hold ropes for one another if possible.
- Make continuous progress downstream so no one gets stuck in the dark without food.
- Try to catch the last eddy before a drop (if there is space), so you don't waste time bushwhacking the riverbank to scout.
- If you get out of your boat, always have a rope on hand, especially when you are scouting. You never know when you might need it, and when you do, it is always worth its weight in gold.
- Use a representative to scout for the group. Make sure it is a person whose judgment you trust. At this point there are three options: either the drop is runnable, it's a must scout, or a definite portage. Agree on hand signals for these options as well as hand signals that describe how to run rapids before you put on the river. Hand signals for words such as "boof," "right," and "left" come in handy. Always signal the positive (what the person should do) and not the negative (what they should avoid).
- The scouter can also serve as safety, so it's great if you can see them from the eddy. They can hand signal the line and then hold rope for you. However, if you can't understand the hand signals, get out and scout yourself.
- Off the river, it is important to be aware of the customs of the country you are traveling to and their view of women. This may sound a little backwards, but it can have a real impact on your trip. If it is the custom for women in a certain country to cover their bodies, I won't go around wearing daisy dukes. There are already enough communication barriers for travelers in a foreign country without shocking or insulting anyone by what we wear or how we behave (for a member of the Dirt Patch, this is saying a lot).
- It is much quicker to run a rapid than walk it, but listen to your intuition and make good decisions about which rapids you choose to run. One of the advantages of kayaking in a women's group is that women tend to be very realistic and supportive of each other and tend not to pressure each other into bad decisions.
- Off the river, listen to yourself when you get a sense that you may be in danger. Sometimes the environment you are in just gives you that feeling. If so, it is a good idea to change your environment and try to find people you trust. If traveling alone, realize that you may face more danger than traveling in a group.
- Be aware of making friends with strangers. Most people you will meet are incredibly nice. However it is best to stay aware of the people around you and be wary of people you don't know.

The Number One Rule of Kayaking and Traveling: Never Separate Your Rear From Your Gear

- On the river, it is best not to have a yard sale, especially in a third-world country. This can have enormous consequences. We are all in between our last swim and our next one, but swimming is especially undesirable in a third-world country (I am speaking from personal experience). If and when it happens, the best idea is to keep your gear as close to you as possible as you make your rescue.
- Have a spare paddle. This could be the number one rule of paddling in a third-world country. A spare paddle can be priceless when it is needed on the river. In most third-world countries, it's not possible to just buy another paddle at the local outdoor shop. It seems like women tend to rely on the men to bring all the safety equipment. When Stacy and I started kayaking, we were lucky to make

it to the put-in with a boat and a paddle. Our experience has taught us that every kayaker should always bring her own rope, some carabineers, a first aid kit, extra food and an emergency blanket.

- I have always been told this rule is the number one rule of kayaking, but it is also a good rule to follow when traveling off the river as well: Always carry your passport with you. While kayaking, make sure that the rest of your stuff is stored somewhere safe. Hide your money in different locations; "never put all your eggs in one basket."

The sport of kayaking is male dominated, but the female contingency is both strong and growing. Women around the world are realizing that they don't necessarily need a male companion in order to travel safely. Traveling with women can have enormous benefits. These trips allow you to have fun while releasing your goofy girly side. Even though we are hard-core paddlers, we still like to be clean, and look good, and at least have some lip-gloss nearby. Women also tend to be naturally more consensus-oriented, so it is a lot easier to express how you are feeling about a situation with other women. Besides that, it is incredibly liberating to travel with just women. Sometimes you even take a leadership role you wouldn't normally step up to if you were with the boys. There are some extraordinary experiences waiting for us out there. So don't let someone else's ideas about the limitations of all-women paddling groups stifle your adventures. 

Burning Time 2

Release date April 15, 2006

Order Now \$26.95 DVD

Includes free one year subscription to Outside Magazine inside the DVD Box \$18 value

Outside

Free subscription to Paddler Magazine for first 100 orders @ www.slproductions.tv

PADDLER

An HD Adventure Kayak film by Scott Lindgren

Locations: China, Africa, North America, Turkey

**CAST : Andrew Holcomb Steve Fisher Rusty Sage Bryan Kirk Eric Hjordleifson
Dave Garringer Jason Hale Matthais Brustmann Pat Keller Shannon Carroll
Taylor Robertson Tyler Curtis Sam Drevo**

CINEMATOGRAPHY: Scott Lindgren, Dustin Lindgren, Murray Walls, Katie Nash, Ben Coleman

PHOTOGRAPHY: Jed Weingarten, Lucas Bliman (HD) (HD BY : Scott Lindgren)

PRODUCED BY: SL Productions www.slproductions.tv



www.slproductions.tv

Women in Whitewater

Where's the Leadership Among the Gals These Days?

by Anna Levesque & Risa Shimoda

Many articles have showcased highly talented female kayakers who push their limits on the river, but rarely has the media paid attention to women in the whitewater industry who have risen beyond their paddling ability to take on leadership roles in business, instruction and policy. We interviewed women who have made a significant mark on the whitewater industry or are presently making a difference for women who paddle. Let's see how they feel about the progress that has been made; or not made in increasing the number of female whitewater participants, companies and gear.

Pam Dillion

Executive Director of ACA, former Division of Watercraft Deputy Chief for Ohio Department of Natural Resources and accomplished paddler

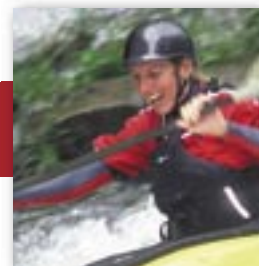


Christie Dobson

Accomplished paddler who has held field marketing positions with several whitewater companies including Perception Kayaks, Lotus Designs and Patagonia

Melinda Hendershott

Co-owner, Pisgah Whitewater



Kay Henry

Co-founder and former CEO of Mad River Canoes, and Co-founder of Northern Forest Canoe Trails

Bunny Johns

Former President, Nantahala Outdoor Center





Emily King

Information & Education Manager,
Ohio Department of Natural Resources
Division of Watercraft

Jessie Stone

Accomplished paddler and founder of Soft Power Health, a non-profit that runs inner-city kids kayaking camps in the U.S. and a healthcare project in Uganda, Africa



Kelly Stone

Recent Director of Sales and Marketing,
Werner Paddles



Julie Thorner

Former kayak instructor, now VP of Marketing
for the Nantahala Outdoor Center



Kara Weld

Former slalom racer, co-founder and
CEO of Immersion Research



Kim Walker

Owner of Outdoor Divas, a retail store that
specializes in women's gear in Boulder, CO



nkc
**It's a rapid
education**



Madawaska Kanu Centre

located near Algonquin Park, offers highly
personal instruction from Beginner to
Expert levels in both Whitewater Kayaking
and Open Canoeing as well as Sea Kayak
courses. Weekend and 5-Day Courses.



summer: 613.756.8620 | www.mkc.ca
winter: 613.594.5268

Women in Whitewater

How has female leadership in the sport grown, diminished or stayed the same during the last 10 years?

Julie: After 12 years away, I was surprised not to see a much more visible impact of women in the Paddlesports Industry. I expected to return to a clearly differentiated product market with visible marketing campaigns focused on meeting women's needs as paddlers, a high profile group of women leaders of paddling organizations, clubs, schools, and companies, and some kind of organization dedicated to promoting women in Paddlesports.

It appears to me that we still don't have really obvious women leaders championing, as a collective force, not as individuals, the development and marketing of women-specific products, courses, and organizations. I have only heard of one leader in the area of women's paddling courses: Anna Levesque. Where

is the larger group of women paddlers supporting her efforts and combining to really make our voices heard with manufacturers, schools, etc.?

Kelly: There are fewer leadership positions in Paddlesports, due to the consolidation and arrival of executives from other industries.

Kim: I feel that female leadership in the sport has grown in the past 10 years, but that it still has a long way to go. I also think the women in the sport today have more opportunities to be seen, which is great for the future of paddling.

Jessie: Whitewater seems to be much friendlier to women than it was in the past; i.e. the stereotype of what kind of person you had to be to learn to kayak seems to have really changed for both men and women, and that has certainly opened up whitewater in all kinds of ways.

There are whitewater videos especially for women and women-only clinics and trips. Women are making the covers of magazines more and more and now have columns in magazines, and women are shown doing cool things that highlight their ability, not just what they look like!

Christie: I believe female leadership in the sport has grown - I'm a product of that. I've gained all kinds of skills and knowledge that I'll use not only in the this industry but in my career in the future.

Pam: Women are widely accepted for their considerable contributions and are no longer seen as "token" representatives.

Bunny: On the commercial paddling side, there are many more women raft guides, trip leaders, head guides, and river managers than there were 10 years ago. But I think the biggest leadership gains have been at the guide and trip leader level



with lesser increases at the head guide and manager level. There are few women owners. Women are writing more books and articles about paddling but I see no increase in women at the owner or editorial level. Women paddling instructors seem to have increased over the last 10 years and many possess instructional skills that are sought by both male and female students.

Kara: I would say, no, women's roles in this sport have not increased that much over the past 10 years. But I don't think this is a sexist or discrimination issue; it's more a reflection of the demographic in our sport. People wonder why there are very, very few women's-specific kayaks out there. It's not a boys club conspiracy; it's just that boat companies know the reality of tooling costs vs. participants.

While I certainly see myself in a leadership position at IR, I also see myself as gender-neutral. Our sport is dominated by men, and that is the focus of our attention. We'll stay committed to women's gear, but only in proportion to the number of participants. I think it would be great to foster interest in paddlesports amongst women (and subsequently

increase the number of female paddle sports entrepreneurs) by increasing women's specific products available in the marketplace tenfold, but as of right now, the marketplace isn't ready.

Have women changed the face of the industry, advocacy, or policy significantly?

Kim: Women's spending power has changed the face of the industry already, and it will continue to do so. Take a look at the soft goods' side of paddle products. Women are seeking out pfd's and drytops made to accommodate their unique anatomy and superior sense of style. These products didn't require groundbreaking redesign to succeed, they just need someone to take a look at where the category wasn't serving women as well as men and make some adjustments.

To see the most significant impact women are having on the industry you will have to wait a few years. As more women find their place on the river, more families will adopt it as a sport of choice. Can you think of a better way to shepherd kids into the sport than get BOTH mom and dad hooked?

Anna's tips on how to help support women in whitewater:

Paddle with, befriend and support other female boaters in your area on and off the water

Participate in women's clinics, festivals and events

Be vocal about your needs as a female paddler: let your local retailer know if they aren't stocking women-specific gear that you would like to purchase; let media outlets know if you want to read more articles that feature women

Buy gear from manufacturers that make women-specific gear and support women's events. If you don't think the assortment addresses your needs tell this to your retailer or to the manufacturers directly!

If you're a woman in the industry and have a great idea open your own business!

"...and that has made all the difference." Huge Experiences & New River Academy

Jr. High School Spring '07 Semester Destination: Chile

- 7th to 9th graders can now attend Huge Experiences' New River Academy.
- Kayak the world's best whitewater in Chile and the US.
- Professional kayakers and educators coach you through every river run and academic challenge.
- Experience a new and exciting culture in a secure setting.

World's first
Jr. High School
for kayakers
coming Spring 2007

High School Fall '06 Semester Destination: Costa Rica

- Explore rivers and creeks featured in Epicocity Project videos.
- Study the rainforest eco-system at the famous Rara-Avis Lodge.
- Study eco-tourism efforts to halt damming projects of the Rio Pacuare.
- Surf ocean curls at the 2005 World Surf Kayak Championships point break.
- Experience a Costa Rica home stay within your Spanish Course.

High School Spring '07 Semester Destination: Argentina and Chile (Patagonia Region)

- Chile is regarded by many as the best paddling destination in the world, add Argentina's pristine Patagonia runs and you have the trip of a lifetime.
- Learn both creek and playboating skills from pro-kayak athletes.
- Explore a developing country setting while paddling the Rio Futaleufu.



"I attended the Chile semester my seventh grade year and qualified for the US team ... and that has made all the difference."
Emily Jackson: Team Jackson Kayak,
US National Champion, International
Championships Runner Up Champion

win a free week of team kayak camp
800-464-8430
(or 10% off a semester destination)



1-800-464-8430 • New River Academy

for accredited college prep semester programs

Huge Experiences for camps and training programs

For program details surf to HugeExperiences.com

(LIFE)STYLE.
VE SPORT
RT WAVE SPORT
MFORT. (LIFE)STYLE.
PORT WAVE SPORT
VE SPORT WAVE SPORT
FORT. (LIFE)STYLE.
RT WAVE SPORT
WAVE SPORT
PORT
FE)STYLE.
SPORT
WAVE SPORT
ORT. (LIFE)STYLE.
RT WAVE SPORT
SPORT WAVE SPORT
T. (LIFE)STYLE.
WAVE SPORT
VE SPORT

2005
WAVE SPORT
OPEN



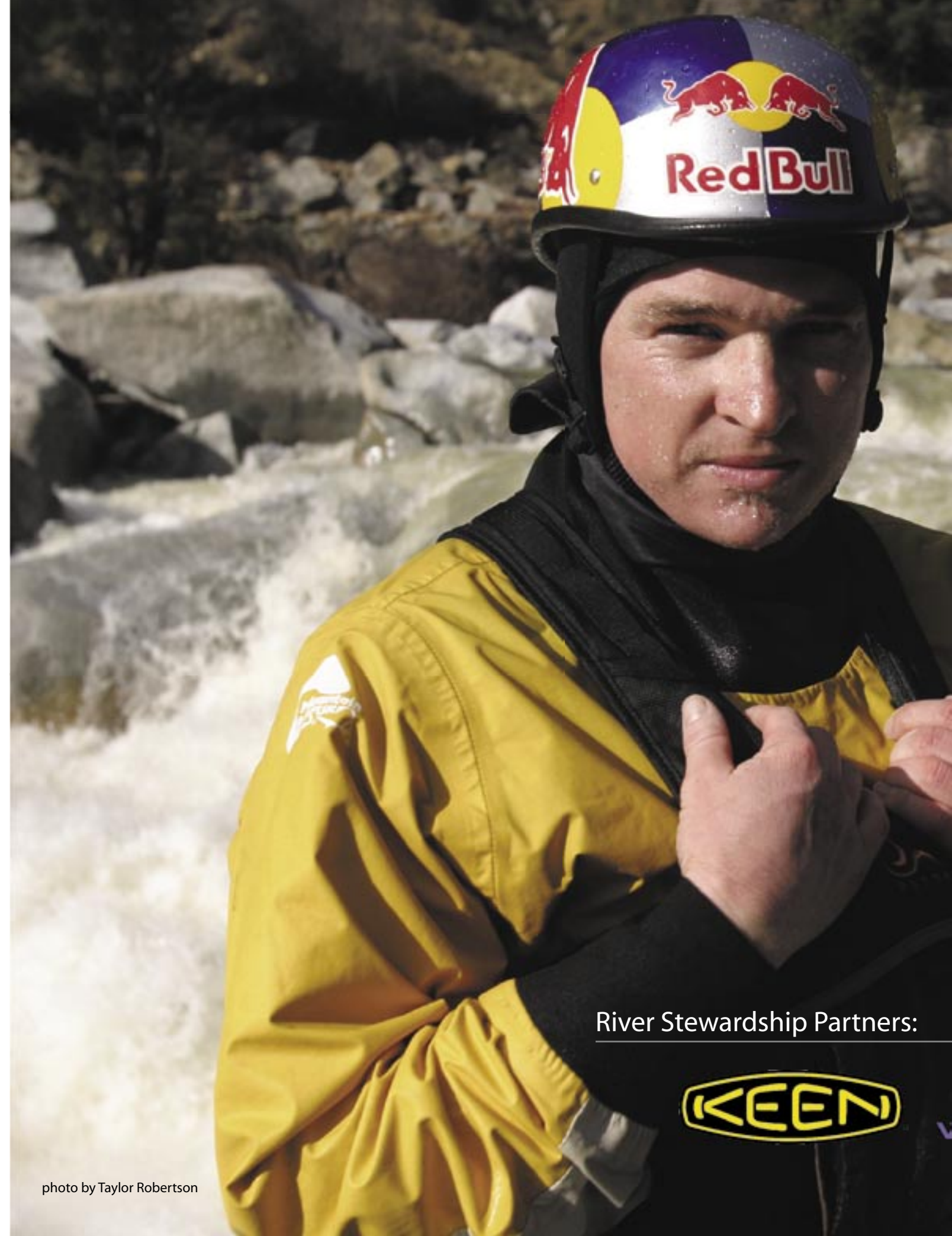
Dave Blanding flying high over Pillow rapid on the Gauley river during the 2005 Wave Sport Open.



PERFORMANCE. COMFORT.
WAVE SPORT WAVE SP
WAVE SPORT WAVE
PERFORMANCE

WAVE SP
PERFORM
WAVE SP
WAVE SP
PERFORM
WAVE S
PERFORM
WAVE SP
WAVE SP
PERFORM
WAVE SP
PERFO

the
PROJECT



River Stewardship Partners:



RUSTY SAGE

"I am not just another pretty faced Pro Kayaker. I recently earned my engineering degree while being a sponsored paddler. I know that if I want to have a place to paddle, I need to support American Whitewater. They are the organization that will restore and protect the places that I love to paddle"



WAVE SPORT

patagonia®



TeVa



Women in Whitewater

Pam: Women have made and are continuing to make a distinct difference in any number of areas. Women like Anna Levesque (Girls at Play), and ACA Instructor Trainer Educators Mary DeRiemer, Becky Molina, Jan Shriner, Deb Volturro, Janet Burnett-Courie, Marge Cline, Karen Knight, and many, many others have made a significant impact on the education and instruction side of the sport. Janet Zeller, Elaine Mravetz and other women's work in adaptive paddling has opened new opportunities to all ages, groups and abilities. Working as the ACA Executive Director, I have had the personal privilege of impacting national level paddlesports' public policy with federal and state agencies.

Kay: I think there are more products designed with women in mind, but as consolidation happens and only the high volume products make the final cut, [their sustainability] might be questionable over time.

In an environment when there was room for almost unlimited entrepreneurial opportunity in a small industry, women grabbed a chunk of sales and leadership (e.g., Sherri Griffith, Ann Dwyer). This group did not develop an industry bond as female peers for mutual support and mentors for up-and-coming women like men, for whom the process was already socialized and accepted.

As growth catapulted into an oversupply situation and users left the industry, the culture has shifted and become similar to other mature product and service areas, leaving few spaces for men or women, at the top. Senior positions today need to graduate from management ranks, and those need to be women who evidence the soft and hard skills necessary to lead their companies/organizations and their people. Mentoring and developing proactive support for the advancement of women in the outdoor industry is critical and necessary.

Kara: As a leader of IR, my primary job is to run a profitable business. This is true for the woman running a canoe livery, or a rafting company, or a retail store. In that respect, in a blind survey I'd like my business to be indistinguishable from any other business, male-run or otherwise. I suppose one of my roles at IR is to keep women's gear on the table when discussing new products, but as long as we're selling all of the gear we make, I don't call this leadership so much as good business sense.

Emily: When I first came on as a law enforcement officer, women were new to the law enforcement field of work. We spent time performing tests to prove that we could do the job. The impact to Ohio has been creating a River Rescue Program that was nationally and internationally recognized in the 1990s and a Boating Education Program, which is also nationally recognized.

Do you think that 10 or more years in the future women will occupy 50% of the leadership roles? More than 50%? Why or why not?

Julie: I do not think women can get to 50% or more of paddlesports' industry leadership roles, without a determined effort on the part of women leaders to collectively work to bring more women and girls into the sport and mentor them for leadership positions over time.

I read a book last year that has made a huge impact on me, called *She Wins, You Win*, by Gail Evans. It underscores why women aren't rising to leadership positions and how we, the women, can make the difference in helping each other out. It also keenly points out how we are often our own worst enemies in supporting each other for mutual gains.

Pam: I think it will be a gradual transition. I think it will be a natural reflection of changing times.

Kara: Based on the national average of women in leadership roles in US business, women will occupy 50% of the leadership

roles in paddlesports when 60% of paddlers are female.

Kim: This industry is pretty deeply entrenched with men. Female consumers are going to open a heck of a lot of industry doors to women in the next 10 years, but 50% seems a long way off. However, we don't need those kinds of numbers to make a really significant impact.

Bunny: The percentage of women in leadership positions will increase when women put priority in being in those positions. Intrinsically, nothing stands in the way.

Over the years I think paddlers have generally been fairly open to leadership by either sex.

What are women's primary obstacles to seeing equal leadership representation become a reality? Is there something aspiring readers can do to accelerate this movement?

Julie: Absolutely we can change this, but we have to work together as a united force of women leaders to proactively reach out to more women. We need to both energize existing paddlers and encourage new women and girls to get into the sport. As individuals, our voices are drowned out, then we get burned out and frustrated and risk losing great potential leaders to other professions.

Emily: It is timing. Men have had a head start in leadership positions. Women are now working their way up through the agencies.

Pam: I think the only thing holding women back are their own personal desires and motivations.

Kay: Female leadership style still seems to be an issue. It is considered bad to be aggressive and I don't see the culture changing. Yet we know women are much better at consensus building and like to build strong teams.

Kara: I think there is a notion out there that if manufacturers and other industry

HybridLife™

WORLD-CLASS KAYAKERS
BIODIESEL CRUSADERS
OUTDOOR AMBASSADORS

KEEN IS PROUD TO SUPPORT AMERICAN WHITEWATER
ON THE CATAWBA RIVER PROJECT AND THE PACIFIC
NORTHWEST PROGRAM.



KEENFOOTWEAR.COM

SUBMIT STORIES ABOUT PEOPLE BALANCING THEIR PASSIONS, THEIR WORK, AND THEIR DESIRE TO MAKE A DIFFERENCE; AT KEENFOOTWEAR.COM

Find KEEN Footwear at REI and other outdoor specialty stores.

Women in Whitewater

leaders focus enough advertising and R&D dollars on getting women (or any other group) into paddling that it will happen. But in the end, the sport will speak for itself. Kayaking isn't as accessible or attractive to people as we thought and it's going to grow at a much smaller pace than we projected in 1999. Why is that? It's expensive, sure, but also it's kind of scary, and certainly whitewater has a difficult learning curve. And proximity to urban centers is an issue ... you know the deal ... it's not snowboarding.

My legacy as a leader in this sport isn't so much as a woman paddler, but as a woman who runs her own business. The town I live in has lots of girls who don't paddle, but could really use a role model for their professional lives.

Jessie: I would love to see more women designing kayaks and gear, inventing moves, and teaching. There are women doing this but it would be great to have more!

Kim: Mentor and Market! Women at all levels of the industry need to mentor the next tier. The more women we can get passionate about the sport the more women will enter our ranks and progress to influential leadership levels, and the more the women's market will grow. When we see women who have carved out their own success stories in the paddle industry we need to put them in the limelight and market those successes as examples to the next wave.

Melinda: Women paddlers are doers. They seek to be involved with what they care about and encourage others to come with them, to be involved, and not be intimidated.

The not-so-aggressive women need to see other women doing it: volunteering, teaching, getting involved in access issues, designing and selling gear.

Kim Walker, do you think there is a market for a women's-specific whitewater kayak?

Kim: I don't think there is a market for A women's-specific whitewater kayak—I think there is a market for a LINE of women's-specific whitewater kayaks. I am not being greedy, but I have watched other segments of the outdoor industry make mistakes and I think whitewater paddling can learn from them.

If an entry or mid-priced boat is introduced on its own, much of the unenlightened male-dominated sales staff will pigeonhole women's boats into the low performance, "wimpy" category. The fact that all the really good girls paddle a "regular" boat will be all the proof they need. If a top-end innovative performance product is introduced by itself, it will likely struggle economically because the critical mass of top-end female paddlers



**Looking for something
Exciting and Exotic?
Need Experienced and
Entertaining Guides?**

**EXPERIENCE THE
BEST WHITE WATER
RAFTING IN THE WORLD**
www.waterbynature.com

Kayaking or Rafting, we have exciting trips to suit every adventurer!

RAFT CHILE > KAYAK CHILE > KAYAK NEW ZEALAND > RAFT AUSTRALIA
Phone: +1 866 424 8433 Visit: www.waterbynature.com

I once read that 40% of all students who take intro kayak classes are women. When was the last time you stopped by a local put-in or park and saw a group that consisted of 40% women? We need to stop the attrition of women in the sport: proper equipment is one of the most important steps. If we are going to plug the leak and keep women on the river, the boats have to have some real tangible benefits for them.


may not exist. A line of women's boats (maybe only two to start with) gives our top end enthusiasts something to be evangelical about.

Do you want to help foster new leadership (you don't have to be female to say "Yes!")?

At the business/trade level there is a serious need for female input and expertise. Women can serve as full equivalents to their male counterparts, or can be even more valuable due to their different perspective.

The sport itself still sees tremendous attrition among female paddlers, and not because women are less persistent, coordinated or talented. There are several anatomical issues that have been studied and addressed by designers of backpacks, snowboards and boots. There are social issues and product and service expectations that we've decided to accept. Is that okay with you?

If you have an interest in contributing to a collaborative effort to "grow women's presence in Paddlesports," E-mail your interest to risa@theshimodagroup.com.

Tell me what you'd like to see, what you think we need to get there and what you can contribute to the effort. Who knows what will come about? Perhaps a nice email volley. Perhaps a new line of products. Perhaps the creation of a tipping point, a year or two from now! 

About the authors: Anna Levesque is a World Freestyle Championships bronze medalist who speaks, conducts clinics, organizes trips and has produced DVDs for women who are fans of and want to learn more about whitewater paddling. Risa Shimoda has been the Executive Director of AW, Marketing Director for Perception kayaks and accessories, and a competitor, volunteer, and event organizer for paddlers since 1979. Both are keen to support the growth of opportunities for women to enhance participation and enjoyment of the sport of whitewater paddling.



The **World's Best** Paddle in Stohlquist

Innovative and refined in both design and performance with outstanding waterproof/breathable durability, features, materials and Free mobility.

Developed over a lifetime of paddling and used daily by the World's Best... choose Stohlquist.

FreeFALL

FreeRYDE

FreePLAY

SWICK

Trilam

Steve Fisher at Bus Eater - Ottawa River, by Desré Pickers

Stohlquist WaterWare

www.stohlquist.com

THULE
BYRON

Dagger

Outside

**AMERICAN
AW**
WHITEWATER

BROOKS BALDWIN MARLOW LONG RUSH STURGES **"DYNASTY"** STEVE FISHER TANYA SHUMAN BRAD LUDDEN LAURA NASH

FEATURING CHARLIE CENTER LANE JACOBS PAT CAMBLIN MERLIN HANAUER TYLER BRADT DAN SIMNEC TIMMY FLOWERS HAL MONKMAN

MUSIC BY RUDE MAN MUSIC SWOLLEN MEMBERS SLIGHTLY STOOPID BEDOUIN SOUNDCLASH CLASSIFIED SWEATSHOP UNION CUB COUNTRY THE CUTAWAY ADRENALINE RUSH

SHOT ON LOCATION IN UGANDA CANADA USA MADAGASCAR NEW ZEALAND

PRODUCED BY YOUNG GUN PRODUCTIONS

JUST WHEN YOU THOUGHT THE NEW SCHOOL OF KAYAKING HAD REACHED ITS PEAK...

CHECK OUT THE DYNASTY DVD
AVAILABLE AT WWW.YOUNGGUNPRODUCTIONS.COM



THE
**GUIDE
THONG**


THE
GUIDE'06

THE
**UNIVERSAL
BUCKLE**

THE
X-1

INTRODUCING THE 2006 **teva pro** SERIES



Drivers wanted. 

 YOUNG GUN
PRODUCTIONS

teva presents

dynasty

driven by
volkswagen

 **Teva** GO.DO.BE.



THE
PHILTER

THE
**GAMMA
PRO**

THE
P-2

LOG ON TO WWW.TEVA.COM/PROSERIES FOR MORE INFO

The Exploration of the Colorado River and Its Canyons

By John Wesley Powell

Review by Tim Catalano

As a teenager in the late 80s who was just starting to whitewater kayak, I had two books on my nightstand: William Nealy's *Kayak* and John Wesley Powell's *The Exploration of the Colorado River and Its Canyons*. Though neither was necessarily a guidebook or an instructional text, both taught me something about the whitewater experience. Nealy taught me about attitude, "safety meetings," and hydrological dynamics, while Powell taught me the very essence of the sport: exploration, landscape, and a sense of wonder and amazement of just being in the middle of it all.

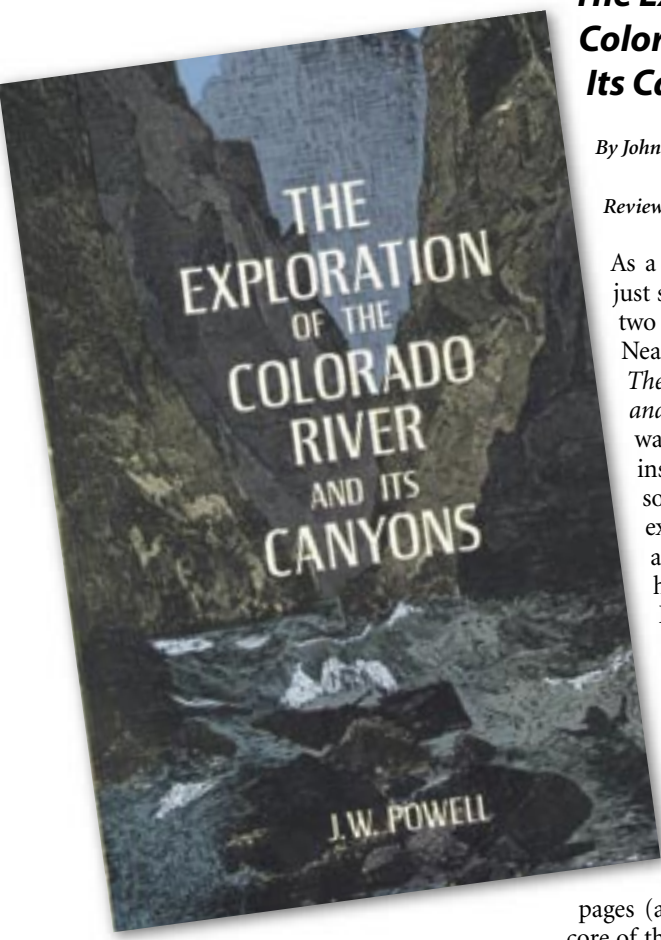
While the total text of *The Exploration of the Colorado River and Its Canyons* is 15 chapters that encompass around 400 pages (at least in my Dover edition), the core of the book for the whitewater paddler starts at Chapter 5 ("From Green River City to Flaming Gorge"—where he launched on May 24, 1869) and continues to Chapter 11 ("From the Little Colorado to the Foot of the Grand Canyon"—from which he emerged on August 29). Between these chapters one can read about the now-legendary

exploits—the loss of one of his boats at Disaster Falls in the Lodore Canyon on June 9 (from which the crew later retrieved a smuggled 3-gallon keg of whiskey), perilous climbs into side canyons and up cliff tops, epic portages, lost oars, cracked and leaking boats, dwindling supplies, fears of being "boxed in," and the infamous and ill-fated decision of three of the crew members to hike out just days before the rest of Powell's group made it through the Grand Canyon.

Powell did not initially intend to publish a popular account of his journey; he was commissioned by the Secretary of the Smithsonian Institution to study the geology, geography, and natural history of the region, and had only intended to write about the scientific results (Powell, a one-time geology professor and a pioneer anthropologist, would later be appointed as the second director of the US Geological Survey and the director of the Bureau of Ethnology). Standing before a house appropriations committee to seek more funding for his scientific work, Powell was told that he would receive more money only after he published a popular account of his journey. Powell revisited the journal he kept on the trip, added detail to some of the more hastily-written entries, included chapters on a description of the region and the people who inhabited it, and provided over 250 sketches / illustrations of the surrounding environment.

Boaters will appreciate Powell's transition from newbie to a somewhat seasoned river runner. After a succession of swims toward the beginning of his run in the Lodore Canyon, Powell writes that it's best to not "broadside on" toward the incoming waves. On June 22, he mentions that he is "soon filled by the exhilaration only experienced before in riding a fleet horse over an outstretched prairie." By the middle of July Powell's describing one section of flatwater from the Unita to the Grand as "tortuous," and by August 5th Powell and his crew have learned that the texture and angle of the surrounding strata provide clues as to what lies downstream.

Powell is writing, in a sense, in the Victorian / Adventure tradition, which means that his narrative is bounded by enormously



THE EXPLORATION OF THE COLORADO RIVER AND ITS CANYONS

J.W. POWELL



descriptive and sometimes dry detail. The boats are described in such a way that one could probably build a replica, most of the mountains and cliffs are measured in feet, latitude, and longitude, and there's probably more geology and discussion of natural resources in the text than most laypeople would care to read. In between these moments, though, Powell's narrative is simply pretty cool, especially considering that he was probably the first to both have and write about a significant whitewater experience. His writing is pure, descriptive, sincere and genuine. Powell didn't graduate from a writer's workshop, and he wasn't trying to impress his club buddies on the bulletin board. However, the former soldier / professor / scientist shares a language with all boaters, and writes about experiences that we still live every time we slide out onto the water.

Consider, for example, how Powell writes about the locals who advise him to stay off

the river: "the rocks h-e-a-p high, the water go h-oo-woohg; water pony h-e-a-p buck; water catch 'em; no see-um Injun anymore." Plus we have all lived those anxious moments the night before a big run: "As the twilight deepens, the rocks grow dark and somber; the threatening roar of the water is loud and constant, and I lie awake with thoughts of the morrow and canyons to come...." Powell shares with us an intimate appreciation of the water: "All this volume of water, confined as it is, in a narrow channel and running with great velocity, is set eddying and spinning in whirlpools by projecting rocks and short curves, and the waters waltz their way through the canyon, making their own rippling, rushing, roaring music." And perhaps most importantly, Powell knows what it's like to share the sense of accomplishment after a difficult run: "Now that danger is over, now the toil has ceased, now the gloom has disappeared, now the firmament is bounded only by the horizon, and what a vast expanse of

constellations can be seen! The river rolls by us in silent majesty; the quiet of the camp is sweet; our joy is almost ecstasy. We sit till long after midnight talking about the Grand Canyon...."

The Exploration of the Colorado River and Its Canyons isn't the easiest text to tackle. And, if you're like me, you'll learn to skip some sections to get to the "good stuff." You will find yourself fascinated with Powell's deep attachment to the river, and really understand where he's coming from. In addition, you'll be surprised at how good some of his writing is, especially if you appreciate more of an expedition-type narrative. I doubt that you'd find it in your local paddle shop, but *The Exploration of the Colorado River and Its Canyons* is widely available in various editions through your local bookseller. It's a great addition to any collection.

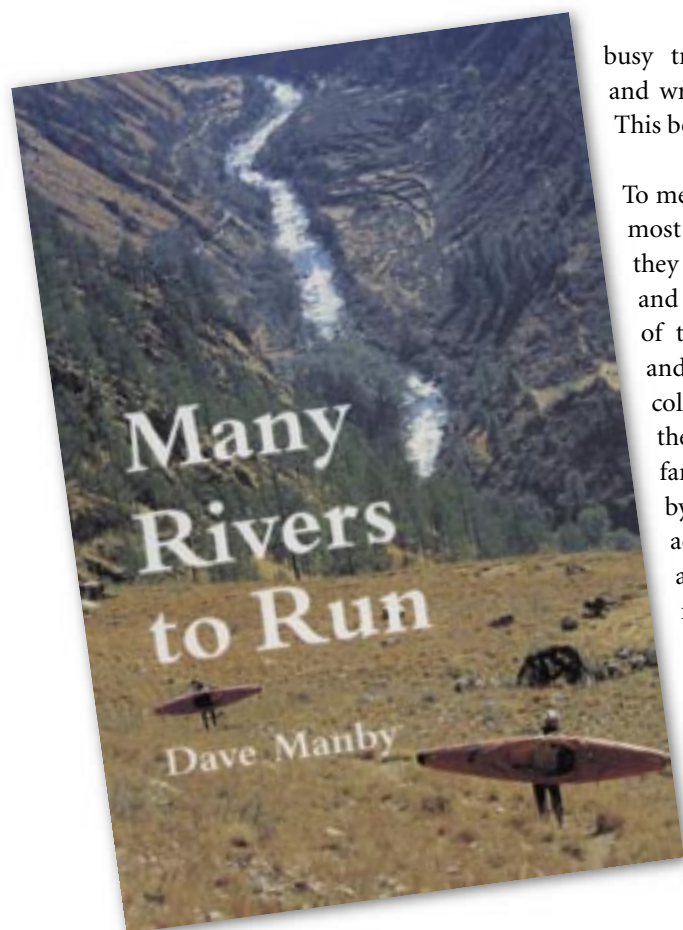
A Refreshing Look at Whitewater

tributary
AFFORDABLE PERFORMANCE

TOMCAT SOLO STRIKE 2 12.0 SF NEW 13.0 SB

For a free catalog contact **AIRE** at 800.247.3432, P.O. Box 186, Meridian, Idaho 83680 or visit www.aire.com.

Summer Reading



Many Rivers to Run

Dave Manby, Editor

Reviewed by Doug Ammons

This book is for paddlers. It is a must for anybody who loves paddling, and especially for those who want an entertaining look at some of the major personalities in the sport—a few current and others from the not-too-distant past. Over the last 10 years some of us have lamented that as the video rage exploded on the scene, kayaking was fast becoming a sport without a memory of all the events that had taken place before. Many of its pioneers and past epics were being forgotten and nobody was taking the time to capture the flavor and wildness of the past. Fortunately, though, Brit expedition boater Dave Manby was

busy tracking down protagonists and wringing stories out of them. This book is the result.

To me, books like *Many Rivers* are most important for the history they capture, the personalities and important events of some of the sport's main characters, and the epics that forged our collective conscious and defined the sport. Manby's book is a fantastic compilation of stories by a who's who of paddlers across the world, writing about everything from classic rivers in Europe and North America, to weird and wild expeditions in New Guinea, Tibet, Nepal, and Pakistan. It is a great introduction to a full cast of characters from prior decades and the rivers that floated their boats.

The idea for the book lived in Dave's mind a good 15 years or more before it came into being in 1999. It was well worth the wait. Because of Dave's long history as an international paddler and traveler, he has friends and kayaking buddies all over the world. Among these people are the colorful characters, river scum, and assorted wayward flotsam of many of kayaking's major expedition teams. The sheer variety of personalities and trips is extremely entertaining.

Dave identifies himself with typical humor as a member of the "blunt edge" of the expedition ax in the 70s and 80s. That may be so, but today Dave is still very active across the highlands of Iran and the Middle East where few men have the courage to tread unarmed. Water is in his blood, and he sees the book as a

celebration for all of us who still have many rivers to run. He is an original, just as at home smoking a pipeful with an Iranian farmer as he is pounding nails in Britain, or paddling down rivers in Turkey. He is good friends with people with nicknames like "Green Slime," which gives you a clear impression of the company he keeps. He has an affinity for the down and out of the world, and a great appreciation for the nooks and crannies of unknown places.

I remember in the early 80s sitting in John Wasson's house along the South Fork of the Payette as Dave and company came through Idaho on one of their dartboard tours, driving an old Buick station wagon with no shocks that they had bought in Seattle for a pittance. The thing would roar up in a cloud of dust and untold numbers of Englishmen would fall out in the driveway under the big Ponderosa, tall and short, plump and skinny. It was like Piccadilly's circus right there in rural Idaho.

In case you don't know what a dartboard tour is, think of planning your trip the English way. Go to the nearest pub with your mates and drink six or eight pints of bitter. Cut loose with a handful of darts at a map of North America and follow the trip that unfolds: fly into Seattle, drive southeast to Colorado, then north to Idaho, then southwest to California, then east to wherever, then west to British Columbia, then back to California, and so on and so forth. Following one's whim and the runoff, seeking dam releases and rainfall. This was the British Machine in action. It was the guys having a great time. They'd stop for a few days on the NF Payette, spending evenings showing slides and super-8 movies of them crashing down narrow sluices into huge boulders in Morocco and other exotic places. What journeys! This book gives some of that feel

across stories by various European, Kiwi, and American authors.

The stories include Jan Kellner's bandit run of a short, illegal gorge in Finland. He and his partner are forced to rush-scout a dry riverbed for a massive dam release that lasts only a half hour each day. It's a flood of hideous dimensions with the water levels rising and plummeting, giant holes appearing, washing away for a few minutes, then reappearing. They get one 30-minute look, and the next day at the fateful hour, evade security guards and leap on for the finale!

Guy Baker tells of an epic day of being trashed, hippoed and crocodiled on the Nile. Italian Francesco Salvato gives a wonderful description of an early run down the Humla Karnali, immediately followed by a classic Whit Deschner story, "Karnali Knowledge," allegedly from Whit's long lost journal (found recently in the trunk of a '62 Cadillac) showing the other side of the river. There's Wolfgang Haibach holding forth on the Alpiner Kayak Club's first descent of the Homathko in British Columbia, Mike Hewlitt on the first descent of the "Lion" river, the Indus, with a multinational team, and wizened Ancient Mariner Donald Bean paddling through history.

German paddler Jonas Nocker tells of an astonishing trip to the Strickland River in New Guinea. It is a tale of muddy whitewater terror and huge drops run, none of which were videotaped. Instead, he spends most of the story on intricate descriptions of the natives' psychedelic face paint, gruesome battle masks, wild dances and the sultry jungle, the fog along the river and the unknown and unmapped parts of the wilderness.

There's tongue in cheek humor by Allen

Ellard about getting massively toasted, and Kiwi great Mick Hopkinson describing the first descent of the Blue Nile. Arlene Burns writes beautifully about her attempt with Dan Dixon to reach Mt. Kailas in Tibet, brazenly hitchhiking from Nepal before the borders opened, paddling across sacred Lake Manasarovar in Tibet and eventually, down part of the Tsangpo.

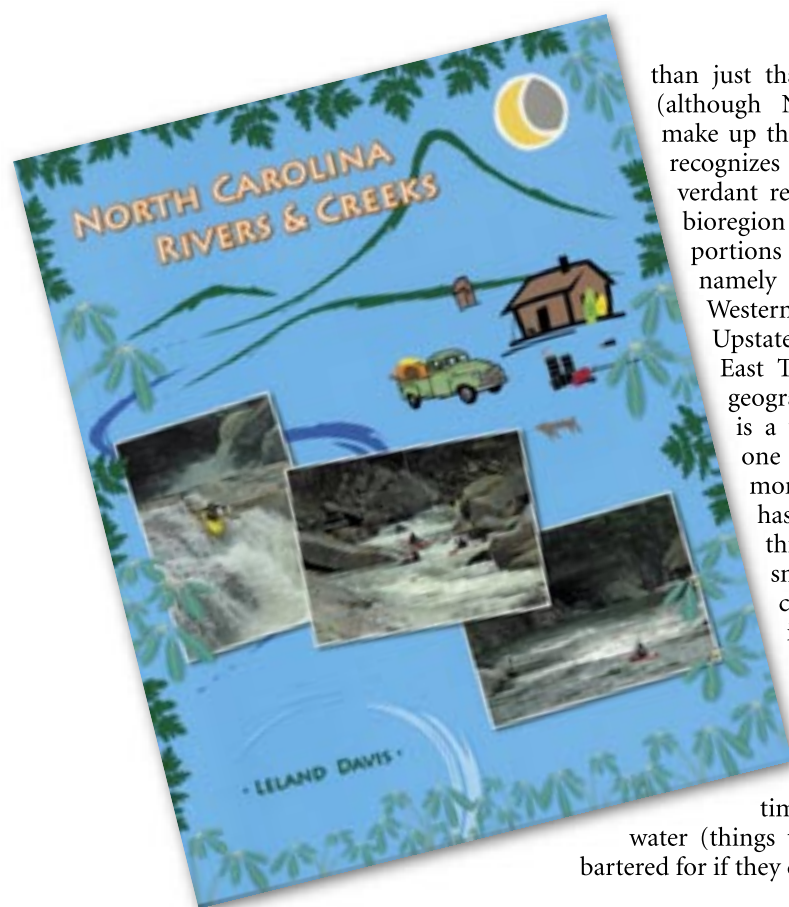
Dave's main story about his solo of the Braldu River in Pakistan is a poignant, beautiful tale, one of coming to grips with the death of a close friend and partner, Mike Jones. I loved it when I originally read a draft, and encouraged him to expand that understated version. He did, but reached a point where my hectoring wouldn't bring out any more because he wouldn't go further. He had found his balance with Mike's death in the other rivers, friends, a rally he'd started in Mike's honor, and expeditions he'd organized for years. To my mind, the entire thrust of the book, including the title, is the recognition that rivers are an open doorway to the kind of friendship he had with Mike and what this means to him—and to all of us traveling the ways of the river. For my two cents, Dave's story is one of the very best I've ever read. It's a balance of his self-deprecating humor, his feeling of *fait accompli*, and his sensitivity to others. What is so touching about it, is that he was driven to such lengths to challenge the river. And it raises the questions, how much can a river give you? How much can we ask of it? He was forced in the end to see the limits of those answers. All the fighting may only lead to a pained shrug of the shoulders and acceptance of a friend and mentor's death. A river is just a river in the end; it isn't our friend and it cannot give us certain things. It may give us the joy and depth of true friendship, but it leaves a bittersweet sadness when it steals our friends away.

The full sweep of the stories in this compilation is overwhelming, filled with the life force and soul of the sport—everything from fun and excitement to the unknown and personal experience of discovery.

Unlike the fast-paced videos and slick photography that has characterized mainstream whitewater media in the past decade, Manby's book draws on a more subtle and deep awareness that keeps us coming back to rivers over the years. The excitement is grand, wondrous, breathtaking! But there is much more to it all. Every story speaks of the life threads that hold us together, and that made our friendships as we shared dreams and passions, and reached for the magic of water down all the rivers we've run.

I admit a conflict of interest, as Dave was nice enough to include several of my stories in his book. However, if you think this might bias me, just read some of the stories mentioned above and you'll realize what the book accomplishes. *Many Rivers to Run* helps give our sport the memory it deserves, and I salute Dave for his efforts. You will too if you read this collection.

Summer Reading



North Carolina Rivers and Creeks

By Leland Davis

Review by Ken Strickland

Someone (a boater no doubt) once wrote this about the whitewater streams of the southern Appalachians: “Wonderfully difficult are these hidden pathways of water as they fall pell-mell through the mazes of rock and rhododendron. Inexhaustible is the lure of their challenge, mystery, and power, and to this we are inextricably drawn.”

In his book *North Carolina Rivers and Creeks* Leland Davis provides us with a lodestar of a work that reveals the way into many of these hidden pathways as they pitch their way through riddles of gradient and stone—and he does it superbly.

But this *opus del rios* covers more territory

than just that of North Carolina (although North Carolina does make up the lion's share). Leland recognizes that this fantastic and verdant realm is actually a vast bioregion that encompasses portions of several states, namely North Georgia, Western North Carolina, Upstate South Carolina, and East Tennessee. It is also a geographical expanse that is a virtual rainforest and one that crowns a 12-month boating season. He has keenly broken down this vast tract into nine smaller regions (with corresponding maps) in order to best take advantage of those things that are to the river (and road) gypsy genuine mediums of value: time, travel, and available

water (things that would be greatly bartered for if they could be bridled).

Leland's beta for each stream is pared down to the essentials: Difficulty, Gauge, Gradient, Length, Levels, Put-in/Take-out, and Season. He's careful not to hold our hand down each and every rapid of a stream (any boater worth his or her salt should be able to figure out that part, thus retaining the sense of adventure and discovery), but he does give us the essentials to work with and alerts us to any objective dangers. However, his river descriptions are anything but stodgy. This vernal yet discerning dude's sense of humor often shines through:

Of the Ocoee he writes: “This super secret run is only known by a small handful of paddlers who will probably be very upset with me for spilling the beans.”

And this from his Cheoah description: “Idaho called. Seems they're missing a few miles of river and they think it wound up in the Cheoah Valley.”

He can also wax impressionistic. Of the Chattooga Section III we read: “Imagine a

place so breathtakingly beautiful that you would happily give up a day of paddling to visit it. Now imagine that place with the best Class III whitewater river in the Southeast running through it.”

And then there's this about an extraordinary parcel of water that has defined my own life in more ways than one, the magnificent Section IV of the Chattooga: “There is no feeling that compares to the increase of a paddler's heart rate when first passing under the 76 bridge and into the mysteries that await on this fabled section of one of the world's most beautiful whitewater rivers.”

Of course there are those musings that I can't quite categorize. For example, of the rapid “Mike Tyson's Punch Out” (Raven Fork) he writes: “A monster of a drop that will set your hair on fire while simultaneously soiling your shorts” (I'm simultaneously laughing and very concerned!).

This book encompasses runs of varying degrees of difficulty so there is something for everyone that makes up our idiosyncratic tribe. Within these covers Leland describes runs that are of the delightful Class II and III jouncing as well as others that are in the more challenging province of Class IV. There's also ample manna proffered for the park-n-play types and even several esoteric runs are unmasked (for this Leland will almost certainly awaken one morning with the severed bow of a Pyranha M:3 in his bed). In addition, there are many outrageous runs described in this manual that should be visited only by those with polished skills and animal daring.

And don't forget about the stunning photographs....

The pictures that grace the pages of this book make the pony-up worthwhile. Just sit it on your beer (or coffee) table, invite some non-paddling friends over, and you'll soon see what I mean. Talented whitewater photographers that embrace by heritage the surnames of Baldovin, Bell, Colburn, Gryder, Hayes, Keller, Kinney, Maxwell, McFadden, Roberts, Shepherd—the list

goes on and I've left out too many—have graciously accorded their art for inclusion in this book. And there is at least one other photographer of note that should be mentioned here: Sir Leland of Davis himself! Yes, I know this is his book, but ... the initials LD bedeck many of the photos within for good reason: He's that good! One thing that should be noted when regarding these incredible photographs: the cameraperson had to be there in order to strike the shot!

Several photographs take my breath away, and one such can be found on page 71. Here is pictured a soul boater styling his way down a storied river over a series of bedrock ledges so exact that they must have been fashioned by some provident River God possessing a waterproof chalk line and wielding a cosmic chisel! The caption reads: "A whitewater fairy tale at Stairstep Falls, Horsepasture River – Paddler Ben Hayes." A whitewater fairy tale, indeed! In my mind's eye I have seen this very photograph for many years—decades even—and have actually tried to capture it, but to Noah veil (as my bud Rattso would say). Another image seems to have taken flight from a Frank Frazetta

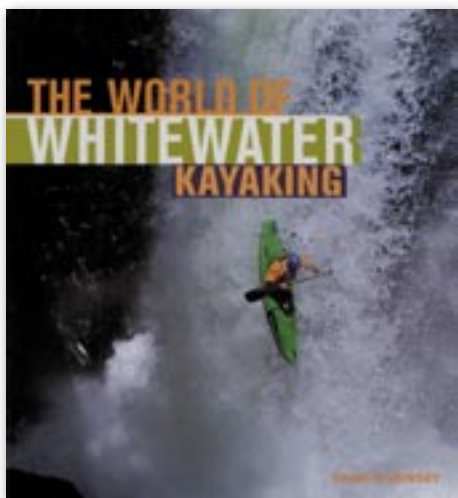
fantasy print: Chris Harjes (with his distinctive lanyards of hair streaming) as he runs the final drop before Windy Falls. And yet another shot seems to illustrate at least one possible path into Tolkien's Middle Earth: Andria Baldovin entering the Chattooga River's Narrows. There are many, many more, but I have to stop somewhere. And I know it's obvious that I like books with pictures....

Throughout this book the text and pictures are often framed within arcs, curves, and semicircles that (to me) artfully depict the bends and twists of a river as it makes its way in sureness to the sea. One prime example of this fictive flow can be found in the description of the amazing Tallulah River (that Lazarus of a stream thankfully raised from the dead by American Whitewater and others). Also, the limbs and leaves of the ubiquitous rhododendron will often be in your face as you rove from trough to crest through the pages.

Is this a comprehensive guide (101 river reaches is a good start)? This is a good question and one that Leland has obviously (and thoughtfully) anticipated. Certainly one could spend a lifetime running and

rerunning the rivers and creeks chronicled within the pages of this book since the natural variants encountered on each trip are as never-ending as the excitement experienced each time down. However, Leland writes this about one not-so-well-known stream: "Mystery Creek is a beautiful stream tucked away in a dark corner of North Carolina and it has never before been paddled. This book will lead you to an abundance of phenomenal rivers, but remember that there are plenty of new adventures to be had out there as well. Never stop exploring!" Sage words from someone who genuinely loves "messing about in boats" and wishes to share his passion (plus some revelations and a tad of wisdom) with other kindred spirits.

So, you ask, why should I get this book? If you live in the Southeastern USA it's simply a practical thing to do (this being the most contemporary guide available), and you should also consider the posterity factor: years from now someone will surely post on a whitewater message board: "Where can I get a copy of..." And if you are from other parts of this vast country and aim to one day paddle in or return to this marvelous region (see paragraph three above), it's a great source and indispensable planner for your trip. A remarkable guide for a remarkable set of rivers.



The World of Whitewater Kayaking


By Charlie Munsey

Reviewed by Doug Ammons

This is a very well written introduction to whitewater paddling by one of the sport's nicest and most well-liked people, who also happens to be a super experienced expedition kayaker and one of the best outdoor action photographers in the business.

Munsey presents the sport in a way that beginners or interested non-paddlers can readily see the enthusiasm and fun. Even though he talks about and shows some of the most amazing trips people have done, he downplays the spectacle, thrills and chills, and makes it crystal clear that fun and excitement are key elements to river people. He makes it all sound simple and fun, almost as if you're sitting there with him around the table. His straightforward and engaging style makes the joy of paddling easy to understand and invokes the feeling that if you like water, you can jump right in. This is a great book to introduce people to the beauty of the sport, including much more than running hard rivers.

He writes about the "buzz" of the sport, where it's been and where it's going. He talks about the important things we find in rivers, with challenging and finding our limits being one of the main benefits. He opens up the sport's various goals, together with a chapter on boating style and big water expeditions. The book is deceiving in a fantastic way, mostly because Munsey manages to pack so much into simple, heartfelt, and thoughtful commentary.

Another grand windfall is that the book is virtually a portfolio for Munsey's photography. It's very nicely printed with high quality color, from which you'll get more than an introduction to his great eye and extensive travels. There are dozens of eye-catching, fantastic photos from all around the world, surfing, river running, personalities, waterfalls, and beautiful scenery. You can lounge through just looking at the photos and get a complete education on the beauty of the world's rivers through his lens and clear prose. Having this on your coffee table is sure to catch anybody's attention and give you many hours of enjoyment—not to mention plenty of fantasies to fuel your next trip. 

Women in Whitewater



Excuse Me ... Do You Have Any Maternity Sprayskirts?

By Janet Burnett Cowie

Every pregnancy is different. Before beginning any exercise or activity, it is best to get advice from your healthcare provider.

I manage a paddling school and I'm pregnant; how are these two things going to fit together? I read all the books and websites to see what other women have written about their experiences. There is not much written for pregnant paddlers, though there are many things written about the benefits of exercise and pregnancy.

The March of Dimes website states:

"Unless there are medical reasons to avoid it, pregnant women can and should exercise moderately for at least 30 minutes on most, if not all, days. Exercise helps women feel better. The calories burned help prevent too much weight gain. Exercise may help pregnant women avoid gestational diabetes, a form of diabetes that sometimes develops during pregnancy. It can help build the stamina needed for labor and delivery. Exercise enhances well-being and promotes early recovery after labor and delivery."

At about two months I started feeling the effects of my pregnancy while paddling with my husband and a group of friends. It was a warm fall day in New England and I was paddling on the Dryway section (Class III-IV) of the Deerfield River. We were all having a great time playing on this one eddy line. My stern squirt had me looking at the blue sky and colorful leaves, and it felt great to be out paddling. I flipped over and while I was hanging

upside down setting up for my roll, I suddenly had this thought, "am I hurting my baby"? I rolled up and shook my head, wondering where the voice had come from. Sitting back in the eddy, I was trying to come to terms with my uncharacteristic anxiety. I realized that my head was not in the game and it would be best if I walked out before I reached the Class IV section. My husband was supportive yet surprised; I had never walked off this section before.

There was a trail nearby so I told the rest of my group to go ahead. I knew the trail was used by raft guides but I had never hiked it myself. How bad could it be? Before I started, I was chatting with a raft guide and mentioned my carry (I made an excuse for why I was hiking out; my husband and I had not told anyone about my secret yet). He was a bit surprised and said, "you know it's kind of steep. You may want to leave your boat and we can come get it later." I said I would be fine



and started on my way. Halfway up the trail I realized what he meant by “kind of steep.” With my boat on one shoulder and my other hand grabbing a tree root, I made my way up this knife-edge of a ridge. “What am I doing?” The little voice in my head was really screaming now about all the things that could go wrong. I realized swimming the river would have been easier. This was definitely not the kind of day I had originally planned. I reached the top of the trail a bit frazzled and dismayed. The first person I bumped into was Mo, a friend and another female paddler. I didn’t mean to tell anyone, but after my hike, the words came tumbling out of my mouth. “Mo, I’m pregnant and it sort of messed with my head while I was paddling today and I just had the craziest hike out.” We both laughed and giggled about my joyous secret. At that point I realized the secret was out and I would look at paddling very differently.

The next big effect pregnancy had on me was during the Whitewater Symposium held at the NOC. We loaded up the Zoar van with five staff and headed south. We planned to paddle several rivers along the way. Unfortunately, I was more interested in sleeping in the back of the van than paddling. By the time we got to the symposium my strength was back, but something else had presented itself in a way I couldn’t ignore. While I was dressing I noticed that my jeans no longer buttoned up; it was as if I had eaten a big Thanksgiving dinner the night before. I was completely surprised and was unsure of what to do. I had to find a shirt big enough to cover the top of my pants, which were held up by a rubber band stretched from snap to snap. I found a kindred spirit and much needed support from another pregnant woman at the symposium. I bet the other presenters’ preparations did not include trying to find pants that fit. Maybe this could be a topic for future symposiums....

During the fall I continued to teach on the river since I didn’t show much and still had my flexibility. In the winter, I moved indoors to teach in heated pools, although my belly announced my condition. Since

most paddling equipment does not come with a stretch panel for the expanding belly, finding equipment that fit was an issue. I realized that while some of my students were in awe, it did make others feel uncomfortable. One of my students said, “if she can roll with her belly then I can roll with mine.” We all had a good laugh but I realized it was time to stop paddling professionally. Someone asked me why I continued to teach for so long and the answer came quite naturally: “It’s what I do. I feel good. I feel strong. And I’ll continue since I’m not putting my baby or myself at risk.”

It is crazy how your body adjusts and grows with the new life. It’s tough to know how big you’ll really get. I marked the size of my belly by the size of my sprayskirt. At seven months, I started out in a medium spray skirt, and the next week I had to use a large, and the following week an extra large. By the end of March I couldn’t fit into a skirt at all and my balance was really off. I knew I would not be in a boat again until after William was born. Spring became more than just waiting for the snow to melt; it was the start of a whole new life.

On May 11th, after 15 hours of labor, William was born; healthy and beautiful. I stayed at home for six weeks but knew I had to get back to work. I worked at the base until I felt my body and mind were strong. After about three months I started working on the river again. I am very fortunate to work for a family-friendly company and that William is a sweet-natured boy. He sat on my desk in a bouncy chair smiling contently at any of the raft guides or instructors who stopped by to check him out. Some of the raft guides had never been around babies so I would find them just staring curiously at “my little man.” William will be fortunate to grow up with a whole staff of older brothers and sisters to paddle with.

Teaching on the river while breastfeeding presented interesting hurdles. I had to wrestle with how to feed my son, take care of myself and, of course, my customers. How could I balance it all? I was inspired

by a friend of mine who worked out a unique solution with her husband. When it was her turn to kayak, she would paddle halfway down the river and her husband would bring the baby to her. She would nurse and then continue her run to the take-out. Thankfully I have a wonderful husband who is very understanding and he agreed we should give it a try. The problem wasn’t so much keeping the baby fed. I can easily pump and store milk for feeding the baby during the day. The issue was that I needed to alleviate the pressure caused by milk production build up. The plan was for my husband to meet me at the lunch break with the baby, during my clinic. He would entertain my customers while I went into the woods to nurse my son. My biggest concern was how my customers felt, or if they would understand. To my delight I found everyone encouraging and supportive. “It’s really cool you guys can do this,” was one customer’s comment. Our cooperative family dynamic impressed people and we thought we had it all worked out. The big problem is babies have their own schedule. William loved to see his mother but was not always ready to nurse. This added to my stress about getting back to my customers and not taking away from their paddling experience. So the riverside nursing solution was short-lived.

I then opted for waiting until after the clinic to nurse my son, which caused problems of its own. I would finish up my clinic and race home because by that point the pressure was quite painful. I would stay in my paddling gear since my PFD would keep the milk contained until I could nurse. I would get home, run into the shower to undress and wince as he latched on (most health care professionals

continued on page 55

Women in Whitewater

Discovering Myself on a Lost River

By Lila Thomas

From the road encircling the Cougar Reservoir, the South Fork of the McKenzie River looks calm—a small green line carving its way through a barren lakebed. Just a month ago this river was under the 1,200 acre Cougar Reservoir. The water has since been drained by the Army Corp of Engineers so they can perform construction on the dam. Now the South Fork of the McKenzie River sits uncovered for the first time in 50 years, like a rare and beautiful archeological find.

I am staring down at the distant river carving its way through miles and miles of red clay earth. The lake bottom is cluttered with tree stumps that have been perfectly preserved under the icy cold water. The sky is bright blue and clear with the early morning sun just rising over the mountains to the east. We spent last night curled up in the back of the van with the open starry sky above.

My boyfriend got the idea to kayak this section of the river while scouting a creek with some 20-foot waterfalls on the east side of the reservoir. He started kayaking five years ago and was sponsored and on a professional kayak team one year later. Running Class V whitewater and “hucking his meat” off huge waterfalls are his greatest passions. He has made it happen for himself with hard work and determination. He lives out of his four-wheel-drive Toyota van throughout the summers to save up money for travel. I love following him on his adventures. I love how free and untamed he is—and when I am with him, hiking some non-existent trail to an unknown creek—I, too, feel free.

“Are you up for this? It looks like there is a

lot of wood down there.” I nod as my mind flashes to an image of me being swept into a fallen tree, a common fear here in the rainy and lumbered Pacific Northwest. In the image, I am stranded like a bug caught in a web, helpless to the ferocious water pushing me deeper into its spidery limbs. On the edge of the overlook where we scout there are two purple orchid flowers. Their stems are entwined together. I take it as a sign of good luck.

The drive to the put-in is windy and we take the turns at 50 mph. The speed doesn’t scare me; I am worried that we might encounter another car that is going a normal speed and my boyfriend’s all-too-common road rage will ensue. It’s not that I mind hearing profanity yelled over and over again—I just hate it when he gets on the driver’s tail. Luckily, no other cars are out and we cross over a small bridge and pull into a picnic area that will be our put-in.

The Oregon sun beats down as we lay out our wet kayak gear from the day before. I am paddling a new creek boat so I get in and adjust foot pegs and hip pads to make sure I fit snugly. Then we pull out a blanket and lay by the river while our gear dries. Scott’s green eyes sparkle like emeralds in the morning light. He is tall and muscular with short cropped brown hair. I met him on the river shortly after I had moved to Eugene to attend graduate school at the University of Oregon. He was paddling with hand paddles at Redsides, a gnarly hole on the Lower McKenzie. I was immediately attracted to him. My girlfriends often tease that I am always drawn to outdoorsy, adrenaline junkies who never have any money or security. And although Scott is all of the above, I see a sensitive side in him that is as fragile as the purple orchids blooming on the overlook.

Once the gear is dry we put in. The river is

wide and shallow at first and my boat feels big and clunky. I am new to creeking and I miss my play boat. We cross under the bridge and the riverbed narrows and the water becomes fast with quick turns.

As we enter the former reservoir, the grass and trees along the river fall away and the barren muddy lake bottom replaces them. It looks like we are paddling on Mars. All I can see is the red mud and dead tree stumps. The water is dirty with sediment and I am trying to catch every eddy so that Scott can paddle ahead and tell me whether it is safe to go on. Huge old-growth stumps with exposed roots are around every bend. I notice I am catching eddies behind stumps instead of rocks. It is impossible to stay away from them.

We come to a big S curve. All the water is pushed to river right and into the huge root system of an old-growth stump. The twisted black roots spread out 20 feet across the entire width of the river. Logs and rocks have flushed into it, making it an unpassable blockage. The river literally disappears under the mass of wood and rock and the massive beheaded trunk looms menacingly above the webbed entanglement.

“We’ll have to portage,” yells Scott. His eyes dart from different features in the river calculating every possible move. To portage means we will have to climb out the high mud walls encasing the river, where the possibility of igniting a mudslide is likely. Scott goes first and finds a path where roots are sticking out through the mud to hold on to for support. I follow him, the weight of the creek boat straining my foot holds. When I get to the top my feet sink six inches into the mud.

“Come on, come on,” he yells from the next bend as he squeezes back into his boat. I scamper down the steep embankment to meet him. He is already in the water

shouting as I struggle to stretch my spray skirt over the cockpit.


“The mud is loose! It’s gonna’ come down! HURRY!” I try to focus on my skirt and block out his words. I repeat “it’s gonna be alright, it’s gonna be alright” over and over in my head until it becomes a mantra. Finally, with a grunt my skirt seals around the cockpit and I push off into the water with a sigh. Scott is already downstream pointing out eddies I should catch. My arms are aching and shaky and my paddle feels loose in my grip. My head is swimming and the glare on the water from the sun makes it hard to see the next eddy.

Not focused, I hit a hole sideways and flip upside down—something I am not supposed to do on such a strainer-filled run. I roll-up automatically to find the rushing river is carrying me straight into a log jam on river right. All my senses are heightened—the roar of the river and the rhythm of my breathing are like a freight train in my head. I can feel the cold water drip down my chest through my dry top. I hit the jam head-on but the force of the downstream pull spins me sideways and I am sure that I will be pinned there. I hit hard and lean downstream into the roots. I feel the water rushing against my boat and I rock with the tension of my unstable position. I look around frantically; Scott is nowhere in sight. Then slowly I inch to the left, one finger at a time loosening my grip and tightening again on another precariously placed root. Finally the nose of my boat reaches the edge of the logjam and I push out as hard as I can and am swept into the downstream current.

There is a stillness within me—a calm. The river begins to take on a different life. The water feels like silk underneath my boat. My strokes and boat position seem fluid and well timed. I have tapped into some reserve of confidence I didn’t know I had left. A smile parts my lips for the first time

all day. I think Scott can sense my ease—having missed my entire mishap with the log jam he is goofing around in a hole. His creek boat awkwardly performs a spin and he leans back in a front surf and does a rail grab for my benefit. I laugh and stick out my tongue as I pass him.

We are almost at the end of the run and the river has turned into a still lake. My arms ache with the flatwater paddle and the afternoon sun makes a sun dial out of my upright shadow in the water below. I see the huge dam looming above us like a skyscraper and I am already dreading the hike out of this god-forsaken lake. The red clay walls and the weight of my creek boat are the last challenges that lay between me and rest. At the take-out Scott grabs his boat, throws it onto his shoulder and is off on some race with his invisible guy friend who must be as strong as him.

I get out of my boat sit down and put my Chaco’s on one at a time, slowly and deliberately. I hoist my boat onto my shoulder and am off at a snail’s pace. It is so heavy my feet sink with every step and it feels like I’m going more up than forward. I see a road that the construction guys are using to work on the dam about half-way up. I decide I will rest there. When I arrive there are a couple of workers lounging around, and they seem more than interested to find out who I am. I chat it up for a little while and then ask if they wouldn’t mind carrying my boat and I up the rest of the way. The sun has left us as we bump along the newly made road. I look back to see a faint shadow of Scott with his boat slung on his shoulder crest the top of the steep edge and disappear. 


continued from page 53

would not recommend this). As you can imagine this took lots of support from my husband. As I fed my baby I remember a particular fountain I had seen in Italy. It was built in the shape of a woman and the water flowed out of her breast; I hadn’t fully appreciated this image until now.

My husband, family and friends all provided me with the environment to have a successful pregnancy. Recently, I talked with my husband about how it was for him during my pregnancy:

“I was very proud how long you continued to paddle while still staying in your comfort zone. A lot of spouses would be nervous about any damage if any thing went wrong. I didn’t have that because I trusted your knowledge of boating and of yourself. It was a hoot to watch you at the pool when you had to wear a bigger skirt. When you finely decided you couldn’t paddle, I was impressed you could just let it go. I knew you would get back to it soon afterwards.”

Just like preparing to paddle a new river, in pregnancy you need to plan. Prepare well but also be flexible and able to shift gears to go with the flow. Pregnancy is not a good time to start a new activity or activity that will cause trauma. Even if you’re an expert boater, everyone swims. Be active but be reasonably cautious and use your protective instinct. If it doesn’t feel right don’t do it. Paddling pregnant, you should be extra careful of exhaustion, stretching ligaments (especially while rolling), trauma to the uterus or belly, and adjusting to your new balance. I participated in prenatal yoga throughout my pregnancy. It helped me focus and train my breathing for labor. Whatever you decide to do, try to be active and enjoy your pregnancy.

Someone once said to me about raising children, “keep doing what you love to do. Your children will see how happy it makes you and that’s important in their view of life.” I truly believe this. 

Janet Burnett Cowie manages Zoar Outdoor’s instruction programs. She has been paddling and teaching for over 20 years. She is an ACA-certified kayak instructor, trainer and educator and a proud mother.

Stewardship

River of Doubtful Takeout

Bill Tanger, Ad Hoc Director, Friends of the Gauley River (FOGR)

Back in the early days of Gauley River paddling, everyone was in the same boat, pulling together. Citizens for Gauley River (CFG) had a board of both private and commercial boaters, dedicated to getting good boater releases as part of the Summersville Dam license. Everyone shared access locations and worked as a team.

The commercial outfitters helped with money and media raft trips; the private boaters helped with more votes and reaching out to legislators in many states.

It worked. And soon the Gauley became famous.

Time passed. Private boaters didn't change much. Commercial companies started buying up all the riverside property, but they allowed private paddlers use of the access they owned.

In November 2004, the two biggest outfitters sent out a letter notifying all that the access would be closed in the future. The stated reason: to create a crisis so they could get more money for their property from the Park Service. These two outfitters, Appalachian Whitewater and Class VI, owned essentially all of the river-right shore for 30 miles below the dam.

The crisis was created.

The Park Service, of course, could not pay more than federal law allows, based on appraisals. The appraisals were for \$400,000. The outfitters wanted \$1,000,000 plus. Thus things were at an impasse.

Some of us Gauley paddlers feel this river is sacred. It is our resort vacation home. We only live elsewhere to afford our Gauley lifestyle.

The closing of mid-river access was therefore an attack on our home and our place of worship. We focused our religious fervor and went to work. Leading the

charge was FORVA (Friends of the Rivers of Virginia), along with the Float Fishermen of Virginia (FFV) and a commercial outfitter, Passages To Adventure.

Because this issue was so near and dear to our hearts, we decided that it would be best to have a group dedicated to winning midpoint access for private boaters on the Gauley. So we formed a new group, Friends of the Gauley River (FOGR), developed a strategy, set up a meeting with the local Congressman and began to raise money. American Whitewater board member Charlie Walbridge was on board as an important link to the broader paddling community.

Our plan was to reopen a long-abandoned section of a still public right-of-way called Woods Ferry Road. To do this, we would need \$20,000, hundreds of hours of volunteer labor, and the cooperation of the WVDOT, the Park Service, Passages To Adventure, a private landowner and other river groups.

We used FORVA's director, treasurer, 501(c)3 status and PO Box, and the rafts and club guides of the FFV, the construction team from Passages, along with help from Charlie Walbridge and American Whitewater. We had donations from several boating clubs in the East. These included Bluegrass Wildwater, Carolina Canoe Club, Chota Canoe Club, Float Fishermen of Virginia, Richmond Whitewater Club, Viking Canoe Club, West Virginia Wildwater Association and outfitters like Confluence Watersports, North Carolina Rivers and Creeks and Shenandoah River Trips.

We raised \$15,000 and at American Whitewater's request to the state tourism commissioner, got a donation of \$5,000 more from the West Virginia Department of Tourism. Donations included telephone poles, railroad ties, tools, signage, artwork, and hours of labor from 30 volunteers from 13 states!

As we raced to open 1300 feet of roadway that had been closed for over 75 years, the outfitters who had closed the access began



Some of the more than 30 volunteers from 13 states who worked to open the Woods Ferry Road: Left to right (top row) Joe Cohen, Steve Haga, Stuart Titus, Linda Ellison, Bill Tanger, Barbra Tschida, James Keatts, John Keatts, Harry Rhett, (bottom row) Rich Haley, Susan Hill, John Handley, Mike McQuade, Michael Bush

photo by Richard Keatts


to reassess the situation. Then, at the last moment—about two weeks before the start of Gauley season—they reopened the access across their properties.

We had succeeded twofold. We not only opened the first public access below Summersville Dam, but we precipitated the reopening—at least for that 2005 season—of the old access. Actually, we succeeded threefold. Opening Woods Ferry Road satisfied federal law requiring the NPS to first open Woods Ferry before any other location could be considered. This was confirmed by Rep. Rahall's office. The NPS is now able to consider Gauley River access anywhere along the river and is not restricted to just the Woods Ferry area.

Who knows what 2006 holds, except that our roadway, a narrow 30-foot wide track, will be open for all. We will probably run a shuttle as we did in 2005. It will not be the best solution, but it will be open.

We will also be helping the NPS purchase the remaining acres needed for public ownership of the Woods Ferry area. We have had two Memorial Funds created by boater friends and family for the purpose of buying land for access. They are the Charles Walker Memorial Fund and the Bob Opachko Memorial Fund. Currently they include over \$9,000 donated to help purchase Gauley access property.

Hopefully, the NPS will be able to buy better access, whenever the price is right. Meanwhile, FOGR will be maintaining our newly opened road and working on opening another new river access.

So stay tuned. And please contact us if you'd like to join our church down by the river. 

2006 WENATCHEE RIVER FESTIVAL

**JUNE 9-11, 2006
CASHMERE, WA**

**Clinics taught by the region's top instructors
Freestyle & Downriver Competitions**

Raffle and Auction

Free Shuttle

Fun Float

Party

FESTIVAL BENEFITS:



Class V Sponsors:

Amber Palmer Photography
Chico Riverquest
Northwest Outdoor Center
Seattle Raft & Kayak

Aquasports
Keen Footwear
Snap Dragon
Wave Sport

Blue Sky Outfitters Inc.
Leavenworth Mtn Sports
Outdoor Adventure Center
Werner Paddles

Official Providers:

Pyramid Ales & Lagers

Thomas Kemper



WWW.WENATCHEERIVER.COM

Stewardship

When Nature Calls

By Kevin Colburn

Sometimes you just have to go—and you are not alone. Two thirds of the paddlers that participated in our recent AW River Stewardship Survey reported that they responded to nature's call while on a paddling trip when there was no portable toilet available. If done right, and on the right rivers, squatting in the woods is really no big deal—but there are cases where it can be. On many rivers, paddlers are required to pack out their own solid human waste, because if they didn't it would literally pile up. Complying with these requirements is now easier than ever thanks to the advent of kayaker friendly portable toilet systems. So here goes: my first article about poo....

First of all, the basics: On all rivers, it is fine to urinate either in the water (on larger streams) or upslope. On rivers where there are not specific regulations requiring portable toilets you should follow standard Leave No Trace practices by disposing of solid human waste in catholes. Catholes are small 6-8 inch deep holes (4-6 inches deep in the desert) dug in organic soils at least 200 feet from any body of water. When finished using a cathole, cover it with the soil you removed and disguise it with natural ground coverings. Pick sites that are off the beaten path and dispersed from one another.

Some areas do not ecologically support decomposition or are simply receiving too much use to allow individuals to leave human waste behind. In these cases, managers have increasingly begun to encourage and require people to pack out their own waste. Mountaineers on Mount Ranier, climbers in Yosemite, hikers in the desert Southwest, and paddlers on many western rivers are all doing it. As it turns out paddlers are pretty good—but not great—at complying with these regulations. Based on our survey, between 7% and 15% of paddlers reported that they had gone without a toilet when required to use one on an overnight stretch at least once.

Paddlers that admitted to not bringing a portable toilet when required to do so predominately cited that portable toilet systems were too bulky and heavy to fit in their kayak. Only five individuals (5%) did not buy the argument that human waste should be packed out. Over 50% of the respondents that didn't bring a toilet reported that the following two statements slightly, moderately or strongly reflected their views: only leave human waste on uncrowded sections and the systems available for carrying human waste are inadequate.

Well, just the other day I received in the mail the portable toilet system that paddlers have been dreaming about for years! It weighs almost nothing, doesn't smell, doesn't leak, is cheap, and takes up very little space. The system is made up of a 12x12 inch strong silver zip-lock type bag, inside of which is a small packet of toilet paper and hand sanitizer, as well as a grey inner plastic bag containing chemical treatments. You can use the bags once, or several times, and they can easily be sealed and tucked away in your boat. The best part is that you can throw the sealed bags away in any trashcan because the chemical treatment renders the waste safe for landfill disposal.

River managers have been quick to adopt new regulations that allow these new plastic bag systems. Just last year the US Forest Service began allowing these special bag systems on the Middle Fork of the Salmon and other Idaho rivers. Several companies make bag systems, but the brand that I demoed is called Restop 2®, and they run about \$2.60 a piece. Check them out online at: www.whennaturecalls.com. And here is the best part: AW Members get a discount when ordering through the paddling page on their website!

Saranac Dam Relicensing a Done Deal (NY)

The FERC recently issued a new license for several dams on the Saranac River, which assured legal access, flow information, and several days during which the river would be allowed to flow naturally through a dewatered reach for whitewater boating—for the first time since the dams were built. AW had been advocating for these measures for over five years. However, the State of New York's Department of Environmental Conservation challenged the license, and FERC retracted the recreational releases based on a regulation that gives the State superior authority. The state DEC was opposed to even studying boatable flow releases equal to project inflow, and instead mandated shameful flows that are 80% lower than the Saranac River ever naturally flowed prior to damming.

In the end, the FERC had to concede the flow issue but stood by their assertion that the public should have the right to access the Saranac River, and should have adequate real-time flow information for both bypass reaches on the river. While FERC cannot require the flows, they did require the dam owner to study whitewater recreation and take a hard look at releases in the future. While the process was never pretty, and significant conservation opportunities were thwarted by other stakeholders, the license is now set in stone. AW along with Adirondack Mountain Club has successfully protected the right to paddle below privately owned dams, and restored access to a spectacular stretch of the Saranac River. High Falls Gorge is certainly not for every paddler, with its back to back big waterfalls and unrunnable finale, but at least now everyone can enjoy it on foot and perhaps highly skilled paddlers will explore it during spring spills over the dam.



New Project Threatens Susquehanna Play Boating (PA)

A proposed modification to the Holtwood Dam on Pennsylvania's Susquehanna River will dewater one of the mid Atlantic's best play boating destinations, unless paddlers make their interests known. The proposal would add more turbines to generate additional power and earn huge tax credits under the new energy policy act. As a byproduct, the dam would spill less water, and may improve currently abysmal passage of shad at the dam by attracting fish to the existing fish ladder. The change would also leave much of the wide riverbed dry, while focusing flow through a deepwater excavated channel. The result would dewater or destroy many of the play waves located in the channels below the dam. AW is working with local clubs, businesses, and individuals to assure that paddlers' interests are considered as part of the design process.

Southeastern River Cleanups Models of Partnership

This spring paddlers forged good relationships with river managers and users by working together to clean up several classic southeastern whitewater rivers including the Tellico and the Nantahala. Members of Atlanta Whitewater Club, Chota Canoe Club, and Tennessee Valley Canoe Club (all AW Affiliate Clubs!) joined 200 other volunteers in picking up

trash along the Tellico and North rivers and the Upper Tellico Off-Road Vehicle area. Tellico District Ranger Keith Lannom said "It was great to see the paddling community participate in this annual event. A few of the paddlers worked on the lower section of the Tellico, while others picked up around the put-in and take-out on the Ledges section." Event organizers estimate volunteers filled more than 300

trash bags, which is approximately 500 pounds of trash that won't end up in the Tellico River.

Also this spring, AW helped future Eagle Scout James Lowery organize a river clean-up on the Nantahala River. James and 10 other Boy Scouts scoured the banks of the Nantahala River on foot, and in rafts generously provided by Endless River Adventures where they picked up a whopping 85 bags of trash!



A full-page photograph of a kayaker in a red kayak navigating a narrow, rocky river with rapids. The kayaker is wearing a yellow and black jacket and a helmet, holding a paddle. The river is surrounded by dark, mossy rocks and green vegetation. The water is turbulent and white with foam. The text "Stewardship" is overlaid in the top left corner.

Stewardship

Another
Jewel on the
Feather River

By Eric Petlock

Northern California's Feather River has seen a lot of attention in the boating community in the last several years, largely due to AW's work on the FERC relicensing of the North Feather. But the Feather contains three other forks: the well-known Middle Fork, of Bald Rock and Devils Canyon fame; the lesser-known West Branch with Ben and Jerry's Gorge and Kimshe Creek, which are very popular with the new schoolers; and the South Fork Feather, which, until recently, has remained relatively unknown. Though it is possible that some intrepid paddlers may have explored parts of the South Feather in the past, we could find no evidence of a first descent, no mention of it in any guide books and no stories of runs. All of the local paddlers, including myself, believed rumors of scary downed wood and trees growing in the channel and thought the run was junk. No one can really say how the rumors got started, but it seems that for years everyone just accepted it as truth and no one bothered to check the river out. So imagine our surprise when we recently discovered the South Fork of the Feather to be a hidden jewel that has been sitting right under our noses for years.

South Feather Power and Water is the local utility company that holds the license from the FERC to generate power and divert water for irrigation and domestic water consumption. This license is up for renewal in 2007. With all of the associated studies and activity related to the relicensing process, AW and the local paddling community decided to take a second look at the South Feather. Because the relicensing process is an exhaustive one and because recreation is an important component of relicensing, both the utility and the paddling community agreed that a more detailed study of the entire reach needed to be done.

In September of 2004 Rick Stock, Rusty Sage, Dan Simenc and Taylor Robertson put in just below the Little Grass Valley Reservoir dam near the small mountain town of La Porte to do what is believed to be the first descent of the upper gorge. What this group found was nothing

short of astonishing: a beautiful Class IV-V run, complete with fall colors, some surprisingly good whitewater and an almost runnable 25-foot waterfall. Rusty Sage ran the 25-footer and landed on a rock. Rusty was OK, but his boat didn't survive. The group, minus one member, continued down several more miles though the next three gorges to Post Creek. With the exception of one broken boat, the expedition went off without a hitch.

Several days later Rick Stock and I hiked back in at Post Creek to finish the rest of the run, down to the South Fork Diversion dam. It was a beautiful Indian summer day and again we were astonished at the quality of the whitewater and the scenery. We finished the run in a little over three hours and, to our delight, it all went cleanly. There was one obvious portage, a 15-foot drop into a narrow slot in the bedrock. It looked like it could be run but neither Rick nor I was willing to probe.

After having successfully kayaked the first section of the upper South Feather, we realized that the entire stretch of river from Little Grass Valley Reservoir to Lake Oroville needed further exploration. We flew the entire reach at treetop level in a Bell Jet Ranger helicopter with its doors removed. We also reviewed video footage shot from a similar helicopter flight. After all this we came to the conclusion that there was some exciting whitewater potential. So with the leadership of David Steindorf, AW's California Stewardship Director and a crew of local paddlers, we began to formulate plans to do a full-blown flow study of the South Fork of the Feather.

Because a flow study is the boating community's one opportunity to give input to FERC on a license that will affect the next 30 to 50 years of flows on a river, it needs to document the quality of the run and determine what kind of flows provide the best boating opportunities.

The first day of the Little Grass Valley flow study was in early September 2005. As

luck would have it, even though Northern California had been in the grips of a sweltering heat wave all summer, a cold front moved through the day before and the weather felt more like early spring than late summer. It was cold and windy with a dark sky and, at just about 5000 above sea level, temperatures couldn't have been much over 50 degrees. Everyone had been in shorts and t-shirts for the last five months and we had forgotten what it felt like to be at put-in with ominous skies and a cold bite to the air. Nevertheless, we suited up and with the usual amount of whimpering and grouching about the weather we began the hike down to the river.

The first gorge below the Little Grass Valley Reservoir is impressive. There's no warm up at all. The first drop is right at the put-in, a ten-footer with a somewhat tricky entrance and a sticky hole that will stomp anyone who starts out with a bad line. This is followed by a series of big drops and steep technical rapids that demand careful scouting. We worked our way down the upper part of the first gorge. Some of the team portaged more than others but we managed to get everyone through this first section without any major issues. We made a high portage around the waterfalls that had claimed Rusty's boat on the first decent. This falls is followed by a couple of stout drops before the canyon opens up for a bit.

After much discussion among the flow study participants we came to the conclusion that putting in at the end of this first gorge makes a lot of sense for those folks who don't want to deal with the Class V whitewater. The first gorge is a solid step up from the rest of the run so by putting in at the end of the first gorge you can eliminate the most difficult section. There has been some discussion with the Forrest Service about developing a trail around this gorge that would make the hike that much easier.

The second and third gorges are Class IV. Although they have an ominous look to them, it all goes. In the fourth gorge,

Stewardship




photo by Thomas O'Keefe

just above Post Creek, things start to get a little rowdier again. I'd call it solid Class IV+ but fairly technical and there is one rapid with a nasty looking undercut rock that paddlers are exposed to. At Post Creek a trail comes down fairly close to the river. The hike in or out here can be done without too much difficulty. On the second day, when the water was cranked up to 400 cfs, a couple people decide to forgo the upper gorges and put in at Post Creek. We also had one person hike out here. Below Post Creek things stay busy for several miles.

The flow study group debated extensively about how to rate the run. In the end, we decided that a solid Class IV boater could do this run if they were either very cautious and did lots of scouting and some portages, or were with people who knew the lines. In order to run everything and boat scout, one needs to be a solid Class V paddler. There are some stout Class IV+/V- rapids at 180 cfs. At 400 cfs the river gets pretty juicy and there are plenty of rapids that can surprise anyone who's not paying attention; I'd call it Class V at that level.

To illustrate the difficulty of the run, I give you this personal example: I took a nasty swim right above the portage (a 15-footer into a narrow rock slot). I wasn't paying attention and dropped into a stomping hole about 20 yards upstream and got throttled. My shoulder got a little tweaked when my paddle got ripped out of my right hand and did a deep, one-handed, upside and backward, sweep while getting window-shaded. When I finally decide to come out of my boat I was looking down some very fast moving current toward a nasty falls. I swam like wild for the first eddy I saw (Remember the old episodes of *Giligan's Island* where Giligan swims across the lagoon and they speed up the camera to make it look like he's swimming really fast?). I managed to catch the last eddy above the falls, which was great but I ended up on the wrong side of the river.

Ben had somehow managed to get my boat to shore on the other side of the river, before it went over the falls. My paddle wasn't so lucky. So with my boat on one side of the river and me on the other, with some very fast moving water in between, I was faced with the reality of having to swim back across to get to my boat. Ben threw me a rope to assist with my swim, just in case I didn't make the ferry. Once I had gotten to the other side, we realized the portage route was on the other side of the river—where I had just been. Still a little shaken, I got in my boat. Ben let me use his breakdown paddle, one that I later found out had been "repaired." As I peeled out and made a hard, down-stream sweep stroke to push my boat across the fast moving current, the blade snapped off of the paddle. I was right above the falls and was not the least bit interested in doing the first descent. Somehow I managed to flip the paddle over and get the remaining blade on the side where it would do some good and got my boat back into the eddy. Fortunately we had yet another breakdown and so after some whining, I got in my boat to attempt the ferry again. This time it was a success.

By day three of the flow study, the ranks were dwindling. There had been enough beatings, close calls, and general aches and pains to reduce a good portion of the group to making up excuses about why they weren't going to paddle that last day. But there were a few left standing and so by the end of day three, we had completed the flow study for The Little Grass Valley run. We had several weeks before we were scheduled to go in and do the next two sections, Golden Trout and the Forbestown Gorge. We had gotten some good information for the flow study and had come away with an appreciation for a run that was nothing short of spectacular. What was more amazing was the fact that it had been right there all along. 


Flow Study on the West Branch Montreal, (WI)

By Thomas O'Keefe

The West Branch of the Montreal in Wisconsin is one of those little gems on the south shore of Lake Superior that has been popular with whitewater paddlers for many years. It was first featured in the *AW Journal* back in 1981 and is enjoyed each spring by the paddlers from throughout the Midwest. It was also the site of the US Wildwater Championships in 1992.

American Whitewater and the Wisconsin Hoofers Outing Club, with assistance from the Rivers & Trails Program of the National Park Service, are working to identify the range of preferred whitewater boating flows on West Branch Montreal River. Xcel Energy manages Gile Flowage, which provides water to their Saxon Falls Hydroelectric Project and Montreal Hydroelectric Project downstream. Gile Flowage is a storage impoundment and not a licensed project, but paddlers are interested in obtaining more accurate information on preferred flows with the goal of determining the potential for a scheduled flow release.

We have developed a survey to collect information from those who have run this reach and will continue to collect data through the spring. Please visit the river page for the West Branch Montreal for information and to complete the survey:

<http://www.americanwhitewater.org/rivers/id/2300> 



Corporate Sponsors

Each day American Whitewater faces new challenges that threaten our whitewater rivers. To aid us in this fight, we rely on support from members, donors, foundations, and partners in the industry.

Companies throughout the whitewater and outdoor industries are stepping forward to support AW's River Stewardship work.

American Whitewater urges you not to make purchase decisions blindly. When you buy your next piece of outdoor gear there are many factors to consider: quality, dependability, comfort, safety, and fashion. American Whitewater hopes you will add one more consideration to this list: corporate responsibility.

Support companies that support your rivers



In 1984 Teva's Founder, Mark Thatcher, invented the first sport sandal while working as a Grand Canyon river guide. Since their inception over 20 years ago, Teva remains committed to both innovation in footwear and the protection of waterways around the world.

Teva and American Whitewater have worked together for nearly a decade to protect access and conserve whitewater

resources for paddlers and rafters nationwide. Both groups have partnered on numerous tours and events over the years, including the Teva Tour, the Teva Liquid Lifestyles Tour and AW's 50th Anniversary Gala in 2004. Teva is proud to move into another year supporting AW and encourages new members to act now. Help Teva and AW keep American's rivers clean and accessible to all. Go.Do.Be.





Kokatat remains one of AW's strongest allies by continuing support of AW's membership and river stewardship programs.



As part of Jackson Kayak's focus on environmental responsibility, they are supporting AW's work by encouraging membership growth in the organization.



Clif Bar's annual Flowing Rivers campaign that provides funding to AW's affiliate clubs for river stewardship projects is now in its fourth year.



Fortress International Watches is new to the scene and new to supporting American Whitewater. Through creative fundraising strategies Fortress will help AW seek the funds needed to advocate for all whitewater rivers.



Chaco helps set the standard for industry responsibility by supporting causes near to their hearts with 3% of after tax profits.



In turning the pages of North Carolina Rivers & Creeks, it's easy to see how many fantastic rivers AW has had a hand in opening up to paddling. We support AW in hope that there will be more great rivers to tell about in future editions, and more river lovers out there working with AW to preserve the rivers we all love!



Kayak Session helps American Whitewater increase membership, fund river stewardship work, and get our message out to readers here and abroad. KS is proud to provide AW members a discounted subscription rate.



Girls at Play donates \$.50 to AW for each Girls at Play DVD sold and actively promotes AW membership to participants of the Girls at Play Summer Tour. Anna Levesque, the founder of Girls at Play, is proud to be an AW Athlete Ambassador.



We love donating to river conservation organizations like AW. Being partners with American Whitewater allows each of us to do what we do best; AW is a leader in river conservation and Werner Paddles can focus on being the leading kayak paddle manufacturer.



Stahlsac helps AW make sure our lifetime members are satisfied by providing all of our lifetime members with their paddler duffle.



Throughout the history of the natural world, water sources have been the centers of life, providing habitat and sustenance for animals and plants alike. Patagonia is proud to support groups like American Whitewater that work to reverse the destructive effects of damming, development and pollution.



In 2006 Keen's contributions will aid American Whitewater in its quest to restore ecological health and recreational opportunities to the Catawba River watershed in North and South Carolina.



Wavesport donations help AW have the resources it needs to conserve and restore our whitewater resources.



In 2006 Smith Optics continues its support of American Whitewater's river stewardship work and membership.



Outdoorplay is proud to support American Whitewater's river stewardship work and has done so for three years now. Outdoorplay.com, along with many other retailers nationwide, provides discounts for American Whitewater members on their website.



In 2005, and again in 2006, NRS will show their commitment to river stewardship through encouraging AW membership at river festivals nationwide.



Immersion Research led the whitewater industry in corporate responsibility. IR was American Whitewater's first industry supporter of river stewardship and remains a friend and ally today.



High School or Junior High School Scholarship Contest!

American Whitewater and New River Academy announce a \$5,000 Academic Scholarship to the author of the best original composition describing a remarkable river experience or relation based on the school slogan, "...and that has made all the difference."

Have you ever considered attending a high school for kayakers? Want to go to Costa Rica and Chile and paddle amazing rivers after school? Have you had a remarkable experience related to the river that you want to write about? If so, here's an opportunity to receive a \$5,000 Academic Scholarship for the 2006-2007 academic year and find yourself studying on the banks of, and then paddling, the best rivers in North America, Costa Rica and Chile, including the Ottawa, Dries of the New, Pacuare, and Pucon.

The Rules

- Applicant must be twelve to seventeen years of age.
- All entries must be submitted via email, as an attachment in Word document or Acrobat PDF format, to info@hugeexperiences.com.
- All entries must include a cover letter that lists: your name, address, phone number, e-mail address, current grade level, and your high school name and address.
- Entries should relate to river or paddling experiences and the school slogan, "...and that has made all the difference."

- Entries may be fiction, non-fiction, poetry or news writing.
- Only one composition per applicant per category will be accepted.
- Entries must be double-spaced and no more than 1,500 words in length.
- Entries must be solely the work of the applicant; plagiarized entries will not be accepted.
- Previously published works will not be accepted.
- All entries become the property of American Whitewater and Huge Experiences.
- A panel made up of American Whitewater staff and Huge Experiences faculty will judge entries.
- Decisions of the panel are final.

Deadline

- Entries must be received by July 5, 2006. Entries submitted after this date will not be considered.

Award

- \$5,000 Academic Scholarship to the author of the best original composition to be applied to two semesters or prorated for shorter programs.
- The winner and all other applicants will be notified via e-mail and/or by mail no later than July 19, 2006.

For more information contact David Hughes at www.hugeexperiences.com or (423) 902-2029.

Winner AW/Huge Experiences 2005 Essay Scholarship

By Erinn Keas, 17

When I was five years old I wasn't exactly a kid who could be considered future kayaking potential. I was under weight for my age, primarily due to not eating. I hated sitting at the dinner table so I just refused to eat. My father, an enthusiastic kayaker, made a deal with me: "When you weigh 50 lbs, I'll buy you a kayak." This so excited me that for about a month I ate as much as I could. Every day I checked the scale three to five times. Once, I remember eating three gummy bears and then running to the scale to see if it made a difference!

"When you weigh 50 lbs, I'll buy you a kayak."

Finally after six weeks of gluttony I reached my goal. Without any warning or discussion my father came up to me one morning and blindfolded me. He took my hand and led me outside. When he took the blindfold off, we were standing by our pool. Floating there, in brilliant magenta, was my first kayak. My father's bribe accomplished two things: First it encouraged me to eat properly; second, it began a love affair with kayaking that still afflicts me to this day.

My name is Erinn Victoria Keas and I'm a sophomore in Meadville Pennsylvania. Kayaking isn't the only activity that I am involved in; I am also a pole-vaulter for my school's track team, a lifeguard for the local YWCA, and a four-year member of the Meadville Ski Club. In addition, for the past three years I have worked as a ski instructor at Mt. View in Edinboro, PA. Altogether I have skied for 13 years. While all these activities may provide a rush, there is no activity that compares to the feeling of whitewater kayaking.

Winner AW/Huge Experiences 2005 Essay Scholarship

I tried to sum up how I feel about kayaking in one word, but there is no word that can possibly describe everything I get from kayaking. I get a rush when I put the blade of my paddle in the water and pull my first stroke. I enjoy the thought process I must go through to make sure I do not fall victim to the mighty river. I love the challenge of learning how to use the flow of water to control an unstable object. Ultimately, being one with the water is a feeling like no other. What makes kayaking truly amazing though is that it doesn't matter where I paddle. I can be out on a flat lake or in the middle of a fifteen-foot drop; the experience is overwhelming no matter what.

I would still like to improve my kayaking immensely, especially in preparation for my future. I would like to become a solid Class V paddler, capable of paddling the hardest and steepest rivers around. I've spent the last three years focusing on rodeo kayaking, and I would like to find myself at a level where I could compete at the National Team Trials in the fall.

"Whether it's traveling to different places, or paddling with some of the best paddlers in the world, the opportunities provided by Huge Experiences' New River Academy have long been a dream of mine."

In the future I plan to attend college, hopefully in Pennsylvania, Montana, Colorado, or West Virginia – anywhere with good whitewater! In college, I hope to double major in both education and communications. I would really like to be able to combine kayaking with my career. While I am not good enough to become a professional paddler yet, I feel I could combine my current skills as a

cinematographer and a kayaker to work on paddling films. Since the focus of modern paddling films is on better camera work and technology I want to hone these skills. If I had the chance to create a kayaking film, I would want to provide the whole experience to the viewer, both on and off the river. Combining the two would provide the audience with an excellent glimpse as to why so many people spend so much of their time on the water. I would also enjoy teaching communications to others. With the double major I will have a variety of options for my career, all while leaving open the chance for combining the two biggest loves of my life, paddling and sharing rivers with others.

I am hoping for a chance for financial assistance because, without it, my dream of attending Huge Experiences' New River Academy will remain only a dream. It is my fervent hope that the Academy or those who help to endow the Academy will be able to offer me enough financial support to make my dream become a reality.

"...and that has made all the difference."

"and that has made all the difference . . ."
Huge Experiences & New River Academy

colorado rodeo and river running tour

- The ultimate kayak road trip!
- Top pro kayakers travel, paddle and coach you through Wyoming and Colorado's sweetest rivers, creeks, play spots and rodeos.
- From Royal Gorge to the drops of Oh Be Joyful, you'll tear it up like never before.

europa summer school tour

- Earn High School credit while paddling Europe's best whitewater.
- Travel through the culture, history, and countryside of France, Italy, Germany, Austria, Slovenia and Switzerland.
- Professional kayakers and teachers coach you through every river run and academic challenge.
- 35 days, 5 languages, 6 countries, 1 year H.S. course credit and more rivers than you can count, you'll never be the same.

Call 1-800-464-8430 for a chance to win a free week of teen kayak camp
(or 10% off a high school semester destination)

1-800-464-8430 • New River Academy
for accredited college prep semester programs
Huge Experiences for camps and training programs

For program details surf to HugeExperiences.com

"Huge Experiences gave me the opportunity to coach freestyle and river running to motivated paddlers . . ."
Bryan Kirk: Team Warequest, World's Broney Medalist, U.S. Mining Engineer

"I took the Colorado tour and then attended high school semesters in Costa Rica and Chile . . . and that has made all the difference."
Todd Baker: Team Warequest, Jr. Aerial World Champion 2003, Jr. World Championships Broney Medalist & Student Leader

this is summer school?



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 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://www.americanwhitewater.org/membership>, 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



P.O. Box 1540, Cullowhee, NC 28723 • 866-BOAT-4AW

Membership Application

Our Mission is to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.

Name _____

Address _____

City, State, Zip _____

Telephone _____

E-mail _____

Club Affiliation _____

Individual Membership Levels

____ \$25 Junior/Senior (under the age of 18 and over the age of 65)

____ \$25 Individual for Affiliate Club Members (SAVE \$10 if you are also a member of an AW Affiliate Club)

____ \$35 Individual One Year

____ \$45 Family (immediate family members excluding children over the age of 18)

____ \$65 Two Year Membership

____ \$100 Ender Club* (Receive AW's annual Ender Club T-shirt FREE)

____ \$150 Five Year Membership

____ \$250 Platinum Paddler* (Receive AW's exclusive Patagonia Platinum Paddler Hooded Sweatshirt FREE)

____ \$750 Lifetime Membership (Receive AW's Lifetime Membership Stahlsac Paddler Duffle FREE)

____ \$1,000 Legacy Membership* (Receive AW's exclusive Kokatat Gore-tex PacLite Paddling Jacket and Pants FREE)

* A portion of your contribution may be tax deductible. If you would like information about the tax deductibility of your contribution please speak with an AW Staff Member.

Organizational Membership Types

____ \$75.00 Affiliate Club (Join our growing network of paddling organizations across North America)

Additional Donation

____ \$5.00 ____ \$10.00 ____ \$25.00 \$ ____ Other

____ \$24.99 Kayak Session subscription (Add Kayak Session to your membership at a 40% discount)

Amount

Membership subtotal \$ ____

____ Do NOT Mail me the AW Journal. I will read it on-line.

Donation subtotal \$ ____

____ Do NOT share my name with like-minded groups.

Total \$ ____

Ender Club and Platinum Paddler indicate shirt size (S, M, L, XL, XXL). We will mail gift certificate for Kokatat gear.

Transaction Type

____ Cash ____ Charge ____ Check# (payable to American Whitewater)

Card Type: MC Visa Discover AMEX

Card Number _____ Exp. Date ____/____/____

Name as it appears on card _____

Signature _____ Date ____/____/____

Affiliate Clubs

AW's Original Purpose

by Carla Miner

The Affiliate Club Program lies at the very heart of AW's existence. AW's original purpose since 1957 has been to distribute information among its Affiliate Clubs. AW's relationships with local clubs have provided the backbone for the river conservation and access work it accomplishes. Over 100 clubs are now AW Club Affiliates and they are all doing great work on your behalf. If you don't belong to a club consider joining one.

This is the fourth year that Clif Bar makes possible the AW / Clif Bar Flowing Rivers grants. Paddling clubs must be current AW Affiliate Clubs to be eligible for these \$500 grants. Clubs across the country have embarked on many wonderful programs as a result of this program (See Nov/Dec 2005 *AW Journal*). Make sure your club is an AW Affiliate Club and encourage them to apply for this grant for a local project important to paddlers in your area.

AFFILIATE CLUBS, we want to know what you are doing. Send your events to us at craig@amwhitewater.org and we will include them in the Journal.

The AW Journal Club Affiliates by State:

Alaska

Fairbanks Paddlers, Fairbanks

Alabama

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

Arkansas

Arkansas Canoe Club, Little Rock

California

Central CA Canoe Club (C4), Nevada City
Chico Paddle Heads, Chico
Gold Country Paddlers, Lotus
River Touring Section, Angeles Chapter
Sequoia Paddling Club, Windsor
Shasta Paddlers, Redding
Sierra Club Loma Prieta Chapter, San Jose

Colorado

Avid4Adventure Inc., Boulder
Colorado White Water Association, Englewood
Grand Canyon Priv. Boat. Assn, Englewood
FiBark Boat Races, Englewood
Pikes Peak Whitewater Club, Colorado Springs
Pueblo Paddlers, Pueblo West
Rocky Mountain Canoe Club, Englewood

University of Colorado Kayak Club, Boulder

Florida

Project Challenge Inc., Miami
North Florida Whitewater Assoc., Ocala

Georgia

Atlanta Whitewater Club, Atlanta
Georgia Canoeing Association, Atlanta
Georgia Tech Outdoor Recreation, Atlanta
Paddlers4Christ, Ellijay

Idaho

Idaho Whitewater Assoc., Boise

Illinois

Chicago Whitewater Assoc., Chicago

Indiana

Ohio Valley Whitewater Club, Evansville

Iowa

Iowa Whitewater Coalition, Des Moines

Kansas

Kansas Whitewater Association, Mission

Kentucky

Bluegrass Whitewater Association, Lexington
Viking Canoe Club, Louisville
Bardstown Boaters, Frankfort

Maine

AMC/Maine Chapter, Portland

Maryland

Greater Baltimore Canoe Club, Kingsville
Mason Dixon Canoe Cruisers, Smithsburg

Massachusetts

AMC Boston Chapter, Lunenburg

Minnesota

Boat Busters Anonymous, Stillwater
Charlie Sawyer, Maple Plain

Missouri

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

Montana

Beartooth Paddlers Society, Billings

Nevada

Sierra Nevada Whitewater Club, Reno

New Hampshire

Mitchell Paddles, Canaan

Ledyard Canoe Club, Hanover
Mt. Washington Valley Paddlers, Franconia

New Jersey

The Paddling Bares, Milltown

New Mexico

Adobe Whitewater Club, Albuquerque

New York

ADK Schenectady, Schenectady
FLOW Paddlers Club, Rochester
Housatonic Canoe & Kayak Squad, Ossining
Town Tinker Tube Rentals, Phoenicia
Whitewater Challengers, Old Forge
Zoar Valley Paddling Club, Dunkirk

N. Carolina

Carolina Canoe Club, Raleigh
Mecklenburg Regional Paddlers, Indian Trail
Warren Wilson College, Asheville
Western Carolina Paddlers, Asheville

Ohio

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

Oregon

Oregon Kayak and Canoe Club, Portland
Oregon Whitewater Association, Beaverton
Willamette Kayak and Canoe Club, Corvallis
Lower Columbia Canoe Club, Portland

Pennsylvania

AMC Delaware Valley Chapter, Sugarloaf
Bens Creek Canoe Club, Johnstown
Canoe Club of Greater Harrisburg, Mechanicsburg
Conewago Canoe Club, York
Holtwood Hooligans, Lititz
Lehigh Valley Canoe Club, Lehigh Valley
Philadelphia Canoe Club, Philadelphia
Three Rivers Paddling Club, Pittsburgh
Pine Creek Valley Whitewater Association, Jersey Shore
KCCNY, Philadelphia

S. Carolina

Foothills Paddling Club, Greenville
Palmetto Paddlers, Columbia

Tennessee

Appalachian Paddling Enthusiasts, Gray
Eastman Hiking and Canoeing, Kingsport
E. Tennessee Whitewater Club, Oak Ridge
Memphis Whitewater, Memphis
Tennessee Valley Canoe Club, Chattanooga
University of Tennessee Knoxville, Knoxville

Texas

Bayou Whitewater Club, Houston
paddletexas.com, San Antonio
Houston Canoe Club, Houston

Utah

University of Utah, Salt Lake City
USU Kayak Club, Logan
Utah Whitewater Club, Salt Lake City

Vermont

Vermont Paddlers Club, Jericho

Virginia

Blue Ridge Voyageurs, Reston
Blue Ridge River Runners, Lynch Station
Canoe Cruisers Association, Arlington
Coastal Canoeists, Richmond
Float Fishermen of Virginia, Roanoke
FORVA, Roanoke
Richmond Whitewater Club, Mechanicsville

Washington

Outdoor Adventure Club, Redmond
Paddle Trails Canoe Club, Seattle
Spokane Canoe & Kayak Club, Spokane
University Kayak Club, Seattle
Washington Kayak Club, Seattle
Washington Recreation River Runners, Renton
Whitman College Whitewater Club, Walla Walla

West Virginia

West VA Wildwater Assoc., S. Charleston
Friends of the Cheat, Kingwood

Wisconsin

Badger State Boating Society, Waukesha
Hoofers Outing Club, Madison
Pure Water Paddlers, Eau Claire
River Alliance of Wisconsin, Madison
Sierra Club / John Muir Chapter, LaCrosse

Wyoming

Jackson Hole Kayak Club, Jackson Hole

Canada, British Columbia

Vancouver Kayak Club, Vancouver

Canada, Ontario

Madawaska Kanu Camp Inc., Ottawa

Discounted AW Memberships for Affiliate Club Members

by Carla Miner
Membership Coordinator

In the recent past, AW has been offering discounted AW memberships to whitewater enthusiasts who are also members of one of AW's Affiliate Clubs.

We now have the ability to offer this discounted membership online! For each club, AW will create a unique URL that will automatically offer the discounted membership and/or we will provide a coupon code that is specific to your club that will allow individuals to receive the discount on the normal AW Membership Page.

Both options work equally well and help make life easier for members of your club.

Several clubs have already set up the program and their members are enjoying the benefits of joining AW for only \$25!

If you are interested in learning more about this program, please contact me and I would be happy to help your club set up this program. I can be reached at: 866-BOAT-4AW or membership@amwhitewater.org.

Join American Whitewater as a Club Affiliate!

10 Reasons to Join AW as an Affiliate Club

1. Receive the *American Whitewater Journal*, the oldest continually published whitewater magazine.
2. Join the list of Affiliate Clubs noted in each bi-monthly *AW Journal*.
3. List club events in the *AW Journal*.
4. Your Club's members can become AW members for \$25. A \$10 savings!
5. Have technical expertise for your Club conservation and access committees 'on tap.'
6. Have access to technical and onsite assistance for your Club's event planning.
7. Enjoy VIP benefits for "Joint Members" at AW events.
8. Participate in exclusive AW Affiliate Club promotions.
9. Post Club information on the AW Website to help paddlers find you.
10. Eligible to apply for a spot in the AW 2005 River Stewardship Institute.

For more information,
contact Carla Miner at
membership@amwhitewater.org
or sign-up on-line at:
www.americanwhitewater.org/membership

Guidelines for Contributors



Please read this carefully before sending us your articles and photos! This is a volunteer publication, please cooperate and help us out. Do not send us your material without a release – signed by all authors and photographers (attached).

If possible, articles should be submitted on a 3-1/2-inch computer disk. (Microsoft Word if possible – others accepted.) Please do not alter the margins or spacing parameters; use the standard default settings. Send a printed copy of the article as well.

Those without access to a word processor may submit their articles typed. Please double space.

Photos may be submitted as slides, black or white prints, or color prints or electronic, digital photos, 300 dpi tiffs, Photoshop or high res jpegs minimum 3"x5." Keep your originals and send us duplicates if possible; we cannot guarantee the safe return of your pictures. If you want us to return your pictures, include a self-addressed stamped envelope with your submission. The better the photos the better the reproduction.

American Whitewater feature articles should relate to some aspect of whitewater boating. Please do not submit articles pertaining to sea kayaking or flat water.

If you are writing about a commonly paddled river, your story should be told from a unique perspective. Articles about difficult, infrequently paddled, or exotic rivers are given special consideration. But we are also interested in well written, unusual articles pertaining to Class II, III & IV rivers as well. Feature stories do not have to be about a specific river. Articles about paddling techniques, the river environment and river personalities are also accepted. Pieces that incorporate humor are especially welcome. Open boating and rafting stories are welcome.

Profanity should be used only when it is absolutely necessary to effectively tell a story; it is not our intent to offend our more sensitive members and readers.

Please check all facts carefully, particularly those regarding individuals, government agencies, and corporations involved in river access and environmental matters. You are legally responsible for the accuracy of such material. Make sure names are spelled correctly and river gradients

and distances are correctly calculated.

Articles will be edited at the discretion of the editors to fit our format, length, and style. Expect to see changes in your article. If you don't want us to edit your article, please don't send it in! Because of our deadlines you will not be able to review the editorial changes made prior to publication.

American Whitewater is a nonprofit; the editors and contributors to American Whitewater are not reimbursed. On rare occasions, by prearrangement, professional writers receive a small honorarium when they submit stories at our request. Generally, our contributors do not expect payment, since most are members of AW, which is a volunteer conservation and safety organization.

Send your material to:
Journal Editor
P.O. Box 1540
Cullowhee, NC 28723
E-mail: editor@amwhitewater.org

What I Love

By Lila Marie Thomas

I took a hike this morning. It led to a grassy hilltop with a swing strung to the branch of an old oak tree.

I swung and swung this morning without a hint of dizziness.

And as I walked back down the trail to my truck, I caught a glimpse of the lazy Willamette River winding down through town.

It blazed deep blue against the dry yellows and oranges of the fall valley.

Parts of it rippled with wind I could not feel.

But I knew I could be there, within her sparkling folds. I could taste the cold juice of her and hear her rumbling sounds. And I thought a beautiful thought there among the towering trees.

Just as bees are attracted to their favorite flower and by doing so bring life to the entire planet—I am attracted to water.

It is what I love and not what loves me that

matters. And in my love of it I am happy. Just to know there are things out there I can fall in love with. Just to know I am blessed enough to have my favorite thing—water—all around.

The Little Red Canoe and Me

By Richard Norris

The wind holds its breath as the clouds shade the sun.

The little red canoe is about to make its first big run.

Knees all braced, best snug,
I gave the helmet strap a tug.

Thoughts of the day swiftly pass away
As the roar of the rapids make you say
“what the hey!”

Releasing the tree limb, the current pulls us away.

To the right, to the left, river currents rock

us astray.

Paddle hard if you want to see another day!

By the boulders, drop over the ledges,
Slide by the tress on the river's edges.

Hit the chutes,

Miss the roots,

Down through the whitewater we glide;

Paddling and bracing side to side,

Hoping not to visit the hydraulic, with it's cruel ride.

Wishing to end up with friends in the cool blue pool eddy side

That little red canoe and me ready for another ride.

ALL-OUT CONFIDENCE...



Brian Kirk, Team NRS, Kootenai Falls, MT. © Chris Hoffer



FIRST ON THE WATER™

...BEGINS WITH DEPENDABLE GEAR.

Gain the confidence to paddle more technical runs and bigger drops by going to www.nrsweb.com or calling 1.800.635.5202.

Provide your code: 0603 to receive a free paddlesports catalog, and directions to your nearest NRS dealer.

H
A
I
L
M
A
R
Y

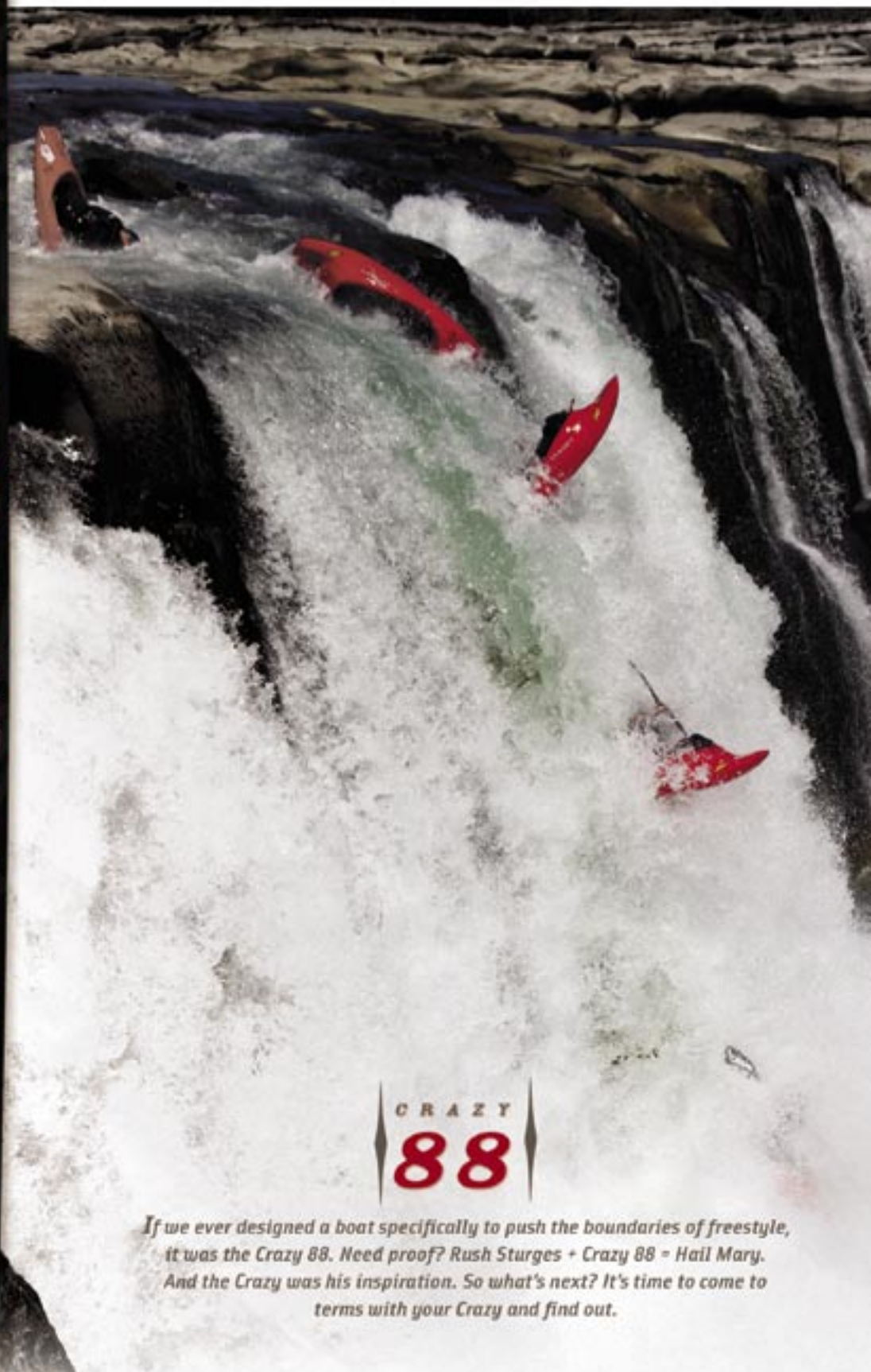
A
RUSH STURGES
CREATION-



HIS BOAT: CRAZY 88 6.2
[A DAGGER CREATION]

WWW.DAGGER.COM

 **Dagger**
KAYAKS



CRAZY

88

If we ever designed a boat specifically to push the boundaries of freestyle, it was the Crazy 88. Need proof? Rush Sturges + Crazy 88 = Hail Mary. And the Crazy was his inspiration. So what's next? It's time to come to terms with your Crazy and find out.