



ETWC NEWSLETTER APRIL 2014

PROMOTE canoeing and kayaking as a water sport
TEACH boating techniques and water safety for river travel
PRESERVE our remaining wilderness rivers for future generations

Club Meeting

Tuesday, April 15, 2014

7:30 pm

***Ken Schnieder will show
a slide presentation on
his trip to NEPAL!***

We will meet again in
the Club House at
Greystone Summit
Apartments (2531
Oleander Way,
Knoxville). Ian will have
drinks and snacks.

We will also meet and eat
before the meeting at
Grill Don Gallos on Hardin
Valley Rd, 6pm. Call Ian 865-
382-5723 if you want to come
eat so he can save you a
spot.



ETWC

P.O. Box 5774

Oak Ridge, TN 37831-5774

2014 OFFICERS

President	Ian Anderson	865-382-5723	nai.nosredna@gmail.com
Vice President	Diana Cochran	307-399-8415	dcochra1@utk.edu
Secretary	Jimmy Groton	865-805-9908	groton87@comcast.net
Treasurer	Kary Scarborough	865-483-7525	Fcscarbo@bechtel.com
Newsletter	Bill Lewis	865-387-7821	bill.lewis865@gmail.com
Roll Practice	Jason Darby	865-803-1899	wepaddle@bellsouth.net
Trip Coordinator	Ken Schneider	865-671-0673	ken48work@yahoo.com
Membership	Bill Wilder	865-603-7984	NBWilder@att.net
Conservation	Jimmy Groton	865-851-9087	Groton87@comcast.net
Safety	David Fox	865-483-5914	oakridgefox@aol.com
Kayak Clinic	Ken Schneider	865-441-5270	ken48work@yahoo.com
Webmaster	Billy Bob and Benny Hicks	865-386-6342	bghicks@pstcc.edu

Please keep your dues up to date!

If you want to pay online via PayPal, fill out the form at:
http://www.etwcweb.com/concrete/membership/online_form
 Or, send Kary your \$15 check payable to ETWC along with the membership form at the end of this newsletter to:

ETWC
P.O. Box 5774
Oak Ridge, TN 37831-5774

NEWSLETTER DEADLINE - 7TH OF EACH MONTH

Newsletter Editor: Bill Lewis
 Phone: 865-387-7821 Email: bill.lewis865@gmail.com
 Photos in jpeg, gif, or bmp format.
 Reports and Classifieds as a Word or Text File Document.
 Check out our website at <http://www.etwcweb.com>

River Gauges, see ETWC Forum
[AWW What's Running in East Tennessee](#)

March 15, 2014 Meeting, NEW LOCATION (still)

We will meet again this Tuesday night at the Club House at Greystone Summit Apartments (2531 Oleander Way, Knoxville, TN 37931). It's very close to Pellissippi Community College and has the advantage of relaxed armchairs and a pleasant ambiance. Alcoholic beverages will be available, not that anyone is interested in that. ☺

Here is a link to the map: [ETWC Meeting Map](#)

East Tennessee Whitewater Club

Minutes

February 18, 2014

Presentation

Bill Wilder gave a fascinating presentation about three canoe trips he took to the Boundary Waters Canoe Area Wilderness and Canada's Quetico Provincial Park in 2006, 2010, and 2013. His presentation included photographs highlighting the beautiful scenery as well as discussion of its geological and glacial history and how those factors created the unique area that exists there now.

Treasurer's Report

Kary reported that we have \$1087.33 in our checking account and \$5518.50 in savings.

Chattooga River Trip

Ted Buel suggested that ETWC sponsor a paddling trip to the Chattooga River over Memorial Day weekend (May 23-26). He said that he has made the trip many times and he thought that club members would enjoy it. We could stay at Oconee State Park near Mountain Rest, South Carolina. There are cabins available as well as a nice campground. The Chattooga River offers great paddling for every skill level. As a Wild and Scenic River there are regulations to be followed to preserve the resource and Section I is only for trout fishing and hiking. Section II is for beginners to intermediates, Section III is for intermediates and is probably a notch above the Nantahala. Section III ends in an optional Class 4-5 rapid which can be easily portaged. Section IV is only for experienced paddlers with completely dependable rolls and excellent boat control. Participants would arrive on Friday, paddle on Saturday and Sunday, and return home on Memorial Day. We voted to use club funds to reserve a cabin for the weekend.

Safety Coordinator

Even though we think we elected Rick Zingg to be the Safety Coordinator at the Holiday Party, we decided to elect David Fox to be the ETWC Safety Coordinator for 2014. David was elected unanimously.

Clinic

The clinic will be held June 2 through 7. We need to begin work to update the promotional flier and registration materials. Ken Schneider will mark up last year's flier for Kary to update. Kary will send last year's flier around to several people and they will identify info that requires updating.

Ian suggested that the club provide a cash incentive award of \$100 to the club member who recruits the most students to attend this year's clinic. We decided to have an upper limit of 25 students at the clinic. Ian agreed to fund the incentive award himself if no more than 15 students sign up. We voted to include the incentive award.

Meet and Greet

Ian suggested that we have a social meeting to attract new members and potential clinic students. We voted to have the event on Friday, May 16 (time and venue to be decided later).

Conservation

We reported on the recent purchase of 63 acres that form the main part of the viewshed from Lilly Bluff. The purchase was made by The Nature Conservancy Tennessee Chapter through the generosity of an anonymous donor and was facilitated by Tennessee Citizens for Wilderness Planning.

We also reported on efforts by TCWP, TNC, and Tennessee Parks and Greenways Foundation to protect a large amount of the riparian area along Crooked Fork below Potters Falls. It may also be possible to protect a large part of the riparian zone from US Highway 27 down to the Emory River.

On Saturday, March 29 TCWP and the National Park Service will hold the 3rd Annual Obed River Cleanup on the Obed. RAINED OUT, TO BE RESCHEDULED. The trip will start at Devil's Breakfast Table and end at Nemo. Cleanup efforts will focus on a section of the Obed between Obed Junction and Nemo. The NPS has made available some large rafts, duckies, guides, and some equipment. As in previous cleanup trips TCWP and NPS are seeking help from club members to serve as safety boaters. Any extra dry suits, wet suits, splash tops, PFDs, helmets, and so forth would be helpful. There are a limited number of spaces in the rafts.

On Saturday, April 12 we also reported that TCWP and NPS will sponsor a similar trip on the Big South Fork. Ideally this trip would start at Burnt Mill Bridge and go to Leatherwood Ford.

On Saturday May 10 the NPS will have their annual Obed River Cleanup and Volunteer Appreciation Day Lunch. This event focuses on cleaning up access areas in the morning followed by a yummy lunch.

Billy Bob reported on the National Park in Your Backyard program sponsored by the NPS each year for the last few years. The program introduces Morgan County 6th-graders and home-schooled students to the basics of rock climbing, paddling, and water quality. ETWC has helped with this event consistently since it began. Dates are May 12-16 and May 19-20. Billy Bob will coordinate volunteers from ETWC's side.

Next Meeting

We decided to hold the next meeting on April 15 at the same location (Greystone Summit Apartments Clubhouse) so we can begin planning in earnest for the clinic.

ETWC Chattooga Trip 2014

The Chattooga River that flows between South Carolina and north Georgia is a National Wild and Scenic River and one of the premier whitewater rivers of the southeast. For many years ETWC had an annual overnight trip to paddle the Chattooga, and we hope to renew this tradition when we paddle it again over Memorial Day weekend. We will stay at Oconee State Park in Mountain Rest, South Carolina in the foothills of the Blue Ridge Mountains.

Oconee is located on State Rt. 107 south of Highlands and Cashiers, NC and east of Clayton GA (U.S. 441). This is a scenic area, remote from shopping centers and fast food, but the state park has lots of amenities: Cabins, Camping, Lake Swimming, Volleyball, Hiking, Biking, Campstore, and last but not least Miniature Golf. Please go online for details about Oconee, the cabins , camping, and the Chattooga River.

Kary Bob has reserved cabin 19 which can sleep up to 8 people; it has 2 bedrooms, a living/dining area, sleeper sofa, and a sleeping loft. It is air conditioned, has a fireplace, kitchen, bath, porch, and comes fully furnished with sheets, blankets, pillows, utensils, etc. But, of course, there is a catch: overnight parking is limited to only 2 vehicles. But the good news is the cost is only \$20 per person per night. Cabin space is available on a first-come basis by contacting the trip leader (contact information below).

If you want one of the cabin spots, you may email me for cabin availability and reservations. If you are one of the lucky few, you will be expected to send me a check for \$30 made out to ETWC for each person. This will be refundable up until May 1. You will be contacted for a final payment of \$30 prior to the trip. You will be expected to arrange all of your own food and transportation, and ride-sharing is strongly encouraged. Cabin occupants will have to work out with Kary which cars can park overnight, and someone will have to park remotely in order to abide by the park rules. Kary will also organize suggested group meals among the cabin occupants.

Campsites have electricity and water, gravel parking, and nearby bath-houses with hot water showers. Each campsite may have up to 6 persons but no more than 2 vehicles overnight. Campsites number 001 and 002 have already been reserved. Other nearby campsites 003, 005, 008, 009, 011, and 109 may be reserved by individuals through the Oconee State Park website and Reserve America online. Sharing of campsites and rides is strongly encouraged. All of the other rules and regulations are on the website too, and should be read and followed. Pay special attention to the notice regarding the hours, AS THE FRONT GATE IS LOCKED AT NIGHT.

Booking of campsites is done by calling 1-866-345-PARK (7275) or through ReserveAmerica (<http://www.reserveamerica.com/>). If you wish to book online, the first step is to join ReserveAmerica as only members can book sites online. It is free and only takes a few moments. Once you have a user ID and password, go to Oconee State Park's web site (<http://www.southcarolinaparks.com/oconee/camping.aspx>) and follow these steps:

1. Click on Park Reservations (left hand menu)
2. Click on Loop, select Lake Loop
3. Select Specific Arrival Dates and select May 23, 2014 from the calendar (if you are arriving on that night as we are)
4. Enter 3 in Length of Stay (if you are staying all 3 nights with us)
5. Click on Search Campsites
6. Select a campsite from the list of available campsites
7. Click on See Details and verify that they are correct
8. Click on Book These Dates

9. At this point, it becomes a standard online shopping cart experience.
10. Be sure to print out your reservation and bring it with you.

The Chattooga River offers great paddling for every skill level. As a Wild and Scenic River there are regulations to be followed to preserve the resource, and Section I is only for trout fishing and hiking, Section II is for beginners to intermediates, Section III is for intermediates and is probably a notch above the Nantahala and a whole lot warmer. Section III ends in an optional Class 4-5 rapid which can be easily portaged. Section IV is only for experienced paddlers with completely dependable rolls and excellent boat control.

We will have trip leaders for all sections and will paddle both Saturday and Sunday. If you are primarily interested in Section II, please contact Kary Bob for more information. If you are interested in Section III, Billy Bob is our club expert, and if you want to run Section IV, that trip will be on Sunday only and trip leader will be me, Ted Buel.

Our Recreation Agenda begins Friday evening at 8, when we will assemble at the Miniature Golf facility for a tournament. The facility will probably not be open, so bring your own putter and ball. We will have a few extras to share. Then we will gather Saturday morning at 9am at campsite no. 001 at the entrance to the Lake Loop Camping to organize (as much as that is possible) the paddling trips, then follow our trip leaders' directions to load with a goal of driving out at 10:00 am headed to the river with all gear tied on and lunches in our dry bags. Paddling for Sunday will follow that same routine.

You can choose your own route to Oconee. I have driven most of the possibilities, and plan to drive over via I-40 to Canton, NC then U.S.23/74 to Sylva, NC then south on 107 to Cashiers and on to Oconee. I will be bringing my mountain bike in order to get around at the campground and ride from my campsite over to pester the folks in the cabin. On the return trip, I will take 28 back thru Highlands and on to NOC/Bryson City for biking at Tsali on Monday. That should put me home Monday night fully exhausted.

Trip Leader Ted Buel, gtdesigns1@yahoo.com 865 584-8543

1648 Dick Lonas Rd.

Knoxville, TN 37909

BIG SOUTH FORK CLEAN-UP

TCWP and the NPS are sponsoring our First Annual Whitewater Rafting/Clean-up Trip on the Big South Fork on Saturday, April 12, 2014. We have several members who will be driving down to BSF. Call Ian if you can help out.

GOTTA GET THAT ROLL!

Kary sends us this link to a good skills video that some of us should watch (not mentioning any names)

Troubleshooting Your Roll, <http://www.whitewaterdreams.com/archives/379>

BILLY BOB IS LOOKING FOR VOLUNTEERS!

Weekday Volunteers Needed May 12 through May 20, 2014

ETWC is helping the NPS Obed W&SR Unit again this year with the Morgan County 6th Graders Program on May 12 through May 20, 2014. It involves rock climbing and boating at Lilly. It's a full day activity, with the kids scheduled to arrive at Lilly at 9:00 a.m. and to leave to return to school around 3:00 p.m.

ETWC has supported the program for several years, and it has been a great experience for the kids and for us. The Park Service provides canoes, kayaks, duckies, and other equipment (PFD's, helmets, paddles, etc.). We act as safety boaters and provide a little instruction.

The first program will be on Monday, May 12th and will run all five weekdays that week. It will also run on Monday, May 19th and Tuesday, May 20th. The rest of that week could be for weather make up days if necessary.

Contact Billy Bob Scarborough at [865-483-7525](tel:865-483-7525) if you have the free time and can spare a weekday to help.

RIVER SPORTS OUTFITTERS PINT NIGHT!



River Sports continues their Pint Night tradition on the first Tuesdays of the month at their Sutherland Avenue location. The proceeds from these events go to local groups that support outdoor interests. So, come to River Sports Pint Night May 6th sponsored by AMBC and KAVU. Be there early because you don't want to miss out on the NEW pint glasses and terrific weather!

Trip Awareness for Club Paddlers

By Teresa Gryder

When you paddle with a small group of familiar and competent boaters, it is easy to look out for each other. We laugh at each other's idiosyncrasies, instead of getting bent out of shape about them. With a familiar group you already know who will be last to put-in, who will lag at play spots, and who will bolt for the takeout. You know who has to be fed every 2 hours, and who will need to take a dump halfway down the run. Certain predictable people have a spare paddle in their boat and beer at the takeout. You often don't need to designate a lead and sweep boat. It's comfortable paddling with groups like that. We all love it. Paddling is never safe in an absolute sense, but it feels much safer when the group is earnest about taking care of each other.

Club paddling can be that way, but it is often not. On a club trip, every member with suitable skills is invited. They could be someone that you don't particularly care for. Or they could be a

stranger with unknown idiosyncrasies. Odd people hide in groups like that. Then we throw in the whitewater element, the unpredictable and dangerous situations that stretch people's tolerances. People under stress can do unpredictable things that put themselves and others at risk. We may not recognize each other's signals. There is a whole new set of dangers on large club trips that aren't present in small groups of boating buddies. The top danger with large numbers of paddlers is that someone could disappear and not be noticed absent until much later. Accordingly, club trips usually have some structure to manage this risk. This structure usually involves a pre-trip briefing, planned scouting, and dedicated lead and sweep boats. The more advanced the group is, the less structure is needed, because everyone in the group has something that I call Trip Awareness.

I learned this term when I was working as a river guide on the Chattooga River. New guides are drilled on it until it becomes habit. Trip Awareness means knowing what is going on with your group and operating in a way that affords the best possible safety protections to everyone in the group, while at the same time facilitating a comfortable downstream flow. A trip-aware guide notices when the sweep boat is taking the lead, and is ready to peel out behind the new lead. A trip aware guide notices when a key rope has not been set and does it himself. Few private boating groups have the level of awareness of guides who are on the river every day. But we can all take a page out of that book.

Trip Awareness is available to every participant, not just the lead and sweep boaters. When we have it, there are fewer surprises on the water. When we don't, we make more mistakes. We may accidentally leave people behind, or float ahead not realizing that we are in the lead. We may not see or understand the signals we receive. We may not communicate what we know to others in a timely fashion. The greater our degree of awareness, the higher our level of team performance.

To develop your awareness within a paddling group, here are a few practices to try. At the beginning of the trip take a look at all the people and boats. Get a feel for everyone there. Know how many boats and people are in the group, and what colors/types the boats are. Once you are on the river, pay attention to the order that people take in running rapids, and get a feel for whose paddling is strong and weak. Notice who has a leaky boat and who is having a shaky day. Notice unsecured lifejacket, helmets, and drain plugs.

We all want to be this aware, because it means we are performing optimally for ourselves too. When we are well prepared and calm, we are less likely to make mistakes in the first place.

Usually our trip awareness is reduced when we are challenged or excited by something out of the ordinary. People get a little uncomfortable, and start taking care of Number One. This is not a problem, as long as we don't get tunnel vision and forget everyone else. Things like high water, a snowstorm, or an injury can provoke normally responsible people to do strange things. We cannot afford to let this happen. This is when we must take a deep breath and think before we act. We must sometimes be assertive with a person who isn't fully aware. When there's an extra challenge we need to open our eyes and minds, and carefully consider our situation, resources and options. No point in rushing. In emergency situations, slow is faster than hasty. In emergency situations with a large group, several teams can act in parallel to try different solutions to the same problem. This is the strength of a large group.

One weakness of a large group is that it is difficult to stay together. There's a simple helpful rule that we all know, but we could practice it better. **Always look out for the person behind you.** This means to really look out, not just to see them from a distance and assume they'll be OK. There is no excuse for floating along and leaving someone behind.

The last boat in the pack (sweep) is in a vulnerable position. They rely on people ahead of them for backup. If the whitewater is busy, minutes can go by before anyone looks back. It takes an effort, but people must wait and look for the sweep. It is a good reason to catch eddies, because then

you automatically look back. A few years ago a designated sweep boater in Idaho was pinned underwater and died. No one was able to assist in time. Sure, sweep boaters should be highly skilled and prepared to rescue others. But they should not be expected to run without backup.

When everyone in a group is eddying out, looking back, and running safety for the person behind them, the group stays together. If you don't feel comfortable doing this, you are running whitewater that is too hard for you at this stage. If the person behind you is out of sight, you have messed up. Wait for them. This is a great time to stop to take a leak, grab a drink of water, and do some self care. If they don't show up in a reasonable amount of time, or if you have a bad feeling in your gut, go back upstream and check on them. Hike. Wade. Climb to where you can see. Be part of the team.

The lead boater is likewise in a vulnerable position. They will come upon obstacles in the river first. A new strainer or other debris in the river can be deadly. The lead boat is expected to recognize or know about problem spots, and to indicate where the group will want to scout or portage. If you aren't this kind of person, don't be in the lead.

Everyone is responsible for helping keep the lead boater safe. When you scout, take a rope with you. Even if it's unnecessary, you can set safety for the first few boats. Get a good look at the rapid, and also get to a place where you can be of assistance. There are tricks to pulling in a swimmer, and you will master it fastest by doing it. After a few boats have run, let them take over the safety job, and go up and portage or run it yourself. Don't stand there until all 20 boats are through before you go back up. It is well known that time spent scouting a rapid is directly correlated with time spent stuck in the exact hole you wanted to avoid. There's no shame in portaging, just don't make us wait all day.

Sometimes the lead boater is comfortable enough with the run to go over blind drops without scouting first. If they do this, they will signal from the bottom about what they find. It is wise to wait until the line is obvious and/or you see the signal. If you can't see the paddler and there is no signal for too long, you might jump out of your boat and scout to see what is going on down there. The first boater could be stuck in a hole or on a log. The last thing you want to do is go careening over some edge without any information about it. (In a future column I will discuss signaling more thoroughly)

If we stick together and provide good safety coverage to our first and last group members, we're doing a decent job. It is still possible, however, for people to get lost in the middle of a big group. The solution for this hazard is to **buddy up**. Ask someone that you like boating with if they'll be your buddy for the day, and then look out for each other. Know where they are going and what they are doing if you split up. It sure is nice to know that somebody in that mob is looking out specifically for YOU, and it adds another layer of safety to the safety in numbers.

Another important thing to know in big groups is that **you cannot follow just anyone**. Some people intentionally go into crazy places on the river (nobody I know). You need to read the whitewater for yourself. If you have an agreement with someone that they will show you the way down a rapid, you can follow them as closely as you feel comfortable. If the paddler ahead of you gets into trouble, go somewhere else! There are lots of ways to run most rapids, and following someone else is no guarantee of safety.

All of these practices add up to a smooth trip, quick rescues, and a feeling of comfort, even with a large group. The safety margin created by cumulative, organic Trip Awareness is much greater than any safety margin created by formal structure. So remember to take a deep breath when you feel stressed on the river, and always look back, and watch for the person behind you.

ETWC Forum

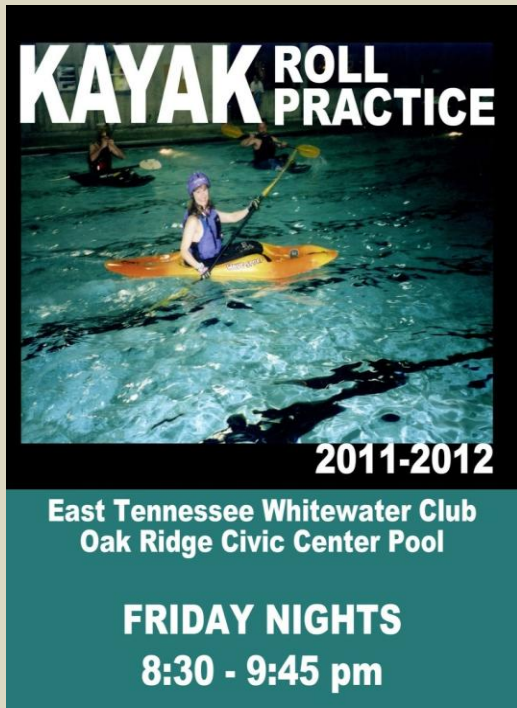
Check out the discussions on our forum:

<http://etwcweb.com/discuss/>

Winter Roll Practice Friday Nights, Oak Ridge Civic Center

Remember roll practice on Friday!

Date	Coordinator	Phone
4/18/2014	No Roll Practice	
4/25/2014	Kary Scarborough	865-483-7525



Thanks to all of our wonderful coordinators! If you can't make your assigned date, contact Jason Darby at wepaddle@bellsouth.net or 865-803-1899

Trip Reports!

Spring is HERE, and we want to tell everyone about our adventures. Send trip reports Bill, including videos if you have them!

Please send reports to Yours Truly at bill.lewis865@gmail.com.

PROGRAMS

We are always looking for interesting programs for our meetings. If you have a program or an idea please contact Dianna Cochran at 307-399-8415 or dcochra1@utk.edu.

**EAST TENNESSEE WHITEWATER CLUB
MEMBERSHIP & RENEWAL FORM**

Dues: \$15.00 Yearly Family Membership (*January 1 renewal date*)

Send to: East Tennessee Whitewater Club, P.O. Box 5774, Oak Ridge, TN 37831-5774

Name(s) _____

Address _____

_____, _____ Zip _____

Phone: (H) _____ (W) _____ Email _____

I would like to receive my newsletter by email. (circle) Yes No

Membership Status? (circle) New Renewal

What boats do you paddle? (circle) Kayak C-1 C-2 Solo Canoe Tandem Canoe

What is your paddling ability? (circle) Beginner Intermediate Advanced Expert
Class I-II Class III Class IV Class V

RELEASE AND WAIVER OF LIABILITY

I, _____, desiring to join my fellow paddlers in the East Tennessee Whitewater Club (ETWC), do hereby declare that I fully understand and accept the following facts of life on the river:

1. Canoeing, kayaking, or rafting, particularly on whitewater rivers, exposes the participants to various safety hazards, including but not limited to, water hazards (boulders, undercut rocks, trees, strainers, water formations such as water falls, holes, keepers, hydraulics, and other obstacles), swimming in turbulent water, using paddling equipment, accidents or illness in remote places without medical facilities, and travel in a vehicle not driven by me.
2. No one but I am responsible for my safety when I choose to paddle a particular river or a particular rapid.
3. I further understand that I have no legal duty to assist others, nor does anyone else have a legal duty to render such assistance to me. I certify that I am in good physical condition, that I can swim, and that I have no physical defects or injuries that would prevent me from participating in this activity. I fully understand and agree that, when I participate in canoeing, kayaking, or rafting, there is always the possibility of unknown, uncontrollable dangers and accidental or other physical injury and death. I know I can be killed, and I willingly assume the risks referred to in Paragraph 1 and elsewhere in this release.

Therefore, in consideration for granting me the right to join and participate in ETWC activities, and intending to be legally bound, I hereby release, waive and discharge my right to sue ETWC, its trip coordinators, instructors, leaders, officers, directors, representatives, agents, employees, and affiliates, and also any landowner or governmental unit which may allow ETWC to use its property, for any and all loss or damage on account of injury to my person or property or on account of my death, which may occur during, in preparation for, or in transit to or from an ETWC activity.

I further understand that ETWC carries no insurance for the protection of participants in whitewater activities, and any insurance coverage existing with respect to ETWC shall not alter the terms of this waiver nor impose any liability on ETWC.

This waiver applies only to acts or omissions of ordinary negligence and to any deliberate act intended to promote my safety or well being.

This waiver is signed by me in the interest of permitting ETWC to exist and to serve the paddling community, and to enable me and my fellow paddlers to feel free to donate their services to improving the sport and to help in training those less skilled in the sport without fear of liability.

I HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND I SIGN IT OF MY OWN FREE WILL.

Signature: _____ Date: _____

Signature: _____ Date: _____

(Parent or guardian if participant is under 18 years of age)