



**May, 2008**

Our Aims

**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

**There will be no presentation; the meeting will be devoted to last minute planning for the upcoming clinic**

**The Craft Room**

**Oak Ridge Civic Center**

**Tuesday  
May 20, 2008  
7:30 pm**

**East Tennessee Whitewater Club**

Post Office Box 5774

Oak Ridge, TN 37831-5774

## -OFFICERS FOR 2008-

<b>President</b>	Mark Pruitt	865-806-6179	<a href="mailto:mapkyk37@hotmail.com">mapkyk37@hotmail.com</a>
<b>Vice President</b>	Tom Lessick	865-376-2132	<a href="mailto:thomaslessick@comcast.net">thomaslessick@comcast.net</a>
<b>Secretary</b>	Ariana Beste	865-228-3819	<a href="mailto:bestea@ornl.gov">bestea@ornl.gov</a>
<b>Treasurer</b>	Kary Scarborough	865-483-7525	<a href="mailto:Fcscarbo@bechtel.com">Fcscarbo@bechtel.com</a>
<b>Newsletter</b>	Derrick Zingg	865-675-4184	<a href="mailto:zinggds@hotmail.com">zinggds@hotmail.com</a>
<b>Trip Planner</b>	Grant Sherrod	865-694-4620	
<b>Membership</b>	Bill Wilder	865-483-1542	<a href="mailto:bwilder@QE2LLC.com">bwilder@QE2LLC.com</a>
<b>Conservation</b>	Susan Rishell	865-482-0175	<a href="mailto:susanrishell@yahoo.com">susanrishell@yahoo.com</a>
<b>Safety</b>	Tris West	865-670-6647	<a href="mailto:twest@nxs.net">twest@nxs.net</a>
<b>Kayak Clinic</b>	David Fox	865-483-5914	<a href="mailto:oakridgefox@aol.com">oakridgefox@aol.com</a>
<b>Webmaster</b>	Woody Austin	865-483-3049	<a href="mailto:rapidsnow@gmail.com">rapidsnow@gmail.com</a>

**!!!! Renew Your Club Membership Now !!!!**

### East Tennessee Whitewater Club Membership Renewal for 2008

Dues are \$15 per year for family membership. Our dues year is the calendar year, Jan 1 to Dec 31. Please renew early in the year.

Send the membership for on the back of the newsletter with a check (payable to ETWC to:  
**ETWC P.O. Box 5774 Oak Ridge, TN 37831-5774**

### NEWSLETTER DEADLINE – 7<sup>TH</sup> OF EACH MONTH

Newsletter Editor: Derrick Zingg

Phone: 865-675-4184      Email: zinggds@hotmail.com

Photos in jpeg, gif, or bmp format. Reports and Classifieds as a  
Word or Text File Document.

Newsletter is available in PDF Format-contact the editor for information.

Check out our website at <http://www.etwcweb.com>

### River Gauges by Telephone

(800) 261-5033 – <b>Big South Fork</b>	(865) 632-2264 – <b>TVA Lake and Rivers Gauge</b>
(800) 899-4435 – <b>Big Pigeon</b>	(Knoxville)
(800) 232-7238 – <b>Chattooga River</b>	(865) 751-2264 - <b>TVA Lake and Rivers Gauge</b>
(800) 829-5253 – <b>Green River</b>	(Chattanooga)
(900) 288-8732 – <b>Tellico and Little River</b>	(800) 238-2264 - <b>TVA Lake and Rivers Gauge</b>
<b>theSmokies</b>	(Out of Town)

(NOTE: There is a \$2.00 charge for this call that helps to support the continued operation of the gauges.)

## The paddling community loses a great friend

The worst drought ever in 2007 was compounded by the loss of Patrick Martin. Patrick was an extraordinary individual who embodied so many positive characteristics for the boating community that I could not possibly list them all. He was strong man that seemed to live very deliberately. While I was not a close friend of Patrick, I have been greatly influenced by his life. I had been paddling with him for over a year in 2002 before I learned from Cindy Kendrick that Patrick had already had a serious bout with cancer. She told me that how after Chemotherapy they would get out on the water as psychological encouragement to get him through his battle, as his body was fighting off the cancer. Patrick was one to never dwell on the cancer, but choosing to live in the moment and take in all that life had to offer. He seemed to have no time for self-pity, and was always positive.

Patrick Martin was synonymous with Clear Creek, and that was where I would typically run into him. While I would only paddle with him a couple times a year because I would typically run from Jett to Nemo through the Class 3-4 canyon, while Patrick was most likely taking a group of beginners down Class 2 section from Barnett to Jett, I always enjoyed his company. Patrick loved to teach and open up the sport of whitewater to beginners, and anyone who has ever paddled with him would probably agree that his enthusiasm was contagious. I'm sure there are hundreds of whitewater boaters out there that benefited from his teaching and companionship. Patrick knew the dangers of whitewater, and did a great job of expressing these dangers to beginners. I used to joke with him about being really safety conscious, but he was the person I would want my child or close family member to be with if they were just getting into the sport. He literally knew every rock in Clear creek (especially the undercuts), as well as every line at every water level from 50 to 5000 cfs. He was also one of the biggest supporters of Chota. While I'm guessing he had been a member for 20+ years, I know he has been an active member since I joined the Club in 2001. He probably got more people signed up for our annual Canoe School than anyone else with his hard sell of Chota's school as a follow up to East Tennessee Whitewaters Club's school. He was also a fighter for conservation. I would see him at Emory River Watershed Association meetings trying to clean up the streams of the Plateau. He was a man that I could always look to as an example of someone who knew how to live, and was always moving in a positive direction.

In the rush of 2007 with school, work, paddling, and family, I had not known of Patrick's worsening condition. In March, on my spring break, Jason Darby wanted to run Big South Fork's Canyon section with his son and his son's friend and father, and was looking for some safety boaters to assist him. When James Cornett and I showed up for the run we were pleasantly surprised by getting to paddle with Patrick, Billy-Bob, and Kary-Bob who had also showed up to assist with safety. It had been a long time since I had paddled with these great paddlers that took me from many easy class 2 runs through to my first runs of the Ocoee, as well as many of the Class 3-4 runs on the Plateau. It felt nice to be back in the company of those that had really got me hooked on the sport of whitewater. I was eager to talk with Patrick about his recent adoption, since my wife and I had just started the process of adoption at the time. He was honest, candid, very positive, and had great advice to offer. I had little idea this would be the last time I really got to spend time with him. I will greatly miss his company, and will always think of him every time I paddle Clear Creek. It is rather fitting that this is where he is buried, the place he loved so much.

As the drought has seems to have ended in 2008, I have been on Clear Creek several more times. While I have always appreciated the beauty of this free-flowing river, it now has even more of an impact on me. The geology, lack of human development, and biodiversity of plant and wildlife seem to conspire to form an Eden like paradise for those who are willing to take it in. I think this is what Patrick saw, and why Clear Creek was so special to him. As I see Clear Creek in this new light I feel even closer to Patrick, and will try my best to carry on his positive spirit that had such a great influence on so many of us. Patrick you will be greatly missed.

James Locke



## Roll Practice

Sessions at the pool at the Oak Ridge Civic Center will conclude this Friday (May 16, 2008). Roll practice will move to Clarke Center Park every Friday night from 5:30 pm to whenever.

## Trip Reports

### Caney Fork – 04/15/2008

Level: 1.5 on the Clifty Bridge

Paddlers: Tom Rannells – 1<sup>st</sup> time  
Mary Ann Grell – 1<sup>st</sup> time  
David Howard – 1<sup>st</sup> time  
Russell DeCastongruene – 2<sup>nd</sup> time therefore Trip Leader  
Doug Klaras - author

The Clifty Bridge to Bee Creek section of the Caney Fork, is a jewel of a run which is sometimes referred to as the Watauga of the Plateau. Not to be taken lightly, it is a long, 9 mile drop/pool stretch of consistent class III and IV drops. The number of difficult rapids, combined with the long length of this run, have documented many days where paddling groups ended up having to hike out from the Caney Fork. One of the rapids which is the first blind drop that we came to, is an impressive one called The Devil's Kitchen, which at most levels is Class V. There is not a lot of rapid by rapid documentation on the Caney, but if you ask anyone that has run it, they'll all tell you that it has "a lot" of blind drops.

"A lot" would be an understatement. Tom told me he counted 300. I counted about 30, but Tom does have better (younger) eyes than myself. Truly though, as we made our way down Caney Fork, the operative quote of the day was "oh look. . . another horizon line is coming", and we did this for about 7 or 8 miles. Where I think Tom got his 300 number from, is that each of the blind drops generally had more than one slot. Tom counted the slots. . . I did not.

Russell, having already amassed a day's worth of experience on a previous Caney run, was appointed probe. He did a very nice job of knowing where we needed to pull over and scout the Kitchen, and during most of the run, he had a good idea of how far we still had to go, but otherwise he was pretty clueless. This worked out very well however because the rest of us were totally clueless. Our combined cluelessness made for it being a truly adventuresome day.

Our general pattern for running the blind drops was to catch a big eddy above and then act like we were all confused and afraid. This would usually result in Russell, who is never afraid when he is confused (or vice versa), eventually drifting down closer to the drop and with a little boat scouting, he'd then slip over and briefly out of sight.

Judging by when Russell's helmet or paddle blades re-appeared, the rest of us would then decide how to run the rapid. If Russell appeared quickly, and was still moving down river, that meant the rapid was too easy and we'd do some of our own scouting to see if cooler lines could be found. If Russell did not appear quickly, or if he was moving in a sideways or backwards direction, that meant that the rapid was too hard and we'd do some of our own scouting to see if safer lines could be found. Fortunately, we never had to execute our plan for what to do if Russell never re-appeared. Unless he did it while we were not watching,

on this day, with the help of a finely executed “head-butt” brace, which I think he probably learned at roll sessions, Russell never even flipped.

After each rapid, there was usually a nice big pool where we all gathered momentarily to brag and poke fun at each other’s lines. As you can imagine, when we strayed from Russell’s lines, there were many results. I will have to let others admit to their own carnage confessions. Here are mine. . .

On Be Careful Or You Will Piton rapid, I pitoned. On Be Careful Or You Will Sub Out Into An Amazing Stern Squirt rapid, I obliged. On Be Carefull Or You Will Get Washed Up Against A Steep Wall rapid, I proved to myself that my combat roll is still intact. And then there was Be Careful Or You Will Get Pinned rapid. . .

So, there I was. Russell’s line looked too easy. Tom apparently agreed and wandered off to the left side. Mary Ann and David were hanging back. I decided to try a little slot move over against the river-right bank. The slot was a lot of fun, but the speed I had acquired, combined with the narrowness of the route, jettisoned me straight toward a rock that was not visible from above the drop. I instantly could see that it was not one of those nice round mossy rocks that I am forever bumping off from in the Smokies. This one was rectangular in shape, slanted slightly down river, and it had an ugly, dark, “I’m going to ruin your day” color. I was afraid of hitting the rock sideways, so I tried to boof high enough onto it to where I could maybe just dry out, and climb out. This wouldn’t have been a story if that had worked.

Instead, I drove up on the rock and stopped just long enough to where I thought my one second plan had worked. But then my boat slipped backwards, my stern caught some current and got driven up and to the right, and I was pinned, sideways, exactly in the way which I first tried to avoid. Here’s where I got lucky, and the story gets to start being fun again.

When my boat pinned, I used what is left of my stomach muscles to bend myself up out of the water. My boat was jammed pretty good, but the cockpit was only a little bit under the surface of the water. My stomach muscles held on long enough for me to probe with my paddle to see if I could find the bottom and gain a footing with it. I did, and the situation became stable. Mary Ann was just now coming through the main line of the rapid. Not knowing what was going on, she looked over at me and gave me the same look that she gives me when I turn on and watch a re-run episode of Seinfeld for the tenth time. I was a little busy, so I did not wait to see her expression when she realized I was actually pinned. I hope it was one of extreme fright and worry.

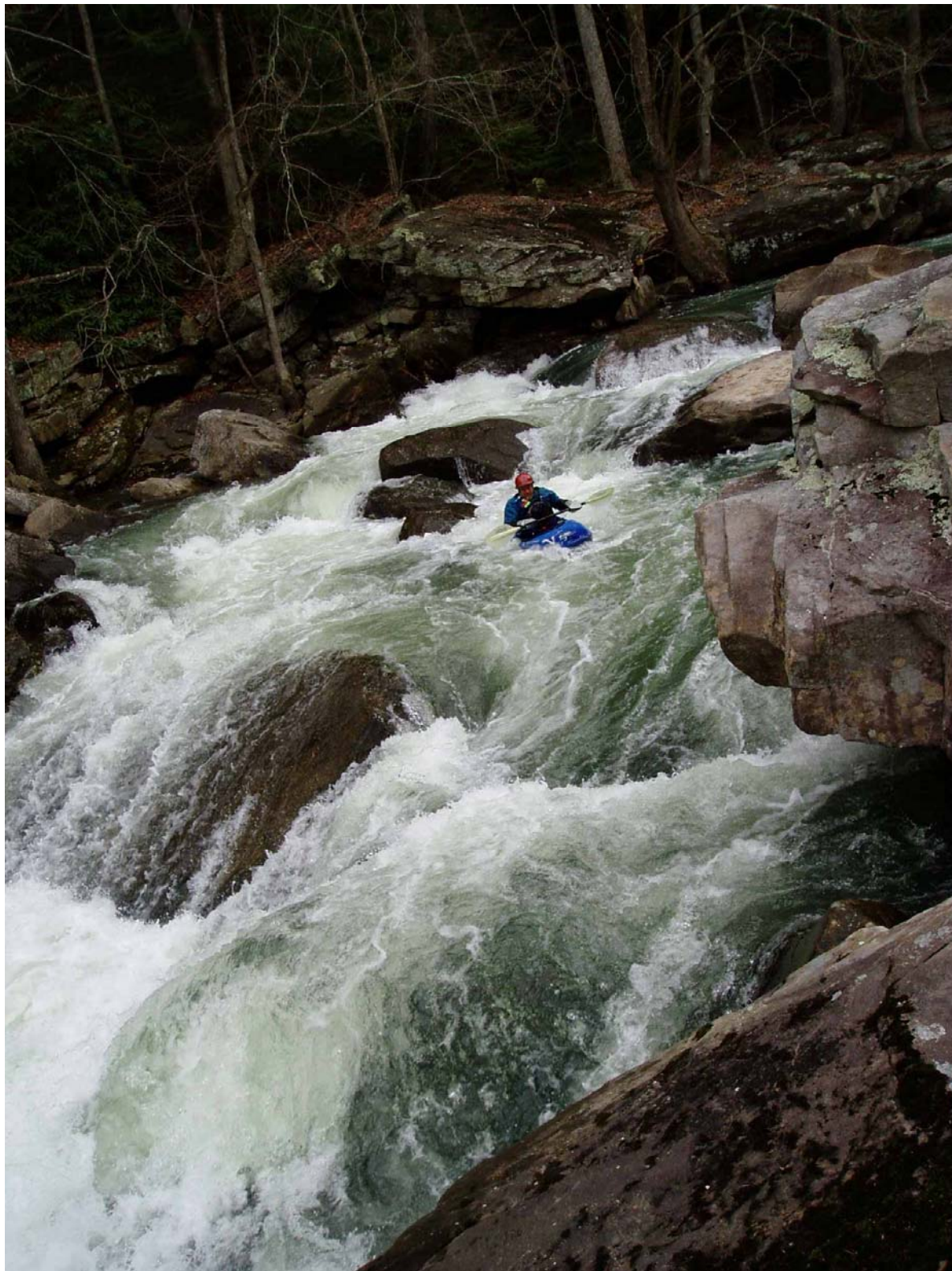
Back to my predicament, I looked back over my shoulder to see Russell was pulled over to the bank behind the pin-rock and that everyone else was catching some type rescue position. I then heard Mary Ann yell “RUSSELL, grab that B#\$&\*”!!! He started getting out of his boat. Tom quickly paddled up from behind the rock and was in position to try something from the water, but I waved him off in favor of whatever Russell wanted to do. When Russell got up on the pin-rock, without us making a plan, he basically just lifted my stern and shoved the bow out into the current. It flipped me, and I only had one hand on my paddle, but it felt really good to be moving again. Knowing that I had a swarm of safety boaters now hovering above me, I took my time in re-acquiring my paddle, and rolled up.

What just took four paragraphs to describe, probably all happened in less than a minute. Because it all happened so quickly, it never really became a big deal to any of us, but looking back, if one or two other things had gone wrong, the incident could have been much worse. The lesson remembered here is when running blind drop rivers, always try to keep your group fairly close to one another so that people can react pretty quickly if the situation calls for it. While pinned on that rock, it was also really nice to know that I was paddling with a group of close friends, who had all taken advanced swiftwater rescue clinics. As I re-

lived this experience while writing this report, I know that there was not a single mistake made by anyone in my group, other than the one I made when I decided to try and be “cooler” than Russell.

Ya’ll Keep It Safe Out There,

Doug



## Upcoming Events

June 2-7      **The Annual ETWC Kayaking Clinic.** It is that time of year again, the clinic is just around the corner. If you are interested in participating as an instructor, a safety boater, or just want to donate some equipment to the cause, contact David Fox ([oakridgefox@aol.com](mailto:oakridgefox@aol.com)). Included in this newsletter is a registration form. Help get the word out about the clinic by posting at work and other high traffic locations.

Also, at the upcoming ETWC meetings (April and May) there will be considerable discussion concerning the clinic details. If you want to participate in the planning of the clinic please try to attend the next two meeting, your opinion is important.

## Minutes of the Last Meeting

- Treasury report: checking 516.33 \$; saving 5416.96 \$
- Suggestion to publish summary of club meetings in the newsletter
- DiscoveryFest: Saturday April 19<sup>th</sup>
  - Meet at 9-9:30 A.M. at ranger station in Wartburg
  - Proceed to Nemo
- Superintendent of Big South Fork Park is leaving
- April 19<sup>th</sup> 2008 Paddle the Obed cancelled
- Earth Day: ETWC booth success – many flyers for the clinic were distributed
- Clinic news and changes:
  - Party will take place in the home of Evans family
    - Gumbo and Burgers will be served for \$3-5 per person
    - Raffle at party: Dave will be given \$100 to provide prizes
  - Class make up:
    - Instructors and student of same age and sex (many comments against it – safety, splitting of interest groups [parents and child, couples, car pools])
  - Monday night:
    - Instructors should prepare boats and gear during the introductory talks
  - River trip:
    - Tuckasegee, Lower Pigeon, Emory River, and the Lower French Broad were suggested as possibilities. For various reasons (lengthy drive, lack of instructor familiarity) the Hiwassee was voted to be the best option.
  - Instructors need to carry throw rope

### **Program:**

“Common Kayaking Injuries: Self Prognosis and Prevention” by Mark Pruitt



**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 Other

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.

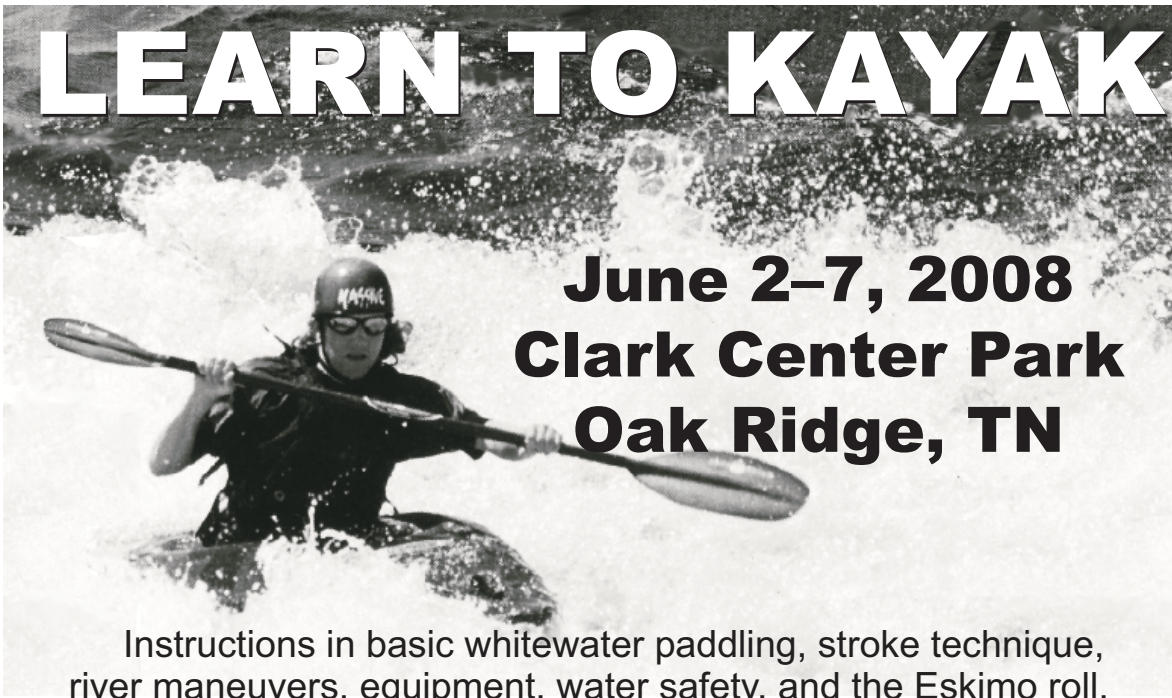
Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

Date: \_\_\_\_\_

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



# LEARN TO KAYAK

**June 2-7, 2008  
Clark Center Park  
Oak Ridge, TN**

Instructions in basic whitewater paddling, stroke technique, river maneuvers, equipment, water safety, and the Eskimo roll.

6:00 p.m. 'til dark during the week,  
plus a river trip on Saturday.

Instruction Fee: \$50.00

## **East Tennessee Whitewater Club**

Class size limited / Pre-registration required

For clinic information call: David Fox, (865) 483-5914 or e-mail: oakridgefox@aol.com

See our website at: <http://www.etwcweb.com>

----- *Pre-registration form/waiver, cut here* -----

Mail form, signed waiver, and instruction fee to: **David Fox, 111 West Lincoln Drive, Oak Ridge, TN 37830**

*Pre-registration forms must be received by May 26, 2007.*

### **KAYAK CLINIC REGISTRATION FORM**

*(Please print)*

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_

Email \_\_\_\_\_

List any boating or whitewater experience you have. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you need equipment? (circle)    Yes    No

Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

EAST TENNESSEE WHITEWATER CLUB  
**BEGINNER KAYAK CLINIC**

**COURSE DESCRIPTION**

The East Tennessee Whitewater Club offers an intensive one-week course for beginner kayakers. The purpose of the clinic is to teach basic whitewater techniques and safety. Whitewater experience is not required but individuals should be comfortable in water and able to swim.

**DATES:** Monday, June 2 through Saturday, June 7, 2008

**HOURS, MEETING PLACES, AND ACTIVITIES:**

**MONDAY:** 6:00 P.M. until 9:00 P.M.

Social Room, Oak Ridge Civic Center, Oak Ridge Turnpike, Oak Ridge, TN.  
Registration, whitewater orientation, safety, instructional video, and skills checklist.  
**IMPORTANT: Bring boats and equipment for fitting adjustments and inspection.**

**TUESDAY, WEDNESDAY, and FRIDAY:** 6:00 P.M. until dark

Clark Center (Carbide) Park swimming area.  
Personal in-the-water instruction on kayaking techniques, including paddling strokes, Eskimo rescues and Eskimo rolls.

**THURSDAY:** 6:00 P.M. until dark

Meet at the Civic Center parking lot for trip to Nemo Bridge on the Emory River (water level permitting) for introduction to moving water.

**SATURDAY:** River trip location, meeting place and time to be announced Friday.  
Supervised trip on local whitewater river and party afterwards.

**FEES:** The cost of the clinic is \$50.

**EQUIPMENT:** Each student is responsible for furnishing all of their own equipment. Required equipment is: kayak with flotation, spray skirt, life vest, paddle, and helmet. Nose clips are recommended.

Some equipment may be available from the club on a first come basis with a \$15 use fee and a \$40 deposit. Rental equipment is also available in Knoxville from River Sports, 523-0066 or Earth Traverse, 523-0699.

**REGISTRATION: Pre-registration required, class size limited.**

**For information:** Call David Fox, (865) 483-5914 or e-mail: oakridgefox@aol.com

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Minimum age is 12. Children under 16 years old must be accompanied by an adult.

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

Date: \_\_\_\_\_

Signature: \_\_\_\_\_  
(Parent or guardian if participant is under 18 years of age)

Date: \_\_\_\_\_