

ETWC NEWSLETTER MAY 2018

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

We don't usually do a club meeting in the summer as we see each other a lot during the clinic and on a summer full of beginner trips. Whether you took the clinic as a student this year or not, **beginner's trips throughout the summer are open to all club members**. We especially encourage those that took the clinic in recent years but haven't yet jumped into the paddling scene with both feet to join in. Ask around if you need to borrow some gear. A list of beginner's trips will be posted in the forum on the club website after the clinic.

We are working on a Jackson Kayak demo for Friday night of the Clinic at Clark Center Park. Check the forum and Facebook for details.

Upcoming Events:

Please Volunteer for the Morgan County 6th Graders Program!

The National Park Service's Obed Wild & Scenic River unit is again sponsoring their Morgan County 6th Graders program for this May. This will be the 7th year that they have sponsored this award winning NPS program, and that ETWC has assisted them in providing Volunteers. In the program, students from each of the 6th grade classes in Morgan County go to Lilly Bridge to do rock climbing and boating. ETWC has assisted the NPS in gathering volunteers for the water portion of the program, and we are again looking for boaters. This year's program will run on weekdays between May 14 and May 23, with May 23 as a potential rain date.

Each day volunteers are needed around 8:30 to help the NPS Rangers unload boats and gear before the bus arrives at Lilly Bridge around 9 a.m. with students from one school.

The students are divided into two groups, and one group goes rock climbing while the other group goes to the water program. We help the NPS Rangers fit helmets and PFDs on the students before they carry the NPS-provided boats and paddles to a pool below Lilly Bridge. The first activity is usually the popular "Critters in the Creek" program by NPS personnel that involves the students capturing and identifying the aquatic life in Clear Creek – and thus proving how unpolluted the water is.

After the Critters program, we help put the students into the NPS boats before we get into our own boats and gear to paddle with them in the pool. We limit instruction to the minimum required for safety – the emphasis is for the students to have FUN. If time and weather permits, we let the students go for a brief swim in the upstream end of the pool. Each group is accompanied by at least one teacher who can handle any discipline issues – but we have had none.

Around noon we break for lunch, and then switch groups and repeat the activities. When we finish, the students carry the boats and paddles back up the hill before leaving to return to school around 3 p.m. We then assist the NPS Rangers in sorting and loading their equipment onto their trucks and trailer.

If you have any free time available, please consider volunteering for this activity. You will be very impressed by the 6th Graders and teachers of Morgan County, and every session has been fun for all.

To volunteer, please leave a message for Billy Bob or Kary at 865-483-7525 or by email to Bill_Scarborough@msn.com . If you choose to call, please leave a message with your contact information and the dates that you are available on our answering machine and we will get back to you.

ETWC Beginners Clinic

Student sign-ups are going very slow this year and we need your help getting out the word. A flyer is attached to this newsletter and we ask you to spread these around at outdoors shops, work places, and to your friends.

This year's clinic is coming up on June 4, and culminating on June 9 on the Hiwassee. Format is similar to the past with classes beginning at 6pm and ending around dark. Francis Ruppel is our coordinator this year and Francis is seeking both instructors and students. If you can help, contact Francis at (865) 332-7725 or fruppel@knology.net.

Our clinic is the life blood of our club and historically has been how we grow the club as well as our leadership. Encourage those adventurous friends of yours to share this wonderful sport that we love so much and want to share.

Education and Safety

“HIGH WATER WARNING”

**Teresa Gryder ND
Updated 3/20/18**

Recently a new paddling buddy named Chris Ginocchio shared a story with me about the first time that he and his crew got way more than they bargained for on a river run. It happened in 1993, maybe a year after he started paddling. It was not a club trip, just a bunch of friends going out on the Jones Creek section of the Wilson. They cut their teeth on that run; it was familiar. They had learned kayaking through PSU, taking a series of six pool lessons after which they were allowed to take use the equipment. Their teacher was with them on this run.

Sean, the guy who started the domino effect, had been boating half a year. Sean was from Ireland and his name was pronounced “San” as in “Sean the Man”. There were five, maybe six guys present. Chris doesn’t remember the exact flow but they used the foot gage and he considered below 4 feet to be too low, and over 10 feet to be too high. He figures the level was somewhere between 7 and 10 feet; it was more than they’d seen before. They weren’t “young invincible bucks” looking for flood stage. They thought the flow was going to be fine.

At the long Gorge rapid the group decided the flow was probably too much for Sean, so they pulled out on river right above the rapid. They scouted the rapid and set two ropes. They wanted to get Sean out, so they plotted to have him ferry to river left and climb up to the highway. The instructor ferried to the left side of the river and Sean tried to duplicate his ferry but instead flipped right at the top of the rapid and swam. Both ropes were thrown to him, but he refused to let go of his boat and had to let go of the ropes. Dave was making chase and normally had a very good roll, but he went into a pourover and ended up swimming. When Dave came swimming through behind Sean there were no ropes left to throw. The eddy fences were powerful and Dave spent a lot of time under water even though he had on a new life jacket. He made it to shore on his own but without his boat which was retrieved later in the day by a fisherman.

Chris was the next potential rescuer in the lineup, and he chased Sean, his boat, and Dave’s escaped boat. At the top of Footbridge rapid he got sideways and flipped, and swam also. At this point there were two paddlers and three boats going downstream. All the people and most of the boats were retrieved in the slow water at the bottom of the Footbridge rapid. The next time you’re on the Jones Creek section, pay attention to how far it is from the bottom of the Gorge to the Footbridge rapid. It’s less than a mile, but it’s far. Chris’ memory of the final stage is jumbled; he doesn’t remember exactly what happened. They were all rattled by the experience.

No one drowned, and all the equipment was retrieved, but the lesson had hit home. A little more water changes things a lot. Not only do things happen faster, but rescue is

harder, and situations can do that domino thing where one mistake explodes into total mayhem.

Chris didn't lose a lot of sleep over the incident, but the lesson stuck with him. They had done all right. They had scouted, set ropes and stuck together as much as they could, but they hadn't understood how much difference flow can make. Perhaps Sean should have let go of his boat, but that is debatable. They could have got him out from the river at an easier spot. They were all stretching a bit to be on that run at that flow. There were lots of understandable small mistakes. Chris says they joked about it for years afterward, about how pathetic they were. The day was marked as a "celebration of our pathos and our success at the same time".

Most of us who've been boating a long time have at least one similar story. Many epic river stories start with "the water was high". The day that Alex McNeily swam at Horse Creek Canyon and Ted, Chad and Denny chased the demo boat a mile or so downstream before being able to secure it. The day that Damon took Mark and Shelaine on Crab Orchard Creek and the first thing they saw was a freshly drowned cow. Story after story comes pouring out.

High water is a force to be contended with. It doesn't have to be a flood to be a completely new version of a run you thought you knew. On a river that you have run before you know about certain currents, rocks, and drops. You can anticipate what those will be like with a bit more water. A rock (and eddy!) turns into a pourover which washes out into a wave with more water. Calm pools become moving pools then somehow they become fast wave trains. When the water is moving fast and there are few eddies any new strainers can be hard to avoid. The preferred lines for high and low water are usually quite different.

As flows increase, new variables come into play. The width of the river makes a huge difference in pool height, and with large changes in flow drops will form where none were before, or drops can completely disappear. Masses of water converging and diverging can form boils and seams that are hard to predict. The forces involved are bigger than we understand. Add to this the fact that high water can rearrange large trees and yard furniture, and turn some holes into drowning machines, and you have reason to be extremely cautious.

To illustrate the radical strangeness of the river at high water, let me give two examples of rapids that change completely given different flows.

On the French Broad River in North Carolina there is a rapid called Frank Bell's Rapid. It's the biggest rapid on section 9 at normal flows, say around 2,000 CFS. The water drops probably 20 feet as it percolates through rocks and converges into a large bowl before plunging over the final double drop into a deep pool. At 2,000 CFS it is one of the finest ender spots anywhere, and it is also known for the "deep swim" because people who fall into that final hole take a very long time to resurface. But at 20,000 CFS Frank Bell's Rapid is GONE. It is just not there. Not even a riffle. The water backs up

in the long deep pool at the foot of the rapid until the entire rapid is under water. I wouldn't have believed it, but I have seen it myself. I also surfed the hole at Kayak Ledge that day, but that is another story. Nemo Rapid is another one that disappears, according to my dad, at 35,000 CFS. A canoe barely fits under Nemo bridge at that flow.

On the Main Salmon in Idaho a rapid that is class II at low water becomes the biggest rapid on the whole river at high water. That rapid is called Whiplash. When the water is near 100,000 CFS, the current piles into a rock wall on river right and curls back toward river left where there is an impossibly huge eddy fence. You have to ride the curl because the eddy is a boiling hell. Punch the curl too hard and you end up in the mother of all holes. I have never seen this rapid at high water but you can read about it in [Anything Worth Doing](#) by Jo Deuerbach. If you are there at low water there is a stupendous camp on river right in the corner pocket of the rapid. It looks small from the river, but it's huge. Even if you aren't camping there, it's worth a stop just to walk up the tall beach all the way into the ponderosa pines and contemplate what the river might look like when that sand gets deposited in the forest.

These stories are amusing, but the safety nugget in this is that a disproportionate number of drownings occur at high water. You might be a good swimmer, but in a giant torrent of fast cold water everyone gets tired. If you search the [American Whitewater Accident Database](#) for accidents since 1972 that occurred at high water or flood, and limit the results to only experienced paddlers, 365 reports come up—exactly one year's worth of injuries or deaths. This does not include the novices who are clueless about the dangers of high flows in combination with low head dams, strainers and continuous whitewater. Experienced paddlers routinely underestimate the importance of changes in flow. Please pay attention to flow. In general, launch after flows have peaked. Remember that you can stop the ride at any time. You can stay on your couch at home, turn back from the put-in, or hike out at any time that you realize that you're getting more than you want from a run. There is no dishonor in cautious decisions, especially when the water is making a strange throaty roar.

Teresa Gryder learned to paddle in our ETWC club and her love for paddling now stretches across the country and the Pacific Northwest. She is a regular contributor to our ETWC newsletter as well as other publications such as American Whitewater Journal.

Recent Activities

Annual Obed Raft Trip & Cleanup

ETWC joined Tennessee Citizens for Wilderness Planning and National Park Service for an Obed River cleanup on March 31st. We launched at Devils Breakfast Table on Daddy's Creek and took out at Nemo Bridge. There were so many

participants it was hard to keep track but the group included about dozen kayakers, a dozen in duckies, three paddle rafts with passengers, and a couple trash barges. The group had a great time (even those in the flipped raft above OhMyGod Rapid), picked up a lot trash and ran some challenging rapids. The Obed Wild and Scenic River system is a valuable and breath-taking place and we are lucky to have it in our backyard. Thanks to all those that volunteered.

Bylaws updates

As Kary was compiling club history for our new website she came across an amendment dating back to January 1991 that was approved but never incorporated into our master Bylaws. So, she added Article VII to the document. It's mostly for legal purposes dealing with what happens to club funds if the club were dissolved. The latest set of Bylaws are on our website now under the About/Bylaws tabs for your reading pleasure.

ETWC Meeting Minutes for Tuesday April 17, 2018.

The club's April meeting was held at Pellissippi State Community College.

Treasurer's (Kary Scarborough) Report:

- Checking \$1542.88
- Saving \$ 6124.15

President's (Mark Bevelheimer) Report:

- The new web page is up and running. Please sign-up.
- There are two more weeks of roll practice at the Oak Ridge pool. Jackson Kayak maybe at the last week.
- The River clean-up on March 31 was a successful long day.
- Updated By-Laws-If the club dissolves then any monies left must be donated to charity.

Kayak Clinic (Francis Ruppell):

- The Clinic is set for June 4-9.
- Please send a list of gear that you are willing to loan students.
- Leads are needed.
- The picnic on Saturday will be organized by Kary, Eileen and Pat (and maybe Wendy).

The first presenter was Veronica Grear a ranger at the Obed:

- Kary and Billy Bob were presented with a certificate honoring them for their volunteer efforts.
- Those wishing to help with the Saturday, April cleanup should meet at 8:30 at the Wartburg visitor center.

- A video was shown-“River Connections: Wild and Scenic Rivers”.
- A new Partnership with the Cattlemen’s Association will go into the 6th grade classrooms in the spring. Enviroscape Watershed Models will be presented.
- A new grant opportunity was discussed. This is a cost share program for up to \$2500. The foci for the grant are: improvement in use, protection, stewardship and public awareness of the river. ETWC’s grant match can be in the form of volunteer labor. For the last three years ETWC has averaged 500 volunteer hours in the spring. The grant will address the following needs: 1. \$400 for buses for the 6th grade (only 4th grade is currently supported), 2. Needed equipment for kayaking and climbing (suggestions included snorkels and nets), 3. More educational materials for the 7th grade and 4. Wi-Fi booster for a bio blitz with an I-naturalist on phone. The motion to participate in the grant made and passed.
- The National Park in your Backyard Program for 6th graders at the Obed will be May 5-23 from 8:30 AM to 3 PM. Volunteers should meet at the Lily Bridge to unload boats. If the flow is high meet at Middle Creek. Contact Billy Bob at 865-483-7525 if you wish to volunteer.

The second presenter was Kary Scarborough. Kary shared pictures from the early days of ETWC.

ETWC Meeting Minutes for February 20, 2018.

The club’s February meeting was held at the Casual Pint. Donna had paid for the use of the room so everyone donated something to reimburse her.

Kary gave the treasurer’s report of \$1227.74 in the checking account and \$6,122.15 in savings. She also passed around a sign-up sheet to fill in open slots for roll practice hosts.

Mark reminded everyone about the need for paddlers to help with TCWP’s March 31st Obed Clean Up from DBT to Nemo. If they can’t do the Obed run there will be an alternate shoreline cleanup. Contact Sandra Goss at 865-583-3967 or via email at Sandra@sandrakgoss.com by March 23 to arrange to ride in a raft.

April Morton reported on the new ETWC web site she is constructing after our old website went down. You will have to register for the new Forum and the old forum will go away March 1st.

Mark brought up the subjects of waivers and insurance for club activities. Our membership applications include a waiver and release of liability. ETWC has used individual trip waivers in the past. The club donates an amount to ACA which qualifies us to get ACA insurance but we’ve never used it. Keith Havens said he would look into ACA insurance which is supposed to be easier to use now.

Francis Ruppel passed around sign-up sheets for instructors and equipment to loan for the Beginner Clinic. The new flyer will be available soon.

Chuck Hockanadel, physical therapist at Oak Ridge National Laboratory, gave a very informative and easy to understand presentation on the shoulder. He showed slides of the anatomy and biomechanics of the shoulder plus typical shoulder injuries. He explained how to minimize the risk of injury with strengthening exercises and proper stretching for flexibility. He also explained which injuries require surgery and those which are able to heal without surgery. He talked in detail about dislocated shoulders and separated shoulders. Sam Suffern told about helping to re-locate a raft customer's dislocated shoulder on the Ocoee using a method developed by Paul Dutky, an ER doctor and past ETWC member.

Roll Practice Moving to the Lake

As our beautiful warm summer has arrived we've moved our roll practice to the Lake at Clark Center Park. We typically meet Fridays after work around 5:30pm and there is no cost. If you plan to attend post to or check the forum to make sure to let others know you'll be there. These practices will sometimes be moved to a nearby river if conditions are right.

To get to Clark Center Park, which is also known as Carbide Park, from Oak Ridge, go to the intersection of Illinois Avenue and Scarboro Road and go south on Scarboro past the Y-12 Plant and over Chestnut Ridge. Go straight through the traffic light on Bethel Valley Road on Pumphouse road, and turn right at the gate and drive several miles to the park. Drive past the park headquarters and park on the right in the small lot. The place where we practice is directly across the lake from the boat ramp. When the swimming area is open, we park in the picnic area near our roll practice spot.

ETWC Webpage and Forum

April Morton along with others continue to add content to our ETWC website, check it out at, <http://etwcweb.com/>

Existing forum members must "reregister" on the new site. This registration process is described in the "Old" forum, and in April's email.

Check out club history at: [ETWC History](#)

Or see us on Facebook at:

<https://www.facebook.com/groups/179301605435695/>

CLUB DUES

If you haven't paid your dues yet, send Kary your \$15 check payable to ETWC along with the membership form at the end of this newsletter to the address on the form or go to <http://etwcweb.com/membership-application-renewal/> to renew online.

Also, if you are an American Whitewater member, or would like to be, you can join or renew your membership at:

<https://www.americanwhitewater.org/content/Membership/join-aw/>

We are an AW affiliate club; so your annual membership is only \$25.

TRIP REPORTS

All of our fair weather paddlers are coming back now that it's warming. Send trip reports to Bill, including videos if you have them!

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

Big Water on the Ocoee - With things drying up on the Plateau, five adventurous souls (Ian A., Tom P., Mark B., Ed R., and Bill L.) decided to make their opening 2018 trip on the Middle Ocoee the weekend after the tanker truck incident. (BTW, the tanker truck had been plucked from the lake just downstream of the takeout, but crews were still cleaning up spilled fuel from the lake.) Little did we know that heavy rains the night before produced flows about twice as high as normal (2800 instead of 1250 cfs). Like we needed anything more than the usual noise and chaos at the put-in to get our adrenaline going above Grumpy's. Once we got over the initial shock, the high water turned into a very exciting and fun run. The waves at Double Trouble were a blast. Most of us found the sneak routes at Broken Nose and Double Suck. A post-mortem hike down to Broken Nose confirmed our decision to sneak the last couple drops there as the holes looked a bit nastier than usual.

PROGRAMS

We are always looking for interesting programs for our meetings. If you have a program or an idea please contact Donna Price at 865-406-1058.

2018 ETWC OFFICERS

President	Mark Bevelhimer	865-679-9242	mbevelhimer@gmail.com
Vice President	Donna Price	865-406-1058	donnaprice826@yahoo.com
Secretary	Pat Zingg	865-382-3295	
Treasurer	Kary Scarborough	865-483-7525	kary_scarborough@att.net
Newsletter	Bill Lewis	865-387-7821	bill.lewis865@gmail.com
Roll Practice			
Trip Coordinator			
Membership	Bill Wilder	865-603-7984	NBWilder@att.net
Conservation	Need Volunteer		
Safety	Need Volunteer		
Kayak Clinic	Francis Ruppel	865-332-7725	fruppel@knology.net
Webmaster	April Morton	909-859-5542	april.m.morton@gmail.com

Please keep your dues up to date!

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](#)

**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)