



**April, 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

**April Presentation**

Mark Pruitt will give a presentation on common kayaking injuries. See inside for details.

**The Craft Room**

**Oak Ridge Civic Center**

**Tuesday  
April 15, 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:Fscarbo@bechtel.com">Fscarbo@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.)

## Meeting Presentation

Mark Pruitt's presentation will cover common kayaking injuries and conditioning exercises which can be done to minimize the likelihood of suffering one. Additionally, Mark will show photos from his recent trip to Oregon. Be assured they are pretty spectacular.

## Roll Practice

The remaining sessions and associated supervisors are shown below. The bold dates still need volunteers certified in CPR and First Aide. If interested you can sign-up at the meeting (March 18) or e-mail [zinggds@hotmail.com](mailto:zinggds@hotmail.com) with the date(s) you would be willing to work.

**2007 - 2008 ETWC Roll Practice Schedule  
Oak Ridge Civic Center Pool  
Friday Nights, 8:30 – 10:00 p.m.**

March	14	Chris Keeble
	21	<b>NO POOL SESSION</b>
	28	Rick Zingg
April	4	Rick Zingg
	11	David Fox
	18	David Fox
	25	Kary Scarborough
May	2	Kary Scarborough
	<b>9</b>	
	<b>16</b>	

## Trip Reports

### **There and Back Again**

By  
Andrew Christianson

Sunday March 16<sup>th</sup>.

Emory Gauge at Oakdale ~4500 cfs

Paddlers:

Doug, Mary Ann, Kemper, Tony, Laura, Dave, Alex, and Andy

It was a wonderful Sunday morning and I was feeling a bit crispy around the edges from too much work travel over the previous few weeks. I was contemplating blowing off paddling for more sleep when Mary

Ann called and wanted to know if I wanted to join a trip down the Crooked Fork. After some waffling, I got up and checked out the Caney Fork on the AWA pages and decided there would likely be some walking on the trip. Before long the creek boat and gear were loaded (a crab breakfast was briefly considered) and I was off to the Campbell Station park and ride to meet the crew and obtain a valuable junk food breakfast from a nearby gas station. Everyone showed up pretty much on time so we loaded up the boats on a Ford Focus and a Honda Civic and headed for Camp Austin.

When we arrived there were quite a few people at the parking for Camp Austin including a number of Knoxville paddlers, Viking canoe club members from Louisville, and Kemper who was to join the trip down the Crooked Fork. We added more weight to the Ford Focus and Honda Civic and headed off toward the standard put in at the sewage treatment plant south of Wartburg. Dave was waiting for us when we arrived and then we proceeded to a nonstandard put in right at LaMance falls (for the record somewhat marginal for a Honda Civic and Ford Focus, but careful perseverance always yields its due rewards). The boats were unloaded and the gear donned. The cascading water of LaMance falls could be heard from the cars. The view of the falls afforded by the adjacent cliffs was impressive. The area around the falls is absolutely wonderful, but in particular there is a massive vertical rock in the middle of the river below the falls. Doug had boated the falls in the past and showed us the line, but alas the consequence of missing the line and landing on the rock ledge below was too much of a deterrent.

We walked down the trail/road a short way and dropped into the gorge at a grassy spot and put on the river. Given the rumors about the water quality of the Crooked Fork--being down stream of the sewage treatment plants of Wartburg and a prison—I was expecting an obvious odor or perhaps something even worse, but neither an odor nor a ravenous sewer sausage was detected the whole day.

Directly after the put in there were a number of nice class III rapids with boulders and trip rocks to be avoided. Of note, at some point along this stretch, wood blocked river right leaving a tight humaneuver for the brave and a short portage on river left for most of us mortals. This section of water continued with fun rapids until Potter's falls.

Potter's falls is a river wide waterfall about 15ft tall. There are rumors that a competent boater can go off pretty much anywhere. Anyway, as no one seemed inclined to scout and as scouting in general is somewhat distasteful I was content to go for it after a couple people disappeared over the lip. However, there is plenty of room to get out and scout the falls and I would recommend doing this.

Approaching the lip, I recall loosing momentum and heading straight for a crease with not much that could be done. The intrinsic problem with this bad line was compounded by the fact that a decent boof stroke was not executed (note that this could cause a jarring flat landing). As I plummeted to the river below, the crease turned my boat so that when the inevitable pencil in occurred I flipped and was sucked behind the curtain upside down. Although my memory is a bit foggy, I recall trying to roll up while being slightly outside of my saddle and came up in relatively calm water without being pelted by the waterfall. This led me to believe that I had been washed free which turned out not to be true. After my failed roll attempt and bumping up against the rock wall the fact of matter became apparent and I pulled the skirt and emerged behind the curtain. The water was reasonable to endure despite being a bit chilly with only dry top on. If it had been somewhat colder dry pants/suit would have been critical. After some thought, it seemed that since I had a life jacket on climbing up the rock wall and hanging by my hands and wasting energy would be a bad thing to do. Therefore I stopped doing this and as a consequence was able to relax some. I briefly entertained the idea of righting my boat and emptying out some of the water and trying to climb back in. The water moving back and forth and the fact that the rock wall was basically vertical prevented this. I wrestled with my boat to make sure it knew who was boss and then relaxed a bit more trying to think the best course of action. Although there are many possibilities two ideas floated to the surface: (1)hang out or (2) swim out. At about this time (2-3 minutes behind the curtain), Kemper paddled through the curtain into

an adjacent cave. My cave being rather exclusive, Kemper was unable to gain access so I maneuvered over a partially water covered rock shelf against the current (with my paddle, but leaving my boat behind) to Kemper where I was able to throw my paddle clear and let him pull me out. Escaping the cave felt wonderful, though I felt somewhat weaker and a little colder (but comparing to cold experiences definitely not hypothermic) when compared to laying in bed at the start of the day.

Upon landfall I pounded some GUs and noticed there were a bunch of people around including some boaters from Kentucky with a video camera. Tony tried to paddle in under the curtain to get my boat, but no go. Doug informed me that if I wanted my boat I would have to swim back in. Apparently my expression was interesting. I had to ruminate some about this: I really didn't feel like going back in the water until a future trip and I was a bit more drained than I would have liked. Only after establishing the procedure did I feel an attempt would be safe. The plan was for Tony to paddle in to a cave behind the curtain with a rescue line then I would hand over hand in with the one end of the rescue line remaining on shore. Tony found a good hand hold on the rock wall behind the curtain and blew a long tone on his whistle. Borrowing Mary Ann's rescue vest I reentered the water. Very quickly I realized that while going hand over hand back behind the waterfall was somewhat daunting, the giant carnivorous sea turtles were a more immediate threat. Pulling through the curtain I grabbed Tony's boat while he tried to hook the safety line to me-this proved a bit tricky and ease of doing this is a feature that should be looked for in a rescue vest. Crawling back over the half submerged ledge into the cave where my boat was lounging about went without incident. Rather than hook the rope to the boat I kept it attached to me and grabbed the boat by hand (I wanted to be attached to the rope if something happened and the boat couldn't be pulled out!) The boat wasn't coming back over the ledge so I pushed it outside of the curtain. Then grabbed Tony's boat and was pulled to the good side of the curtain and then back to shore via the tow line.

Having retrieved all of my belongings I decided to end my day on the water at Potter's falls. However, the rest of the crew convinced me to put in below lower Potter's falls as everything else below that was easier than what we had already done. This may be true. In the end it was the right decision as I would have been standing around being cold rather than enjoying a rather awesome section of river.

I watched most of the crew run lower Potter's falls. Lower Potter's falls is a double drop and my impression was the water was relatively shallow compared to the deep pool below upper Potter's falls. The falls are easily portaged via a trail on river right. The remainder of the group scouted the falls on a big rock on river left and everyone that decided to try had a decent run without incident. We then continued on a really nice section of river. There were numerous play waves and nice reasonable class 3 rapids with one short mellow section. There were a few undercuts the worst being on river right as the river turns a bit to the left. This section of the river had a fantastic character with rock walls, moss, trees, and not too many signs of other humans. This river is a special place.

The final rapid before the Crooked Fork joins with the Emory can be a bit tricky and is worth a scout. As I recall, there is a boof line slightly right of center, but too far right and you would land on a jumble of rocks too far left and you might end up in an undercut. The easier line is to bump down next to the bank on river right.

At the confluence with the Emory things really mellowed out and we played on the occasional surf wave until we took off at camp Austin. Doug worked that last surf just before the bridge for a long time.

While we were waiting for the shuttle to be done a couple more groups of boaters finished up and told us that several more people made unplanned visits to the caves behind the curtain at Potter's falls. Apparently there were at least 4 people unintentionally behind the curtain in one day.

Many thanks to all who helped in retrieving me and my boat!!!!

A brief report on some of this from another point of view can be found at the Viking canoe club web page: [www.vikingcanoeclubforum.org/phpBB3/viewtopic.php?f=2&t=3337](http://www.vikingcanoeclubforum.org/phpBB3/viewtopic.php?f=2&t=3337)

## Upcoming Events

- April 12      The **Oak Ridge Earth Day Celebration** will run from 12 – 5 PM. ETWC has a booth stop by and help out or just say hello.
- April 19      The Emory River Watershed Association (ERWA) is once again hosting the **Discovery Fest** this year in Wartburg (Morgan County). ETWC will conduct a free mini clinic in conjunction with DiscoveryFest beginning about 9:30 AM. If interested in helping with instruction or if you have equipment that you would be willing to donate for instructional use, be at the Wartburg Ranger Station at 9:00 AM (EDT). This clinic is generally a 4-5 hour investment of time and is good advertisement for the upcoming ETWC Clinic.
- April 19      **Paddle the Obed** – A paddling trip for legislators and local land managers with the goals of raising awareness of the Obed River System as recreational asset and raising the money necessary for the purchase of the remaining ~1000 acres of land originally authorize for inclusion as part of the Obed Wild and Scenic River. If you are interested in providing logistical support (safety boater, help with shuttle, etc) contact Frank Hensley, 865-250-1158, [fwhensley@aol.com](mailto:fwhensley@aol.com).
- May 3         **Obed Wild and Scenic River Cleanup.** Most of us make extensive use of this resource. Plan now to give a little back. Meet at the Wartburg Ranger Station at 9:00 AM (Eastern Time). If it is like last year, the National Park Service will provide lunch.
- 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.

**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.**

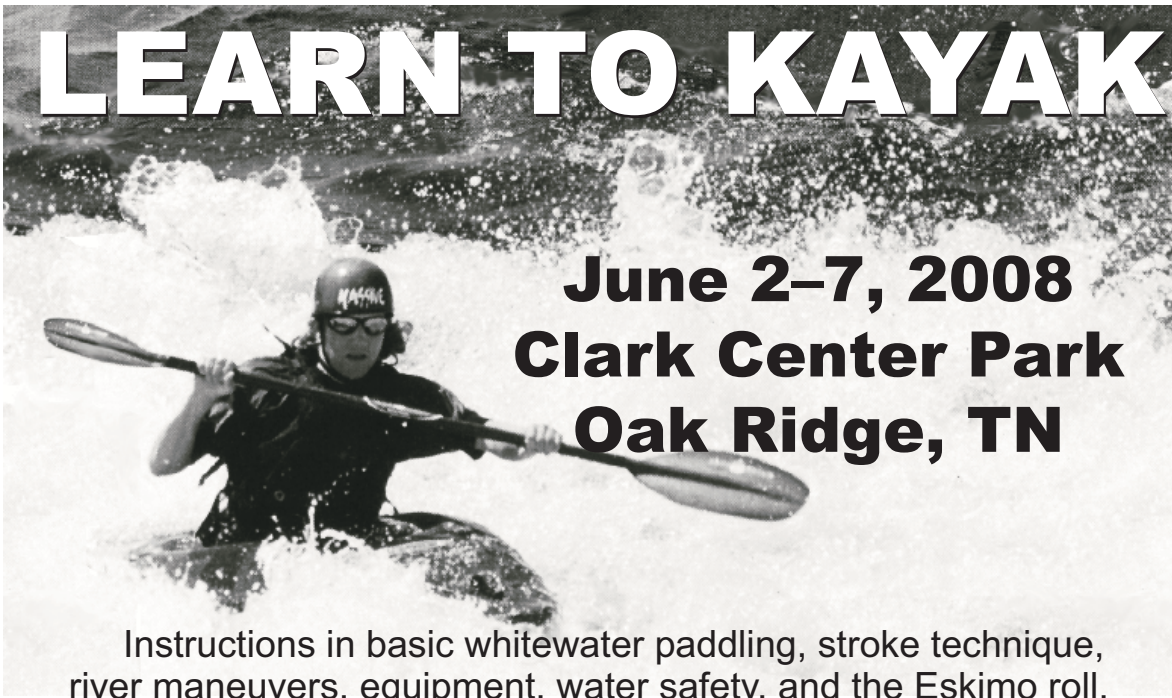
Signature: \_\_\_\_\_

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

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