



February, 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

February Presentation

Chuck Estes will present a slide show on the trip to Peru that he and Lola made in October 2007.

The Craft Room

Oak Ridge Civic Center

Tuesday
February 19, 2008
7:30 pm

East Tennessee Whitewater Club
Post Office Box 5774
Oak Ridge, TN 37831-5774

-OFFICERS FOR 2008-

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

!!!! 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 – 7TH 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 – Big South Fork	(865) 632-2264 – TVA Lake and Rivers Gauge
(800) 899-4435 – Big Pigeon	(Knoxville)
(800) 232-7238 – Chattooga River	(865) 751-2264 - TVA Lake and Rivers Gauge
(800) 829-5253 – Green River	(Chattanooga)
(900) 288-8732 – Tellico and Little River	(800) 238-2264 - TVA Lake and Rivers Gauge
theSmokies	(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

Chuck Estes will present a slide show on a trip to Peru that he and Lola made in October 2007. The area covered included the central highlands of Cusco and Machu Picchu and the Amazon basin. The presentation will focus on the scenic, archeological, and wildlife wonders of Peru. There will be photos of whitewater but without boaters.

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 (January 15) or e-mail zinggds@hotmail.com with the date(s) you would be willing to work.

If you would like to take a turn but are not First Aid/CPR trained, the club is planning to offer First Aid/CPR training in early 2008. The club will cover the cost of training if you sign up for a pool session. If interested contact Mark Pruitt (mapkyk37@hotmail.com) or Rick Zingg (zinggds@hotmail.com).

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

February	15	Rick Zingg
	22	Tom Lessick
	29	Ariana Beste
March	7	Ariana Beste
	14	Chris Keeble
	21	NO POOL SESSION
	28	
April	4	
	11	
	18	
	25	
May	2	
	9	
	16	

Safety

The recent rains have been welcomed by most of us. With the rains came opportunities to paddle river sections that haven't been runnable for months. That is the upside; the downside is that there have been at least two instances of paddlers getting stranded. The details are not as important as the awareness that should be raised by their occurrence. The article reprinted below should be read and considered prior to every paddle.

The Fine Nine **by David Luinstra**

Every kayaker knows the bare essentials that will get him/her and their kayak on the river. But conscientious paddlers should have much more with them on every trip. Being properly prepared for the unexpected is every boater's responsibility to the group. Being prepared is an important first step in the prevention of unwanted incidents. And the very best rescue scenario comes about when the incident never happened.

Here's what I call the "Fine Nine":

The Knows - (Yourself, Your Group, River, Weather, Evacuation Routes.) Prevention of an emergency is the best of all worlds and "The Knows" are our first line of incident prevention.

Yourself - Know your limitations. What weather you are prepared for and willing to paddle in, what class of river you are comfortable paddling. Know your mental and physical status. Assess whether you're rested or tired, tense and stressed or relaxed.

Your Group - Is the group size appropriate for the river? Know the abilities and limitations of the people who will be on the river with you. Who are the strong boaters? Who needs to be watched? Should they even be considering paddling this river?

The River - Know the river classification, current level, whether the level could rapidly change and the river's hazards. Depending on the river difficulty, has someone in the group paddled the river recently? What are the known hazards of this river?

The Weather - Have you checked the local forecast? A rain can quickly change the difficulty level of a river. A cold front can raise the risk of hypothermia.

Evacuation Routes - Are there access points where a person could be evacuated in the event of an emergency? Members of the group should know where such access points are.

Clothing – Are they appropriate for the weather and a possible weather change for the worse? This is more important as the weather becomes colder and we paddle more remote river sections. This does not mean dressing for everything going right. Dress for the unexpected. Are you dressed for a swim or to help with a rescue of your paddling buddy? Are you dressed for a rescue where you might need to stand in the river for an extended time? There are many good articles about how to dress for cold weather

paddling.

Shoes - (If you cannot wear shoes in your boat, you need a bigger boat.) Can you get out of your boat and run 50 to 100 feet over the flotsam, jetsam and natural hazards in time to save the life of your buddy who is pinned heads down in that Class III rapid you have run many times without a problem? Do you have time to get your sandals out of the back of your boat and put them on?

Floatation - Kayaks are not lighter than water and will sink, this also applies to the six foot playboats. A gallon of water weights about 8.3 pounds. 50 gallons of water (440 pounds) in your boat floating downstream is a hazard to you and the people trying to retrieve your boat. If your boat is not worth \$40 worth of airbags, it is not worth me risking my life to return it to you.

Food and Water - Basic requirements of life are needed for day trips. Paddling is a lot of exercise and requires fuel and water. Consider carrying a little extra for the quick trip that is unexpectedly extended by an emergency. This happened recently to a group of paddlers planning a 2-mile trip. They spent the night within a quarter mile of the takeout because of an unexpected rise in water level that didn't allow them to cross a tributary on foot.

Shuttle Keys - I suggest two sets of shuttle keys, one permanently attached to your PFD and one permanently attached to your shuttle vehicle. The first time your buddies are cold, wet and you have locked them out of the shuttle your popularity is going down hill fast, especially if you or one of your buddies is hypothermic. Even a \$50 chip key would seem cheap. Lost/not available shuttle keys are your fast track to becoming a campfire legend.

Rescue Equipment - Throw rope, knife, carabineers, prussic loops, webbing, swiftwater rescue training. These are basic tools for saving your buddy's life or for them saving yours in a river emergency. Are you and your paddling buddies prepared to save each other's lives?

First Aid Supplies - Medical kit, CPR mask, Wilderness First Aid Training and CPR training. While injuries on paddling trips are rare, they happen and can be minor to life threatening. Are you and your paddling buddies prepared to take care of each other?

Breakdown Paddle - (Unless you're able and to willing to hand paddle out.) I have carried my breakdown for about five years and have only needed it once. I have loaned it to boaters without paddles (including a canoeist who had lost both of his) six times and they were all really glad to borrow it so they did not need to walk out of remote rivers.

Trip Reports

A Week of Firsts

**By
David Fox**

The First time any river was runnable for more than one day. The first week of multi-paddling days in the same week. The first time on a new run. The first time I hiked more than a mile with a boat. The first time in 2008 that there was a pond in my backyard. The first buds opened on the maple tree in the front yard. The first time I gave a student the VARK test, I think I'll use it from now on. The first time I

named a rapid on The Little River, Josh's Jump. The first time I walked a rapid because of known strainer, that was no longer there, like it was three days ago. Some little axe must have been at work. The first time we saw a river otter at the Y. The first time tourist helped us un-pin a boat. The first time I had my picture taken while un-pinning a boat. The first time I un-pinned a boat on the Little River. The first time I found a paddle that had been lost on the Little River. The first time I typed this much just so the news letter would be more than one page.

Speaking of firsts, I went with three others to run the Little River, above the Bottoms. This was to be a personal first decent for two of the boaters. The names of the boaters that day were 1,2,3, and me. Names must not be used because part, or most of this story is a fact based lie. We stopped on the way to the put-in, to scout the Bridge Rapid. I like to look at this one 'cause there is almost always wood in the river left side. Also, you might want to know the line in this one before you get there. As we are talking about the preferred line, the newbies say they SEE what I'm saying. You leave that eddy right there, keep left angle. Alright, lets walk across the bridge to see the bottom half of the rapid. I must have said this at least 5 times, keep left angle under the bridge. Go all the way down the right side, You see that chute along the right bank, 1 & 2 say: yes. Just as we are about to leave, 1 turns toward 2 and said: "why can't we just run along the right bank?" What? Where have you been for the last five minutes? 1 says "I thought you meant, come from the right and go to that chute to the left." So we spend 5 more minutes looking at it. Later everyone ran it clean.

We go to the put-in to put-in. This is a part of a paddling trip, most trip reports leave out. We got to the put-in. Unload the boats, butts and gear. Go thru the checklist, boat, paddle, skirt, PFD, ww hardhat, rope, ooppss, I left the pin kit in my other boat. In hindsight, this was step # 1 in the groups downfall. In my pin kit I carry, 3 biners, 1 webbing sling, 2 micro pulleys, 2 prussik loops and a throw rope. The group did carry two throw ropes on the river. I had mine, 1 had his. I hope 2 and/or 3 don't have to help me and/or 1.

I'm gonna climb upon a soap box for a second. I carry a rope. I have never been pulled in from a swim with my rope. Others have pulled me in with THEIR rope. I carry my rope for YOU. Where is yours, I hope it isn't still on the shelf at Riversport or NOC. HINT, HINT. Oh, and the next time you buy gas, get one of those cigarette lighters with a led light in it. They cost \$1.69.

Back to the river trip. I ain't gonna tell you about the hours of fun we had. That's boring. You want to read about the bad /funny stuff. Well, sit down and read some of this. # 1 did an air-brace-screw roll. The air-brace didn't work. The screw roll did nothing but help him flip. I think he was going for a low-axis wave wheel over a two foot ledge. # 1 had him a Little little swim. # 1 is floating toward a strainer, he was being pushed there by the current. Oh this is going to get real bad. SWIM TOWARD ME !!!!! # 1 swims away from the strainer but his boat didn't fare as well. No one saw his paddle. # 1 is towed to the river bank by # 2. # 2 is in a playboat, yep, stern squirt. # 1 gets to shore { I didn't see this part} somehow causing # 2 to un-seat his boat. Yep, no swimmers in the water but we had to rouge boat out in the river.

What happened to boat 1, later. Boat 2 first. Again I didn't see # 2 running down the road, following his, boat which was having fun playing every hole on its way down. Boat # 2 got tired surfing waves and eddied out on river right. While the boat was taking itself a break, # 2 swam across to go fetch it. I'm sure # 2 got nose to nose/bow with his boat and had a few stern words for it. Later I heard boat 2 say well if # 2 had been with me, I might have stayed on that last wave longer. Boat 1 said, hmm, you were having fun, while my boater put me in a strainer.

What happened to boat # 1. I'm going to let the boat tell the story in its own words. I'm going along having a great day, my boater has been keeping me away from most of the rocks. I was really glad my boater let me take a break instead of floating me down that Razor rapid. To thank him for that, I gave him a sweat surf on the next wave we came to, yea he helped a little but it was mostly me. Back there at Bridge rapid, I had to ask my boater to make sure I kept my left angle. He did as asked and me and the river did the rest. Boat 3 chimes in with, Hey, boat Me, sorry about ramming into you above there, my boater just wanted to make sure I saw the line. Boat Me responds, No biggie, my boater saw you coming and told me to be ready for you. HEY, boat # 1 says. Let me finish my story. SO, me and my boater are getting on down the river when all of a sudden, my boater sticks my nose in a little sousehole. I'm thinking to myself, if we flip I'm gonna let him bump rocks for a minute. My boater didn't like that so he punches me out. My boater got so mad at me that he pushed me into a strainer. Then he swims away and just leaves me there. I'm like, dude, little help please. I'm glad boat 3 came to my aid. He parked down stream of me and wiggled me off of the strainer. After getting freed, I get stuck on a ledge, man I'm having all kinds of problems. Boat 3 & boat Me take their sweet time getting out of this mess, but they did, thanks guys. Boat Me & 3 follow me downstream, till one of you pushed me to the left at just the wrong time. Whew, I was stuck, I mean call a tow truck- stuck. So, my boater and boat Me's boater start trying to help me with my little pin. I was pinned on a rock on the bow and pinned on a stern rock. I have no clue how they are going to free me. I don't like having the river flow into me this hard, I swear it was about to break me in half. My boater had to step out into waist deep water to tie a rope to my bow. Then my boater and his buddy wiggled the rope a small amount. Then they tied the rope to a human tow truck, HE pulled me free. Free at last, thank tourist I'm free at last. Boys I'm telling ya that was NO FUN. After my boater got the water out of me, he let me warm up while he went to look for my buddy: "paddle 1 . Yo, paddle 1, you okay, man you were in that strainer for like an hour. Glad they found you, I heard boater Me say he just barely saw you stuck underwater.

The moral to this lie is: If you don't start writing trip reports you are going to have to continue to read mine.

Upcoming Events

- 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.
- 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.

**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)