



March, 2011

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

Reid Gryder and Frank Modine will describe and show photos of their wilderness canoe trip on the Esnagami River in Canada. The trip featured exciting whitewater paddling and excellent fishing in pristine boreal forest.

Don't miss it!

The Craft Room

Oak Ridge Civic Center

**Tuesday
March 15, 2011
7:30 pm**

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

-OFFICERS FOR 2011-

President	Rick Zingg	865-675-4184	zinggds@gmail.com
Vice President	Paul Wolf	865-789-2826	leonjeronimo@gmail.com
Secretary	Jimmy Groton	865-483-5799	groton87@comcast.net
Treasurer	Kary Scarborough	865-483-7525	Fscarbo@bechtel.com
Newsletter	Bill Lewis	865-777-5276	wclewis@tds.net
Roll Practice	Jason Darby	865-803-1899	wepaddle@bellsouth.net
Trip Coordinator	Ken Schneider	865-671-0673	ken48work@yahoo.com
Membership	Bill Wilder	865-483-1542	w_wilder08@comcast.net
Conservation	John Wisinger	865-851-9087	john.wisinger@gmail.com
Safety	Jay Wright	931-265-9503	jwright0627@yahoo.com
Kayak Clinic	Ariana Beste	865-228-3819	bestea@ornl.gov
Webmaster	Woody Austin	865-483-3049	rapidsnow@gmail.com

Please keep your dues up to date!

If you want to pay online via PayPal, fill out the form [HERE](#)
Or, send Kary your \$15 check payable to ETWC along with the membership form at the end of this newsletter to:

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

NEWSLETTER DEADLINE – 7TH OF EACH MONTH

Newsletter Editor: Bill Lewis
Phone: 865-777-5276 Email: wclewis@tds.net
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)
(800) 238-2264 - TVA Lake and Rivers Gauge (Out of Town)	

Last Month!

Had another nice crowd for the Crossfit presentation on training for our February meeting! **ANY OTHER COMMENTS?**

East Tennessee Whitewater Club Minutes January 18, 2011

Program: Training methods to prepare for kayaking.

Trainers from Crossfit demonstrated training techniques and exercises to get us into shape for this summer's kayaking adventures.

Treasurer's Report

Checking account \$517.50, Savings account \$4,536.39.

NEED MINUTES FROM MEETING, I MISSED THIS ONE!

Old Business

New Business

Trip Reports & News

Clear Creek; Barnett to Jett, Sunday 2/28/11

By Nina

"The first trip 2011"

With plenty of water in the rivers and the predicted temperatures in the 70's, this was the weekend we had been waiting for ... the end of the paddling winter break! We waited for the water level to come down a little after the rain during the week and on Sunday Feb 27th, with around 800 cfs, conditions were great. We met at the Ranger station for a run from Barnett to Lilly on Clear Creek. There were nine of us on the trip, and for at least five of us it was the first time back in the boat for about 4 months. Rick and Shipley did a tremendous job leading us down the river. The flat water sections from Barnett to Jett were not that bad at this water level, and the rapids were great fun. We had **no swims** all day and some people demonstrated really good combat rolls in the rapids. Needless to say that the rain predicted for the evening showed up earlier, and the temperature was far away from being in the 70's. It was foggy and the water was pretty cold. Well, the joys of kayaking in the spring. So how is it to be back in the boat? It felt like there was no break. The boat still floats, the water is still wet and the rapids are still fun.

To a great 2011 season!"

Nina

Upcoming Events:

Tellico Clean-up

Saturday, March 12; 8:00am to 11:00am

Registration begins at 8:00am at the Ranger Station, Wear long pants, sturdy shoes, gloves, and a long sleeve shirt or coat. Bring a sack lunch, something to drink and all your friends! The first 75 participants will receive a patch unique to the Tellico River Clean Up.

TSRA “Rendezvous”

April 13-17, Camp Nakanawa near Crossville, TN.

TSRA’s annual “Rendezvous” will be held once again at Camp Nakanawa located 7 miles outside of Crossville.

http://www.paddletsra.org/news/TSRA_March_2011.pdf

To register, go to the website: www.paddletsra.org.

The ETWC Forum

I just love it when people post videos of their trips on our forum. We have some talented videographers out there. Check it out this Lily to Nemo run at: <http://vimeo.com/20724178>

And, as always, check out the Monday morning boof at:

<http://etwcweb.com/discuss/index.php?mode=thread&id=4308>

For those who haven’t been to the forum for awhile; check it out:

<http://etwcweb.com/discuss/index.php?mode=index>

New users read and register per: <http://etwcweb.com/discuss/index.php?mode=thread&id=1>

American Whitewater News

There’s a good discussion about paddlers experiences in trying to escape sticky holes. For those with internet check out:

<http://www.americanwhitewater.org//content/Forum/read/send/21,7185/>

For those without internet, I picked up several pointers

1. If you can keep your boat upright, stay in it and test the perimeters of the hole to see if you can paddle out. Often you can paddle out the ends of the hydraulic.
2. If your being window shaded and can’t stay upright, reach out with your paddle while under water to see if you can grab some swift moving water to pull you out. I saw Patrick escape the upper hole on Lesser Wesser this way!
3. If you can’t stay upright, and you can’t find the mainstream by stretching out under water, you’ll have to exit your boat. You need air, but don’t panic!
4. Hold onto your boat initially, once full of water, it may float out and pull you with it.

5. If nothing seems to work, you'll have to try to swim out. Test the perimeter of the hole especially the ends where the hydraulic forces sometimes die out. Check the depth, you could be in 4' of water.
6. If you're still stuck, you can try to dive down. Sometimes you can get into the current along the bottom of the hole and it will flush you out. If you do flush out along the bottom of the river this way, and you feel yourself being accelerated with the current, ball up and protect yourself. Don't flail and get hit in the head or entrap a hand or foot.
7. If nothing works, and you can't self rescue, try to conserve your energy, and pray for a rope. At this time, good conditioning comes into play. Don't panic, get air anytime you can, keep your wits.

Winter Roll Practice

The winter roll practice schedule has been finalized. Practice will be at the Oak Ridge Civic Center from 8:30 to 10:00 pm on Friday nights. In past years, members provided "life guard" services. This year, Civic Center management is requiring the presence of a certified life guard which they will provide at additional cost. As a result, the cost to paddlers is going up. The fees are as follows:

Paddlers older than 18 years of age - \$5.00 / session, \$50.00 for the season.

Paddlers 18 years old and younger - \$3.00 / session, \$30.00 for the season.

ETWC will still need to provide a paddler in charge (PIC) for each session. Since the Civic Center is providing life guard services, the duties of the host will be to setup the fee collection tripod and assure that all participants have completed the appropriate paperwork. Since there will be a life guard present, no training (First Aid/CPR) will be necessary for the PIC. If you would like to volunteer, contact Jason Darby (wepaddle@bellsouth.net). The schedule, as it currently stands, is shown below:

	<u>Date</u>	<u>PIC</u>
March	11	Jay Wright
	18	NO ROLL PRACTICE
	25	Leslie Hutchison
April	1	Jason Darby
	8	Rick Zingg
	15	Paul Wolf
	22	NO ROLL PRACTICE
	29	Paul Wolf
May	6	Paul Wolf
	13	Kary Scarborough

**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)