



ETWC NEWSLETTER NOVEMBER 2015



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

Wesday, November 18, 2015 7:30 pm at Greystone Apts clubhouse. Note that this is not a misprint; we will be meeting on Wednesday this month.

Our speaker, Kirk Beckendorf will present “Nautilus Live, inspiring the next generation of ocean explorers. www.nautiluslive.org

The club house is at the top of the hill within Greystone Apts on Solway Rd ½ mile from Hardin Valley Rd.

We will also meet and eat before the meeting at Grill Don Gallos on Hardin Valley Rd, 6pm. Call IAN 865-382-5723 if you want to come eat so he can save you a spot.

2015 OFFICERS

President	Ian Anderson	865-382-5723	nai.nosredna@gmail.com
Vice President	Donna Price	865-406-1058	donnaprice826@yahoo.com
Secretary	Jimmy Groton	865-805-9908	groton87@comcast.net
Treasurer	Kary Scarborough	865-483-7525	kary_scarborough@att.net
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Kayak Clinic	Ken Schneider	865-441-5270	ken48work@yahoo.com
Webmaster	Billy Bob and Benny Hicks	865-386-6342	bghicks@pstcc.edu

Please keep your dues up to date!

If you want to pay online via PayPal, fill out the form at:
http://www.etwcweb.com/concrete/membership/online_form
 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: 865-387-7821 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

Minutes

September 22, 2015

Presentations

We had two presentations, the first by Mark Bevelhimer about a private trip down the Grand Canyon led by Reid Gryder last May. The second presentation was by Seth Tonsmeire from Wilderness River Outfitters (<https://www.wildernessriver.com/>) about his family's business leading and supporting float trips down the Middle Fork Salmon River in Idaho and other rivers in Idaho Montana, Alaska, and Canada.

Grand Canyon Trip (May 16-31, 2015)

Mark Bevelhimer gave a great presentation about a private trip down the Grand Canyon he went on led by longtime ETWC member Reid Gryder. The trip included a small number of people, including Reid's daughter Theresa. Mark took a lot of great photographs and videos during the trip and he and used both to help us experience a remarkable trip.

Wilderness River Outfitters

Seth Tonsmeire gave a great presentation about his family's business supporting and leading float trips in the western U.S. and Canada. WRO is a family owned business that has operated since 1972. They offer trips on 11 different river sections in Idaho, Montana, Alaska, and Canada. Their guides are highly trained and make sure their trips are safe, comfortable, and fun. They use top of the line camping gear and the highest quality river equipment. They offer trips using kayaks, rafts, and inflatables. Seth showed two short videos of trips at two different water levels. The club reserved June 16, 2016 with WRO for a club trip on the Middle Fork. Enough people signed up at the meeting to qualify the trip to be for ETWC members only.

Treasurer's Report

Kary reported that we have \$1,905.19 in our checking account and \$6,539.76 in savings.

Roll Practice

Kary reported that we lost about \$275 on roll practice at the Oak Ridge Civic Center pool in 2014-2015. We decided to start roll practice in January 2016 and skip roll practice at the pool in November and December 2015.

Charitable Donations

We will vote on charitable donations to organizations supporting the club's goals. It was proposed that we donate to the same organizations we supported last year at the same levels. We will vote on these at the December meeting. We discussed that the Cumberland Trail Conference has been reorganized, is working on the trail, and that we should consider giving to them again. Last year's donations included the following:

- TCWP (Tennessee Citizen's for Wilderness Planning) \$200
- AW (American Whitewater) \$200
- Friends of the Great Smoky Mountains \$100
- NPCA (National Parks Conservation Association) \$100
- American Canoe Association \$125

- TCWN (Tennessee Clean Water Network) \$100
 - CTC (Cumberland Trail Conference) \$100
- \$825

Nominating Committee

Mark and Pat will come up with a list of nominees for officers for ETWC. The list of names will be published in the November minutes and we will vote at the Holiday Party in December.

Conservation

Jimmy reported that in 2014 TCWP protected about 170 acres within the Obed River Wild and Scenic River boundary. This includes a 90-acre tract they purchased on the Obed a couple of miles upstream from Obed Junction and a 70-acre parcel about a mile upstream from DBT that was purchased by a conservation buyer and a 7-acre easement purchased by TCWP.

Roll Practice will be deferred until January after the holidays.

Proposed Roll Practice Schedule for 2016

November and December were our least attended months, averaging only 6 boats per session. So, we've been losing \$\$s on pool rental.

With this in mind we are going to drop the November and December sessions and not start roll practice until January 2016.

We have requested 16 dates which have not yet been confirmed by the city.

2016 requested dates:

Jan 8, 15, 22, 29

Feb 5, 12, 19, 26

Mar 4, 11, 18

April 1, 8, 15, 22, 29

We are offering a season pass for \$60 (25% off the full \$80 adult season price).

2016 DONATIONS

The club donations for 2016 were discussed at the September meeting. It was decided to publish last year's donations in the November newsletter plus new information on the Cumberland Trail Conference (CTC). The CTC has reorganized and is already back working on the Cumberland Trail. In a new working relationship with State Parks, CTC has been given the responsibility for building trail on a long section of corridor north of Crab Orchard, heading up toward Devil's Breakfast Table.

2015

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- Friends of the Great Smoky Mountains \$100

- NPCA (National Parks Conservation Association) \$100
 - American Canoe Association \$125
 - TCWN (Tennessee Clean Water Network) \$100
- \$825

- CTC (Cumberland Trail Conference) past donations have been \$100.

Officer Nominations for 2016

We are accepting nominations for officers for 2016. The election will be at our December Christmas party meeting. Call Mark Bevelheimer or Pat Zingg to voice your nominations.

TRIP REPORTS

October 11, 2015 Hiwassee River Trip

A.M. Lindsey

Take me to the river, drop me in

TVA is spilling water at Apalachia Dam until further notice. With predicted average hourly levels of 4,460 cfs and a weather prediction of 75 degrees and sun, five intrepid paddlers decided to take it on: Kary Scarborough, Beth Housley, Ted Buel, A.M. Lindsey, and Blaze Hurley, a 16 year old paddler with whom Ted has been working this summer. The river was running fast and about 8 inches deeper than the normal level at the put-in for a recreational release. The grasses and small islands usually seen on the far side of the river from the put-in were visible when we first arrived, but totally submerged by the time we put on, around noon. According to the TVA web site, during our trip (12 noon to 3:30 pm) it was running over 5,000 cfs.

Rollin' ...rollin' ...rollin' on the river

The trip was a blast! There could not have been more than about 30 people on the river, including people fishing. The sun came out and blue skies prevailed. Between the heat generated by playing in the rapids and the sun, we were soon too warm for all of the cold weather gear we had thought we would need. The water was high and pushier than you expect on the Hiwassee—it took a while to get used to working harder to get where we wanted to go. The rapids could be run almost anywhere—all the lines were good. Oblique Falls was a true rapid instead of a “scrape over.” At Stair Step, we went down the left side and had so much water we stopped and played in the ledges all the way down. At this release level the “Three Bears” should not be missed, and the surfing waves left Blaze and Ted worn out but grinning. And, the only rolls were voluntary to cool off!

Come on and rescue me

At Funnel Rapid, we had an opportunity to practice our rescue skills. A boater in a sit-on top flipped, which normally wouldn't have been difficult to recover; however, he was fishing and had an anchor on a long fishing line, which held the boat and kept it from drifting down to where we picked him up. Fortunately the water was quite warm for the Hiwassee; still, he

seemed happy to climb into A.M.'s ducky to paddle with her back up to his boat instead of swimming. Ted was able to get the anchor free but the boat kept re-anchoring itself. AM brought the boater up to his boat, while Ted and the boater's buddy flipped the boat over. The boater crawled back on while we held the boat steadily. Still, he only managed to pull up his anchor after Ted advised him to paddle upstream. The anchor looked like a fishing grapple—not a good thing to have lying loose in your boat. The boater escaped with only a few scrapes on his shins as a reminder of his adventure.

You otter have been there

9-1-1 being over, we headed down the river to Devil's Shoals. On the way to Devil's Shoals, we spotted 3 otters playing on river left about 50 yards above the entrance to Lost Creek, their heads bobbing up and down among the waves. Kary said in 30 years of paddling the Hiwassee, this was the first time she had seen otters on the river—pretty cool! At Devil's Shoals, there were no bad lines: the middle was perfectly flat, the holes were washed out, and there was a big wave train to ride to the bottom on the left. We played all the way down to the takeout, where we said goodbye to Blaze and then it was off to the Gondolier in Athens for more food than we could eat. Stuffed, tired, and happy, we headed for home. It was a perfect day on the river.

A.M.

Safety

STREAM FLOW PATTERNS 101

By: Teresa Gryder

The season is about to change, and with it the water levels. For those of you who are new to boating, something mysterious will happen. For you who've been down the river in all seasons, it becomes a familiar ritual. Either way, it is important to be aware that the relative safety of any river on a given day depends on how much water is moving through the riverbed.

Generally speaking, high water is the most dangerous. A benign class 2 run can become class 5 given too much water. Small diversion dams can become terminal keepers. Trees at the edge of the river can become lethal strainers when the water is high and moving through them. Large calm eddies and pools that we depend on for rescues and time outs disappear when the water is high. Active rainy-season paddlers watch the levels and weather like hawks watching rodents. They are trying to find flows that are both fluffy (waves developing) and reasonable (still have eddies).

Right now, in Oregon at least, rivers are running at their summer base flows. Some rivers are runnable at base flows; many are not. Eventually, the rains will come, and with them rising water. Eventually, the snow will fall, making deposits in our whitewater bank account. The hunt is on for the river with the right amount of water on the right day. In this missive we'll cover the basics of streamflow patterns. In the next one we'll dig more into the technicalities of gauges.

The rivers we run in the summer have reliable flows even when it does not rain. New whitewater paddlers get their start on these familiar runs. In North America, steady summer water is supplied by either mountain springs or releases from reservoirs. The

Pacific Northwest has some fantastic spring fed runs, including the White Salmon in Washington and the Metolius in Oregon. The southeastern US has a bounty of dam controlled runs like the Ocoee and Nantahala. During long droughts these types of runs are all that remain, and eventually even aquifers and reservoirs can be depleted.

Predictable rivers can give rise to a placid attitude. A new paddler might not know how different their river will be when the flow is different. Perusing Charlie Walbridge's annual summary of near misses and fatal accidents reveals that the majority of fatalities happen at higher flows.

When the rains come, it is easy to let someone else decide if the flow is good. The question lies in who to trust. Do you know them? Do they know you, and your boating skills? Do they like the same kinds of whitewater that you like? You could end up in a tricky situation by accepting the decision of a stranger. You must trust your own "spidey senses" about the river, and for your intuition to be trustworthy, you must develop it. Too many paddlers learn about floods the hard way.

Earlier this season Mark and Shelaine launched on Crab Orchard Creek in Tennessee with a group of paddlers that they decided to trust. The rains had been intense, and there is no gauge on the run, so paddlers simply go that way when subjectively enough rain has fallen. They launched and quickly discovered that the pleasant class 2 at the put-in was not representative of the run. Several swims later they had the good judgment to hike out. Had they taken the time at the put-in to see if the water was rising or falling, they'd have known that they were launching before the water had even peaked. When the water is rising from rainfall, it's impossible to know for sure how much higher it will get. When the rain has stopped and the water is falling, you are usually in a more predictable situation. While the group that they were with thought the flows suitable, they were not suitable for my friends on their first run down.

The ideal flow for any given run is debatable. Some folks prefer smaller, less splashy flows. Others are big water hounds, who really like rivers to be full and pushy.

Flow patterns reflect the water source. Springs from large mountain aquifers are relatively stable. Dam release flows are reliable when you know the release schedule, and terribly dangerous when you don't. Rainfall and snowmelt are two major sources of stream flows with their own distinct patterns. The interactions of weather, land and river are complex, and understanding how one river works does not mean you understand others.

Rain fed rivers obviously run after a rain. How much rain, where it falls and what it lands on impact runoff. The size, steepness, vegetation and soil types of the watershed impact the volume and speed of runoff. Rains that fall on asphalt or rock run off quickly causing sudden increases in streamflow. Rivers based on this kind of flow are said to be "flashy". Long gentle rains can saturate the earth and make areas "flashy" that normally are not; the soil can hold no more water. Extremely dry soils can also reject a hard rain, causing fast runoff.

An interesting case study is the Illinois River in Oregon, which is notorious for sudden flooding. There are multiple reasons for this flow pattern. First of all, even at normal boating flows the Illy's volume triples between the put-in and the take out, due to numerous substantial tributaries. The gauge is above the put-in, so if you launch at a flow of 2,000 CFS (cubic feet per second), you are guaranteed to have 6,000 CFS at the take out without any additional rain. Second, the headwaters are in the Kalamioopsis wilderness

where the bedrock contains minerals that inhibit plant growth and topsoil formation.

There is little spongy soil to slow down runoff and rains get dumped into the river without the slowing effect of soil. Paddlers who launch on the Illy in the modern age have the advantage of excellent weather predictions which allow them to avoid launching if there is a chance of precipitation in the watershed.

Normally topsoil absorbs rain, reducing and delaying runoff. Green deciduous forests absorb much of the rain that falls. In winter when the leaves are down more runoff quickly reaches the river. When it is cold and raining in the valley the river might not rise because higher up on the mountain the precipitation is freezing. In this case the river won't run until the snowpack melts.

Snowmelt is in some ways easier to predict than rain flows, but it is strange to people who haven't lived around big mountains. Who ever heard of the river flooding during a heat wave? (Answer: People who live in the Rockies.) When hot sun and warm winds hit high mountain snowpacks, a flood can come down on a hot sunny day. The angle of the sun hitting the mountain changes throughout the year, so some snowfields remain shaded until the equinox or later. When flows are coming from snow melt, there is a "bump" of increased flow that moves down the streams after the hottest part of each day. When cooler temperatures or cloud cover arrive the snowmelt can shut off like a faucet.

Extreme high water events can provide boating opportunities, but because they are dangerous we are generally warned to stay away. One hundred year floods can occur after lengthy rains driven inland by gargantuan storms over the ocean, or when a gentle warm rain falls on high snows. Localized thunder storms can cause flash floods that rush downhill into places where there was no rain. Extreme and unpredictable flow events are rarely boated. Often the only people launching at flood are the people who have no idea that it is flooding, or how dangerous it is. Veteran boaters who want to paddle on extreme flows already know historical flow patterns and current trends for the run in question, and carefully examine weather radar to assure that they know what they will encounter.

Our goal is to choose destinations and flows wisely, and to admit when we were wrong.

Ideally we learn how to predict conditions based on internet gauge readings and weather reports, so that we only go to the river when the flow is right. It is difficult to admit defeat, but you must be willing to walk away even after you've driven to the river and suited up.

Many times I have decided the flows were more than I wanted, and offered to run shuttle for others. And been glad I did.

The complexity can be baffling but becomes clear with careful study. Many runs have a combination of water sources. In summer the Sandy River is full of muddy snowmelt from the shrinking Sandy Glacier; in winter the Sandy needs rain. Neighboring runs can have entirely different sources. The West Fork Hood is rain dependent with low elevation headwaters, whereas the East Fork Hood taps the highest snowpacks on the north side of Mount Hood. Understanding the interactions of seasons and weather is the foundation for understanding and predicting natural river flows. When you graduate from the standard steady summer runs, you are beginning an in-depth study of your region's weather and topography.

Club Communications

As things slow down for the winter remember our club forum and facebook to publicize and report on club trips. If you have not visited these forums, check them out at:

<http://etwcweb.com/discuss/>

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

Trip Reports!

THANKS A.M. AND TERESA FOR YOU REPORTS !

Send trip reports to Bill, including videos if you have them!

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

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.

**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)