

ETWC NEWSLETTER SEPTEMBER 2017

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

Next Club Meeting

Tuesday, September 19, 2017

7:30 pm

Our presenter will be Mark Bevelhimer who will give a presentation on his recent trip down the Grand Canyon .

The meeting will be at the club house 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 or Text Mark 865-679-9242 if you want to come eat so he can save you a spot.

ETWC Beginners Clinic

Another great beginner clinic and class this year! This is the first time I can recall our beginner trip schedule extending all the way through September. I'm wondering if our Leaders and safety boaters are having too much fun. Thanks to our Clinic Coordinator, Francis, our Trip Coordinator, Ian and all our wonderful trip leaders.

With the end of our formal beginner trips check in on our forum:

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

or facebook page: <https://www.facebook.com/groups/179301605435695/> for trip plans. Don't hesitate to post if you're looking for an opportunity to paddle; it's likely that someone else out there is thinking the same thing or has a trip planned you can join.

TRIP REPORTS

The Tao of Lava

By Mark Bevelhimer

This summer I was lucky enough to take my second kayaking trip down the Colorado River through the Grand Canyon. Nineteen days of fun paddling and scenery that is out of this world. I had only been whitewater kayaking for two years when I took the first trip and I learned a great deal about paddling big water. During that trip, I hopped in the raft for the four biggest rapids though, so I had some unfinished business. In the two years since that trip I have paddled a lot and feel very comfortable in most rivers we paddle.

In the Canyon you have a day or two to get warmed up, and the biggest rapids don't begin until day 5 or 6, culminating with Lava Falls on day 12 or 13. For this trip there was only one other kayaker in the water with me so I was often figuring out the lines for myself with guidance from some of the experienced rowers. I was comfortable and confident from the start and knew I had a few days to sharpen my skills. As the early days passed, I began to realize that I was mastering the "loose hips" that all beginners are taught. From the waist down I was totally connected and moving with my boat. From the waist up I was an extension of my paddle. And even better I began to realize that my two halves were also working in coordination. With every stroke and every lean, my knees would engage (sometimes barely noticeable) with the thigh braces to provide just the right balance. I was cruising up and down and over and around big waves with moderate effort and only a little trepidation. Another thing I have perfected over the years is maintaining an aggressive mindset through big rapids. At the top of every rapid, I lean forward in my boat (thanks Teresa), take a deep calming breath, think positive thoughts, and sometimes whistle a happy tune.

As the first week wore on, I was getting more confident and looking forward to the big rapids. The first of the big rapids, Hance, came on day 5 and after scouting with the rafters decided to take the raft line pretty much down the middle. I flipped after the first drop, quickly rolled up, but now a little disoriented decided I should paddle like heck to avoid the labyrinth of hole scattered throughout the bottom of the rapid. I wasn't really sure where I was headed or what I was avoiding but it seemed like a good idea to do it in a hurry, whatever it was I was doing. So of course, I flipped again and washed through a couple holes before rolling up for good. No harm done, but still I was a little irritated that I had had such a lousy run.

That evening I had a little time to read at camp and pulled out *The Tao of Pooh* by Benjamin Hoff (thanks Shelaine). A fun little read that describes the basic tenants of the Tao philosophy (which I knew nothing about) through the tales of Winnie the Pooh. The following Tao story was repeated to Pooh as a way to illustrate the Tao element of *Wu Wei*, which literally means "without doing, causing, or making."

At the Gorge of Lu, the great waterfall plunges for thousands of feet, its spray visible for miles. In the churning water below, no living creature can be seen. One day, K'ung Fu-tse was standing at a distance from the pool's edge, when he saw an old man being tossed about in the turbulent water. He called to his disciples, and together they ran to

rescue the victim. But by the time they reached the water, the old man had climbed out onto the bank and was walking along, singing to himself.

K'ung Fu'tse hurried up to him. 'You would have to be a ghost to survive that,' he said, 'but you seem to be a man, instead. What secret power do you have?'

'Nothing special,' the old man replied. 'I began to learn while very young, and grew up practicing it. Now I am certain of success. I go down with the water and come up with the water. I follow it and forget myself. I survive because I don't struggle against the water's superior power. That's all.' (The Chuang-tse Chapter 19)

After reading the story, I realized what was wrong with my ride through Hance... I was fighting the river. No matter how confident I was or how aggressive I paddled, there was no way I would ever overpower the river. I needed to learn to work with the river and not against it.

The next day we ran four of the biggest rapids, Horn Creek, Granite, Hermit, and Crystal. In the kayak you don't always have to run through the meat of the rapid (although sometimes that's where all the fun is) if you make the right move at just the right time at the top of the rapid. With new found confidence and awareness I hit my intended line in every rapid and sailed right through them.

A week later we came to Lava and I had been looking forward to it since the moment I was at the bottom of it in a raft two years ago. I was the only one interested in taking the right line, so I scouted the right side on my own and picked a line that I thought would keep me out of the most trouble. Lava has a significant horizon line and you can't really tell where you are going until you start down the drop. You choose your line during the scout based on bubbles and swirls on the seemingly calm surface and then hope that when you are in your boat you can find the same bubbles and swirls and still have the conviction to stick with your instincts no matter how scary it looks. As I came to the end of the bubbles, I sat up in my boat a little further than usual, took a little deeper breath than usual, and made the decision to charge ahead toward what I hoped was the edge of the nastiest hole I had ever seen and not directly into it. I hit my mark perfectly and had a straight shot down through several huge waves to the bottom of the rapid and missed all the chaos that was either side of me. For me it was the perfect ride.

I know that I won't likely be in 'the zone' again like I was those 19 days in the Grand Canyon, but I learned a lot about the balancing act that is whitewater kayaking. I learned that confidence in one's abilities needs to be balanced with a healthy respect for the dangers on the river. I learned that a relaxed demeanor needs to be balanced with attentiveness to everything around you. And, like the old man at the Gorge of Lu, I learned that aggressive paddling needs to be balanced with a healthy dose of submission to the river.



"LAVA"

NOC-GAF

Nantahala Outdoor Center, Guest Appreciation Festival is this coming this weekend 9/22-24 at their Nantahala River outpost. For those who have not been, this is NOC's blowout event with all of their new equipment and demos marked down and used equipment for sale as well. There will be camping, music, and continual activities all weekend. This is a great opportunity to get a deal on that equipment purchase you've been putting off.

<https://noc.com/events/guest-appreciation-festival-gaf>

In addition to the festival, the Upper Nanty will be running on Saturday (300cfs) and Sunday (450cfs).

The Upper section of the Upper Nanty is called the Cascades and in my view aimed more toward ~~crazy~~ the more adventurous types. I'd call it Class 5 for experts only with a high threshold of pain. It's fun just to watch the excitement.

Below the Cascades, the Upper Nanty is great fun. It's a class 3 run that reminds me a lot of a creek run. This section is shallow and moves quickly, good boat skills are required to avoid the rocks and play off of the quick changes in flow direction. NOC provides shuttle buses.

As a bonus, this flow from the Upper will supplement the flow in the Lower Nanty making the Lower a little pushier and more exciting than normal.

FISH HOOK WARNING

*By Teresa Gryder
Updated April 20, 2017*

During the winter rainy season a few hardy fishermen are found along the banks of our glorious rivers. As the spring softens into summer, the numbers increase. Oregon's coastal rivers are renowned for their beauty and richness, and people travel from far away to fish them.

Fishermen are mostly curious and friendly to river runners. Their goodwill can be maintained by staying away from their lines and minimizing disturbance of the pools and eddies that they are fishing. It also helps to avoid surprising them. Get their attention from above by talking or moving within their field of vision, and then float quietly past on the far side of the river.

Fishermen try not to leave behind lines and hooks, but sometimes it happens. Hooks dangling from trees or tangled in roots along the river can be dangerous to the whitewater paddler. When a line trails all the way into the river, it might have a hook on the end.

One man that I know got a hook caught in the rim of his ball cap. If that line had been a couple inches longer, the hook might have swung into his eyeball making this a horror story instead of a warning. Visors and ball caps protect us from sun and rain, but they also limit our vision. With age, our vision may become less clear. Many of us leave our glasses behind for paddling, because they fog up and worsen our vision. On a rainy day, it can be almost impossible to see a fishing line even when it is right in front of you.

One solution to this problem is to avoid paddling underneath low limbs or logs. This works much of the time, but there are times when going under something is unavoidable. Another solution is for those with sharper eyes to warn the rest of us when a line is detected. We don't have a signal for fishing line, but perhaps we ought to invent one. Boaters coming downstream tend not to respond to a signal to go left or right until they can see the hazard. This could be a mistake.

There are a few more things we can do to manage the fish-hook risk. One is for folks with poor vision to invest in prescription goggles for paddling. They aren't fashionable and fog-prevention is a challenge, but they protect your eyes and improve your vision. Another idea is for each trip to carry a set of wire cutters, in case someone needs the barb cut off so a hook can be removed.

Last but not least, we could invent a signal for fishing line. My idea involves both hands, with thumb to fingertip then pulling apart as if stretching a line between them. Can you think of a better idea for a signal? If we could notify oncoming paddlers that a line is coming up, they might be able to deploy a knife in time to cut the line down while moving past, eliminating the hazard.

ETWC, April 24, 2017 Meeting Minutes

East Tennessee Whitewater Club

Minutes April 24, 2017

Jimmy Groton

Treasurers Report: Kary reported that we had \$1,257.85 in checking and \$6,112.20 in savings.

Clinic: Francis reported that people had begun to sign up for the clinic on the web. He said he had put up posters at several places. Kary was able to provide a lot of information from past clinics. Francis is checking on the availability of instructors.

National Park in Your Backyard: Billy Bob reported that they were seeking people to help with this year's National Park in Your Backyard event at the Obed on weekdays May 15-24. The event gives all Morgan County 6th graders an introduction to the Obed and its many natural resources and activities. Mark said that he would check with Chota to see if they would be able to provide volunteers to help.

Roll Practice: There is one more roll session at the Oak Ridge Civic Center. Roll practice will move out to Clark Center Park in May.

Beginners Trips: People were encouraged to start planning trips for beginners to share with students at this year's clinic. Kary said she would contact Bill Wilder to get an updated Members list.

Miscellaneous: Mark suggested that ETWC should seek out opportunities to get together with Chota for paddling trips and service projects.

Mark recognized Bill Lewis for his work to keep the newsletter going, Kary for work as Treasurer, and Jimmy for recording the meeting minutes.

Mark presented Ian with a special gift for his continued and past service to ETWC.

Presentation: Obed Wild and Scenic River employee Veronica Greear showed Generations, a new film about the Big South Fork River and Recreation Area that was created by Silver Fir Media (the same people who created the movie about the Obed).

Roll Practice 6:00pm Friday Nights, Clark Center on lake

Our summer roll practices are at the Clark Center Put in (where we held the clinic).

If you plan to go let someone know or post to the forum just to make sure someone else will be there.

We typically post a winter (indoor) roll practice schedule after the holidays.

ETWC Webpage and Forum and Facebook

Check out the discussions on our forum and check out some great whitewater photos.

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

Or see us on Facebook at:

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

Trip Reports!

Tell us about the highlights of your summer trips! 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.

2017 ETWC OFFICERS

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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
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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)