

ETWC NEWSLETTER SEPTEMBER 2018

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 18, 2018

7:30 pm

John Tansil a very early club member is putting together a history of ETWC and will be in town to share what he has found. Reid Gryder will also be sharing some old slides from club trips in the 70s. It will be a great meeting for our old timers to reminisce and for new boaters to make connections and learn what trips are coming down the road.

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 eat so he can save you a spot.

ETWC Beginners Clinic

Another great beginner clinic and class this year! Thanks to our Clinic Coordinator, Francis, and all our wonderful trip leaders.

Summer Beginner's Trips Were a Huge Success

Following another successful beginners' clinic in June and initial trip down the Hiwassee, the club organized beginners' trips practically every weekend this summer. Thanks to some well-timed summer rains, we got to enjoy trips on Clear Creek and the Little River as well as multiple runs on the Hiwassee and Nantahala Rivers. Most of these trips had 10 or more paddlers. A big thanks to the trip leaders, Ian Anderson, Rick Zingg, Francis Ruppel, Pete Feist, Mark Bevelhimer, Darren Price, and all the safety boaters! I'm wondering if our Leaders and safety boaters are having too much fun.

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.

TWRA reduces access restrictions to Daddy's Creek

TWRA has announced that beginning immediately, the Catoosa Wildlife Management Area (WMA) near Crossville, TN will be kept open to paddlers during daylight hours all year, except for a winter closure period. This change means paddlers will have significantly more access to Daddy's Creek, a popular scenic Class IV waterway, during months when rain is most likely to make a run possible.

Catoosa WMA is closed to public access from February 1 through the last Friday in March to allow for a wildlife rest period, annual maintenance and wild hog trapping. However, TWRA will make an exception to allow limited access for the annual [Daddy's Creek Go Fast Day](#), an event whose date is weather-dependent.

Please be respectful visitors to Catoosa WMA: Carpool to the put in, drive slowly and minimize noise. Paddlers should also avoid scheduling large events on big game hunt days when many hunters will be in the area. Thank you to local paddlers, TWRA and American Whitewater for working together to make this change! Read more about the change and about paddling Daddy's Creek on <https://www.americanwhitewater.org/content/Document/view/documentid/1736/>

ETWC awarded grant to support Morgan County 6th Grader "National Park in your Backyard" program.

ETWC has been awarded \$7500 this week from the Outdoor Foundation as a FY18 NPS Challenge Cost Share Project. ETWC has supported the NPS for several years in providing this program. Their letter states "in recognition of your project quality, scope and relationship with your park partner. Your application illustrated clear results to be accomplished within the next year and exemplifies a local project that leverages resources and promotes effective partnerships to connect more people, especially youth, to the outdoors."

ETWC will use these funds to provide labor and material to support the NPS with this "National Park in your Backyard" program project. Billy Bob's trip report following this article describes last year's project.

Thanks to..... Billy Bob and Kary Scarborough, Veronica Greear (NPS), and all our volunteers who have supported this program in the past.

First Gauley Descent 50th Anniversary Dinner Broadcast

Listen to four members of the original team that first descended the Gauley River retell their stories on Sunday September 16 starting around 7:30pm at: <https://facebook.com/adventuresonthegorge>. The video will be available for replay for several weeks if you miss the live broadcast.

TRIP REPORTS

Morgan County 6th Graders Program

By
Billy Bob Scarborough

2018 was the 7th year that ETWC has assisted the National Park Service (NPS) Obed Wild & Scenic unit in presenting their “National Park in your Backyard” program to every 6th grade class in Morgan County. We were lucky with the spring weather this year, and had air temperatures ranging from the upper 60’s to the low 80’s and stream flows between 58 and 214 cfs (too low to run Jett to Lilly, but great for the students’ first boating experience in the large pool below Lilly rapid). The program is presented each year in late May at the end of the school year.

A typical day in the program began at 8:30 a.m. when the volunteers assisted the NPS folks in unloading their boats and gear. We sorted paddles, helmets and PFD’s so everything was ready for the students when they arrived by bus around 9:00 a.m. NPS Rangers welcomed the students and then split them into two groups. One group went to rock climbing on the cliffs on river right, and the other group went to the water program on river left.

The water program students gathered at the top of the Lilly Bridge parking lot for a briefing. They were then fitted with helmets and PFD’s and carried the boats and paddles to the water. The NPS folks then did a program with the students that involved catching invertebrate critters from the creek and sorting and identifying them to demonstrate how pure the water in Clear Creek is. In the meantime we volunteers sorted boats and paddles a bit to limit the chaos when the critters program ended.

When the critters program finished, we re-checked the fit of the helmets and PFD’s and assisted the students into boats. The main instruction given at the edge of the water was how to exit a kayak if it flips. As the students paddled away from the river bank, they were joined by volunteers in their own watercraft who gave them some pointers when they were needed. The main emphasis was for the students to have FUN, and I believe that we were successful. At the end of the session, we let the students have a short swim near the upper end of the pool before returning to the parking lot for lunch.

While the students took their lunch break, we volunteers took one too, before again sorting the helmets and PFDs. After lunch, we were joined by the group that had been rock climbing, and repeated the water program. At the end of the activities, the afternoon group carried the boats and gear back to the parking lot before leaving on the bus around 3 p.m. to return to school. We helped the NPS folks load the boats and gear onto their trucks and trailers before leaving.

We had a great group of Volunteers this year who all worked hard and made it fun for the students and their colleagues. They were Tom Pritchard, Keith and Sue Havens, Paul Akers, David Fox, Ian Anderson, Steve and Tina Owens, Ed Ragsdale and myself. We all missed Kary, who was recovering from shoulder surgery.

If you can spare a weekday or so next May, please consider joining in the fun as a volunteer in the water program. You will be impressed by the Morgan County students and their teachers – and will earn some river karma! *Billy Bob*

NOC-GAF

Nantahala Outdoor Center, Guest Appreciation Festival is this coming the weekend of 9/28-30 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 (425cfs).

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.

SAFETY

Scouting; how long is long enough

Teresa Gryder ND

How much time a paddler should spend scouting a rapid has occasionally been a contentious issue in whitewater clubs. People have different ideas about what is appropriate and sometimes tempers flare over those differences. Rather than letting this happen, people should talk about it until they arrive at a consensus around some group norms that lead to safer and more enjoyable paddling trips. This is my attempt to provoke those conversations.

Whitewater elicits fear or least anxiety in most of us, as well it should. It is objectively dangerous. This emotional response is natural, and we have a variety of ways of managing our own discomfort. To that baseline of reasonable fear, add in real or perceived peer pressure and embarrassment or shame about not being as amazing as we think we should be, and our behaviors can challenge group cohesion and efforts to minimize risk.

Just as a tennis player may not play their best game when upset, emotional responses can impair our ability to make good decisions on the water. The three natural responses to

stress are fight, flight, or freeze. We are less likely to fall into an instinctive response if we have discussed, planned and trained for that specific situation. To kick off the discussion, I'd like to share a few thoughts about scouting, specifically about what to look for, and how to decide and take action in a timeframe that doesn't incur group discord.

Everyone has a right to scout, portage, and paddle according to their own instincts. It is reasonable to be cautious when you can't see over the edge. It doesn't matter if you are the only person scouting, or the only person portaging, or the only person who decides to run a drop: you get to make your own decisions. What matters most is that you assess your skills and the challenge accurately, and decide correctly for yourself. That is the beauty of this sport, and also its challenge.

But the group matters too. When you are paddling with a group, you contribute to (or detract from) the group's safety. When everyone in a group has adequate skills for the run and flow of the day, good information about where scouting or portaging are really necessary, and the ability to make decisions and execute them efficiently, trips run smoother.

When skill levels are disparate or unknown, or someone is in over their head, or the trip is exploratory in nature, the challenge is greater. You can't expect a person who is overwhelmed to make good decisions without help. Some people respond to stress with a sort of paralysis or other instinctive behaviors. The trick is to recognize when someone is stuck in an emotional mode and provide the needed support in a diplomatic way. The sweep boater is positioned to be this diplomat, but anyone in the group can step up. No one should ever be left behind.

But back to the central question: How long should we look at a rapid? My answer is: long enough but not too long.

Scouting long enough means looking hard enough to see all the options that really apply to you and sorting out your plan and backup plans. When you first step out of your boat to scout, look at the rapid with fresh eyes. Don't ask anyone else's opinion, just look. Even if you've run it before, look as if you've never seen it. It could have changed. You might have to walk farther downstream or climb up to a high point for another perspective. Look for lines that you think you can do, and pick landmarks that you can talk about and recognize on the way down. Maybe you see the main line and think "no way". That's OK, maybe there's a sneak. Maybe there's an alternate line. Maybe there's a boof that gets you past a hole, or an eddy that sets you up. Most rapids have many possible lines.

If you might not run it, examine your portage options. The way around a rapid could be on the left, right, or on midriver rocks or islands. Some portages are easy, and others are extremely difficult. Sometimes rapids are said to be unportageable. The portage options can influence your decision of whether and how to run it.

After you've scouted for yourself, check in with the others. Let them know your plan if you have one. You could run the rapid, portage, or collect more information. If you're going to run the rapid and nobody is down there yet, coordinate with others about who is running first, or who will walk down and set a rope. If you're going to portage it, it's usually OK to start while the rest of the group is scouting. Everybody appreciates the portager who's already at the bottom of the rapid ready to help out if something happens. One way to

really flare some tempers is to scout until every other boat is at the bottom, and then decide to begin your portage.

If you're not sure about your decision (run or portage), you can get new ideas from the people around you. Ask them what lines they are looking at, and discuss the approach, crux(es), hazards and rescue options. When they ask what you were thinking about doing, tell them, even if it's really different from their approach. Point out anything you notice that they're not talking about. Ask questions and ask for help or backup if you need it.

If you're still there conferring when people start running the rapid, you get to collect more information by seeing how they run it and what happens to them. They might confirm that your line is a good idea, or they might show you something unexpected. Once you have enough information to know that your choice is right for you, you can take action.

If you're really scared but still thinking that you must run the rapid, it's time for a reality check. If you're a new boater, you may not trust your own judgement. A dry mouth and loose bowel are bodily signs of fear: listen to your body. It could be telling you to flee. Maybe you won't do anything this difficult again, but you have to get down the river that you are on—or hike out. Portaging is a legitimate option that should be taken any time that you aren't confident that you can run the rapid with minimal risk of injury or loss. Ask to follow someone if it would help you have a good run. Another fine option is getting someone to run your boat through for you. Some people think it's great fun to jump into someone else's boat and take it for a test drive.

If everyone else has scouted and either run it or portaged the rapid, they would probably say that you have scouted long enough, and you might have already scouted too long. It adds stress to have people waiting for you. If you can't decide and are getting more anxious the longer you scout, you have scouted too long. This is when you ask for help, or accept help when it is offered.

Even expert boaters get nervous when they look at big rapids. The right level of anxiety is motivating instead of paralyzing. You'll hear them say "I can't hang around here anymore, I have to go run it." These people may run things first. Most whitewater paddlers will agree that when scouting it is best to look and talk until you have spotted your preferred and backup plans, and safety is set, and then go get it done. Scouting longer than you need to is detrimental to a good run and paralysis can set in.

We all have emotional responses to danger. Understanding and managing our own fear is part of becoming competent on the river. When it comes to scouting it helps everyone involved to be sensitive to the emotions of others and provide support instead of judgement. Whitewater rapids look beautiful from below in part because we've already run them.

Education

Youtube has a wealth of Kayaking training videos. I've been watching a series by Eric Jackson which I've found to be very good.

<https://www.youtube.com/watch?v=9bvmgvCPZko&t=2s>

Roll Practice starting 5:30ish pm Friday Nights, Clark Center Park

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

It slows down this time of year; so, 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.

2018 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:

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NEWSLETTER DEADLINE – 10 days prior to Club Meetings

Newsletter Editor: Bill Lewis
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 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)