

BOWLINES

Newsletter of The Bluegrass Wildwater Association November/December 2004

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Now is the Time to Start Planning That Summer Paddling Trip



Green River Desolation Canyon 2004

Those great Summer Paddling Vacations won't take place unless you start now. Why? Not only do most people in the next weeks need to request vacation time, you often need to get in line for a permit to do many rivers. Many rivers require you to apply for a permit in January if you want to do a multiday trip. In some cases that means contacting the National Park Service, the Bureau of Land Management, or other controlling bodies.

Why make the effort for an extended distant trip? Not only do you get to run new rivers and challenge new rapids, but a multi-day wilderness trip offers many new experiences you will not get on just doing day runs. You will learn about the logistics of planning, the organizing, and the many other responsibilities of a trip leader. You are responsible for the comfort and safety of your group and for ensuring they adhere to any regulations. You will learn about group dynamics and psychology. With that in mind, you quickly learn what type of person will fit in a wilderness trip and add to the enjoyment of all as well as contribute to the needs of the group.

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Kyle's First Run on the Big South Fork



We all need help at times.

There is nothing like your first trip down the Big South Fork of the Cumberland River. The BSF is a favorite river of many in the BWA. It's a river that is run year round depending on water levels and weather conditions. We actually took clinic students one spring at 300cfs through the gorge section. There are 2 main sections. The canyon is the upper part of the river where the big rapids are. The gorge is the lower portion, that still has rapids, just not as large as some of the named ones up stream. The BSF is a wonderfully scenic river and it is a remote and long run, some 12 Miles from Burnt Mill to Leatherwood Ford. So it is a good idea to take extra clothes and gear in case you get cold or have a problem. On a run that is remote it is important to make sure someone is carrying a break down paddle. There is limited access to the BSF once you get on the river. Hiking out may not be a good option. A throw rope and first aid kits are also help full.

Kyle Meserve had his first run on the BSF on

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the rapid Val somehow saw Kyle's paddle far river right. It had washed out of the strainer at Double Drop and was in an eddy when she saw it.

Oh Shit is the next big and nasty rapid. It is a leap of faith to run it above 3500 cfs. You basically have to run between two holes. The right hand hole next to the rock is terminal at higher water levels. At least it looks that way! The line is to ride the big tongue between the holes. The hole on the right will flip a raft, so it would put a hurting on a kayaker or a canoeist.

Ryan's Eddy is the next rapid. This was the location of one of Kyle's other numerous swims. He was raising his head once more too soon! But yet again he came up smiling and opted to stay in his kayak even though a ride out on the raft was an option. The day before at 7400 cfs there had been 8 to 10 foot standing waves there and we decided to climb in the raft. On Sunday there was still a good size wave train. So lots of fun had by all.

The rest of the river went fairly well for Kyle. It was just a great day on the river for all of us. Remember, when boating the Big South Fork, go with someone who knows the river. Its a lot of fun but it can be dangerous at any level. Thanks to Gerald and Johnny for setting up safety all day. with the raft. There assistance was needed several times!

Tim Miller



Bowlines is the Newsletter of the Bluegrass Wildwater Association, POB 4231, Lexington Ky, 40544

Club Officers 2003-2004

Join in on the Fun!

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BWA website:

www.surfbwa.org

Join the BWA! BWA Membership \$20/individual; \$25/Family year entitles you to receive the newsletter, 10% discounts at many local and out of state outfitter shops, use of club equipment, discount at pool rolling sessions, a listing in the BWA Handbook, a stream gauge guide, and web site with a listserve for member's messages.

Meetings are held at 7:30, the second Tuesday of each month at location announced on our website.

Submission of Newsletters articles preferred on CD, Zip or floppy disk (Mac or PC) or typed. Pictures can be digital or ready to be scanned. Please included stamped envelope for return. Preferred method: Files can also be e-mailed to: TMiller732@aol.com



Roll Sessions

Learn to roll your canoe or kayak!

New in the sport and need to learn how to roll your canoe, kayak, or C-1. The Bluegrass Wildwater Association can help you. Each winter & summer BWA members volunteer their skills to help paddlers learn how to roll their boat when they flip. This is a must learn skill if you paddle whitewater. Everyone is welcome...even if you have never paddled before. roll sessions are informal with shared BWA member's boats and equipment available on a first come first served basis or for assured equipment bring your own gear.

Experienced BWA paddlers will be volunteering their time and gear to help you get started.

Dates:

- December 3, 10, 17**
- January 7, 14, 21, 28**
- February 4, 11, 18**

Cost: 5.00 member, 10.00 non-member

Under 12: 3.00 member, 5.00 non-member

Season Pass: Members 35.00, 5.00 discount for new members joining BWA at roll session

Time: 7:00-9:00 pm

Location: Garden Springs YWCA, 1060 Cross Keys Road, Lexington, Ky.

Drive around to back of Y near pool and come in side door.

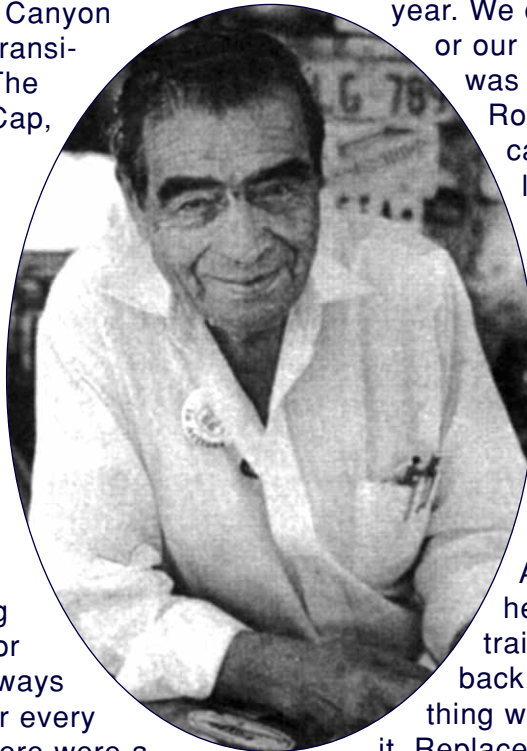
The Uncommon Hamburger Stand



Anyone who has paddled for a while will know that on a trip to the river you often discover unique and interesting places and people. BWA members who have run the Colorado river through the Grand Canyon will remember this favorite first stop after getting off the river along Route 66. Editor

The Snow Cap Drive-In, for a number of Grand Canyon river parties, is the first stop for real world food after a long journey downstream.

It's an old haunt of the Grand Canyon river runner, and an unusual transition back to life off the river. The first time I went to the Snow Cap, I was ready for a hamburger and vanilla malt, having been on the water for a spell. It was a long dusty hot desert drive down the Hackberry Road, to Seligman where we stepped in and placed an order. Juan nailed us with his usual restaurant gags, all of them. He so loved first timers to his place. After about five years, he knew my face and let the gags go. We would small talk about nothing much, then I would be gone for another year or two. It was always a stop, forty all together, after every single float down the river. There were a lot of trips the first few years as a guide, then about once a year after that.



**Juan Delgadillo,
Clown Prince of Arizona
Eateries**

It was a long time, about ten years before Juan and I started talking to each other. It was an odd kind of friendship really, a brief visit once a year. We didn't talk about home, family,

or our own friends very much. Mostly it was thoughts of the desert, early Route 66, big motorcycles, and old cars, things like that. After the lunch rush was over, we would go out back to his crazy collection of desert artifacts for a few photographs and some stories. I always wanted to know about the collection, and he wanted to hear about the solo raft trip. Curious he thought, that some one would want to go down the river alone.

After putting in one afternoon, he put me to work moving an old train signal into its new home out back with the other stuff. The damn thing was heavy, and took two to move it. Replacement bulbs for this signal were large and expensive, so we went to the hardware store and got a couple 60-watt bulbs and put in there,



along with a little timer so they would go off and on. Yes, that was just fine, and a worthwhile accomplishment. It was something new for the old Snow Cap, and it fit fine.

Some Harley bikers came down from Flagstaff one day, specifically to visit Juan's place. They had heard and read about this world famous destination. and decided to devote a trip to it. They wagged on with the proprietor, and complimented him on what a fine and unusual place he had there, and it looked just like the pictures in

“He was the odd, the quirky, the one and only Juan Delgadillo.”

the magazine. Juan smiled a lot, and thanked them for the visit, all the while cajoling them into ordering some food while they were there.

After they left, I asked him how many magazines had written stories about him over the years. He walked off and came back with an old box full of them. We sat there for another hour or two,



looking at magazines and Juan reminiscing about the story behind the story. About half of them were from Europe, and half of those were in a foreign language. He was proud of his little piece of the desert.

After a trip a few years ago, we were sitting at one of the tables in the shade, and Juan said that he had an accident that summer. He and some family were wrestling with an evaporative cooler, and it fell, the corner catching him in the head.

He was unconscious in the hospital for a few days, and lucky I guess to be alive. He looked at me serious, and said, "Bruce, I have never been



the same since. I don't have fun like I used to. It changed me, and I don't know what to do." He bent his head over for me to see the scar. Oh gosh I felt frightened, almost to tears, for this man I only spent a couple hours a year with.

I shot a picture of him with all that graffiti in the background, and gave him a print the next time through. He ambled around back, pulled a little frame out of the drawer and hung it up for us to see. We visited a time or two after that, and then I learned of his death. As with all friends, our time together was too brief. He was the odd, the quirky, the one and only Juan Delgadillo. So long to you my friend.

Bruce McElya

From: *The Waiting List*
The Grand Canyon Private Boaters Association Quarterly
Fall 2004

Few activities allow for the integration of so many things that are such fun. Paddling, camping, hiking, sightseeing, fishing, photography, developing good friendships, and list could go on and on.

Will this be new to you? See if you can get on a trip with an experienced group. Have a small boat? Nowadays, high tech gear is often small and light. Freeze dried food has come a long way and there is a lot of food in the market that is convenient and you may only need to add water to and heat. Another alternative on some western rivers is to rent a raft and load most of the gear on the raft. Yet another alternative is to learn to canoe. Canoes offer a lot of flexibility on wilderness trip. They can not only carry you but a lot of gear and still run class II and IV water (and if you must.... you can always portage). You can also select less challenges river trips like the Allagash and St. Johns in Maine or one of many wonderful wilderness rivers in Ontario, Canada. You may want to consider doing an overnight trip on the Big South Fork or the Obed just to get your feet wet.

There is a lot of information on the web, as well as a great many books on wilderness rivers and trips. You will find many stories in past issues of the Bowlines on river trips to the Petawawa, the Missinaibi, the Selway, the Rio Grand, the St. Johns, the Bio Bio, the San Juan as well as many other rivers.

The most important things is to decide you want to do. You will find if you announce a trip that there will be others in the club that would like to join you.

But now is the time to take that first step.

Here is some basic information to help you get a permit. All it takes is a call to get that application!

Don Spangler



BWA Jatate River Expedition 1984

Idaho

MAIN SALMON RIVER

(From Corn Creek to Long Tom Bar)

U.S. Forest Service

North Fork Ranger District

P.O. Box 180

North Fork, ID 83466

(208) 865-2383

State: Idaho (mountain Time) / Permits required between: June 20 through September 7 / Applications accepted: December 1 to January 31 / Trip party size: 30 people maximum / River length of trip: 88 miles 4 to 6 days / Class: 3 to 4 / Skill level: Intermediate / Shuttle length: 385 miles paved and gravel roads / Scenic qualities: A plus / Comments: Fire pans are required, portable toilets are required. Request application October 1st. \$6 fee

MIDDLE FORK OF THE SALMON RIVER

U.S. Forest Service

P.O. Box 750

Challis, ID 83226

(208) 879-4321

(208) 327-7865 River Flow Information for Idaho

State: Idaho (Mountain Time) / Permits required between: June 1 through September 3 / Applications accepted: December 1 through January 31 / Trip party size: 24 persons maximum / River length of trip: 5 to 6 days, 100 miles - 8 day stay limit maximum / Class: 3 - 4 plus / Skill level: Advanced / Shuttle length: 270 miles gravel and paved / Scenic qualities: A plus / Comments: \$6 application fee. Request application October 1st. Fire pans required, snow blocks road access until June 15.

SNAKE RIVER

(From Hells Canyon Dam to Oregon Washington State Line)

U.S. Forest Service

Hells Canyon National Recreation Area

P.O. Box 699

Clarkston, WA 99403

(509) 758-1957

(800) 422-3143 River Flow Information

State: Oregon/Idaho State Line (Pacific Time) / Permits required between: May 26 through September 15 / Applications accepted: December 1 through January 31 / Trip party size: 30 people maximum / River length of trip: 75 miles / Class: 3-4 / Skill level: Intermediate / Shuttle length: 200 to 300 miles one way paved / Scenic qualities: A / Comments: Fire pan required.

SNAKE RIVER

(Hells Canyon)

U.S. Forest Service

Hells Canyon National Recreation Area

P.O. Box 699

Clarkston, WA 99403

(509) 758-0616

State: Idaho (Mountain Time) / Permits required between: May 15 through September 15 / Applications accepted: December 1 to January 31 / Trip party size: 30 people maximum / River length of trip: 100 miles / Class: 3 / Skill level: Intermediate / Shuttle length: 200-300 miles one way paved and gravel roads / Scenic qualities: A / Comments: Special phone for reservations \$6 application fee. Request application October 1st.



BWA Selway Trip 1983

SELWAY RIVER

(Paradise Launch Site to Selway Falls)
 U.S. Forest Service
 West Fork Ranger District
 6735 West Fork Road
 Darby, MT 59829
 (406) 821-3269

State: Montana (Mountain time) / Permits required between: May 15 to July 31 / Applications accepted: December 1 to January 31 / Trip party size: 16 people maximum / River length of trip: 47 miles Paradise to Selway Falls / Class: 4 / Skill level: Advanced / Shuttle length: 245 miles paved and gravel roads / Scenic qualities: A plus / Comments: May launch dates may encounter snow blocking roads. \$6 fee request application October 1st.

Colorado

YAMPA RIVER

National Park Service
 Dinosaur National Monument
 P.O. Box 210/4545 Hwy 40
 Dinosaur, CO 81610
 (970) 374-3000

State: Permits required between: Applications accepted: Trip party size: River length of trip: 3 to 5 day trip May / June Lodore to Split Mountain 3 to 5 days / 139 mile shuttle seven miles gravel road Class: Skill level: Shuttle length: 89 miles paved roads / Scenic qualities: Comments: \$10 application fee \$40 launch fee March notification for lottery.

GREEN RIVER

(Dinosaur National Monument)
 National Park Service
 Dinosaur National Monument
 P.O. Box 210/4545 Hwy 40
 Dinosaur, CO 81610
 (970) 374-3000

State: Utah (Mountain Time) / Permits required between: May 10 through September 10 / Applications accepted: December 1 to January 15 / Trip party size: 25 people maximum / River length of trip:(unknown) / Class: 3 / Skill level: Intermediate / Shuttle length: 139 miles paved 8 miles gravel / Scenic qualities: A / Comments: \$10 application fee and \$40 launch fee, March notification, call for more information.

\Utah

GREEN RIVER

(Desolation and Gray Canyons)
 Bureau of Land Management
 900 N. 700 E.
 Price, UT 84501

(801) 637-4584 - 637-4591
 State: Utah (Mountain Time) / Permits required between: April 1 to October 1 / Applications accepted: December 1 to January 31 / Trip party size: 25 people maximum / River length of trip: 84 miles / Class: 3 / Skill level: Intermediate / Shuttle length: 150 miles paved and gravel / Scenic qualities: A / Comments: \$13 per person fee. one trip per person per year.

COLORADO RIVER

(Cataract Canyon)
 Canyon Lands National Park
 2282 S.W. Resource Blvd.
 Moab, UT 84532

(801) 259-7164
 (801) 259-2911 ext.2120
 State: Utah (Mountain Time) / Permits required between: Year round / Applications accepted: December 15 to January 31 / Trip party size: 40 people maximum / River length of trip: 3 to 7 days / Class: 4 plus / Skill level: Advanced / Shuttle length: unknown / Scenic qualities: A / Comments: First come basis for permit, \$30 application fee. Waiting list, high water May and June

COLORAD0 RIVER

(Westwater Canyon)
 Bureau of Land Management
 Moab Field Office
 82 E. Dogwood
 Moab, UT 84532
 ((435) 259-7012

State: Utah (Mountain Time) / Permits required between: Year round / Applications accepted: N/A / Trip party size: 25 / River length of trip: 17 miles / Class: 3 plus / Skill level: Advanced / Shuttle length: 30 miles / Scenic qualities: A / Comments: Permits become available two months prior to launch date through a call-in system. \$7 per person fee. Dangerous at medium and high flows. See www.blm.gov/utah/moab/ww.info.



BWA San Juan Trip 1992

SAN JUAN RIVER

Bureau of Land Management
 San Juan Resource Area
 P.O. Box 7

Monticello, UT 84535

(435) 587-1544

State: Utah (Mountain Time) / Permits required between April 1 to October 1 / Notified by March 1, Fees \$4.50 per person, upper - \$9.50 per person, lower - \$12.50 per person Both /

Arizona

COLORADO RIVER

(Grand Canyon)

National Park Service

River Sub District

Grand Canyon National Park

P.O. Box 129

Grand Canyon, AZ 86023

(602) 638-7888

State: Arizona (Mountain Time) / Permits required between:

Year around / Applications accepted: February / Trip party size:

15 people maximum / River length of trip: 225 to 280 miles oar

powered 13 to 18 days, motored 7-9 days. Other options also. /

Class: 1 to 10 Colorado scale of difficulty / Skill level: Advanced

/ Shuttle length: 264 or 359 miles / Scenic qualities: AAA /

Comments: Six years waiting list, but call for cancellations. \$25 waiting list fee (one time), and \$50 launch fee.

Texas

RIO GRANDE - BIG BEND CANYONS

A permit is required for day and overnight boating in Big Bend National Park. A permit is also required on the Rio Grande Wild and Scenic River below the park but is not required for day use. The permit is available free of charge from any Park Ranger or at the park visitor centers.

Big Bend National Park, TX 79850

(915)477-2251

(Colorado Canyon)

Rancherías Canyon to Lajitas is 19 miles of class II-III whitewater. Colorado Canyon is outside of the BBNP boundary and is self-permitting with permits obtainable at the Big Bend Ranch Museum in Lajitas or from BBNP Rangers.

(Santa Elena Canyon)

Lajitas to Cottonwood is 18 miles of class I-II water punctuated by class III-IV Rockslide.

(Mariscal Canyon)

Talley to Solis is 10 miles of exquisite canyon, class I-II.

(Boquillas Canyon)

Rio Grande Village to LaLinda is 23 miles of easy, class I-II water in a beautiful canyon. An excellent introductory trip to Big Bend river running for beginners.

(Lower Canyons)

LaLinda to Ten-Eyck Crossing is 84 miles of extreme wilderness, very rugged terrain, and up to class III whitewater. Lower Canyons of the Rio Grande by Louis Aulbach & Joe Butler; Information on BBNP permitting, 2004.

Canada

MISSINAIBI RIVER

Canoeing: While the entire Missinaibi may be tackled by experienced canoeists, most approach it in two major sections. The upper Missinaibi River, from Missinabie village or Missinaibi Lake to Mattice is a 236 km route with 28 portages requiring 10-12 days. The longer Missinaibi, from Mattice to the Moose River rail crossing and on to Moosonee, is a 320 km route with

7-10 portages requiring 7-9 days. Detailed descriptions of these routes are available from the *Ontario Ministry of Natural Resources*.

Canoeing is good from June to September. Portages, which are clearly marked, vary in length and difficulty, and their locations change with seasonally fluctuating water levels. The average gradient along the river is less than 1 m/km; however, canoeists wishing to tackle the Missinaibi should be experienced because the river has many difficult sections and numerous, changing portages. Camping spots are limited on some portions of the river. The lower waters of late summer provide additional camping sites on exposed river banks and sandbars, but also expose rocky shallows which must be portaged or lined. For the experienced to expert canoeist, the Missinaibi provides a challenging test of skill and endurance, particularly in June when water levels are higher.



BWA 1987 Missinaibi Wilderness River Trip

Petawawa River

The Petawawa River runs through Algonquin Park in Eastern Ontario. The park is a very popular area for canoe-camping, hiking, and weekend family camping. There are also many cottages located on the many lakes along the main highway through the park.

The main whitewater canoeing attraction in the park is the Petawawa River, an interesting class 1 to 3 river, and an excellent river for beginners and intermediates to practice their paddling skills.

Algonquin Provincial Park
Ministry of Natural Resources
Box 219
Whitney, Ontario K0J 2M0
Canada
(705) 633-5592

Quetico Provincial Park
Ontario Ministry of Natural Resources
108 Saturn Ave
Atikokan, Ontario P0T 1C0
Canada
(807) 597-2735

Hypothermia

"I think I was borderline hypothermic."

(Mike Koch, M.D., referring to his 7 swims on the Lower Gauley)

With fall and winter boating forthcoming, it is essential for all boaters to be very knowledgeable about this deceptive and potentially lethal entity. Because of the tremendous conductive heat loss. In water, at an identical temperature, the body cools approximately 26 times faster than in air. Moreover, the recognition of hypothermia can be very tricky in its earlier and most treatable stages.

Hypothermia is defined as a body core temperature of less than 95° F. Even among close friends, the determination of a rectal temperature on the river is problematic. Removing the necessary clothing for the 4 minutes to take a temp can be detrimental and oral temps are not reliable. A rough dividing line between mild and severe hypothermia occurs between 90°-92° F. Above this range the victim will usually try to protect himself! Below, little attempt is made to cover up. Maximum shivering occurs around 95° and can continue down to 86°, or until body energy stores are depleted. When shivering stops, a medical emergency is clearly present. Other important symptoms of impending severe hypothermia are muscular incoordination (blood is shunted to the heart, brain and vital organs at the expense of the arms and legs. Hence the limbs may be several degrees colder than the "core") and mental confusion (highly subjective and difficult to assess in certain BWA members). Death occurs usually from ventricular fibrillation (rapid ineffective twitching of the heart).

Prevention

Wear a wetsuit usually 3/16". A "farmer John" type afford maximal arm movement. The flanks and groin (along with the head) are the most vulnerable in terms of heat loss. Wear wool or dry, wool insulates well in cold air. Wool (85%) long underwear is comfortable and effective. Also, pants, sweater, and hat that will stay on in a swim (like a balaclava) are important. A paddling dry suit is a must in cold weather. It must be waterproof.



From Bowlines, October 1981

Also--

- 1) Be In good physical condition. The more fit you are. the the longer your body can generate heat. Shivering is vigorous exercise.
- 2) Nutrition The body runs on fuel. Energy requirements skyrocket with shivering. Eat a good breakfast and bring gorp (peanuts, M&M's and raisins provide high quantities of protein. fat and carbohydrates) on the river.
- 3) Good hydration is important. Drink more water than you think you need.
- 4) Always upgrade a river in cold weather I.e. the Elkhorn Creek becomes a class III in the winter.

Obviously a paddler floating in an eddy encased in a block of Ice presents no diagnostic challenge. Mild cases are tricky to detect; therefore, have a high index of suspicion

Suspect :

- 1) Any inadequately clothed paddler on a cold, rainy or snowy day
- 2) A paddler who has taken a long swim
- 3) A paddler who has been injured ore has an underlying disorder like diabetes or thyroid disorder
- 4) A capsized paddler from another group
- 5) Any paddler who shivers, and appears confused or clumsy.

Treatment

Prompt treatment of mild hypothermia cannot be over emphasized. The situation we will most encounter is a brief swim by a group member.

- 1) Get him/her out of the water completely. A dazed swimmer might stand in knee deep water in an eddy to get his breath. Get him out pronto! (This happened to me last November on the Cumberland after a swim. Fortunately Charles politely reminded me to get my ass completely the hell out of the water.) Protect him from the wind. Rocks, trees, or warm bodies do nicely. If the victim is alert, mentally sharp and does not exhibit muscular incoordination , exercise is permitted for rewarming.
- 4) Give him a hat
- 5) Observe him closely for the rest of the trip
- 6) If the victim is confused or has muscular incoordination# pile on any extra clothing and huddle closely around victim.
- 7) If a sleeping bag is available remove wet clothing and place victim in bag. This will work only if the victim is still shivering.
- 8) If shivering has stopped, a volunteer or 2 should join the victim in the sleeping bag, all nude, with skin to skin rewarming Involving the trunk only (NOT arms and legs).

Don't

- 1) Do not give hot liquids by mouth. When hot liquids are given by mouth a pharyngeal reflex occurs that increases blood flow to the skin and extremities. This causes the core temperature to drop further since venous

blood returning from the arms and legs is colder. Also, there is little heat from a cup or two of hot liquids. (This does not apply to the alert and coordinated victim.)

- 2) Do not give alcohol, ever! This has a similar effect of dilating blood vessels and gives the false impression of feeling warm while decreasing core temperature.
- 3) Don't massage arms and legs. -This has the same effect as above methods.
- 4) In severe cases, do not allow victim to walk move about or exercise, as cooler blood in the arms and legs make the core temperature drop. Exercise or rough handling can cause ventricular fibrillation. This does not apply to the swimmer who's just a little cold.

Always have the victim evaluated at a medical facility! Period!

Case Report

Last Spring at the BWA Elkhorn races in perhaps 45-50 °F air temperature. I witnessed a case of hypothermia. A thin, muscular, superbly conditioned flatwater paddler took 2 swims in the 11 mile race. He wore shorts and a PFD only. He had nearly completed the race. He was shivering violently and had profound muscular incoordination and some rigidity, but was alert to the extent that he knew what was going on. He was carried to a car and placed in a sleeping bag. He was unable to guide his feet in himself. A wool cap was placed on his head and the heater was turned up high. He was given hot orange juice and honey. He improved and went home.

Discussions

The victim was apparently on the edge of severe hypothermia. He was still fairly alert and shivering but he was unable to help in placing his own legs in a sleeping bag. I'd estimate his core temperature to be around 90° F. The sleeping bag, hat and heater were excellent and appropriate treatment. At that point the victim should have been taken to a medical facility. The hot orange juice and honey was questionable due to possible reflex shunting of colder blood from the arms and legs to the core in a victim who already bordered on severe hypothermia. In a situation where a medical facility is hours away and the subject has been rewarmed to the extent of regaining some coordination, the fluid replacement, glucose, potassium and warmth of a hot orange juice and honey solution is good. Possible chemical abnormalities and cardiac rhythm disturbances always necessitate a formal medical evaluation with this degree of hypothermia. The victim refused this suggestion.

In conclusion, hypothermia is easy to prevent and can be a bitch to diagnose and treat. Proper clothing can make the paddler safe and toasty even in 13° F weather on the Elkhorn as the editor and I can attest to.

References: 1) Topics in Emergency Medicine, Oct 1981.
2) AWA Journal May-June, 198, July-Aug. 1980, Sept-Oct. 1980

Frank Loudermilk Ed. Note: Frank is Doctor of Emergency Medicine Art by Jan Atlee

Yeah, I'm a kayaker

Y'know, one thing I've noticed a lot is the response people have when I tell them that I kayak. I tell them and, yep, there is that moment of extended silence as the person I'm talking with looks for what to say next. Yep, 100% of the time it happens. Sorta like: "What do I like to do? Well, every chance I get I find a river and go kayaking (silence, silence, silence). What about you?"

Usually that moment of silence is followed by the person telling me how much he would like to do that but just never did get around to trying it. Or, better yet, I find out he or she likes to go rafting. We've all been there haven't we?

So, while thinking about this I came up with some thoughts

Hello. I kayak. That means I'm a kayaker. You probably think I'm nuts or something, and to some extent you are probably right. But so are base jumpers, race car drivers, bull riders, mountain bikers, couch taters and the list goes on. So, yeah, I may just be a little nuts but that's fine. Ever notice that a person who is slightly 'touched' usually seems to smile a lot?

I think a kayaker is actually a pretty balanced person. On the most part we all have jobs. We have to. Boats are not free and the trimmings are not cheap. Plus, have you seen the price of gas lately? Two bucks a gallon and the closest river is several gallons away. All adventures to the river are round trip so remember to double the amount of gas in order to get home.

A lot of us are married. Some of us have girlfriends. I'd chance to say that some are married AND have girlfriends. Ladies, let me not leave you out. Same goes for you. Of course I was meaning husbands and boyfriends, not girlfriends. Oh hell, some may have girlfriends, boyfriends, who really cares anyway?

We love being together. We love to laugh and share our joy with each other. We dance, we sing, and at three o'clock in the morning at the Spring Clinic some of us tend to howl. We celebrate weddings and cry at funerals. We play and tease our kids, be they young or not so young. We rejoice at living and love to share the experience of life with our friends and family. Please excuse us if we get a little loud sometimes. We mean no offense, we are just happy.

We talk a lot of boats and boating. We are gear pigs. We can't wait to get rid of our old stuff so we can go get

new stuff. Call me, I got a good deal for you. I've noticed in boating conversation that we are also checking in with our friends to find out not only how their boating life is going on, but how their life is going. We find a good way to find out how you are doing is to talk with you about boating, and other stuff at the same time. Yeah, the art of conversation is just that.

Some of us are doctors, some are students. Lawyers are members and are welcome. We have nurses, contractors, laborers, engineers and much more. Though our backgrounds are very diverse we share a commonality in our community; we love boating. Long ago we realized that work is part of our life, but is not our total life. We do the best we can to balance our work and play. If you work hard, play just as hard.

We have homes. Yeah, we rake our leaves and mow our yards. Please be patient with us though. After all, if the yard needs mowed but the river is flowing, we may delay that yard work a couple of days. But we will eventually get to it, unless it rains again. Some of us have chosen a path of least resistance and moved to townhouses.

It sounds weird to the rest of the world but a kayaker understands this next item completely: If a set of Yakima or Thule racks cannot fit on the car, the dealership does not stand a chance to make the sell. Ask my wife, she was there.

We do have our own language. Rocker is not something you sit in with a cat in your lap. Hydraulic has nothing to do with lifting or braking. A brace is not something you wear and roll is not something eaten. A good paddling is not the consequence of misbehaving and getting spanked does not mean you have to drop your pants first.

So, as you can see, we are ordinary people who have discovered something that instills a passion into our lives. You see us smiling when it rains and rains hard, maybe even telling you how wonderful it is to see it raining so much. Because, you see, we know a secret. We know that there is much more to kayaking than just kayaking. Every time we get out there we get to witness what a wonderful miracle our world can be. We not only get to see it, we get to become part of it. Just think, the Earth has spent four billion years getting itself ready for us. It is such a privilege to be out there seeing it.

Won't you join us?

Dallas Hargis

November 14, 2004. The river was running about 3800 cfs. He will be remembering this run for a very long time. He was given the option of writing this article, he declined. Therefore his 5 swims and 2 successful combat rolls have turned into 42 swims and 1 roll in flat water.

One of the best part of boating with Kyle is that he never stopped smiling. He had a wonderful day. He was smiling in and out of the water. We all had a great day, it was sunny but cold out! We put in at Burnt Mill Bridge as a warm up. A lot of the club put in at the confluence of the Clear Creek and the New. I always prefer to boat further than haul my boat down that hill. Did I mention it was a cold day! Brian and Kelly and I had rafted it the day before at close to 7400cfs with Gerald Catron who ran raft safety for us on Sunday with his friend Johnny. There is a really big difference in every water level. So it was fun to see the dramatic differences in levels. Most people don't run the BSF at this high of a level for their first run. There are a lot of undercuts, holes and the occasional strainer.

We put on Sunday about noonish in true BWA form. There was plenty of water for the flat water sections and this gave us time for it to warm up. Before we ran the Big Three we had a swimmer on the last of the Little Three. Yes Kyle was doing a fish count . He was trying very hard to raise his head when he was trying to roll. He was all the way up each time, but swam eventually. We have all been there, especially me. Gerald and Johnny helped to get him out of the water while Valarie Askren and I chased after his gear. Did I mention that Val had twins only four months before this run and had run the elkhorn once since Walt and Emma arrived? Most boaters get rusty after a few weeks. She was probably the calmest of us, all day. The BSF scares me, but I like it! Brian and Kelly eventually came on down the rapid. They were waiting for us to pick up all of the gear, it was a bit of a chase. Kelly had a really bad swim here last year. She passed out under water and ended up swallowing lots of river water which she promptly gave back, we she got out of the water. Thus they were taking their time to ensure a safe run. They both had good runs all day. Brian was also apprehensive due to having a new Jackson Kayak. I think its a 4 Fun, it was a really nice boat.

After the Brunt Mill Section we had some fun at the waves just below the confluence. The it was the Big Three. We only boat scouted double drop. In hind sight this might not have been fair for Kyle. He managed to make it look like fun while swimming at the first drop.

He was actually hanging out there in between the drops for a few minutes. I recall him saying something about using his paddle to pull him self down river. It would have been better if he had held onto the paddle. It was lost for a while. There is a large strainer on the right below Double Drop and that's where the paddle went. Kyle, climbed out of the river on a large brush pile above the strainer. Eventually we got his boat to him and a break down paddle. At this point he suggested to Gerald that he ride out in the raft. Gerald told him that the next few rapids could flip him, if not carefully negotiated. He offered to take Kyle out after Oh Shit. Kyle was in for more fun.

Kyle was looking pretty good at washing machine. But, he got way too intimate with the rock on the left side of the drop. He tried to claw his way out of the hole with this rock. While the hole was pulling him back in for a snack. Having been there at low water and having scars to prove it, I know this hole is not a fun spot. Most people run it clean, since it is a straight forward rapid. But it can really be screwed up easily. Kyle did try to made it look fun by smiling most of the time.

The Ell was really different at this level. I am pleased to report that we all ran this one in our boats. Kyle even managed a roll with a borrowed break down. He uses an asymmetrical paddle normally. So there was a big difference. This rapid is the hardest rapid on the BSF. It can and will eat you at almost any level. I have swam at most of them at least once and sometimes twice. There are numerous eddies before the big hole at the bottom of the rapid. It helps to catch several, the lower you get in the rapid the more of the bottom hole you can see.



Gerald and Johnny ran safety with the raft

There is also the fun curler wave on left near the bottom, that will suck you under water and proceed to spank you very much. This curler wave has probably gotten most of the club at least once. At the bottom of

BWA Meetings at New Location

**BWA meetings are at Sontino's,
450 Southland Drive, Lexington, Ky.**

**Meetings held Second Tuesday of
every month at 7:30pm**

**To eat during the meeting come a
little early so you can place your
order before the meeting starts.**

For up-to-date info on meetings always check www.surfbwa.org



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