

BOWLINES

Newsletter of The Bluegrass Wildwater Association January/February 2005

In This Issue:

**Special
Film Festival Issue!**

**Up-date From Film Festival Coordinator: Dave Margavage
At this NPFF!**

**Bubba: "There is a Place for Everyone"
BWA Roll Sessions: A Short History
Thoughts on Survival Gear
Playdini I-II Stories of a Rodeo Legend**



<http://www.surfbwa.org/npff/>

2005 National Paddling Film Festival

Feb. 25-26

Lexington Convention Center



This Years Special Guest
Kent Ford



LEXINGTON CENTER | 430 West Vine Street | Lexington, KY 40507 | 859.235.4567

Up-date From Film Festival Coordinator: Dave Margavage

Our 23rd year supporting river conservation is off to a big start. We want to get you an up-date for Christmas since everyone is sitting around at Grandma's for the Holidays...

The past few years you have seen some big changes with the NPFF. But one thing has not changed, our commitment to river conservation. Last year the NPFF donated it's proceeds to American Whitewater, American Canoe Association, Chattooga Conservancy and West Virginia Rivers Coalition. This year we are looking to include Chris Spelius' support of "Futa Friends" for the Futaleufu River, Chili and "Rivers Foundation" and their work on the Magpie river in Northern Quebec. In fact, we are expecting a film about the Magpie! The film follows a group of 20 paddlers, which includes such notables as Steve Fisher,

Continued on pg. 3

Rivers In Canada, Russia, Italy, Norway, New Zealand, Ethiopia, Corisca, Uganda, And Yes, The USA At This NPFF!

The National Paddling Film Festival is an visual appreciation of human powered watersport. This annual event and gathering in Lexington, Kentucky is a judged competition of amateur and professional paddlesport image artists submitting entries of film, video and digital images.

For over 22 years the NPFF has brought together paddling enthusiasts from across the country and the world to share their talents and paddling experiences plus help generate fun and funds for waterway conservation and river causes.

In 2005, thanks to the great support of contributing paddlesport image artists from across the globe, volunteers of the Bluegrass Wildwater Association are proud to present an amazing competition of videos from ama-

Continued on pg. 4

At This NPFF, !Continued from page 4

school in the World. A member of the U.S. Whitewater Team almost every year since 1977, Kent posted several top 7 finishes in World Championships and was twice World Champion in C-1 slalom team. He worked as the public address announcer at the last three Olympics and several World Championships. Kent has worked as an assistant coach for the Whitewater Slalom World Championships and as head Coach for the US Junior Team. Kent is the technical producer of fourteen instructional books and videos known worldwide as the best instructional videos in outdoor sports. These include: Whitewater Self Defense, The Kayaker's Edge, Solo Playboating!, Performance Sea Kayaking, and Performance Mountain Biking. A veteran of over 330 rivers in 27 countries, Kent has been a member of expeditions to the Soviet Union, Costa Rica, Turkey, and Mexico.

Even if your not a film maker you can be a part of the festival by entering the "Still Image" Photo Contest.



BWA's Dave Alnutt 's 2004 winning photo. These is still time to enter your photo, Deadline is February 18, 2005-go to www.surfbwa.org/npff/enter.html

Still Images entries will be posted on the NPFF Web site. During this time you can vote for your favorite through February 18, 2005. The top 10 images receiving the most votes will

be shown at the NPFF Saturday February 26, 2005. You will cast the final votes at the festival and the winner announced at the Awards Party. The winning Image will also be used in future NPFF ads and promotional materials!

Then there is the Presenters Party, the World famous NPFF Silent Auction and the AWARDS PARTY! Come to the Awards party and jam with this year's musical guest "Born Cross-eyed!"

And for the first time the Festival and the Awards party will all happen at the same location, the LEXINGTON CONVENTION CENTER! Right in the heart of downtown Lexington, Kentucky! Unlike years past, the films will begin in the afternoon and will run into the evening followed by the Awards. We will be posting the final schedule of films and their times on January 29, 2005.

For you "up-and-coming" film makers be looking for

BOWLINES

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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Membership Coordinator	Dustin Anderson	859-225-7915
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Past President	Dave Reed	859-527-5898

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



announcements for this year's film making seminar to be held Friday afternoon. Arrangements are being made with several talented professionals that will cover topics ranging from software, editing to the new high-rez cameras. Space will be limited so stay tuned... Visit our web site surfbwa.org/npff for more information.

We hope you will support river conservation by entering and or attending the show February 25 & 26, 2005.

Roll 'em!

David Margavage
NPFF Director

Tyler Curtis, Brendan Mark and the Hitchins brothers down the Magpie river.

Which leads us to this year's film entries! Some familiar faces are back again. 2003 Paddlers Choice Winner Olaf Obsommer from Nussdorf, Germany has submitted two films this year!

We have some very interesting new film makers participating. From Milano, Italy, Vittorio Pongolini and his entry, KAYAKING – Where the days start. Vittorio is also the director of Italian version of the NFFF. We have a film by Becky Bristow. Becky has paddled as an athlete in several extreme kayaking films steps behind the camera for her first time to document her offbeat adventures in Russia in her film "The Russian Wave."

We are thrilled to have so many entries, There is something for everyone. Here is the synopsis of some entries.

From Burnaby, Canada, Carey Robson, The 1859 Brunette Survey: Six Members of the Royal Engineers Historical Re-enactment Society retrace the route of the original 1859 River Survey.

Milano, Italy, Vittorio Pongolini, "KAYAKING - Where the days start: An international group of canoeists (kayakers) run some of New Zealand West Coast rivers like the Waicoa, Karamea and the Mokihimui rivers. They run several of the rivers on the same day others runs require food and sleeping bag and nothing else...

From Eugene, OR., Trip Jennings, LVM- Bigger then Rodeo: The Biggest and best new school freestyle and creekin' - includes Ed Lucero's 105 foot waterfall run!

From Avon, CO., Matt Solomon, Liquid Discipline 1: This film explores the trials and tribulation of a commercial outfitter, not know for its carnage, during the 2004 Gauley Season. Many companies purposefully seek out flips and swimmers, this company prides itself for taking people rafting, not swimming' - accidents DO and WILL happen. Cameos of guides "off-duty" doing rescues also included. Enjoy the show. Note: All footage taken from raw tapes of actual commercial trips. Most cameras used were Hi-8 that adds an "aged" look to this film.

From Canmore, Canada, Becky Bristow, A Russian Wave: Two expedition whitewater kayakers, Becky Bristow and Dunbar Hardly, were hired by the Russian Government to assess white water rivers and tourism

potential in Northeastern Russia. Upon their arrival in Russia, all indications were that they were in for an incredible adventure, but a much different one than they were hired for. They soon realized that the Russians understanding of whitewater was completely different than theirs. A Russian Wave is a humorous look at dashed expectations, adventure and cultural differences.

From Nussdorf, Germany, Olaf Obsommer, SICK-LINE3: Sick Line combines different people from different countries doing all the same: searching the Sick Line! Explore new rivers like the upper Sorba in Italy or the Tysselve in Norway with Arnd Schafflein, Francesco Salvato and Corran Addison. Follow Kiwi Ben Brown to New Zealand and the English Deb Pinneger and Cheesy Robertson on a road trip through several events in Europe. See the Whitewater Warriors Abbott and Allard getting big air on rocky slides and Japanese Motoko Ishida fighting with big waterfalls!

And "STIKINE:" The first European team to descend the GRAND CANYON of the STIKINE. Markus Kratzer, Olli Grau, Michael Neumann and Olaf Obsommer complete an exciting adventure to the STIKINE from source to sea. This is one of the hardest river runs on Earth! Great scenery, lots of humor and edge-of your-seat action. This Award-winning STIKINE film by Olaf Obsommer provides an exciting look into the wonderful world of kayaking and winner of the Golden Paddle at the 7.european kayak film festival in Rosenheim, Germany.

These are but a few of the films that will be entering the 2005 event. Last year we had over 40 films! Rumor has it 3-time Paddlers Choice winner Rick Gusic, 2-time Paddler Choice winner, Milt Atkin and 2-time Pro Instructional winner Ken Whiting are all planning on entering films this year!

Have you heard? This year's guest host is Kent Ford! Let me share a little back ground on Kent Ford.

Kent Ford's highly acclaimed books, videos and instruction have made him one of the most recognized paddlers in whitewater sport worldwide. Kent's unique background includes twenty years of international whitewater racing and coaching, combined with similar experience teaching recreational boating to all levels of paddlers. His sixteen videos and books on paddlesports have influenced the education of half a million paddlers. Kent's paddling resume includes ten years as an instructor and several as manager for the Nantahala Outdoor Center, which is the largest canoe/kayak

Continued from pg. 1

teur, accomplished and professional competitors showing rivers from all over the USA and the world. Read more about this year's astounding line of below!

This Year's Entries

KAYAKING - Where The Days Start

An international group of canoeists (kayakers) run some of New Zealand West Coast rivers. They will explore some of the most well known rivers like the Waicoa, Karamea and the Mokihimui rivers. They run some of the rivers on the same day others require food, sleeping bag and nothing else...

Accomplished - Documentary
Vittorio Pongolini
Milano, Italy

The Search III: A Paddlesurf Documentary

"The price of failure is extreme..." IN 2004 a group of top paddlesurfers from California traveled to Indonesia to tackle some of the most dangerous waves in the world. This video documents the adventure and explores the reasons these surfers choose to battle the surf in their kayaks. This documentary also explores design and the evolution of the unique extreme sport of surf kayaking as well as the amazing people of Indonesia. Submitted only days after thousands of Indonesian people lost their lives in the devastating tsunami on

December 2004; our hearts and prayers go out to all the people impacted by the horrible tragedy. Accomplished - Documentary
Vince Shay
Shell Beach, California

The Grand Canyon

Yes. Another 'Grand Canyon' at the film festival. Something some might say is as needed as another playboater on the Ocoee. Despite the abundance of these videos in the past, this entry forges ahead with a somewhat different look at the Canyon. It blends in past history with a present day trip. It provides a nice mixture of education, part video guide, and presents a nice 'feel' for what's involved in one of paddling's greatest adventures.

Accomplished - Documentary
Rick Gusic
Pittsburgh, Pennsylvania

PDX Kayaker 004 Swim Another Day

PDX Kayaker '04 is the 4th in a series of Portland, Oregon local kayak videos. This year's video features some Travel, Playboating, Waterfalls, First descents, and movie spoofs with a Portland flavor. Chuck B. Taylor

Accomplished - Documentary

Freestyle Trilogy: the art of Kayaking

"Freestyle Trilogy" explores kayaking as an art form, through a series of conceptual poetry and images provided by WaterMaps.info.

Accomplished - General Boating
Andrea Desky
Ashville, North Carolina

Cold Summer

Cold Summer is one man's journey through the summer of 2004. Vewda Production takes you on a trip to Montreal, West Virginia & all over Colorado. Enjoy.

Accomplished-General Boating
Dan Piano
Steamboat Springs, Colorado

Tales of Tallulah

A compilation of the best (and the worst) of the seven years since Tallulah was opened by American Whitewater for whitewater boating. An interview with Dane & Eric Jackson at Oceana, a study of the carnage produced by The Thing, and some awesome raft wipeouts are all here.

Accomplished-General Boating
Milt Aitken
Marietta, Georgia

A Russian Wave

Two expedition white water kayakers, Becky Bristow and Dunbar Hardy, were hired by the Russian Government to assess white-water rivers and tourism potential in Northeastern Russia. Upon their arrival in Russia, all indications were that they were in for an incredible adventure, but a much different one than they were hired for. They soon realized that the Russians' understanding of whitewater was completely different than theirs. A Russian Wave is a humorous look at dashed expectations, adventure and cultural differences.

Amateur-Documentary
Becky Bristow
Canmore, Canada

White Granite

White Granite is a short documentary of our trip down the memorizing Middle Fork of the Feather, California.

Amateur-General Boating
Nick Barron
Knoxville, TN

Gravity

Winner of the Tallulah film festival. Gravity is a composition of some southeastern classics such as the Green River Narrows, North Fork of the French Broad, Overflow and Tallulah rivers. It also contains footage of the Moose in Upstate New York, and various runs around Colorado including Oh-Be-Joyful. Amateur-General Boating

Chris Gorman



Alpharetta, Georgia

Hell or High Water

Hell or High Water is an incredible adventure on some of the best rivers in the northeast and Canada.

Amateur - General boating

James Capozzi

Alendale, New Jersey

An Upper Yough Story

"What is the Upper Yough River like"? Asked by my friend Jim before I took him down for the first time. Watch this video and see what rapids await as well as what others think it's like.

Amateur-General Boating

Paul Lange

Waterford, Michigan

Liquid Winter

Liquid Winter shows off the tremendous winter kayaking opportunities in West Virginia and Western Maryland. Liquid Winter offers big time footage of the New River Dries at over 60,000cfs, as well as, the lower Meadow, Big Sandy Creek, Top Youghiogheny, Upper Glade Creek, and some Shredder carnage on the Cheat Canyon that should not be missed!

Amateur-General Boating

Dan Fowler

Parkersburg, West Virginia

Flush'D

In this battle of man versus plastic a handful of local northeast paddlers take on some not-always-so-deep, but steep tributaries of the Delaware and Hudson Rivers.

Amateur-General Boating

Spencer Lincoln

Tivoli, New York

Sickline3

Whitewater kayaking - one of the most fluid and thrilling outdoor sports today: movement, speed, thrill. It's a lifestyle, a never-ending expedition through a world of water. Jens Klatt and Olaf Obsommer hooked up with some of the worlds sickest kayaking athletes - and banned it all on tape. SICKLINE 3: Sick Line combines different people from different countries doing all the same: searching the Sick Line! Explore new rivers like the upper Sorba in Italy or the Tysselve in Norway with Arnd Schaflein, Francesco Salvato and Corran Addison. Follow Kiwi Ben Brown to New Zealand and the English Deb Pinneger and Cheesy Robertson on a road-trip through several events in Europe. See the Whitewater Warriors Abbott and Allard getting big air on rocky slides and Japanese Motoko Ishida fighting with big waterfalls!

Professional-General Boating

Olaf Obsommer

Nussdorf am Inn, Germany

The River Runner's Edge

This energizing instructional masterpiece unlocks the secrets of competent river runners: Water reading, strategies, strokes, maneuvers, and basic playboating. All are presented in a manner that demystifies and enlightens. Novice and experienced kayakers alike will profit from this upbeat production designed to set your foundation right! (edited for the NPFF to 15min Actual length 110 min.)

Professional-Instructional

John Davis

Sacramento, California

The Ultimate Guide to Sea Kayaking

A four part video by world champion Ken Whiting and expert sea kayaker, Alex Matthews which provides both new and experienced paddlers with

the knowledge and skills necessary to safely and comfortably enjoy sea kayaking.

Professional-Instructional

Ken Whiting

Beachburg, Canada

Twitch V

Twitch Paddlers Tao Berman and Josh Bechtel team up with NO Big Names' Ben Stookesberry and Eric Seymour to run first descents in Washington, Idaho, Alaska, British Columbia & Argentina.

Professional-General Boating

Eric Link

Leavenworth, Washington

Long Live A Free Magpie

In 2004 a Quebec dam producer slipped through a loophole in Quebec legislature and set to work on plans to dam the Magpie River in Northern Quebec. A handful of whitewater leaders got wind of the plan and joined forces to put an end to the plans. Join a hand full of the top paddlers in the world including legendary Steve Fisher, World Champ Brendan Mark, National Champions Tyler Curtis, Chris McDermott, Vincent Dupont and international paddling stars as they make their way down the endangered Magpie. Visit this new exciting paddling destination for the first time and meet each of these stars as they let their voices be heard against the damming of a top multi-day whitewater gem!

Professional-Documentary

James Mcbeath and Lisa Utrenki

Almont, Canada

Hypoxia 2

A whitewater kayaking film by Irish Kayakers Rob Coffey & Nick Doran, Featuring the Baaletari River, Jean, The Blue Nile, Ethiopia, Italy, Corisca, Uganda, British Columbia and Norway.

Professional-General Boating

Rob Coffey

Dublin, Ireland

Extreme Kayaking

CBC Producer Ben Aylesworth takes a look at white-water kayakers during the Moose River Festival in New York.

Professional - documentary

Ben Aylesworth

Toronto, Canada

For complete and timely information on the NPFF:

<http://www.surfbwa.org/npff>

Schedule of 2005 NPFF Events:

Friday Feb.25,2005

* Final Cut Express HD Seminar Presented by Apple Computer:

UK Nursing Bldg., 1pm-3pm

* Presenter's Party:

Boone Creek Lodge, 7pm-12am

Saturday Feb.26, 2005

* NPFF Competition

Guest Speaker: Kent Ford

Lexington Convention Center, Noon-9pm

* Party & Awards Ceremony

Lexington Convention Center, 9pm - 1am

Bubba: "There is a Place for Everyone" at this years Clinic

The new year brings another BWA clinic. 2005 Clinic applications will be available at the roll sessions or at www.surfbwa.org/html/events_clinicN.html. Spots fill fast.

Clinic dates are April 23-24, 2005. The fee is \$80 before March 25 (\$20 late fee) and includes camping, three meals, two days of top notch instruction, a 1 year BWA membership, and loads of fun. If you don't need instruction then [plan on volunteering](#). There's a place for everyone.

Bubba

General Clinic Information

Any updated information about the clinic will be posted at www.surfbwa.org

Clinic Dates and Logistics

The clinic will be held on April 23th & 24th, 2005 at the Emory-Obed River. The location for camping will be on the Emory River at Nemo Bridge outside Wartburg, Tennessee. Clinic participants are responsible for their own transportation to and from the camping site. Those needing directions or assistance in transportation should contact Phil Sisk at the phone numbers listed on the application form. Transportation from the camping site to the river will be by private vehicle. We will coordinate shuttles for the trip from the campsite to the river.

What is provided?

All camping fees were included in the price of the clinic. Saturday breakfast, Saturday supper, and Sunday breakfast will be provided. You will need to bring food that you can carry on the river with you for lunch on Saturday and Sunday. Tupperware or similar containers are recommended (No glass containers please). If car-pooling, which we strongly urge because of limited space for cars, you will want to stop to eat on the way down on Friday night and on the way home Sunday night. So bring some cash. Fill your gas tank and get ice before leaving Wartburg Friday night to go to camp. There will not be time to return to town for anything during the clinic.

What Do I Need to Bring?

Camping: Tent, tarp, sleeping bag, ground cover, water, snacks for the river, etc.

Boating: You should either have your own equipment, rent the gear, or list items needed on the application form for BWA to lend items that you need. All paddlers must have the equipment listed below.

Boat: The boat will need to be designed for whitewater recreational use.

Paddle: Check length for comfort and fit as well as correct type for whitewater.

Life jacket: Coast Guard approved Type III or Type V. Do not use kapok horse collar or Mae West type vests.

Helmet: Mandatory for boaters. Bicycle helmets are not good because they are designed for a different type of impact scenario.

Spray skirt: if you are borrowing or renting equipment, check to make sure that it fits both you and the cockpit of the boat before you get to the put in.

Clothing: DO NOT bring cotton clothing of any type! In the event of a roll or swim, cotton soaks up water and keeps it in. Cotton clothing insures that you will sink, freeze, etc. Be prepared, past clinics have been conducted in conditions from 75 degrees and sunny to near blizzards. Watch the weather forecast and prepare as needed. Regardless, the water will still be chilly. Wetsuits are great, unfortunately that will not be issued with the gear borrowed from the BWA. If you don't have or can't borrow a wet suit, pile garments, polypropylene undies, and wool will do. The important properties are that the material wicks water away from your body and provides insulation when wet. If possible bring enough so that you can have a couple layers of under garments, so you can adjust

for the weather. Wear some type of waterproof shell over the above-mentioned garments, at least for the upper half of your body. Tennis shoes will be adequate for open boaters, kayakers and C-boaters need to be sure that their footwear will facilitate a timely exit from an upside down craft. Cheap knock-offs at a discount store is fine.

What to Expect:

Expect to have FUN! We will be paddling the Emory/Obed and possibly the Big South Fork rivers. These streams on the Cumberland Plateau in Northern Tennessee contain some of the most magnificent scenery in the Eastern United States. If you do not feel comfortable with a section of the river, you will be allowed to opt out. If you have questions on or off the river, ask!

Camping is done in a primitive setting near Nemo rapid. At night you can hear the sounds of the rapids as you go to sleep. Nemo Campground is both a put-in and a take out, depending on where your instruction takes place. Space it tight, but somehow everyone finds a place for pitching a tent. The Club puts up a huge tarp in case of damp weather and that is also where the kitchen goes! Most years we have both good weather and good water lev-els... but it has been know to be rainy and cool for the clinic. So come prepared! Facilities are limited to porta-potties. The club brings in barrels of drinking water, lots of food, and all the equipment need for the weekend of learning and fun! That is no small task...most years that means taking care of the needs of over 100 students, instructors, and support people. Once off the river, there will be tons of other activities from getting to know members (or hopefully soon-to-be members) of the BWA to drum circles!



Thoughts on



pile/poly, neoprene or fuzzy rubber pants, and decent shoes. A farmer john is under the drytop is better, a drysuit is even better and a goretex/breathable drysuit is ideal. Remember that drysuits do not insulate, so wear the proper layers under it. If you can't wear shoes in your boat, get a different boat for winter creeking. Carry a helmet liner and a spare pair of pile of poly glove, you lose a lot of heat through your head and hands. As a side note, if you are hiking, carry a full rain suit, a pile or wool hat and a pair of gloves.

Survival Gear

There has been a lot of talk on Boater Talk and American Whitewater lately about what to take as survival gear for winter paddling trips. While I don't profess to be an expert, I've spent my fair share of time sleeping out rolled up in my poncho, so let me give you some of my lessons learned.

What is Wilderness Survival? At the basic level, it's keeping the body within an acceptable temperature range, reasonably hydrated and with enough fuel to adequately support normal body functions. It is important to understand what body functions take priority and address those issues.

Simply put, you will die of hypothermia/exposure before you die of thirst, you will die of thirst before you starve to death. The military survival courses (and the Boy Scouts) give their priority of work as first aid (they are assuming an aircraft crash), shelter/protection from environment, water and then food. From a boater's point of view and the time frame that we are talking about, only the first three really affect us, particularly shelter/protection from the environment and water. Let's take a look at these individually.

When we talk about shelter/protection from environment, what we are really trying to prevent is hypothermia. So how does the body lose heat? The basic mechanisms of heat loss are conduction, evaporation, convection and radiation. So how do we prevent and/or slow these processes? The first and most important step is to dress for the environment. For winter and early spring boaters, in my opinion, a minimum level of dress should be drytop, layered

I carry water purification tablets with me on river trips. While you can probably survive for several days without water, especially in the southeast, dehydration affects performance fairly quickly and makes you a lot more likely to become hypothermic, so water becomes a survival issue a lot sooner than most people realize. Take the tablets along and stay hydrated. A good alternative is a water bottle with the built-in filter. Then all you need to do is scoop and drink. Be aware that silty water will clog a filter in a heartbeat, as will high tannin levels. I would still carry the tablets as a backup even with one of these units. Pur makes a chlorine-based tablet if you are sensitive to iodine.

So what do I carry in my survival kit? A survival blanket called a "heat sheet", LED flashlight, butane lighter, 2 "Wetfire" firestarters, a candle, water purification tablets (Potable Aqua), a small tube of sun-screen/bug repellent (this isn't a critical item in the winter, but I leave it in there anyway), a Fox whistle, a small compass, a piece of aluminum foil (wrapped around the candle), backpacker toilet paper (my single concession to civilized standards) and some kind of energy bar. All of this fits into a 32 oz Nalgene bottle with a bit of room to spare and weighs around a pound. I prefer the "heat sheet" to a "space" blanket because it's a bit larger and the outside is blaze orange. Any of these aluminized poly film blankets do an excellent job of slowing radiant heat loss and help with evaporative and convective heat loss by blocking the wind. They do very little to prevent conductive heat losses, something to keep in mind if you end up trying to sleep in one overnight. The "wetfire" tinder blocks are small, burn hot, and will light when wet, and an important issue if you are trying to start a fire with wet wood. An alter-

native to these are "esbit" fuel bars. They are small and will also light when wet, although not as easy as the former. The candle is a back up, it puts out surprising amount of heat if you sit it between you legs and block the wind with the survival blanket. You can actually heat water over it if you have a canteen cup (you can fabricate a cup to heat water with out of the aluminum foil in a pinch). The sound of a Fox whistle is supposed to carry farther than the standard, but this is something that I haven't tested. The compass I carry is a small Silva compass that will clip to a pocket. I use a Princeton LED flashlight because of the size, brightness and long battery life. This kit is easy to throw into your butt pack or day pack if you decide to go for a hike too.

I carry a separate first aid kit in a drybox, although it is easy enough to put these items into a Nalgene bottle (the cheapest reliable dry storage). I carry a CPR shield and gloves in the pocket of my PFD, along with a whistle and a knife, my preference is a folding Spyderco Rescue. I carry a basic pin kit in a separate small drybag (pin kit= 2 prussik loops, 2 carabiners, and 15' tubular webbing) plus a 5/16" spectra throwrope to complete my basic creeking gear.

A couple of parting thoughts if it comes to the point that you are going to have to walk out/spent the night on the river. Walking out in the dark can be very dangerous and it's very easy to get lost if you are not on a clearly defined trail. Find or build some shelter and settle down for the night and walk out the next day. Be familiar with the basic orientation of the area that you are paddling, where the roads and access points are and how to get to them. If you separate from the rest of the party, they paddle out and you can't, have a plan on where you are going to meet and what the contingency plan will be if you aren't at the meeting. Learn how to build a fire when the wood is wet (hit: only the outside of the wood is wet generally, shave it off and burn the dry part. The dead limbs close to the trunk of standing trees are often dry even after a rain. If you end up sleeping out, try to insulate yourself off of the ground with dry leaves or dry grass, it helps with conductive heat loss into the ground.

Hope this helps if you ever find yourself in one of these situations.

Thanks,
Larry Cable

**More good advice from Mr. Safety:
Larry Cable**

Roll, Roll, Roll, Your Boat!



Be ready for the Spring rains!

**Don't miss the Final Roll sessions:
February 11, 18**

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.

**Cost: 5.00 member, 10.00 non-member
Under 12: 3.00 member, 5.00 non-member
New Time: 7:30-9:30 pm**

**New Roll Pool Location in February:
North Lexington Branch of the YMCA**

**381 West Loudon Avenue,
next to the Health Department & behind Lexmark .
859-258-YMCA (9622).**

**Remember to wash you boat off
before taking it to the pool!**

BWA Roll Sessions: A Short History

Early members of the BWA quickly realized in the first year of the club that they needed a way to learn and practice how to roll their boats. The club was formed in late 1976 and the following winter BWA roll Sessions were first mentioned in the November, 1977 (Vol. 2, No. 1 issue of Bowlines. It announced:

Roll Sessions- in U.K. indoor pool, will begin sometime in November and will be held every Sunday morning 8am-12noon through the first of March...depending of course on outside environmental conditions. This is a great time to learn to roll a decked boat or to sharpen up your abilities for the spring. Ask around SAGE for the exact dates.

Roll session continued there in the winter of 1978, but we never got very excited about the location. It was hard

to find a close place to park, you had to carry your boat through the men's changing room to get it to the pool and the pool water was always cold (for the racers). A start time of early Sunday morning was a downer for a club that liked to stay up late on Saturday night and party.

We finally made a move for the winter of 1979 to the Y at Crosskeys. The YWCA had bought the facility from the Aqua Club and our move to the Y meant no more early Sunday mornings in a cold pool. Members could drive up to the back and carry boats through the side door and drop them in the pool. Weeknight sessions also meant that the roll session no longer interfered with weekend parties or paddling trips.

From the December 1978 (Vol. III no. 1) issue of Bowlines:
Rolling at the "Y" !!?

As the temperatures outside decrease, so do the number of people who are calling up every Thursday night want to go on a weekend trip to some remote whitewater stream somewhere. It is really odd how personalities often change with the outside air temperature. When it is above about 50 degrees and the Big South Fork Gorge is at 3000 cfs, paddlers eyes sparkle and every one and his dog want to ride with you to the put-in at Burnt Mill bridge. Below that magic temperature however, these same conditions will only stimulate these same individuals into dreaming up reasons why they really can't go this time. How many sick aunts can there be at one time???. Cold weather paddling can be a lot of fun if you are prepared for it!!!



The BWA used Memorial Coliseum pool for the first two years

For the third year in a row, many of the cold weather refugees from the BWA are find our weekly indoor pool sessions a great place to learn to roll a kayak or a C-1, work out on slalom gates, or just keep those delicate muscles from turning soft. The pool sessions are being held every Tuesday evening from 9pm-11pm at the YWCA at 1060 Cross Keys Road. After Christmas, we will probably switching to another night, so check to be sure. It costs us \$2 a head to rent the pool, so don't forget to pay and sign-up at the desk.

We are going to be conducting an organized pool slalom one Sunday in February, which should prove to be a lot of fun for everyone. As soon as we get an exact date and a confirmation form the YWCA, there will be a flyer going out with all the info.

Even if you don't have any of your own equipment, there is always enough gear around for everyone to share, so come on out with your kids, spouse, etc. (sorry no dogs!) and learn to roll at the "Y"....which we have dubbed the Young Women's Canoe Association!!!

Now that the YWCA at Gardenside is closing its doors at the end of January the hope is to find a place that has been as good for us for the future.



The BWA has taught hundreds of paddlers how to roll canoes and kayaks at the Gardenside YWCA pool over a period of almost 28 years.

Roll sessions are just one thing the BWA has done to promote river safety and water skills. In the early eighties it held the first non-government River Safety Symposium.

Soon after it started winter roll sessions the BWA started an annual weekend Paddling Clinic for teaching whitewater skills. The club has also co-sponsored members in safety classes, had river safety poster contest via the NPFF, and has a member who job is safety chairman for the club.

All of these things have been possible because members pass on knowledge they have learned from earlier members of the BWA. This tradition and spirit of volunteerism has made the club a success for many years and you might say it began with the winter roll sessions.



Don Spangler



Part I

I first spotted Playdini in an eddy on the Upper Tiddy Bu Bu. The Upper Tiddy is a fun but very remote river in Central Africa. It's technically a class 3+ stream with a lot of playing opportunities but has class 6 consequences. If you don't have a dynamite roll you become a dynamite meal for Mr. Croc. That's if nobody else swims before you..... It's a good reason to boat with lots of friends or perhaps an enemy or two. With a burst of speed and a duffek stroke, I was sitting next to the worlds greatest play boater, Playdini.

I was speechless but managed to blurt out, "What's the line?" After describing half a dozen rodeo moves and the obvious route, he explained why he was alone on this dangerous river. Five boaters had flipped and missed their rolls in "The Gauntlet" where huge crocodiles hang out in a deep but small pool below a 20 foot waterfall. Even the great Playdini carried around this drop. Some boaters can't resist a waterfall no matter the risk.

The last two miles were non-stop with playful

rapids I'll never forget. Big Tiddy Falls, Cleavage and Tripple Nipple were the highlights. They were unique but somehow familiar. After being nearly trampled by a herd of water buffalo at the take out, we were fortunate to find a local club where we drank monkey beer and ate termite dip. Although, the dip was surprisingly tasty it was expensive.

Of course our conversation turned to boating. Playdini asked me if I had ever boated the section above the Upper Tiddy. "The Top Tiddy? You've had to much monkey beer! I thought that was a sacred stretch of river." I shouted incredulously.

"Only to the Bu Tu tribe" Playdini grinned. "Are you up for the greatest ride of your life? The water levels perfect! No crocodiles because the gradients too steep. Ten miles of class 5 reptile free paddling."

It may be crocodile free but there were rumors of a tribe of headhunters still living along that stretch of river. I reluctantly declined the offer, drank one more monkey beer and went to bed dreaming about my day on the Upper Tiddy and meeting

Playdini. The next day Playdini was gone! Would I ever see him again? Did I make the biggest mistake of my life by not doing the Top Tiddy? Little did I know that I would be meeting Playdini many more times in very remote locations.

Part II

I was in French Quebec playing pool and beating a boater from Ontario only because he had more to drink than me. We were in a French touristy motel/restaurant thankful to be out of the rain. When he got tired of me beating his skinny Canadian ass, we ordered dinner and watched those sweet French waitresses prancing around. After an hour of drinking, thinking & winking, I was wishing that I had paid more attention in French Class during high school and college.

As usual when two or more boaters get together, the conversation turned to boating. Francoise, the bartender, was giving us free drinks by this time because he loved to hear me talk. He thought my southern accent was funny. I didn't care as long as the drinks were free. When he heard me mention Playdini, he informed me that Playdini had been staying in the motel for a month and probably would be eating soon.

In walked Playdini smiling like he had just won a rodeo. In fact, he had, but he was still there only because of a local creek that is rarely navigated. The Pudhomme! The locals call it "Le Pud". It is rarely run because it is rarely up. It rises and falls quickly but can stay up longer if the conditions are just right, but when it is up it is a ride you will remember for a long time. It is a local favorite among women who are lucky enough to hop on it.

Although, it had been months since I met Playdini on the Upper Tiddy, he acted as if it were just yesterday. He quickly described the Pudhomme as a bonified Class 5+ run and said that 12 inches were being predicted. He said that when it rains that hard at night, the Pud is always up in the morning without fail. I agreed to meet him at 7am for breakfast and had agreed to boat with him. It would be my first time on "Le Pud". I felt anxiety as I drifted into a deep sleep because 12 inches sounded like a lot of rain.

The trail to the put-in was not always obvious but

worth the effort if you took your time and paid attention to the clues. At times you had to bush whack through tangled vines, briars and the incessant horde of black flies and mosquitoes. It was worth the effort. The trail led to the majestic Viagra Falls. Immediately, testosterone began racing through my veins like cheap crack. I wanted to jump into my boat and ride that rapid until I was spent. However, after closer examination, I began to feel inadequate. Viagra Falls was no floozy but a complex high class rapid. The drop may not be as long as you would like but the moves necessary to reach the bottom safely were many. I just couldn't blindly hop on and expect to get my way. I knew I had to be patient and only go where the water invited me. Only then would I reach that great surfing hole at the bottom nestled between two moss encrusted boulders.

I ran the rapid 5 times and smoked a cigarette for the first time since high school. I was in love. I had run the ultimate rapid and didn't want to paddle any further. I was content to just run that rapid for the rest of my life. It invigorated me. I had felt blood rush through my body as I penetrated holes and navigated tight lines hurtling towards that play hole at the bottom. When I dropped into that hole, nothing else existed until I exited.

Playdini had to smack me to my senses to get me back on the river. He said he didn't need me to run the remaining 12 miles of non-stop class 5+ white water, but did want me to photograph him running Stiff Creek Falls, Johnson Falls, Tallywhacker, Salami Rapids, Midnight Dangler, Ramrod Chute, Mighty Joe Young and Chicken Choker. I agreed to get back in my boat only because I didn't want to disappoint Playdini again like I did back in Africa when I had declined an offer to run the Top Tiddy.

My hands shook while putting on my spray skirt. Could I paddle another rapid after Viagra Falls?

To be continued!

The Author of this story is a world class playboy and whitewater enthusiast who wishes to stay anonymous. He has dated class 6 women from around the world and regularly paddles women-I mean whitewater.

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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