

BOWLINES

Newsletter of The Bluegrass Wildwater Association

March/April, 2007

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Meagan Winkler

Phillip “Bubba” Sisk finishes his run on the Little

A “Little” Fun.....

by Phillip Sisk

I think I’ve decided that Spring is my favorite time of the year. This year seemed to be especially grey and dreary, and the thought of birds chirping, grass growing, and a warm sun shining on my bare feet

Conservation Corner

Dustin Anderson
Conservation Officer



River Clean Up News!

Upper Red River: Saturday, May 12th, 9am

Lower Red River: Saturday, June 9th



The Upper Red River is a very scenic stretch of wild water earning it's Wild and Scenic designation through the Clifty Wilderness. It's definitely worth the day to

paddle it if the water is there, but the cleanup is just as worth it. The area along the river gorge has seen increasing amounts of traffic along the last couple miles from dayhikers and campers. Not all users follow the "Leave No Trace" belief and leave their trash behind. This, compounded by upstream trash, creates a renewable supply of trash that needs to be cleaned up to help maintain this stretch of water. Volunteers are always needed for shuttle and clean up along the trails of the river, so no boating experience is needed. Canoes and sit on tops are the best if the water is low, but kayaks are still useful for carrying food and pulling duckies full of tires. The hard work is well worth the friendship and relief team at the end of the day, and the Miguel's pizza caps it off!

The Lower Red River passes through the middle section of the river between the one lane concrete bridge to the iron bridge take out. While the Sandstone cliffs around the gorge rim are quite impressive, the river gradient decreases. Paddling on pools filled with indigenous muskelounge, you will find natural garbage collectors (high water strainers) waiting to be emptied. More detailed information to follow.

Also, the National River Cleanup is June 2-10. During this week, I would suggest everyone to take some time and pitch in by cleaning up a stretch of water where ever you may be. Everywhere counts since it

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

Club Officers 2006-2007

Join in on the Fun!

President	Philip Sisk	859-396-7445
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Secretary	Kelly Glasser	859-312-2031
Safety	Joey Calder	859-397-4675
Program	Dale Perry	859-489-5334
Newsletter	Kathy Rose	859-797-4727
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At-Large Member:	Chris Schardl	859-277-5944
Membership Coordinator	Megan Memmer	734-945-1653
Wildwater Cats Rep.	Jessica Dussex	859-737-3131
Past President	Jason Bailey	859-278-0764

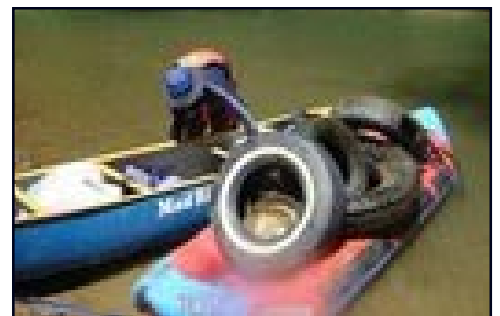
BWA website: www.surfbwa.org

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.

To submit newsletter articles and/or pictures email Kathy Rose: kmrose@email.uky.edu

will end up in the river eventually. As time approaches be on the lookout at the "Keep Our Rivers Flowing" link for organized creek clean ups. If you



would like to volunteer to head up a clean up effort, please contact me and I'll put a list of creeks together.

E-mail me for directions and more information: wirednut14er@yahoo.com

Thanks,
Dustin

cont. from pg. 1

were almost getting to me. Meagan and I often fight off the stresses of work and common-life by planning short weekend getaways to our favorite places. In February, I planned a trip to camp in Hot

been unseasonably dry. By Thursday I knew something would be running that next day so we opted to leave out early Friday morning. I awoke and called the TVA line for stream updates. The Oconaluftee reading was already up 1000 cfs from midnight and I knew that we were in business for some boating in the park.



Meagan Winkler fighting snow drifts to Max Patch

Springs, NC in hopes of paddling or at least hiking. Although the forecast was less than stellar, I was adamant about getting out of town and back to the roots of what makes me tick. The weather indeed didn't cooperate, but several things still came together to make it very memorable, to say the least. But even with incredible vistas, hiking in knee deep snow won't do much to cure the thirst for spring rains, that's for sure.

Along comes mid-March and we've got another chance to sneak away. We decide to head to Townsend, the lazy side of the Smokies. It's a short trip from Lexington and a place with many options for fun in case the weather agreed to disagree again. Luckily, it didn't. By a few days before it was obvious from the forecasts that rain would come. How much was yet to be determined. We'd need a lot since this spring has

On our way south, we contemplated which direction to go. Options are always nice, but making the wrong call when hoping for water can sometimes cost you a day. I've been wanting to paddle Big Creek and Greenbrier for awhile now. Both were probably running. However, since we were staying in Townsend, my talk quickly turned to the hike-up Elkmont run or Tremont. Meagan could bite off as much as she wanted on either of those, but she quickly informed me that she didn't care to hike 3 miles with her boat so Tremont it was.

Tremont, actually the Middle Prong of the Little River, is a roadside run just off of the road to



The scene on lower Tremont

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Cade's Cove. It's a clear running, continuous stretch of water snaking through sharp rocks and broken boulders. It's in the Smokies, so you know it's beautiful. Without a partner for the top part, I opted to put-on at the first bridge down from the top. While I don't recommend paddling alone, especially on a new run, there is something very liberating about tackling the puzzles that often are creek-boating, by yourself. Boat scouting horizon lines and finding the next eddy, working the boogie water moving quickly downstream, and hopping out for quick checks on fallen wood made up that first few miles until I joined back up with her. She put-on just above the Tremont Institute and we continued downstream for her first taste of low-flow rock banging in a creek-boat.

The next morning we'd gotten a call to meet up with Chief and Betsy for some more fun. The original hopes were Abrams Creek or Greenbrier, but both

had dropped. We met at the Little. We put in just below Elkmont campground and had high hopes of making it to at least the Elbow, maybe the Y. Unfortunately a patch I'd made for my well-used creek-boat wore out and by Metcalf bottoms I was dumping water every 50 yards, so we called it a day. Although we had done the Sinks section several times, that was the first time either Meagan or I had run that stretch of the Little. We both really enjoyed it as another intro to tight/technical low flow creek-boating. Four good rapids highlighted that run in addition to the fun ledges. Big Sycamore, Bridge rapid, Tricky Dick and the Flume all come at you pretty close together. The Flume was especially fun as we dropped out of sight over a ledge on the right knowing we'd need to be driving left. We were unaware that in driving left you would boof another hole and into a flume of water rocketing you downstream.



Chief entering Tricky Dick



Meagan Winkler

Bubba Mind'n the boof

Chief and Betsy returned home as the Little is a mere backyard run for them. Meagan and I en-

joyed beer and pizza and even caught some of the NCAA games to finish off the day. Sunday brought another run on the Little, this time from Metcalf Bottoms to the Elbow. By now the dry spring had led to a quickly-dropping Little. The level was less than 2.5' on the Y gauge, but it channels up nicely.

Good lines by all and we were enjoying an après-paddling beverage while soaking up the aforementioned warm sun on our bare feet. Reluctantly we opted against staying an extra day for the Tellico with Chief on Monday and headed home just in time to watch UK fall to KU. Basketball season was

over and spring was finally in the air. Here's hoping for a "Little" more fun soon!

You Loved Them at the Party...

"Whitewater Wontons"

- 1 lb sausage
- 1/2 or less green pepper
- 1 pkg ranch dressing mix
- 16oz sour cream
- 8oz Monterey jack/colby cheese blend (Fiesta Blend by Kraft)
- 1 pkg wonton wrappers (in health foods/veggies by tofu, etc.)

Pre-heat oven to 375
 Brown sausage with the green peppers, drain
 Mix other ingredients together in bowl.
 Add sausage/peppers to mix.
 Combine thoroughly.
 Place about a table spoon of mix in the middle of each wonton wrapper.
 Bring corners together and press together so they stick.
 Evenly space uncooked wontons on lightly greased



Don Spangler

Christy, Joey, and Angella make wontons at the NPFF

cookie sheet.
 Bake at 375 for 10-14 minutes or until edges of wrapper start to brown.
 Allow to cool briefly (they are hot), serve, and enjoy.

Tips: for a more festive flavor, use a spicier sausage. Also, if the wontons are not sticking when closed, lightly dampen the corners to aid in sticking together. If they are not browning after 14 minutes, allow to cook a little longer. For larger batches, double or triple accordingly.

Shared with you by Christy Morgan



Harry McChesney at Meltdown

The Final First Descent of Sugar Creek

by Dale Perry

After years of looking at it off and on, Ex-President Jason "Jbob" Bailey, Harry "Chronic" McChesney and I paddled Sugar Creek in Garrard county. This class II-III stream had excellent surfing, fair scenery and poor water quality. While it wasn't listed in any guide books nor the AW's National River Database, I suspect that this was NOT a first descent, but you never can tell. Please contact me if you've run it. I've got questions.

At the level we did it, low to medium low, the surfing was pretty sweet. Nothing spectacular, but literally dozens of waves and smallish 360 holes. Surfing wise, it reminded me of a low to medium low level Muddy Creek. There are also a couple of ledges that were big enough to be sticky. They may turn into excellent surfing at higher levels or they may just smack you around a little and spit you out sans boat, paddle and pride. More research is scheduled. We'll get back to you on it...

The scenery consisted of low banks with a few high (40-50 foot?) cliffs. A couple of waterfalls dump in on the river right.

The water quality, like most streams in our area,

is questionable. Cattle farming is evident, though on the section we did, we didn't see any cattle in the creek. It did not have an odor that I noticed, but my sniffer doesn't always work properly (that's sometimes a good thing).

This stream does not have the gradient of Muddy or Benson Creeks. There are no individual drops that are as big as typical Muddy or Benson Creek drops. This will probably mean that it will wash out at a much lower level than Muddy or Benson which are good runs up into the 6-7 foot range and above. I suspect that most of the smaller waves will disappear with about 3-4 feet of water.

Note: There is no existing gauge.

Like most of our local streams, if it looks good, jump on it.

The first ledge we came across, we dubbed Chronic aka Barn Doors. It's a great surfing spot recognizable by the barn on river left.

The second ledge is Meltdown. For maximum effect, drop in on the far river right and try to keep your boat level.

Several ledges on down was a sticky ledge with a small horizon line we called Harry's Chronic Jr.



Harry's Chronic Jr.



NPFF 2007 Still Image Winner

NPFF Wrap-UP

by Todd Garland

Running the National Paddling Film Festival has been very much like a typical big-water trip on a new river – upside down, out of control, sometimes swimming as hard as I can.

The NPFF is 24 years old, and somewhat of an institution among the paddling community, especially here in the Southeast. It has been run extremely well by several dedicated volunteers over the years, and has seen many incarnations on its path to what it is today. I remember the NPFF as the first whitewater festival I ever attended, about 10 years ago, and have attended every year since.

During the course of several club meetings last year, it became apparent that someone needed to step up and take over running the show. I pondered, with great trepidation, the idea of volunteering. I was afraid that I would try to take too much on myself, and would get frustrated, and possibly

alienate the very people I've come to regard as my tribe. I discussed it with several people whose opinions I trust, and decided that I would give it a go.

Fortunately, also like a typical big-water trip on a new river, I had lots of friends to back me up when things began to go awry. The NPFF Committee is made up of several volunteers who have been doing this for a while, and they knew very well what needed to be done. All the fear I had that I was going to have to do it by myself evaporated after the first couple of meetings, and I was able to learn to let others simply do what they knew how to do better than me.

As the weekend of the Festival approached, and more time was taken up by preparation, I began to get anxious and nervous again, and the "What ifs" took over. What if nobody sends films? What if

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nobody shows up? What if we run out of food? What if the music isn't good? What if the projector breaks? What if the venue burns down? What if Lexington is taken over by packs of rabid dogs roaming the streets? WHAT ABOUT NAOMI!? (Those of you under 35 probably won't get that last one.)

When Friday the 23rd finally rolled around, and I pulled up to the Woman's Club to start setup, I felt pretty calm. At this point I was committed to the drop, and there was nothing to do but stay on line, lean forward, and boof hard.

The next two days were spent running around like mad, trying to make sure everything was running smoothly. Thanks to the tremendous volunteer staff, the entire weekend went off pretty much without a hitch; I grinned from ear to ear for nearly 48 hours. What a FANTASTIC EXPERIENCE!!!

The crowd was bigger than I expected, especially on Friday night. It was very exciting to see the place fill up so quickly. I got to see lots of familiar faces, and many more new ones. My sister and her kids even showed up at one point on Saturday, and she was impressed by how friendly all the boaters were to her and my niece and nephews. She even went so far as to join American Whitewater, just to help out the cause.

Saturday was huge! The dining area was so full, we had to shoo people into the actual theater.



Bubba and Super Dave ponder ELF runs at the beer tent

Team Wavesport and Team Dagger represented, and it was cool to realize that the Brian Jennings I kept hearing about was an old friend of mine from



AW's Ben Van Camp receives the big check

WV. When the time came to do the money awards, I felt so honored to be up there presenting the big checks to American Whitewater, the Green River Access Fund, and the West Virginia Rivers Coalition. To be able to give something back to the community that has given me so much was extremely cool.

Our Guest Host John Grace was tremendous. Who better to have at a paddling film festival? John showed some awesome footage, and gave a very informative presentation on what goes into making a paddling video, along with great tips for those looking to try their hand. I look forward to working with John and LVM in the future. What an all-around cool guy! To be able to make the Nealy Award presentation in memory of Daniel DeLaverne was another experience I'll always remember.

In short, the 24th Annual National Paddling Film Festival was a huge success! We donated \$4000 to river conservation efforts, and brought together paddlers from all over to celebrate and enjoy each others' company. It was a tremendous personal experience for me, and I look forward to doing it next year, for the blowout 25th Anniversary.

I'd like to thank all the volunteers who helped out



John Grace gives advice on making paddling videos

The rest of the cast:

Allen Kirkwood, Larry Cable, Jessica Dussex, Chris Hellman, Codi Foley, Travis Bolinger, Alicia Rowe, Joe Wheatley, Dave Merrifield, Dan Grimes, Emily Grimes, Jennifer Coates, Nate Nitz, Penny Kephart, Jonathan Dale, Hanley Loller, Barry Grimes, Dave Howard, Brian Sandmann, Kelly Glasser, Jeff Kirkner, Guy Evans, Zina Merkin, Robert Milgate, Dave Lafferty, Justin Bolender, Joe Wheatley, Gary Ress, Andrew Koch, Adam Trunnell, Dave Martin, Tim Miller, Christy Morgan (sausage wontons!) (I have probably missed a couple of names, and if so, I'm sorry. I really appreciate everyone who helped out!)

during the event – especially the NPPF Committee. Volunteers are:

NPPF Committee:

Phillip Sisk, David Leachman, Dustin Anderson, Jason Foley, Joey Breckel, Dale Perry

Behind the scenes stuff:

- Website & Ticket Sales - Jason Foley
- Guest Host Contact - Phillip Sisk
- Sponsors, Silent Auction - David Margavage, David Leachman, Dave Thomas, Cynthia Grimes, Phillip Sisk, George Mead, Justin Bolender, Dave Lafferty, Rick Everton
- Beverages - Phillip Sisk
- Judging - David Leachman, Hanley Loller, Jason Bailey, Chris Hellman
- A/V - Joey Breckel, Jason Foley
- Poster Contest - Joey Calder
- Still Images - Chris Howard
- Food - Angella Anderson (YAY, FOOD!)
- Venue - Dustin Anderson, Meagan Winkler
- Insurance - Tyler Cundiff
- Music - Dustin Anderson, David Leachman
- T-shirts - Megan Memmer, Tim Miller
- Paddling Club Outreach - Zina Merkin
- Program - Don Spangler
- Treasurer - Dave Thomas

Professional and Accomplished Category Judges:

- Bill Eades
- Stacy Doose
- Ben Hasler
- Spalding Hurst
- Oliver Levey
- Clay Wright



Brian Jennings of Team Wave Sport

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The filmmakers themselves:

David Hamlet, 2006 World Cup Feestyl Kayaking Championships
Taylor Cavin, A Kayk Assisted Hiking Trip
Jefferson Beck, Up A Creek
Vittorio Pongolini, Kayaking, Where the Day Starts 2
Daniel Monskey, The Last Kung Pao Through the Yong Bao Gorge: A Mekong Expedition
Ammen Jordan, Wavesport '07 Promo
Spencer Cox, Grayscale
Simon Westgarth, Gene17 Advanced Whitewater Technique
Steve Runnels, Lake Creek, Colorado
Yellowbird Samora, A Time Ago
Eric Atchison, Evolutions – A Creature Craft Story
Nathan Sass, Teen Angst
Dan Fowler, Fire It Up! Blazing Paddles Part 2
Matt Buys, The Death of Desolation
Chris Gorman, Gravity
Ladd Campbell, Waxed Poetic – Tashenshini River
Heath Damron, A Year in the Life of MUWC
David Spoelstra, The Cleanse
Remy Mansfield, Migratory Species
Bryan Smith, The Range Life: British Columbia, Summer 2006
Simon Westgarth, Neva Foreva
Trip Jennings, Mission: Epicocity

And the winners:

Amateur General - The Cleanse
Amateur Documentary - The Death of Desolation
Accomplished General - The Range Life: British Columbia, Summer 2006
Accomplished Documentary - The Last Kung Pao through the Yong Bao Gorge
Professional General - Neva Foreva
Professional Instruction – Gene17 Advanced Whitewater Technique
Professional Commercial - Wavesport '07 Promo
Paddlers Choice - A Year in the Life of MUWC
Best of Festival - The Range Life: British Columbia, Summer 2006
Still Image Competition - Chris Barry
Kids' Safety Poster Competition – Zach and Steven Buys
Best Chili – Christy Morgan, White Chicken Chili

Thanks to our Sponsors:

American Whitewater
Bluegrass Brewing Company
Canoe Kentucky
Dagger
Jackson Kayak
Kentucky Ale
Kokatat
LiquidLogic
Madawaska Kanu Camp
Snap Dragon
Wavesport

The bands:

Upshot Trio
Sexual Disaster Quartet

And thanks to everyone who came out to celebrate the Best in Paddlesports Imagery! We'll see you on the water, at the Festivals, and back in Lexington next year!



Todd can't believe he won a new boat!

cont. from pg. 6



Chronic a.k.a. Barn Doors

Access seems pretty good. Much of the run is roadside, though you have to ford the creek a couple of times(not recommended if it's running). To get there from Lexington, take 27 south across the Kentucky River. Continue about 4.7 miles to 1355 and turn left. After about 4.4 miles, turn left on 1971 and the take-out will be where the road crosses the creek(about 2.6 miles?). To get to the put in, drive back to 1355 and turn left. The community of Three Forks is about 1.5 miles from 1971. We put on nearly a mile upstream of Three Forks. It's only about 18 miles from New Circle Road as the crow flies, but it takes me nearly 45 minutes to get there from home near Man-O-War and Richmond Road.



Bluegrass Wildwater Association
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