

BOWLINES

Newsletter of The Bluegrass Wildwater Association March/April 2009

In this issue:

Team River Runner
Brothers of the Bashkaus: A True Whitewater Adventure
Elkhorn Council Update
American Whitewater's River Access Area Management Guidelines
Off the Cuff
Allen Kirkwood Recognized By American Whitewater
National Paddling Film Festival News
It's Time for the Red River Clean-up (Almost)

Changes!

New Web URL:
www.surfky-bwa.org

New Meeting Location:
Mi Mexico



Team River Runner (TRR) was formed in August 2004 by a group of kayakers in Washington, D.C. The non-profit organization used kayaking and paddling sports as a form of rehabilitation for veterans of the Iraq and Afghanistan wars. The program has become extremely popular with new TRR chapters

opening across the country.

I was introduced to TRR through a post on the BWA forum. I learned that the Lexington VA with help from Nathan Depenbrock of Canoe KY had formed a Lexington chapter of TRR. Last fall, I, along with

Looking Ahead

Coming Programs for BWA Meetings

April: "Team River Runner"

Nathan Depenbrock has worked with Team River Runner in Kentucky for almost 2 years. Nathan came to work for Canoe Kentucky in 2002, with a background in Outdoor Recreation. He takes his ownership in the business seriously, especially the instruction and safety portion of the operation. He is an American Canoe Association Instructor, a Swift Water Rescue Technician and an EMT.

May: "THE KENTUCKY AND UPPER CUMBERLAND WATERSHEDS"

Rob Miller and Malissa McAlliser from the Division of Water will give presentations concerning the water quality of the the Kentucky and Upper Cumberland watersheds. As Basin Coordinators in the Watershed Management Branch they will explain how the state regulates point and non point source discharges.

June: "FOSSIL HUNTING"

Dan Phelps is currently the president of the Kentucky Section of the American Institute of Professional Geologists and founder and president of the Kentucky Paleontological Society. He will give a presentation explaining where to look for fossils while on the river.

Club Activities

BWA Spring Clinic

This year's clinic will be held at the Nolichucky River Campground on **April 18-19**.

Check: http://www.surfky-bwa.org/html/events_clinicN.html
or contact Allen Kirkwood at : kirkwoodea@yahoo.com



Bowlines is the Newsletter of the Bluegrass Wildwater Association, POB 4231, Lexington Ky, 40504

Club Officers 2008-2009

President	Hanley Loller	859-806-9843
Vice-President	Allen Kirkwood	859-351-3823
Treasurer	Fred Coates	859-223-7200
Secretary	Chris Schardl	859-277-5944
Safety	Dale Perry	615-397-4675
Program	Lloyd FunkHouser	502-545-2201
Newsletter	Don Spangler	859-277-7314
Cyber Communications	Russell Hampton	859-218-5669
Conservation	David Ledgeman	859-879-0335
Film Festival Coordinator	Todd Garland	502-320-4077
Russell Fork River Festival Coordinator	Steve Ruth	606-754-4348
Equipment Coordinator	George Meade	859-948-6613
At-Large Member:	Brandon Jett	970-778-1002
	Clay Warren	859-326-0602
Membership Coordinator	John Mello	859-552-0648
Wildwater Cats Rep.		
Past President	Brent Austin	859-278-2011

Join in on the Fun!

Join the BWA! BWAMembership \$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: <http://www.surfky-bwa.org>

Submission of newsletter articles can be on CD (Mac or PC) or typed. Pictures can be digital or ready to be scanned. Please include stamped envelope for return. Preferred method: Files can also be e-mailed to: DonSpang@aol.com



Help the new paddlers after the clinic!

Volunteer to lead and organize a Summer Novice Trip.

Contact

Hanley Loller: hanley@hanleyanddenile.net

Allen Kirkwood: kirkwoodea@yahoo.com

Read over a decade of past issues
of the Award Winning Bowlines at:
http://www.surfky-bwa.org/html/bowlines_arcN.html

Team River Runner.. from pg. 1

some other BWA'ers, attended an informational meeting about TRR. It was there that we met Joe Mornini, one of the founders of TRR. Joe talked about the benefits of TRR with the veterans and gave numerous examples of success stories. One recurring theme in each success story was that the veterans, regardless of disability, felt that through boating they were able to compete on a level playing field again. No longer were they a paraplegic or a person missing a limb, they were simply another boater.

The first TRR outing was held on the Kentucky River in Frankfort. Several BWA'ers and VA personnel were in attendance and we helped get the veterans outfitted into boats and their gear. We paddled the stretch of river near the bridge at Capital View Park. At the informational meeting, Joe had talked and talked about a game that the veterans absolutely loved playing; kayak football. Having never seen or



Joe Mornini, one of the founders of Team River Runner

heard of this, I was curious. Being the volunteers, many of us chose to let the new paddlers play and we formed the end zones and sidelines. As Joe had described, the game was a big hit with everyone.

During this past winter, all of the TRR sessions were held at the Pavillion pool in Georgetown. The sessions always start with getting each person outfitted in a boat and assigning a volunteer to work with them. We usually talk about what kind of paddling experience they have and then tailor the session based on their skills. Many of vets are content to

just paddle around in the pool while others want to learn how to roll as soon as we hit the water. Regardless of skill level, they all seem to enjoy themselves. I remember one vet saying that he never had so much fun doing something while being sober.

Since the many of the vets are in short-term programs, the people who are at the sessions change periodically. One vet though has been present at almost every event. Ben, a young man in his late twenties, suffered a spinal chord injury that left him a paraplegic. Always cheerful and smiling, Ben shows up at the pool and works on his roll. Since he only has minimal control of his hips, his hip snap is not strong and he struggled to roll his kayak. But he never let the lack of success dampen his enthusiasm. Two weeks ago, Nathan worked with Ben and taught him a modified C-to-C roll and by the end of the session he had several successful rolls. When he hit the first one unaided, we all started cheering and yelling. The smile on Ben's face said it all.

TRR was formed to use paddling sports as a means of rehabilitation for our veterans. It is not about US politics or foreign policy. Most of these veterans volunteered to do a job that many of us chose not to do. They volunteered to serve our country and to protect all of us. In doing so, many of them returned permanently disabled. Many years ago, I worked as an underground coal miner. I was involved in a mining accident and my injuries forced me to spend some time in wheelchair. I knew that my injuries were temporary and I would soon no longer need the wheelchair. I often think about how I would have handled that situation if my injuries had left me permanently disabled. Like most of these veterans who are young and physically active, what would I have done if I could not longer lead the active life I once led? For many of these vets, boating gives them a chance to reclaim a part of their life that was ripped away from them and to feel whole again. One phrase that resonates with me every time I attend a TRR event is a phrase that Ben said about the impact kayaking had on him, "On the water, I am just like you."

With the coming of spring and warmer weather, future TRR sessions will be held outdoors. Plans are being made for group paddling trips and outings. Many of you in the BWA have attended the TRR pool sessions this past winter. I hope that you have gotten the same sense of fulfillment from this program as I have. If you have not had the chance to attend a TRR event, please come on out to the next one.



Allen Kirkwood

Ben nailing a roll with Allen watching

Volunteers are always welcome and don't feel like that you have to be an expert paddler or know how to do a back deck roll to be a part of this program.

I hope to see you at the next TRR event!



More about Team River Runner:

Team River Runner is an all-volunteer organization run by a council of kayakers and overseen by a board of directors. It works in partnership with The Wounded Warrior Project and Disabled Sports USA, helping veterans recuperate and find health, healing, and new challenges through whitewater boating. The focus of TRR's work is on soldiers recuperating at hospitals, but it also provides whitewater boating opportunities for family members as well as for other wounded veterans.

More info can be found at: <http://www.teamriverrunner.org/>
and <http://teamriverrunnerlex.blogspot.com/>

also....

Video for Wounded Warrior Project
https://www.woundedwarriorproject.org/component/option,com_seyret/task,videodirectlink/Itemid,918/id,34/

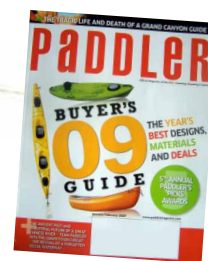
From Paddler Magazine:

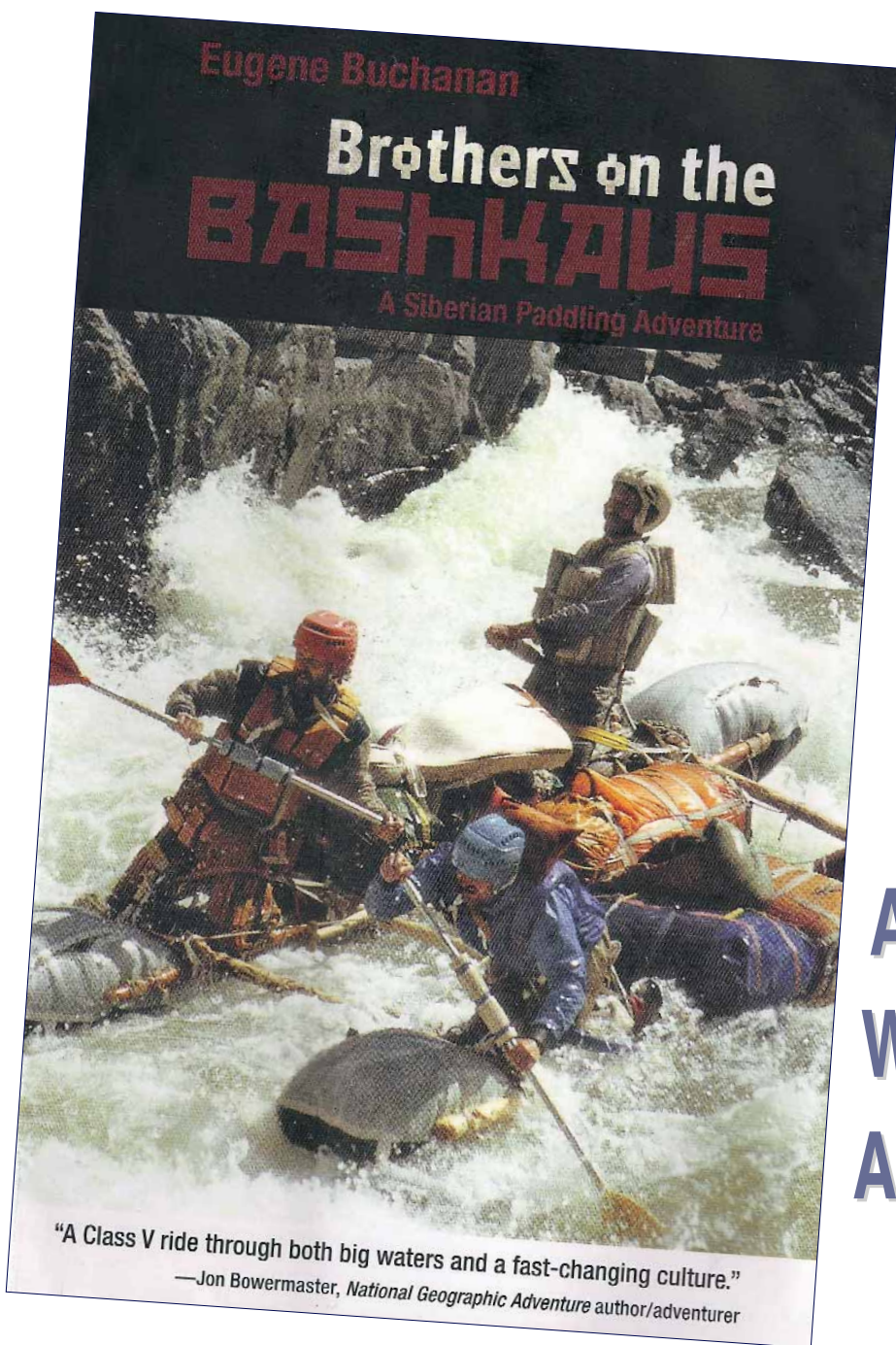
A New Momentum

Written by Kurt Mullen
Friday, 16 January 2009 10:22
War has torn a hole in the lives of these wounded soldiers. The Team River Runner program has used the healing power of whitewater to help them discover life after combat.

Troy Crawford was returning to the Malone House, a hotel for soldiers on the campus of the Walter Reed Army Medical Center in Washington, D.C., when curiosity lured him toward a van loaded with kayaks. Despite the loud, piercing ringing in his ears, the result of a bomb explosion in Iraq, he heard a stranger's question just then—and he heard it just fine.

Continued at:
<http://www.paddlermagazine.com/people/features/team-river-runner.html>





Brothers of the Bashkaus

A True Whitewater Adventure!

Don Spangler

“Brothers of the Bashkaus” is an exciting adventure story about four Americans who were awarded a Shipton-Tilman grant for an expedition to a remote Siberian river, the Kalar. These adventurers decided on the Kalar because it was remote and was in a an area that was largely unknown. The Soviet Union had just broken up and this vast wild and remote area of Russia had been visited by few westerners. In fact the Kalar was one of the few rivers they could locate and identify on any map and then determine that it was not impossible to run. They had been able to locat a Russian paddler, Andre, in Moscow who said he

would help them to run the Kalar. So with more planning, buying gear and organizing they headed to Moscow to meet up with him and then head on to Siberia and the Kalar.

The Americans arrival at the airport in Moscow was the end of that plan and the beginning of an wild adventure they could not have imagined. Andre was not at the airport, in fact he was not even in the Soviet Union. Instead they were met by three Latvians, Boris, Igor, and Sergei holding up a paddle with a sign duct-taped to it that reads “We look for four American kayaker that want to

go to Kalar river". Soon, after brief introductions, and being told that Andre will not show up, all seven pile into a small 2-door ca.r. Somehow they managed to get the gear loaded onto a makeshift rack and sitting on laps with gear packed into any open space they head to Sergei's apartment. There over herring, bread and copious amounts of vodka they reaffirm Andre showing up to take them to the Kalar is not likely to happen. It is while in this weakened stupor of jet lag and too much vodka that Boris convinces them to "meet his team" and go to the Bashkaus, "a strong river" unlike the much more mild Kalar.

The American's river skills would not be the only thing put to a test when they are forced by circumstance to not only change the river they had planned to run to one that was far more difficult, dangerous, and remote. Even more, they would also have to run a river and rely on a group of 10 Latvians they did not know and had not met till the last moment to lead them. Team "Konkas" would also insist that they abandon their high tech equipment and use homemade equipment and rafts. With the only likely option being cancelling the trip and returning to the US, the Americans have little choice but to join team "Konkas" to run this other river they had never heard of: the "Backhaus". Thus begins an adventure that would test not only each of them individually, but demand absolute unity of effort from all for survival and success.

"Your life jacket, no work," (Yevgheny) says, putting on his own. "This is jacket you need for strong river."

The source of his pride looks cartoonish. A giant inflatable collar rises behind his head like Dracula's cape. Two twelve-pack-sized rectangles of foam are sewn into each breast, with two more dangling in front of his stomach. When he finishes buckling his crotch strap he looks more like a motocross racer than a rafter. Our life jackets pale in comparison, both in fashion and flotation. Where ours are state-of-the-art kayaking life jackets made by reputable manufacturers, like their backpacks and tents, the Latvians' are entirely homemade.

Ramitch then puts his life jacket on. Soon, he is clad in purple from shoulders to toes like Barney the dinosaur. Ensolite strips are sewn into every available square inch of surface area for extra flotation. On his arms, the strips run parallel to his forearms before switching 90 degrees and running across the elbows for flexibility. Then, they resume a parallel position along his upper arms. The same Ensolite flotation pattern holds on the legs and knees of his purple overalls: parallel

Here is a just some of the things that these river explorers encounter and have to overcome: 182 hours of solid traveling to the river involving three airplanes, five cars, a seventy-three-hour train ride with an irate conductor, two buses (one with a bus driver drunk on vodka) , an army truck, and seven Siberian hitchhikers. Like the Latvians they use homemade catarafts made from old germ warfare suits with log frames fresh hewed from the forest. Meager rations consisting of pig-fat cubes relieved by occasional fish-eyeball soup was down by weak coffee and 12 liters of ever-clear-like rotgut vodka. The rotgut vodka comes in handy when traded to gun-wielding horsemen for a sheep. They run huge rapids known to have killed previous river explorers, a major landslide that has blocked the river, and difficult portages. All this while needing to use sign language to overcome language and cultural barriers.

Eugene Buchanan (the book's author and an expedition member), has captured some of the flavor of the expedition in this a short excerpt from "Brothers on the Bashkaus" (Fulcrum Publishing: www.fulcrumbooks.com). The river runners have arrived at the put-in of the Bashkaus and are building the rafts and checking their gear. Most of the river gear that the Americans have brought was left in Moscow on the advice and insistence of the Latvians. They did bring their standard factory made life jackets, but the Latvians do not think that they are adequate for the river:

along the shin and femur, and sideways across the kneecap for mobility. He's so protected, he could survive a Russian hockey game (the intended purpose of his light-blue helmet). The final piece of his ensemble is a plastic orange cylinder dangling from the front of his life jacket. Inside is mandatory survival gear: matches, fire starter, and, most importantly, cigarettes.

Next, Sergei the Small strides over with his life jacket. He puts it on over a white-and-maroon flannel shirt and joins the promenade. It's akin to being at a Paris fashion show, only we're in the middle of Siberia, the models are hairy-legged, stubby-bearded males, and instead of touting svelte bikinis, they're modeling bulky head-to-toe wardrobes for whitewater.

Sergei's life jacket has a markedly different look from the others. It's made from the halves of six soccer balls, with three domes protruding proudly along each rib cage. Each dome has an improvised rubber valve for inflation. He also shows us his homemade helmet, an oblique white blob made out of pieces of Styrofoam glued together and shaped in a close proximity of his head. Boris's life jacket is equally unique. Rather than having the bulk of his flotation on the front like the other jackets, two giant humps rise from his back like Quasimodo. The jacket matches a pair of bright-orange flotation-riddled overalls underneath. Andrew's life jacket has a still different approach to flotation. It's made from old wine bladders housed in nylon sleeves.

Everyone's life jacket looks different. Like a coat of arms, each one is decked to the hilt with pride. As well they should be. Each creator's life depends upon it. But there's also an attention to aesthetics. Colors match and the odd flotation solutions are hidden. Still, I can't help but chuckle. We're about to embark on a multi-week Class V expedition and we're standing in a Halloween party of Draculas, Barneys, Quasimodos, Michelin Men, and assorted cosmonauts. But these aren't costumes. They're our most important pieces of equipment, with function playing a far more important role than fashion.

Just when we think we've seen all the innovation possible in a personal flotation device, Valeri appears. His goes a step beyond merely providing buoyancy: it has an additional breast pocket housing a homemade parachute. It's designed to pull him out of a Siberian-sized hydraulic should he fall into one. In theory, if he were getting recirculated in a reversal, a rock would fall out of the pocket and deploy a nylon parachute that would grab the faster green water reached by the rock below and pull him to safety. That's the theory, anyway.

.....

We hold our own life jackets up again and suddenly feel inadequate, like showing up to a drag race in a K-car instead of a Trans Am. For the Latvians, the term life jacket is a misnomer. Combined with their floatable overalls, the result is a complete dress suit of flotation, far more at home on the Bashkaus than in any board room. Despite the animated look of the final package, there's no denying which we would rather be wearing in the heart of the canyon. A new dread for the inadequacy of our preparation hovers over each of us.

Eugene Buchanan writes in a manner that rivets your attention and that paddlers will appreciate. If I had one fault with the book is that it should have had more photos. There are a limited number of photos, but since each American took a camera and the Latvians shared a camera, there should have been more photos of the trip and the river.

Much is made of paddlers that glory in running big waterfalls these days, but none of them can match this remarkable adventure. "Brothers of the Bashkaus" is story with the excitement and lore of the running whitewater rivers that a paddler will relate to and appreciate.

Elkhorn Acres Council Update

Phil "Bubba" Sisk

Don Spangler

We all know there's no better way to strike up a heated forum discussion over the past few years than to bring up the management of Elkhorn Acres (aka AW Acres). Well, hopefully that will all soon be a thing of the past. As we all know, AW as property owners asked us to figure out the best path forward for a local leadership council that would encompass the voice of paddlers, neighbors, and, most importantly, be sustainable. I personally don't think of this as a jab to the work done by the Elkhorn Acres Management Group. Those benefactors 9 years ago essentially pulled off the equivalent of a last second game winner by raising some \$30k in just a few weeks to purchase the property and then donate it to AW. We should all be forever grateful for each and every person that gave a penny towards that project, I know I am.

Recently discussions were started again during a BWA meeting on the need to proceed forward with the formation of this new entity. I volunteered to pull together folks from the other AW affiliates and neighbors to the land, so that we could start discussions about how to best lay the groundwork for this new group. I wanted to take the opportunity....no wait, Don told me to make the opportunity J...to write something up for Bowlines to update everyone on the status so here goes:

Late last year I was able to make contact with a representative from all the current major groups. They and their affiliations are: David Quarles (neighbor), Anne Chaney (neighbor), Spalding Hurst (Bardstown Boaters), Virgil Johnson (Elkhorn Paddlers), Darrin Hines (Viking Canoe Club), Zina Merkin (Elkhorn Acres Management Group), and Phillip Sisk (Bluegrass Wildwater Association). We agreed that this group could start the discussions of how best to move forward, more so from the club perspective than the neighbors. Again, the goal would be for the clubs to agree upon the foundation of the new leadership council; how many representatives, how often to meet, voting rights, attendance, what happens if a new AW affiliate club comes along or one leaves, etc. The names mentioned above would not necessarily be the representative on the actual council, except for the neighbors who obviously would be.

Brent Austin, an original donor, came to me with the great idea to leverage AW's time here in Kentucky during the NPFF to be able to sit down and discuss the EA with them. I agreed and setup a meeting for the Saturday of our event and it was a success. It was attended by David, Darrin, Don Kincer (AW Board President), Mark Singleton (AW Executive Director), Virgil, Zina, and I.

Don and Mark gave us a great overview of AW guidelines for their properties. It should be no surprise; Elkhorn Acres is not the only thing on their plate. We read and discussed some of the values they hold in managing other pieces of land and what they expect of EA. We discussed briefly the history of EA, but honestly tried to be more forward-thinking and save our time for how to best move forward. AW made it clear that they would expect us to come to them with a "proposal" for this new leadership council and while they trusted us here as locals to act in the best interest of the land and AW, we all agreed that they are the owners now and will always have the final say.

After the initial discussion, AW opened the floor to hear any concerns and answer any questions. We were lucky to have David Quarles there to give us the neighborly insight, which in my mind is representative of the folks that we, as the paddlers, need to keep happy. Let's also not forget that David is not only the one to sell the land in the first place, but also an original donor himself! David outlined three main items that can be a nuisance: 1) public nudity 2) public urination and 3) trespassing along the banks and wading in the stream. For item 1, he reiterated how happy they were to see the changing rooms are built. Let's all remember to be respectful of our neighbors and they don't ask a lot of us, but they sure don't ask to see our bottoms. Individual's managing this item and using the change rooms is all that is needed.

Items 2 and 3 took more of our time. For the public urination, AW has asked that we have a port john on site for the heavy usage months of the year. Since that meeting, we have all confirmed with our clubs and Zina/Prince has sent payment to the group in Frankfort that will be in charge of the porta-john. Expect it there soon, if it's not already in place. Moving forward, this will be a budget expense item to monitor as it will run us roughly \$100/mos. EAMG picked up this bill with money they still had in the account.

Item 3 is the most important for David, not due to paddlers but from the general public. As he pointed out, a nice parking lot and creek access can attract folks that might be looking to fish and/or party. Fishing from the banks of EA isn't a concern to him so long as music isn't loud and we aren't littering. However, folks should not be walking onto his land looking and hoping to land a big one. This is something he has fought for years and is adamant about, which we all appreciated. To avoid trespassing onto neighbor's land, we all agreed that we needed two things. The first is signage. We need to lay out the rules/guidelines for the property. In fact, this is important above and beyond just to prevent trespassing. We also needed signage or a map to clearly mark property boundaries and a reminder that wading is trespassing in Kentucky. Second, David requested that we make the guidelines and property management clear to local authorities. This was important

so that he could act as a steward for that property and bring in the authorities when needed, the majority of the time to keep folks off of his property.

Mark Singleton has recently completed a draft letter to send to the local sheriff's department outlining the property guidelines and the management groups. We have also started discussions on what signs should say around the property. As I mentioned earlier, the porta john should be in place so please, be respectful and use it as well as the changing rooms. I feel the meeting in February and the efforts since then with AW and other affiliate clubs and of course the neighbors have been very successful.

What next, you might ask, that is an important question. I will be organizing another meeting with the local parties to discuss ideas and lay groundwork for the new leadership council. I expect that to happen this spring. My hope would be for us to agree and draw up something on paper to present to the clubs we represent. I will post on the forum and also go over it at a club meeting. There will be a comment/feedback period. Before then, if you have comments or points you'd like to make don't hesitate to



Aerial view of Elkhorn Acres

contact me to discuss. By working together with open lines of communication I feel we have already made progress addressing the three main issues raised by our neighbors, which is an important first step.

I, for one, look forward to the time when we can bring up the words "Elkhorn Acres" on the forum and not have to duck and hide because of the arguing that will ensue. We all enjoy paddling our local stream and having a secure takeout to use, so let's get a sustainable leadership group in place to make sure that we help AW keep it just that...a secure takeout.

American Whitewater's River Access Area Management Guidelines

March 2008

In our ever developing nation, rivers are becoming increasingly important recreational resources. Many communities have recognized this value by designating their rivers as water trails, blue ways, parks, or open space. Accessible rivers offer children and adults alike valuable contact with nature, and the relationship people form with rivers through recreation can lead to public support for river protection.

American Whitewater seeks to protect and enhance public access to our nations in a variety of ways. We advocate for public river access areas at every hydro dam we work on. We support state and federal agencies that work on river access issues. We weigh in on river and land management plans that consider river access. We educate paddlers and landowners on river access laws. We encourage responsible enjoyment of rivers that reduces potential conflicts. We collaborate with land owners and managers on management issues and actions. In rare cases, when no other viable solution exists, we will purchase or accept land and collaboratively manage it as a public river access area with the local paddling community.

American Whitewater Owns:

- Blackwater River property in Hendricks, WV (since 1997).
- Watauga River property in Johnson Co, TN (since 1998).
- Johns Creek property in VA (since 1999)
- Elkhorn River property in KY (since 2000)

American Whitewater Manages:

- Upper Yough River property Sang Run, MD for MD Department of The Environment at \$0 per year (since 2001).

American Whitewater Manages & Leases:

- Big Sandy River property, WV from Power Company (since 1992)
- Gauley River Masons Branch property, WV from local landowner (since 1993?)

Site Management

American Whitewater's mission is focused on river stewardship, and river access areas that we manage should reflect this ethic and be fully consistent with our mission. Specifically, the sites should be environmentally protective, safe and enjoyable to visit, respectful of neighbors, and supported by the paddling community that uses the site. To accomplish these goals we have the following management guidelines for the sites we manage:

Environmental Considerations:

- Sites should be maintained in a manner that severely restricts erosion.

- Sites should be landscaped with non-invasive species.
- Sites should maintain or restore a native riparian vegetation buffer.
- High use sites may require portable toilets to avoid human waste problems.
- Vehicular traffic should be confined to acceptable areas.

Visitor Experience Considerations:

- Camping is prohibited at sites unless arrangements are made with AW.
- Commercial use is prohibited at sites unless arrangements are made with AW.
- Events are prohibited at sites unless arrangements are made with AW.
- Sites should be kept free of litter.
- Areas of grass or gravel should be maintained.
- Vehicles should not be visible from the river if possible.
- Sites should include minimal development that could fall into disrepair.
- Pets need to be leashed and attended to.

Neighborhood Considerations:

- Sites should include changing facilities as needed.
- Sites should include signs listing rules of appropriate behavior.
- Sites should be maintained in aesthetic conditions.

Local Support Considerations:

- Paddlers are expected to coordinate and conduct site maintenance with AW.
- Paddlers are expected to alert AW of any breach of site rules.
- Paddlers are expected to act responsibly when at the site.
- Paddlers are expected to support the site through donations and AW membership.
- Paddlers are expected to keep the site free of litter through regular clean-ups.

American Whitewater is proud to be able to support stream access through site management and ownership when the need arises. Maintenance of our river access areas is made possible only through close and ongoing collaboration with our members and affiliate clubs.

For information on any of our river access areas, please contact Kevin Colburn at: Kevin@amwhitewater.org.

Allen Kirkwood American Whitewater March volunteer of the month

American Whitewater would like to recognize Allen Kirkwood as our March volunteer of the month.

As a river steward and whitewater community member, Allen sets a great example. He was the Silent Auction Coordinator for the

National Paddling Film Festival this year in addition to his role as the Vice President and former Conservation Officer for the Bluegrass Wildwater Association. Allen has also been responsible for organizing one of the biggest cleanups on Elkhorn Creek in Kentucky, removing over 2000 pounds of scrap metal from a hillside dump site, and is involved in the Team River Runner program, which teaches kayaking to disabled veterans. Furthermore, Allen was a very active volunteer helping American Whitewater put on Gauley Fest in 2008.

In recognition of his efforts Allen will be receiving an OuterCore Long-Sleeve Shirt from Kokatat!

Thanks Allen!



Allen at NPFF 2009 with his Wife Ashley



Enjoy over a decade of past issues of the Award Winning Bowlines at:

http://www.surfky-bwa.org/html/bowlines_arcN.html

NPFF 2009

NPFF 2009 Results

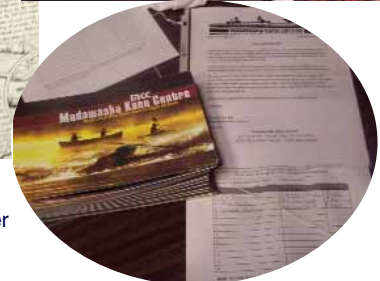
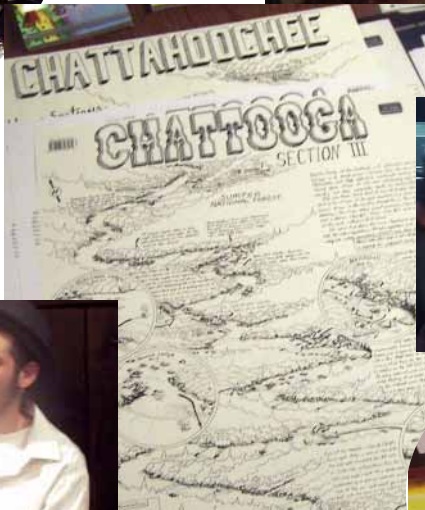
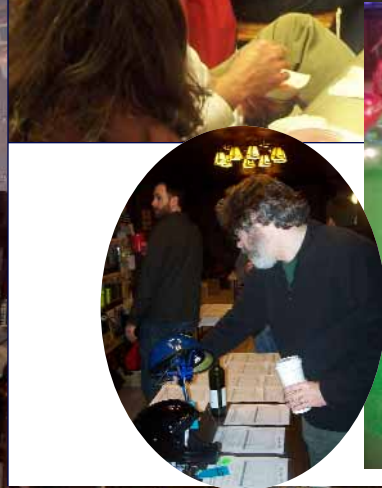
Amateur General - MUWC3: Team Go Medium
Amateur Documentary - Exploring the Boat Midget Phenomenon

Accomplished General - The Endangered Creeks Expedition
Accomplished Documentary - Symbiosis

Professional General - Eastern Horizons
Professional Documentary - A River's Last Breath
Professional Instructional - Steep Creek Skills

Paddlers' Choice - MUWC3: Team Go Medium

Photos From NPFF 2009



Photos By Don Spangler

Off the Cuff

Comments from the Forum

Re: Has anyone been following the claimed world record waterfall debate?

All things considered, it doesn't seem that odd. The whole event is nearly dead vertical by the time he's in the water and I think it's not any more unlikely for him to end up behind the falls than it is for water coming over the lip to end up there.

(S)kill did not enter this event at any point and is not likely to enter any similar attempts in the future. Kayaks are not aerodynamic and the longer you're airborne in one the less control you have, the more you're just trusting in fate and a big, fat soft foampile.

Jesse Sharp might well have survived his attempt to run Niagara Falls in a Gyra-max. However, that would not have made Jesse either smart or skillful. Many persons have survived the 200 foot plunge over Niagara, either swimming bodily or in a barrel-like padded device. Jesse, therefore, could possibly have survived or even managed to stay in his boat and roll up below the boil. Stranger things have happened. He didn't however, and so he is considered foolish.

This is why I think the debate is a moot point. Survival has nothing to do with skill. Anyone can make the attempt and may very well live through it, but that doesn't make them a better boater than the next guy. The non-boating world cares more about this record than the boaters do.

I sincerely feel that the bigger question is: does success have any meaning in this context? I say, "No". Someone could survive running Victoria Falls next week and I wouldn't have any more respect for them for it, nor consider their survival an accomplishment. If someone spins the chamber on a revolver, puts it to their head, pulls the trigger and survives, they haven't accomplished anything nor have they earned my respect. Anyone can do it and the chances of survival don't differ significantly from one person to the next.

I don't know at exactly what point skill becomes a relative non-issue, but we're definitely past that point, and the further we get past it the more pointless it becomes.

Hanley Loller HanleyBWA2@hanleyanddenile.net

Rolling Advice

I wanted to comment on the discussion at the meeting re: the pool session losing money due to folks not coming. The first comment is that Sun night is a problem for many people, particularly those with kids. So what night is the best night? And what are we doing about securing that night for Summer? Next winter? I think folks should chime in so we can determine the best night for summer, and winter, and

we should start shopping for a pool now. The point is, we need roll sessions, and we need folks at the pool supporting them. I'm willing to pay more to be able to go, what about the rest of you?

Second ... it's inconceivable to me that we have so many folks with obviously still marginal river rolls (at least from hearing all the stories about swims I keep hearing) and they seem to feel no urgency to do anything about it. Maybe it's because they haven't had a bad swim yet trust me, you don't want to wait for that swim to learn your lesson.

I've said it before, you can't do too many rolls. Everyone in this club that boats should be at a roll session at least once a month firing off 30+ rolls and helping to teach someone. Also, when you practice your roll, you shouldn't be doing what I see 9/10 people doing at the pool.... setting up, flipping over, and rolling up, rest or chat for a few minutes, then do another. How many times when you flip on the river are you well rested and set up to roll? For me ... it's never. So how do you expect to roll with any reliability in real conditions? If you truly want to do everything you can in the pool to develop a bomb proof roll, read on...

1) Don't set up before you flip .. in fact, go to the opposite side as that is where you are likely to be because you were trying to brace and keep your head out til the last second. Set up underwater and roll.

2) Work on your weaker side. If you don't have a roll on both sides, get one, otherwise, what are you going to do when your boat is pushed up against a rock / shore / whatever on your only rolling side? If you have a weaker side, you should spend 3/4 of your time on it until you don't have one. I see this error time and time again ... folks practicing easy rolls on their better side. Can't figure that one out.

3) To simulate running out of breath ... do as many rolls as you can on both sides without taking a breath.

4) One of my new favs ... the missed roll against the wall drill ... Brit hates this one, but she can do it most of the time. This one is best done with a helper, but you can do it yourself if you're properly focused. Start a roll, then come partway up, your partner stops your roll and slams you back down (or you fall back down) without taking a breath, you then go back under the boat to the other side and roll up. It's not as easy as it sounds, but neither is rolling on the river when you're stuck against a rock.

5) Brace practice. Need a friend for this ... someone stands at your back deck and flips you randomly from side to side trying to flip you, but not so hard that you can't brace to save yourself. Every few braces, they really torque you so you flip anyway and roll up ... simulating the unexpected flip and roll. You can combine this with #4 for some real fun.

Wes Prince mtbikr88@yahoo.com

Off the Cuff

Continued

Revisiting an old friend and making new ones.

Message:

I've been limited to daytrips lately and have had an itch for a paddling weekend and a campfire that local boating just couldn't scratch. The water cooperated down south and I took advantage of a free weekend to meet up with some old friends and make some new ones. Looking back on what we paddled, I realized today that I could say the same thing about the rivers I ran as well.

rapid requires some eddy catching and boat movement. That means by mile 7.5 I felt pretty whipped and for someone that hasn't been boating as much this winter I was getting tired. Sorry I can't give good rapid descriptions but there were too many to recount. Devil's Kitchen is the only named rapid I heard for sure and Mello made it look easy enough for a few others of us to try. Everything else is a collection of cl. 3, 4 drops that just keep coming at ya. Reminded me of a longer version of the Lower Big Sandy minus the two waterfalls. I wish I could've found more boofs, but I still loved the new friend I found.

Sunday we revisited one of the first runs that I can remember that got me nervous, Daddy's Creek. I remember Daddy's struck me as the

first run I did that I really said to myself that a swim would be a bad idea in a few spots. The dangers were more in the flow than on my previous runs to date.

We were lucky enough to be able to run Yellow Creek into Daddy's, albeit at its bare minimum. If you are used to Central Ky. rock sledding then the low water wouldn't bother you. I still had fun

and it beat the 3 miles of relatively flat water below Antioch Bridge as an alternative. It let us out at the entrance to Daddy's Canyon and I can say that this old friend once again got my nerves going as we entered Rattlesnake. Boof'n off the fang rock got me relaxed again. I guess my nerves were my old friend reminding me to always show respect and never let my guard down.

bubba



Making a new friend of the Caney Fork with your other friends.

Saturday a large group of us headed to the Caney Fork. 11 in all. A mix of old friends (Chief, Mac, and YT), new ones from Tn and some friends that I haven't paddled that much with like Wes, Mello, and Brent. 1.9' on the bridge gauge was a perfect level. I've been itching for the CF for awhile as I've never gotten a good description of it besides its 10 miles of constant rapids and no one talks about lines b/c there's too many to possibly remember. It feels like more than 10 miles considering that every



Annual Red River Clean-up Time (Almost)

Russ Miller

You know I've been writing these articles about the Red River Cleanup for about fourteen years now and it's really difficult to find a new approach. But perhaps some of you are wondering if the fact that I'm now an Admiral will change anything.

Thanks to the efforts of Allen and Don, the Commonwealth of Kentucky has deemed me worthy of the title of Admiral (this by the way is a higher rank than Colonel) and this winter I was presented the certificate to prove it. Those of you that missed my acceptance speech, made up on the spot, consider yourselves fortunate.

Anyway the certificate is propped up on my desk next to the bottle of Grand Marnier that was gifted to me by Ben Culbertson to mark the occasion of my Admiralty. The bottle sat there on the desk unopened until the night of the ice storm during which time, as the trees came crashing down around our house, I felt the overwhelming compulsion to have a drink.

Anyway, this mention of the ice storm brings me back to the subject of the cleanup. Reports have reached me regarding the ice storm causing significant obstruction to the navigation of Red River. While I don't doubt that this is true it did motivate me to hike upriver from the take out at Sky Bridge to the rapids at the Dog Drowning Hole. This is equivalent to about the bottom one third of the Wild and Scenic section that we try to maintain. In this section there weren't more than four small trees that obstructed the channel; a quick job for a bow saw.

By the time of the cleanup I will have the river cleared from my house to the take out. That leaves the upper third of the river from my house to the put in. As paddlers I'm sure that your concern is that the whole river is floatable and for this reason I'm suggesting that if this is not the case by the time of the cleanup on May 9th then instead of focusing our efforts on trash we instead focus on clearing the channel of any trees.

In talking with David Leachman he has mentioned that efforts are being made for a group of boaters to work on the upper section on a trip in late April. Hopefully this will take care of the problem before the cleanup, if not we will go to Plan B.

In closing, I want to thank all the members of the BWA that have come out to help us clean up Red River. Together over the years we have changed the condition of the river from one of being a disgrace to one of being a boaters paradise.

There is more than a decade of past issues of the Award Winning Bowlines to read at:
http://www.surfky-bwa.org/html/bowlines_arcN.html

Annual Red River Clean-up

May 9, 2009



To Volunteer:
Contact David Leachman
859-948-2363 (Cell)
dclmdr@yahoo.com

BWA meeting is at Mi Mexico, 818 New Circle Rd., 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 <http://www.surfky-bwa.org>



Bluegrass Wildwater Association
PO Box 4231
Lexington, Ky. 40504