

BOWLINES

Newsletter of The Bluegrass Wildwater Association May/June 2003

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CLINIC 03



In December of 2001, while searching for work-related items, I happened upon the very professional looking BWA website. Of course, not wanting to do more work related tasks than necessary, I decided to surf through the site to see all that was offered through this newly discovered club.

After attending the next roll session that was listed on the site and learning how to wet exit, T-Rescue, and Eskimo Roll; I was very eager to attend the BWA Spring Beginner Clinic in April of 2002. Of course being a green "Newbie" as I was, learning about what type of gear I had to obtain for the Clinic was stressful.

Why so many different types of boats? Why were so many BWA members so eager for me to buy their spare boat at bargain prices? Why did so many boats have more duct tape than plastic? Was this normal?

Was a paddle that was worn down 4 inches from the rocks, now O.K. for a shorter paddler to use?

From a Newbie point of view, the word "Culture Shock" couldn't possibly begin to describe the experience. Since I didn't have a healthy respect for duct

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WILDERNESS FIRST AID



Wilderness First Aid

You're paddling Big South Fork and your buddy dislocates his shoulder at the EII. A companion falls and breaks an ankle while hiking in Clifty Wilderness. Do you have the skills need to deal with these wilderness emergencies?

You would if you have taken a Wilderness First Aid course. This course is taught by SOLO and consist of a 16 hours class that is taught over two days. The course stresses safety, preparation, crisis avoidance and treatment of common problems that range from blisters, heat and cold injuries and protection from the elements. It also teaches the basics of recognizing and treating uncommon medical emergencies and long term patient care. If you are an outdoors person, I consider this to be the minimum medical training you need to safely travel in the backcountry.

BWA will offer this course to all member on Aug 9, 10 at the group campground at Bandy Creek at the Big South Fork of Cumberland. Cost of the course is \$65.00, which includes fees for camping. See you there.

Larry Cable

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Wilderness First Aid Class



Application

Wilderness First Aid

Where: Bandy Creek Group Campground, Big South Fork of the Cumberland.

When: Aug. 9, 10, 2003.

Cost: \$65.00 including campground fees.

Wilderness First Aid is a 16 hour course taught over two days that teaches how to deal with common backcountry emergencies.

Name _____

Address _____

Phone. Home _____

Work _____

E-mail _____

Because the club is subsidizing this course, you must be a member to attend. If you are not currently a member, include a membership application with you application.

Mail to:
Larry Cable
1575 Cole Rd.
Winchester, Ky 40391



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

Club Officers 2002-2003

Join in on the Fun!

President	David Reed	859-527-5898
Vice-President	Stacy King	859-881-9474
Treasurer	Anthony Miller	270-752-0205
Secretary	Kelly Glasser	859-312-2031
Safety	Larry Cable	859-255-8961
Program	Donnie Wilson	859-971-0897
Newsletter	Tim Miller/Don S.	859-879-8012
Cyber Communications	Don Spangler	859-277-7314
Conservation	Zina Merkin	859-268-2508
Film Festival Coordinator	Dave Margavage	502-876-0468
Russel Fork River Festival Coordinator	John Foy	859-278-2536
Equipment Coordinator	Mike Bodner	859-854-3054
At-Large Member:	Stephanie Lind	859-266-0479
Membership Coordinator	Sarah Cornell	859-576-1766
Wildwater Cats Rep.	Corrine Voils	859-313-5038
Past President	Bruce Rishel	859-879-6538

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 the at 7:30, the second Tuesday of each month at Mark's Feed Store, Lexington, Ky.

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



Safety Larry Says:

Here are a couple of rules to live by if you paddle the Southeast and especially the Cumberland Plateau.

If there is a rock that is in the current, assume that it is undercut. If the rock isn't in the current, assume that it is undercut.

Get my drift?

My paddling buddies and I have been involved in more close calls on BSF than any other river I paddle.

Don't underestimate the dangers on this river.

Larry Cable

tape at that point, I decided to buy new gear and was counting the days down to the clinic.

After spending all of my money on new gear, I had to borrow camping gear. Since this was my first true camping experience, I had no idea that a 1956 Winnebago tent wasn't as good as everyone else's tent and that ear plugs was well worth the extra .25 cents. Needless to say, I had a learning curve to overcome.

Regardless of my camping situation, I was all geared and ready to hit the water Saturday morning. After my group hit the water it was fairly uneventful compared to other groups. We had learned the basics of ferrying, eddying in and out, strokes, and enjoyed the wonderful weather on our lunch break. It was perfect.

Several months after the clinic had passed; it was time for BWA to vote in their new officers for the following year. Of course, I was flattered that several long-term BWA members wanted to vote me in as the Vice President; despite the fact that I had only been on the moving water once and I still didn't know everyone's name.... I was honored. The fact that I was the only person on the ballot didn't seem to bother me. I soon learned that when you are newbie, everything has an ulterior motive behind it.

Soon after being voted in, I started immediately on planning for the 2003 BWA Spring Beginner Clinic. Everyone had warned me that people wouldn't volunteer until the last moment. What they didn't know was if people were "encouraged" a little bit; you wouldn't have any issues finding volunteers. By March 1st, everything was in order or everything eventually fell into place.

After several e-mails to students about why cotton was a bad idea, why a flat water boats wouldn't work on whitewater, that there would be no showers, no internet access, no indoor bathrooms, and explaining why duct tape was such a valued commodity... I had to leave everything else to prayer.

Upon the arrival of students, it was amazing to watch the horror of the tech geeks when the realization hit that there really wouldn't be indoor bathrooms or internet access. But much to my sorrow, these were the same people that shared my tent. Due to this, I will sing my praises to ear plugs.

With the clinic finally in motion and it was time to set back and relax. What could possible go wrong? While standing and seeing all my work being put into motion, I was surprised to be suddenly attacked by an unprovoked member. Due to this sudden attack, the

member was subdued by being knocked to the ground and having a knee shoved onto its head. It could have been a close call if it had bit me. With the campground now secure for all students, it was truly the time to relax.

The next day the campground was secure; students were divided into groups, geared up, and shuttled off to the river it was finally time for me to enjoy the river myself and to look forward to the awards ceremony. Since the awards ceremony is the time that you see and hear about all the carnage from the day's run, it is always the highlight of the clinic. Little did I know how entertaining this year's award ceremony would be.

For all of the newbies that attended the awards ceremony, here are a few tips: For those given the "Rubber Glove" award for retrieving valuable objects from places were invaluable objects were left behind, cut your losses and move on.

Being given the "IQ" award for asking to paddle flat water on a whitewater river is not a good thing.

For those labeled the "Swim Team", everyone in the BWA club has had as much as or more than as many swims as you did. Even your chase boater took a swim... so have faith.

To make a long story short, learn the easy way and learn from my experience.

Do not borrow or use a tent that was made earlier than the 1990's.

Bring ear plugs – no explanation needed.

Do NOT under any circumstances encourage or bring tech geeks to or near a campground.

Some BWA members will attack others without being provoked. Do not try to pet or feed these members.

Sometimes when you drop things in particular places, count your losses and go on.

When instructors first suspect your group will be labeled the "BWA Swim Team", ask for extra chase boaters.

People encouraging you to except an officer position may have other motives.

Last but not least, to all the newbies that enjoyed the clinic and interested in being the Vice President of the BWA Club... come and see me. (:

BSF Undercut Rock Incident

The BSF can be a wonderful place to spend an afternoon. It can also be a very dangerous place for the unwary or inexperienced. It is common for there to be swimmers on a trip down the BSF, but when there are encounters with undercut rocks, it becomes very serious. The following are articles off of the list serve dealing with a recent incident.



A well-known BWA paddler struggling a bit on the Big South Fork of the Cumberland

Dale Perry says: Kreckles is above Ass Kicker. It has a nice small surf hole at the top of it on far river left. Below the surf hole is a wave train, then some really swirly water between undercut rocks and seives at the bottom. It is probably the longest rapid in the Gorge.

By Gary A. Ress: This was the scariest, sobering incident I've seen on the water. Several of us were upstream from Peggy when we noticed she missed an eddy, then just sort of drifted towards the rather innocent rock. It is just slightly left of the main rapid and has about a ten foot wide face exposed to downstream paddlers.

I remember Penny saying, "What's she doing over there?!" Peggy drifted up sideways next to the rock and Penny, who was ahead of me started towards her. In just a flash, the only part of the boat showing was about a foot of the bow, emerging vertically from the water and not moving. It was like a slow-motion scene from a movie. People were shouting. "Where is she? Where is she?" It was hard to accept the fact that she was still in her boat. Penny raced to the rock, abandoned her own boat, and climbed atop the rock. I

raced around the rock and found a small eddy about ten feet behind the rock, where I frantically exited my boat. As I was doing this, I heard Penny screaming "Oh My God!" I didn't know it at the time, but she said this as the boat disappeared downwards out of sight. Todd, Brian, and Paul were all exiting their boats above the rock trying to help. A few seconds later (it seemed like minutes) I saw Peggy floating down towards me from the rock she had just emerged from. She just seemed to magically materialize. In the meantime, Penny's boat was drifting past me out of reach. I felt helpless because I couldn't re-enter my boat very easily. Brian and Paul managed to aid Peggy and retrieve Penny's boat. We were not sure where Peggy's boat and paddle were. No one had seen them go by. Todd carefully did some fishing and located the boat about four feet under water, wedged in the hole with some other debris. It was impossible to remove. Peggy was extremely shaken, and had a golfball sized knot above one eye. She told us that she was seconds away from passing out, locked in her boat. I estimate that she was under water at least 45 seconds and possibly over a minute. She felt the boat move some when Penny's boat nudged it as she was scrambling onto the rock. Peggy was able to get the rest of the way out of her boat and then flushed downwards under the rock, followed by her boat. There is no doubt in my mind that Penny saved Peggy's life. There was no way we could have pulled the boat upwards in enough time to keep her from drowning.

We helped Peggy over to the other side of the river, and after making sure she was in good shape, we paddled down to the takeout while Peggy hiked down to the Canyon putin. She received assistance on the way from some other campers and boaters. The reason I went into such detail here is that I want everyone, as Dale suggested, to keep alert and never let your guard down. We were seconds away from losing a fellow paddler and human being. It is easy to become a bit lackadaisical on the river. It can kill you at any time.

Peggy: Yeah I knew not to go near that rock, just wasn't paying close attention to where I was going. Won't make that mistake again. Won't get on water like that again until I'm sure of not making that mistake!!! thought that I had the proper respect for the river but obviously did not. Lucky to get another chance at it. Thanks to Penny for knocking me loose and saving my life. Sorry for scaring you guys! If anyone hears of a beautiful blue Siren floating aimlessly down the bsf, or a seven-two paddle found there, please let me know. My email is peggyward25@hotmail.com and my phone is 502-386-1434.

*From Vikings listserve@vikingcanoecub.org
May 2003*

Natural Progression of a Boater

One of the best aspects of being in the BWA is that there is always something new to learn and fun people to learn it with. Also, there is a cycle that goes with boating in the BWA that I personally find very appealing. A lot of club members including myself paddle year round. There is nothing like paddling in winter when there is ice on the river and snow on the ground.

But, this isn't an ideal scenario for a newbie. They need to start on something user friendly. Such as the Elkhorn on a warm spring day. This is how I started boating and I have been attempting to not swim ever since! I was lucky enough to have some excellent instructors at my first clinic who were patient with me. When you're a newbie it is in your best interest to ensure personal safety and fun, to follow someone with more skills. There is a very short list of people in the club who are perfect to follow down a river. The more you boat, you will realize who these people are. Find someone that will take the time to describe a river and lead you down it safely. It's always more fun to be in your boat.



D. Spangler

Well, if you manage to enjoy the clinic in one piece and still want to boat there is something of a schedule that we keep in the BWA. After clinic there are always newbie trips. While this year has been a slower year than others, there is still plenty of time for more newbie trips. The majority of the newbie trips are to the Hiawassee, the Nantahala and the Upper New. These are user friendly rivers where a newbie boater is less likely to get in over their head. A few newbie trips go to the BSF. In general it's not a good idea for a newbie unless the water is low. It's easy to get a newbie in over their head on the BSF. There are more streams that are better suited to the newbie boater. I know this to be true from experience. I had two newbies that took off after the first rapid on the BSF canyon. I wish they would

come back and paddle more, although they now had a little one. When you are taking someone on a newbie trip, know the skill levels of everyone in your group. Get lots of volunteers.

When you start out as a boater, it's an accomplishment to go in a straight line. After a few hours this can usually be done fairly easily in a kayak. If you want to make it really challenging try it in an open boat or a C boat. Take away the training wheels and boating starts to get fun!



B. Grimes

At the end of May I had the pleasure of leading a group down the Nantahala. If you have not been there, you are missing one of the great rivers in this part of the county. Yes, if you have been paddling for a while it's not as exciting as the Lower Gualee or the Ocoee. But, it's in a beautiful place and the river is fun. If you think it's not exciting enough, then hand paddle the improved hole at quarry rapid or the falls. :) One of the best aspects of the Nantahala is that there are places for both the novice and the expert to work on their skills.

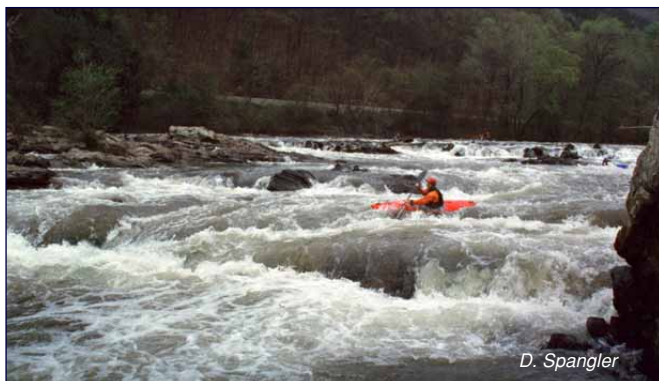
With most newbie trips there are a few swims. We had our fair share on Saturday. One of my friends from work assured me that he didn't mind cold water. We tried several times to get him to either take off or to switch boats. After his 9th swim we got another boater to switch out with a ducky. This helped as my friend was unable to flip the ducky. He did try though on numerous occasions. Actually you can also flip a tandem canoe on the Nantahala if you're not careful. Emily and I had our first swim as a tandem team! :) Please keep in mind that the only reason my friend from work was able to continue down the river was from the assistance that was given by competent boaters who took their personal river time to nurse him down the river. Thank all of you for your help. Without their time and effort he would have had to take off after the first rapid.

We had a large group for a newbie trip. Off the river back at camp there was a count taken and we had 16 people in Nantahala Wesser Campground. 828-488-

8708. Our group was the only one in the campground on Saturday night. I am not sure of Friday night, because I was still at work. But, they tell me there was a big group then also. Can there be a better weekend than paddling with good friends and then having smores in camp roasted a campfire and listening to El Lloyd? Oh, we even had a pyro to build our fire. :) Lloyd Funkhouser is an accomplished acoustic guitar player that can make up songs about almost any one. He writes and sings his own songs. If you boat with him, eventually there will be one about you. Hey, there was even some amateur wrestling Saturday night. A good time was had by everyone in camp.



On Sunday as with most groups, we split the group in half. With a half of us heading to the Ocoee and half staying on the Nantahala. We had a few interesting swims on Sunday but not as many as Saturday. We paddled a shorter section of the Nantahala from Pattons rapid down to Surfers rapid. This makes for a great Sunday paddle. The group that went to the Ocoee had some swims and exciting moments. They even had one person run part of Grumpys hand paddling. Not by choice, but they made it safely down.



If you still enjoy boating after the initial newbie trips as the summer wears on and things dry out you might want to try the next cycle. The Ocoee is a dam released river and you can count on scheduled releases. Do not even attempt this river without a roll, good boat control and the ability to ferry. If you don't have these basic skills, you might have to walk off the river. There is a

road next to the river. For your first trip down the Ocoee it a good idea to walk around the first rapid. There are even steps to get to the river below Grumpy's. Also follow someone who knows the river and the sneaks. There are several good sneaks on the Ocoee. Beware of the rafts, they are not looking out for you. There are so many of them that its easy for a private boater to get in trouble with them.

As we start to get into fall cycle things really get interesting. This is the time of year for the Russel fork and the Lower Gauley. These are two totally different rivers but paddled in the same season. The fall is a wonderful time to be a boater. There is often local water and we run the creeks in Frankfort and Madison county. But, most of the BWA will make at least one weekend to paddle the Russell fork. It is always more fun to go up into the mountains and paddle with fall foliage. This is a wonderful creekie type river. It is tight and technical and very playful, on the right section. Stay clear of the hair

Always remember: The worst day you will ever have on a river, is better than your best day at work!

Author unknown

section. If you have to ask why, you don't belong there! The upper Russell fork consist of the Pound River below Flannigan damn down to the put in for the hair section at garden hole. Its a wonderful run with right skills. Its not a run for newbies who haven't been out practicing. There could be pain if you haven't been out developing skills.

The end of the boating cycle usually comes about with Gauley season. It doesn't get any better that the Gauley. If you have mastered all of your basic skills ask someone you trust if your ready for the Lower Gauley. The Lower Gauley is a wonderful river with 2 main sections. The Upper Gauley is classed as class 4/5 and the lower Gauley is class 3/4. Its a remote river, and walking off isn't a good option. Unless they have to evac you out due to injury. If they have to evacuate you, its a costly helicopter ride. A few years ago a boater tried to hook up with a BWA group at the Lower Gauley take out. When he was asked about his skills, he was told he wasn't ready. He went with another group and drowned at Koontz's Flume, this is the first rapid on the Lower Gauley. He missed his roll and was in the wrong place on the river to miss a roll. Always evaluate you own personal boating skills before getting on any river. There have been deaths on the Gauley involving both skilled and unskilled boaters. With a good guide it is a wonderful run. Just be careful out there and have fun. Learning to boat is a continuous cycle, have fun and be careful.

Tim Miller

Daddy's Creek

For those not acquainted with Daddys Creek, it is natural flow on the Cumberland Plateau in the Obed/Emory system. Located NE of Crossville, TN and NW of Knoxville, TN. A Classic Obed run. The Catoosa WMA is Closed during Feb and Mar, which means the roads to Devil Breakfast Table (DBT) access point are closed. Then starting in Apr there are six 3-day managed turkey hunts which again means the roads are closed most of the month of April. this must be the rainy season in TN.

Paddling Daddys from Feb thru May generally entails carrying your boat up at OBJ (Obed Junction, the confluence of the Daddys and the Obed River.) This also means something like "The Shuttle From Hell" 43 miles one way.

And Generally Daddys is paddled when the temps are below 50 degrees, high thirties are common. So a run wearing only a shortie paddling jacket, was a pure delight in it's self. The level at the bridge is 2.0 feet, just getting pushy, all the FU rocks, Spike and Fang are hidden, awaiting another day.

Another group was at the Yellow Creek putin, but it looked really low. Yellow Creek joins Daddys Creek just above The Canyon. Our group is 5 kayaks and Purple Sally in her open boat. All TSRA members, identities hidded to protect the guilty. Most everyone has run the Daddys, but not recently and only a few times, with the standard comment, I don't remember shit about it. Therefore they don't remember the lines and need a guide, the reason they called me.

The first three miles have a sprinkling of II+ to III rapids. The action begins with Entrance,(aka Boat Stopper) surprize surprize a unique rapid name. A III or III+ pillow move to the weak spot in the hole. At 2 feet the hole is almost creek wide, if the 15 foot width is wide. Jason is surfing the wave in the middle of the rapid for quite a while, Jack takes a turn and decides he

does not like surfing in front of the hole. Which just happens to be very sticky. Does this sound like the voice of experience. Did i say I have swam



most of the rapids on this creek at some point? with entrance behinds us, we move downstream. Everyone handles Spike, but then the Spike is hiding, lurking waiting for lower water to cause problems.

Starting the Rattlesnake, and now sitting in the intimidating eddy above "The Body of the Snake," Guys the exit is left, the squirrely water is there deal with it. We are all sitting in the eddy, Jack asks "are we going to draw straws," seems

I am elected to be probe again, demo and probing again, Jason and Jack catch the eddy on river left. This eddy feeds the

hole. As we regroup in the Safe Harbor eddy, Jack and Jason agree that eddy was not great fun. But we are all in the Safe Harbor, ready for "The Head of the Snake" The normal confusion as I try to explain "The Head of the Snake," which is not visible from the eddy. Of course, I am planning the "right hand mystery move" while trying to ensure everyone understands the far left slot is unrunnable (locally know as the meatgringer, need i say more). The Fang is out of play, lurking below, waiting like his brother Spike for low water to cause problems for those unwilling to venture into "The Mystery Move."

Exiting the Mystery Move the water is pouring over my head. Bob ventures into "The Mystery Move" emerges Port side down, Starboard up, Sculling Sculling Sculling, Finally head over butt, smiling and sucking air.

Down to Rocking Chair... the group that was putting on yellow creek is pulling limbs from "The Slot." The key at Rocking Chair is to get RIGHT and stay RIGHT, if the Rocks under your boat are dry you are too far right, otherwise, you can't be too far RIGHT. Charlie is asking about the BFR downstream, "don't worry about it", and asking and getting the same response, again and again and again.

Everyone but Jason and I elect the straight down the right run, being last thru this rapid, it looks like everyone has had good runs. I peel out and nail the slot and the second drop, then the first eddy on River Right.

Lunch. what a great place to sit on a warm day, swap river tales, and ribald jokes. On to the Sweet Sixteen, 1.5 miles with 17 rapids. carnage starts #1 at "The Boof," Purple Sally manages the boof, and flips, swims and claims disorientation while under water, for not rolling. well it is her lie she can tell it any way she wants. More rapids, more eddies, more hole, more bouncie waves, Bob decides to surf "Surfing Rapid," decides the only way out is upside down and banging head on rocks,, another swim. Sally saves a long swim with an extended paddle.

Onward, Onward, Number 13, sometimes called "BobO's Wet Dream" , sometimes called "BobO's F&^\$ Up," (different Bob) depending on how BobO does that day. They all decide they don't like my recommended line (Far River Right), Sally does a small surf, Bob does small surf, flip and roll. Charlie Monster Stern Ender (but that is what RPMs do when you lean back over a drop, ending with a dump truck finish and a roll. Jack and Jason also get a little stern action.

On to "Trust Your Trip Leader." I explain "Scorned Woman" and "Sweetie." Everyone chooses Sweetie. Down to DBT, COLD BEER and dry clothes. A few miles down the road we regroup at Lefties for BBQ.

Another Great Day on Daddy's Creek and you were not there.

from GCPBA

Next Month! BWA Elections

Offices to be voted on include:

President

Safety

Film Festival Coordinator

Russel Fork River Festival Coordinator

Membership Coordinator

Vice-President

Program

Conservation

Equipment Coordinator

Wildwater Cats Rep.

Secretary

Newsletter

Member At-Large

Cyber Communications

**Nominations accepted at the June 10th Meeting
and up to the election time in July's Meeting.**

- Now is the opportunity for you to help lead one the “best” Paddling Clubs in the U.S.
- The BWA can only succeed when it's members take an active role!
- Nominate a candidate or volunteer for candidacy.



Bluegrass Wildwater Association
PO Box 4231
Lexington, Ky. 40504