



Winter Roll Practice

Indoor pool roll sessions begin the first Monday in January and run through the last Monday in March, with the exception of the MLK holiday. Plan to take advantage of this great service provided by your club. Whether you want to learn to roll, practice your roll to stay sharp, teach a fellow paddler to roll, or work on other techniques such as wet exits, hand rolls, deep water re-entries, etc., the indoor heated pool is THE best place to hone these skills in the middle of the winter.

The location for winter roll practice: We will once again be at the Warren / Holifield Boys' & Girls' Club at the corner of Berne & Marion Streets near Grant Park

A hearty "Thanks!!" to Revel Freeman for his many years of coordinating this event, and for continuing to do so this year. We appreciate all you do, Revel!

For complete roll practice details, see the announcement in this issue of *The Eddy Line*.



What's Inside...

Activity Schedule	3
Announcements	4
Club Information	2
Conservation Corner	11
Different Strokes	18
Instruction / Training	14
Library Info	4
Pearls of Life	19
Race Watch	15
River Access	16
Safety	12
Sea Kayaking	16
Trip Reports	17
Want Ads	20
Welcome New Members	11

GCA Holiday Party and Board Meeting

The Annual GCA Holiday Party has a new time and location. We are having the party December 7, 2003, at Haynes and Gina Johnson's house at 340 Clear Springs Court, Marietta. In conjunction with the party, the quarterly Board of Directors meeting will be held immediately preceding the party.

The party will start at 5:00 PM and end around 8:00 PM. The Board meeting at will begin at 3:00 PM. All members are invited to join us for the Board meeting before the party. The GCA will provide ham and turkey, soft drinks and coffee. If your birthday is before July 1, please bring a vegetable or salad. If your birthday is after July 1, please bring a dessert. BYOB please!

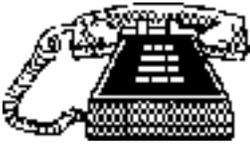
There will be entertainment at the party, details of which were not finalized at this printing.

Directions to Haynes and Gina's: Take I-75 north to the South 120 Marietta Loop (next exit after Delk Road) and take the exit east towards Roswell. Go to the second traffic light and turn right on Lower Roswell Road. Go to the first traffic light and turn left (Old Sewell Road). Go to the next traffic light and turn left (Holt Road). Take the next left on Willow Glenn into the Weatherstone subdivision. Go through the two stop signs and take the third street to the left (Clear Spring Court). We're 2/3's up the street on the right! Our home number is 770.971.1542.

See you there!!



Printed on recycled paper



Who Ya Gonna Call?

The following list is provided for your convenience:

For general information about the club - Call the club telephone

number, 770.421.9729, and leave a message. Someone will get back to you.

To volunteer to help with club activities - Call President Gina Johnson at 770.971.1542 or contact the committee chairperson for your area of interest.

For information on payment of dues or membership status - Call Treasurer Ed Schultz at 404.266.3734.

To sign up for a club trip - Call the trip coordinator at the number listed on the activity list.

To sign up to lead a club trip - Call Cruisemaster Mike Winchester at 770.319.8969.

For change of address or for *Eddy Line* subscription

information - Call Ed Schultz at 404.266.3734.

If you didn't receive your *Eddy Line* - Call Ed Schultz at 404.266.3734.

For information on GCA clinics - Call the clinic coordinator listed on the clinic schedule, or call Training Director Jim Albert at 770.414.1521.

For information on winter roll practice - Call Revel Freeman at 404.261.8572.

For information on placing want ads in *The Eddy Line* - Call Newsletter Editor Allen Hedden at 770.426.4318, or see "To place an ad" in the Want Ad section of *The Eddy Line*.

For information on commercial ads - Call Advertising Director Geoff Kohl at 404.457.3517 or Newsletter Editor Allen Hedden at 770.426.4318.

For information on videos and books available from the GCA Library - Call GCA Librarian Denise Colquitt at 770.854.6636. ✂

Board of Directors Meetings

The Georgia Canoeing Association Board of Directors meetings are held quarterly during the last month of the quarter (March, June, September, December). The time, date and location is announced in *The Eddy Line*. All members are encouraged to attend. If you have an item for discussion, please call GCA President Gina Johnson at 770.971.1542 so she can add your item to the agenda. Attending Board meetings is a great way to become more involved with the GCA. Your participation would be much appreciated. ✂

GCA Executive Committee

President	Gina Johnson
Vice President	Dick Hurd
Secretary	Tom Bishop
Treasurer	Ed Schultz
Member Services Chair	Gabriella Schlidt
Recreation Chair	Gretchen Mallins
Resource Development Chair	Cameron Pach
River Protection Chair	Lindsay Meeks
Training Chair	Jim Albert

Submitting *Eddy Line* Material

Deadline for material to be submitted for publication in the next *Eddy Line* is the fifth of the month, i.e., for the January issue, material should be submitted no later than December fifth. The editor must receive all articles, trip reports and want ads by the deadline or they MAY NOT be published in the next issue. To submit material via EMAIL, send to gacanoec@mindspring.com. The text of an article can be placed in the body of a message, and photo images can be attached to the message as attached files. To submit material via COMPUTER DISK submit articles or trip reports on a 3-1/2 inch IBM/DOS formatted disk as an ASCII text file labeled with a ".txt" file extension, or as a text file on a 3-1/2 inch high density MacIntosh formatted disk, and include a printed copy (Disks returned only if requested). To submit material via U.S. MAIL, send to: **Allen Hedden, 2923 Piedmont Drive, Marietta, GA 30066**. All classified ads will be run for two months unless otherwise requested. Hand-written or phoned in material CANNOT be accepted. Contact Newsletter Editor **Allen Hedden at 770.426.4318** for questions. Thanks for your cooperation. ✂

The Eddy Line (USPS 017773), published monthly, is the official newsletter of the Georgia Canoeing Association, Inc., publication address: 3060 Pharr Court North, #315, Atlanta, GA 30305. Annual subscription price of \$20.00 is included in the \$25.00 membership dues. Periodicals postage paid at Atlanta, GA. POSTMASTER: Send address changes to *The Eddy Line*, c/o Georgia Canoeing Association, P.O.Box 7023, Atlanta, GA 30357. READERS: Send old and new addresses and an *Eddy Line* address label. Telephone 770.421.9729.

Copyright © 2003 by the Georgia Canoeing Association, Inc. Views and opinions expressed in articles and editorials are those of the writer and do not necessarily represent the official views and policies of the club. Articles and trip reports are edited only for grammar, punctuation, spelling, vulgar or obscene language, and to fit in allocated space. No substantive changes are made in any material published herein. *Eddy Line* material published herein and not individually designated as copyrighted by other than the GCA may be copied, reprinted, republished or otherwise disseminated to other paddling organizations having a newsletter exchange agreement with GCA. Proper credit should be given. Publication of paid advertisements herein does not constitute an endorsement of the products or services advertised, or the advertiser.

UPCOMING ACTIVITIES

December

6	Toccoa (to lake)	Class 1-2 Trained Beginner	Roger Nott	770.536.6923
6	Chattooga Section 3 or 3-1/2 (Note 4)	Class 3-4 Advanced	Peter Chau	864.885.9477
6	Upper/Lower Tellico	Class 3-4 Advanced	Louis Bolanger	404.394.2182
7	Holiday Party and Board of Directors Meeting	— President's residence	— Gina Johnson	404.971.1542
13	Cartecay	Class 2-3 Intermediate	Brannen Proctor	770.664.7384
13	Chattooga Section 3-1/2	Class 3-4 Advanced	Jodi Kaufmann	706.207.0755
14	Broad	Class 1-2 Trained Beginner	Connie Venuso	404.633.8038
20	Chattooga Section 3 or 3-1/2 (Note 4)	Class 3-4 Advanced	Peter Chau	864.885.9477
27	Toccoa	Class 1-2 Trained Beginner	Gina Johnson	770.971.1542

January

10	Leaders Choice	Class 3-4 Advanced	Charlie Pirtle	770.939.6803
10	Chattooga Section 3 or 3-1/2 (Note 4)	Class 3-4 Advanced	Peter Chau	864.885.9477
17	Chattooga Section 3 or 3-1/2 (Note 4)	Class 3-4 Advanced	Peter Chau	864.885.9477
17-19	MLK Weekend (FL) (Note 1)	Smooth Water	Morris Friedman	770.469.8414
19	Weeki Wachee (FL) (Note 5)	Smooth Water	Susan Oehler	828.298.0315
19	Little River Canyon (AL) (Note 2)	Class 3-4 Advanced	Dane White	256.435.3827
20	Rock Springs Run/Wekiva (FL) (Note 5)	Smooth Water	Susan Oehler	828.298.0315
21	Alafia (FL) (Note 5)	Smooth Water	Susan Oehler	828.298.0315
22	Hillsboro (FL) (Note 5)	Smooth Water	Susan Oehler	828.298.0315

February

14-16	Presidents' Weekend (FL) (Note 3)	Smooth Water	Gina Johnson	770.971.1542
-------	-----------------------------------	--------------	--------------	--------------

Note 1: Ichetucknee, Crystal, Homassassa & Chassahowizka Rivers. Email-vagabondmo@yahoo.com

Note 2: Upper 2 or Chairlift section.

Note 3: Ocala National Forest "Spring Runs".

Note 4: Section 3 or 3-1/2 depending on water level.

Note 5: Call by January 14 for camping information.

I WOULD LIKE TO ADD A SPECIAL NOTE OF THANKS TO WILLIAM GATLING FOR HIS ASSISTANCE WITH THE CRUISE MASTER JOB! MANY THANKS ALSO TO THOSE WHO HAVE SIGNED UP TO COORDINATE TRIPS! A note to all members: My tenure as Cruise Master ends December 31. I would like to give my thanks to everyone who has coordinated a trip in the last 2 years. This said, the club needs volunteers to help with the Cruise Master position in 2004, the more volunteers, the easier it is for everyone. Even if you can only help for a few months you will be appreciated.

- Mike Winchester.

Signing Up: Call the trip coordinator listed to sign up for trips. Most trip coordinators will move a trip to an alternate venue if the water levels and conditions for a particular trip are not favorable. Call early in the week to ensure you get a spot on the trip, and in consideration for the coordinators, PLEASE avoid calling late in the evening.

Training Trips are a combination of recreation and training designed to attract those boaters who have completed a formal training clinic and would like some on-the-river time with instructors practicing what was learned in the clinic and expanding skill levels.

To Volunteer To Lead Trips: Call the Cruisemaster, Mike Winchester, at 770.319.8969. As usual, we need trip coordinators for all types of trips, from flat water to class 5 white water. Our excellent trip schedule depends on the efforts of volunteers, so get involved and sign up to coordinate a trip on your favorite river today! The GCA needs YOU!

Chattooga Trips are limited to 12 boats on ANY section on ANY trip, club trip or private (USFS regulation). Your cooperation in protecting this National Wild and Scenic River is appreciated.

Roll Practice: Monday evenings from 7:00-9:00 PM January thru March at the Warren / Holifield Boys' & Girls' Club pool. See announcement in this issue of *The Eddy Line*.

GCA Library Items

The GCA Library has many videotapes and books available to any GCA member. All you have to do is call GCA Librarian Denise Colquitt at 770.854.6636 to find out what is available. The cost is \$3.00 per tape or book for postage and handling.

Any / all donations or loans to the library are welcome. (Please, no bootleg video copies.) Send them to:

Denise Colquitt
3794 Glenloch Road
Franklin, GA 30217

The following items are currently available:

Videos:

Canoes by Whitesell
Cold, Wet & Alive
Expedition Earth
Faultline (Will Reeves)
First Descents (North Fork Payette)
Grace Under Pressure (learning the kayak roll)
I Said Left, Stupid: A Video Guide to the Chattooga River (Sect. 2 & 3)
In the Surf
Introduction to Canoeing
Mohawk Canoes (promotional w/detailed boat outfitting instructions)
Mohawk Whitewater Canoes (promotional w/detailed outfitting instructions)
Only Nolan (Promotional, Canoe Technique)
Path of the Paddle: Quiet Water
Path of the Paddle: White Water
Performance Sea Kayaking (the basics & beyond)
Play Daze
Retendo

Solo Playboating!
The C-1 Challenge
The Middle Fork of the Salmon River (Idaho) — by Photographic Expeditions
Trailside: White Water Canoeing the Chattooga River
Vortex -- low cost storm water sampler
Waterwalker (Bill Mason)
Whitewater Self Defense

Books:

A Canoeing and Kayaking Guide to the Streams of Florida
A Canoeing & Kayaking Guide to the Streams of Kentucky
A Canoeing and Kayaking Guide to the Streams of Ohio, Vols I & II
A Canoeing & Kayaking Guide to the Streams of Tennessee-Vol I & II
A Hiking Guide to the Trails of Florida
A Paddler's Guide to the Obed Emory Watershed
ACA Canoeing & Kayaking Instructors Guide
Alabama Canoe Rides
AMC White Water Handbook
American Red Cross Canoeing & Kayaking
Arkansas information (assorted)
Basic River Canoeing
Brown's Guide to Georgia
Buyer's Guide 1993 (Canoe Magazine)
Buyer's Guide 1994 (Paddler Magazine)
Buyer's Guide 1996 (Paddler Magazine)
California Whitewater - A Guide to the Rivers
Canoe Racing (Marathon & Down River)
Canoeing Wild Rivers
Carolina Whitewater (Western Carolina)
Endangered Rivers & the Conservation Movement
Florida information (assorted)

Georgia Mountains
Godforsaken Sea: Racing the World's Most Dangerous Waters
Happy Isles of Oceana: Paddling the Pacific Homelands: Kayaking the Inside Passage
Idaho Whitewater
Indiana Canoeing Guide
Kentucky Wild Rivers
Missouri Ozark Waterways
Northern Georgia Canoe Guide
Ohio County Maps & Recreational Guide
Paddle America (Guide to trips & outfitters)
Paddle to the Amazon - The World's Longest Canoe Trip
Paddling SC-Palmetto State River Trails
Path of the Paddle
People Protecting Rivers
Pole, Paddle & Portage
River Rescue
River Safety Anthology
River's End (Stories)
Sea Kayaking Canada's West Coast
Song of the Paddle
Southeastern Whitewater
Southern Georgia Canoeing
The Georgia Conservancy Guide to the North
The Lower Canyons of the Rio Grande
The Mighty Mulberry-A Canoeing Guide
They Shoot Canoes, Don't they?
White Water Tales of Terror
WhiteWaterTrips (British Columbia & Washington)
Wildwater (Sierra Club Guide)
WildwaterWestVirginia
Youghiogeny-Appalachian River
Maps:
The Big South Fork

Announcements

GCA Email List

The GCA email list has at this printing about 300 subscribers. Here's how the list works:

By sending an email to "gcalist@yahoogroups.com" you automatically reach all subscribers to the list with the message. Only those subscribed to the list can send email to the list.

To subscribe to the list, send an email to "gcalist-subscribe@yahoogroups.com". You will receive a verification that you are subscribed and a welcome message with instructions on how to unsubscribe and various other commands available through the service. Be sure to save this information for future reference.

All GCA announcements and forwarded email from other sources concerning new river access issues, late



breaking news items of interest to the paddling community, etc., will be sent out via the GCA email list at gcalist@yahoogroups.com. If you want to receive any of this information, please subscribe to the list using the above instructions. Also, don't be shy about using the list to send out or to request information about paddling related topics, rivers you're interested in, etc.

By the way, should you change or lose your email ID, please take a minute to "unsubscribe" your old ID and/or to "subscribe" your new one. ✂

GCA Web Page

Check it out at <http://www.georgiacanoe.org>. We are continually adding information and links of value to paddlers. Send your ideas for updates to Web Master Allen Sinquefield by using the e-mail link for WebGuy at the site. Membership applications, GCA waivers and other forms for use by members are posted on the site. ✂

Mail Failure Notices

Each month the *Electronic Eddy Line* receives numerous mail failure notices against members' email IDs. If your email address comes back with a mail failure notice, you will be deleted from the recipient list for the *Electronic Eddy Line* until we get a request to be added back with a current email address.

Also, if we get a number of mail failure notices against an email ID on the GCA Email List, that ID is automatically unsubscribed by the listserv software. It is the subscriber's responsibility to maintain the subscription with the current email ID. Your cooperation is appreciated — it makes less work for our all volunteer staff. ✂

Support Our GCA Supporters

The GCA web site now features a GCA Supporters web page with links to the companies that support GCA financially by advertising with us. Help out those who help us out — patronize our financial supporters!!

Thanks! ✂

Winter Roll Practice

Joint GCA / AWC winter roll practice is back! Indoor pool roll sessions will be held Mondays from 7:00 to 9:00 PM beginning the first Monday in January and running through the last Monday in March, with the exception of the MLK holiday. Plan to take advantage of this great



service provided by your club. Whether you want to learn to roll, practice your roll to stay sharp, teach a fellow paddler to roll, or work on other techniques such as wet exits, hand rolls, deep water re-entries, etc., the indoor

Canoe Outfitting & Repair

Featuring Voyageur™ Products

Custom outfitting of your open canoe or C-1
Saddles, thigh straps, air bags, knee pads, skid plates
and more

ABS repair for worn, cracked or broken hulls

Canoe Instruction

Beginner, Intermediate and Advanced levels

Call Allen Hedden 770.426.4318

Email canoeist@mindspring.com

heated pool is THE best place to hone these skills in the middle of the winter.

LOCATION: We will be returning to the Warren / Holifield Boys' & Girls' Club. The club is located at the corner of Berne and Marion Streets near Grant Park. To get there, exit I-20 at the Boulevard / Grant Park / Cyclorama exit southbound. Go about 1/2 mile to the traffic light at Berne Street — turn left. Go about another 1/2 mile and you'll see a large brick building on the left at the corner of Berne & Marion Streets. Turn left. You are at the Warren Club building. The pool entrance is in the rear. Enter through the gate on the far end of the building to unload boats.

Once again the ACA carries our insurance for this event, and non-ACA members will be required to sign up for an ACA event membership at an additional cost of \$5.00 for the entire event (January thru March). This is in addition to the \$5.00 per session paid to defray pool rental expense. ACA members, have your ACA number available or pay for an event membership.

Revel Freeman is our Roll Practice Coordinator. If you have questions about roll practice, or would like to volunteer to help, either with instruction or with keeping track of money and waivers, call Revel at 404.261.8572.

BE SURE YOUR BOAT IS CLEAN. A hose is available at the door to rinse out river mud, old bird's nests or cobwebs. ✂



Get *The Eddy Line* Via Email

The Eddy Line is available via email as a .pdf (portable document format) file. This format allows subscribers to view formatted text, graphics, page layout — virtually the entire *Eddy Line* — just as it appears in printed form. Plus you can see it at least a couple of weeks before the printed copy arrives via snail mail. You can also print out a paper copy of the .pdf file and it looks just like the snail mail copy (except most of the photos are in living color).

The .pdf version requires only Adobe Acrobat Reader (or some equivalent) software in order to view it. Acrobat Reader is usually present on most PCs running Windows operating systems, or can be downloaded for free from the Adobe web site at <http://www.adobe.com>.

To subscribe to the email version of *The Eddy Line*, send a request via snail mail to:

GCA
c/o Ed Schultz, Treasurer
3060 Pharr Court North #315
Atlanta, GA 30305

Or you can email your request to Ed Schultz at heloeddy@

mindspring.com.

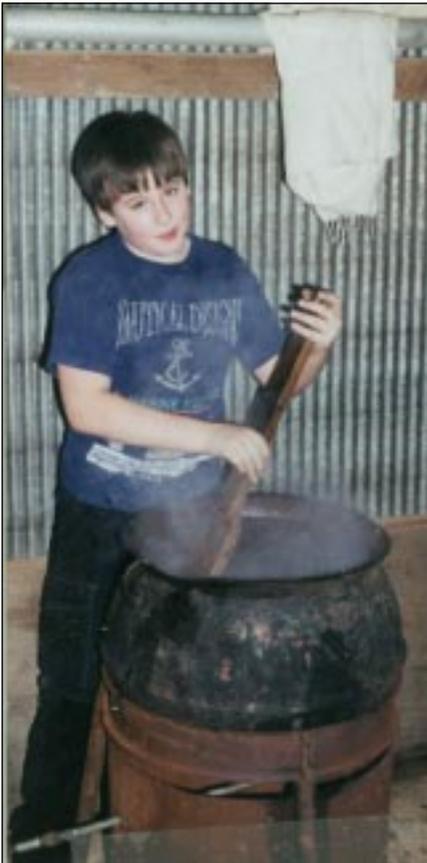
Or on your annual renewal form, just check the block for the *Electronic Eddy Line* and INCLUDE YOUR EMAIL ADDRESS so we can send *The Eddy Line* to you electronically. You can also opt out of the paper version to save the trees, as well as printing and mailing expense. ✂

2004 Cartecay Chili Run

As the year draws to an end, an annual tradition for paddlers approaches. The 18th Annual Cartecay River Chili Run will take place January 1, 2004. Mountaintown Outdoor Expeditions is proud to host the event. There will be river shuttles to host the event. Shuttles will begin at 10 AM and go throughout the day.

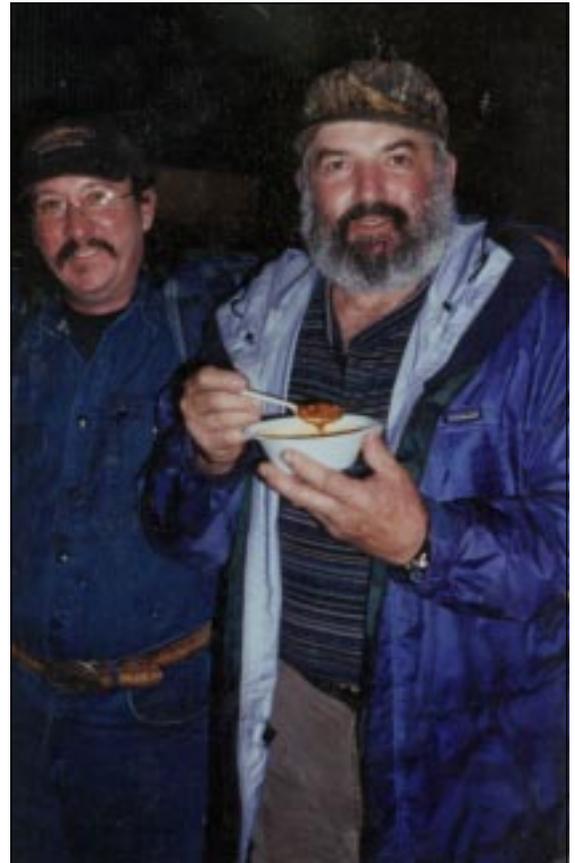
Chili for the cook off must be in by 2 PM, with judging and prizes at 3 PM. Chili for those not in the cook off will be available from 12 PM.

There is no better way to start the year than the dip of a paddle and the dip of a spoon. This year M.O.E. has been proudly serving the paddling community for 20 years. For more information, call Jay at M.O.E. 706.635.2524. ✂



Left: 2003 Cartecay River Chili Run Cook Off champion J. R. Rogers teamed up with his dad, Ray Rogers for best chili of 2003.

Right: 2003 Chili Cook Off winner Ray Rogers and M.O.E. owner Jay Srymanske.



Upcoming Events of Interest

December 6 — NRC Jiffy Slalom Race — Tuckaseegee River, Bryson City, NC, Nantahala Racing Club, 828.488.2176 ext. 108, email: rhino@main.nc.us.

December 7 — NRC Wild Water Race — Tuckaseegee Gorge, NC, Nantahala Racing Club, 828.488.2176 ext. 108, email: rhino@main.nc.us.

January 1, 2004 — Cartecay Chili Run — Cartecay River, Ellijay, GA, Jay Srymanske, 706.635.2524. ✂

MLK Weekend GCA Florida Trip

by Morris Friedman, The Vagabond

GCA/MLK January 17-19, 2004, Smooth Water Paddling on the Ichetucknee, Crystal, and Chassahowitzka Rivers.

I was introduced to paddling these rivers by Walter Howard and Liz Carter. I'm eternally grateful. This has become a MLK weekend tradition. Join us for a bit of winter paddling in whatever craft you desire, be it canoe, sit-on-top, ww kayak or sea kayak.

The Ichetucknee River begins as a spring called Blue Hole in Ichetucknee Springs State Park located near Fort White, Florida not far from I-75. 233 million gallons of water flow daily from the spring through hammock and swamp on a six mile journey to the Santa Fe River.

The river starts out as a 72 degree, crystal clear narrow stream, then opens and broadens as other springs add volume. Continuing downstream the scenery changes to prairie then cypress bordered banks. The water begins to take on a deeper tint from the tannin leached from plants.

Wildlife varies, including egrets, herons, ducks, hawks, turtles, deer etc. Alligator gar are abundant. The run to the take-out at the south entrance of the park takes no more than a couple of hours.

Late fall and winter are the best times to paddle the Ichetucknee as it is open to tubers late spring through summer. After the river leaves the park it joins the Santa Fe River winding its way to the Suwannee and eventually to the west coast near Cedar Key, Florida.

After reaching the take-out we eat lunch and hightail it to Crystal River. Dinner Saturday night is at Charlie's Fish House and Sea Food Market. Sunday morning we generally put in at King's Bay on the Crystal River. Pete's Pier provides free parking and ramp access for vehicles without trailers. A 7:00-7:30 a.m. put-in at Pete's Pier helps avoid the tour boats that frequent this area.

Over the years we've seen plenty of manatees. People who experience manatees for the first time are delighted and amazed. My daughter, Alisa, describes these large

lumbering mammals as cute. I guess they are, in a homely sort of way. Bring a wet suit for snorkeling if you want to have an up close and personal visit with a manatee, just don't touch or chase them.

In the afternoon we paddle the Chassahowitzka River. One channel leads us to a deep springhead chasm with fish enjoying the flow of warm water. This springhead forms a pond which is bordered by a Buddhist Temple. It's always an adventure when you paddle a stream for the first time, not knowing what's around the bend. Exploring enhances the total paddling experience. Manatee, herons, egrets, brown pelicans, osprey, turtles, and buzzards roosting at the put-in highlight the river wildlife.

Details of the GCA/MLK smooth water weekend can be found at www.geocities.com/vagabondmo/gcamlk.html. Pics from last year are at www.geocities.com/vagabondmo/crystal.html ✂

A Plea for Help!!

My tenure as Cruise Master ends December 31, 2003. **The Club needs your help.** William Gatling has done a GREAT job of setting up a system that uses Yahoo email to accumulate trip info and email a calendar with trips listed. We use this email to solicit trips. It allows you (the trip coordinator) to see a calendar with the dates and trips scheduled thus far so you can better choose your next trip.

The system is catching on, but we still need people to



follow up with phone calls to potential trip coordinators. I would like to form a committee of 3-5 people to make these calls. This is where YOU come in — the GCA needs volunteers. Volunteers are a big part of making things happen in the club.

Monthly trips are a big part of what the GCA provides to its members. I am willing to extend my time as

Cruise Master until January or February in order to help out; at that point we need to have a new Cruise Master (or maybe a new system) in place.

I would like to ask each of you to remember those who coordinated the trips you first paddled. Volunteer to coordinate a trip. This makes putting a trip list together so much easier. Coordinating a trip is not difficult, and it's a very rewarding experience. If every experienced GCA member could coordinate at least one trip per year, we would have a VERY robust trip list each month.

We Outfit Your Mind, Your Boat and Your Spirit of Adventure

The Top Teachers

Learn from the paddlers who teach the teachers. We've been the leader in whitewater kayak and canoe instruction for over 30 years.

Private Instruction

We'll customize a program just for you. After all, it's just you, the river and your instructor.

Small Groups

Our teacher to student ratio is now 1 to 4. That's what makes our group instruction programs so popular and productive.

Get Intense For a Day

Only have one day? Try one of our one-day intensive programs like rolling, playboating on the Nantahala or Ocoee, or ACA Instructor recertification.



Great Playboating

Improve your playboating skills with NOC instructors fresh from the rodeo circuit.

Rapid Progressions™ Guarantees Success

The first novice whitewater kayak program that guarantees success.

10% Off Your Gear

Our mail order department is online with the latest gear and longtime favorites. And, Georgia Canoeing Association members get a 10% discount.

The Outfitter's Store

The NOC Outfitter's Store in the beautiful Nantahala Gorge is a great place to shop for all your whitewater gear and accessories.

Great Adventures



Start At The Center

Whitewater Instruction • Outfitter's Store & Mail Order • Mountain Bike Rentals
Rafting on 6 Southeastern Rivers • Ropes Course • 3 Restaurants • Lodging

Nantahala Outdoor Center

800.232.7238 • 13077 Hwy 19W, Bryson City, North Carolina 28713 • www.noc.com

I would also like to solicit suggestions from you. How would YOU do the job of Cruise Master? What would YOU do to inspire volunteers to coordinate trips? How would YOU inspire volunteers to work on a trip list committee? We need your input to keep this program going.

We all get a lot from the GCA — please give a little back!!

Mike Winchester
Home: 770.319.8969
Work: 770.433.3232
email: mike@artplumbing.com 

From the Prez

by Gina Johnson

It is with great anticipation and a little anxiety that I accept the position of President of the Georgia Canoeing Association. What's a nice girl like me doing in a spot like this? Oh well. Marvine Cole and Brannen Proctor have blessed me with a terrific new Executive Committee, Committee Chairs and Members-at-Large. We have seen some of our Members at Large promoted to Committee Chairs and brought some young GCA members on board as Members-at-Large. This is a positive sign for the health of our club.

As a club we are also facing challenges. We are seeing more interest in "recreational" paddling and need to address the needs of these flat water boaters more effectively. We are seeing a continued interest in white water kayak instruction, with a diminishing interest in white water open canoe instruction. We are seeing fewer mem-



The transition — At the Fall Meeting, GCA's incoming president Gina Johnson (left) and outgoing president Marvine Cole. *-Photo by Barrett Schubert.*

bers willing to schedule club trips, using the club's Internet List Serve as a way to connect for last minute river trips. We have seen a drop off in attendance at the semi-annual meetings which were traditionally held at Garden Hills in Buckhead.

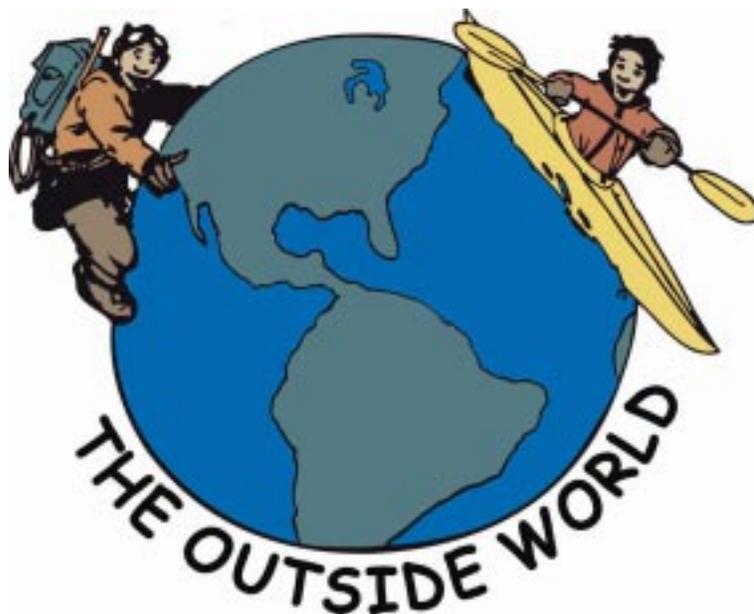
We hope that some of these challenges can be positively addressed, and I would love your input! We moved the Fall Membership Meeting to the Chattahoochee River Park in Roswell. Marvine Cole began with a flat water trip which ended at the River Park. We had pizza delivered and had pie and cake for dessert. It was a great time and we had many new faces. We hope to have the spring meeting at a similar location.

We hope to schedule a series of "lake days" for the spring and summer where we can give informal instruction to new boaters, recreational as well as white water. We also hope to schedule a camping weekend each month. This could be in Florida or South Georgia for flat water or the mountains for white water or lake paddling. I would love to hear from anyone who has a favorite camp ground that could accommodate some fun-loving boaters.

We want to continue to provide instruction for new white water and flat water boaters and are exploring ways to increase our number of instructors. We would like to invite all of our members to become part of the GCA List



Poling, anyone? Taken at the Fall Meeting in October at the River Park in Roswell. *-Photo by Barrett Schubert.*



HIKE, CAMP, PADDLE

"THE BEST PLACE IN THE SOUTHEAST TO BUY A BOAT "

WE CARRY CANOES AND KAYAKS FROM PYRANHA, LIQUID LOGIC, BELL, OLD TOWN, OCEAN KAYAK, CURRENT DESIGNS, HOBIE, WENONAH, PERCEPTION, DAGGER, P&H AND NECKY



COME AND TRY OUT THE WORLD'S ONLY INDOOR SURFING WAVE

PRESENT THIS COUPON AND RECEIVE
10% OFF ANY REGULAR PRICED BOAT ACCESORY.

NEW LOCATION!!!
471 QUILL DRIVE
DAWSONVILLE, GA 30534
WWW.THEOUTSIDEWORLD.NET
706-265-4500
MON-SAT 10-9 SUN 12-6
WE ARE LOCATED ON THE EAST SIDE OF GA400
500 YARDS BEFORE THE NORTH GEORGIA PREMIUM OUTLET MALL



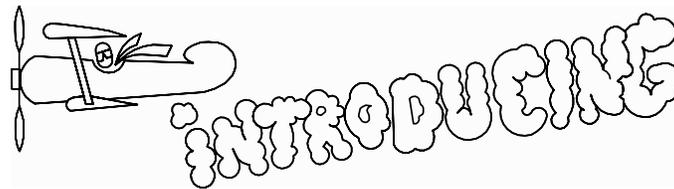
Trying out demo boats at the River Park in Roswell — GCA Fall Meeting. *-Photo by Barrett Schubert.*

Serve and have access to these last minute river trips, and at the same time we ask our more experienced boaters to make a commitment to lead 2 trips a year. This isn't much to ask for a club that has given so generously to us.

We will continue to have our basic calendar: Spring Membership Meeting (March); Spring Extravaganza (April or May); Southeastern Races (May); Safety Weekend (July); Fall Gala (September); Fall Membership Meeting (October); Christmas Party (December). Our Christmas Party is at Haynes' and my house, December 7. The Board of Directors Meeting starts at 3:00 and the party starts at 4:30. Please join us for the Board Meeting if you can.

My e-mail is gwminc@mindpsring.com. Please let me know your thoughts and suggestions.

Thank you!



Welcome New Members — Directory Additions

The following is a list of all members who have joined the club since the last update. We will try to include this information on an on-going basis so you can add new members to your Directory. New members are the life blood and the future of the club. Thank you for joining us!!

Fleming, Thayer
221 Pimlico Road
Greenville SC 29607
H: 864-288-0212
O: 864-244-8899

Guinn, Kimberly & Frank
89 Poplar Springs Court
Dallas GA 30157
H: 770-222-7445
O: 678-878-8134

Hardin, Clay & Mason
3080 Hillside Court
Marietta GA 30066
H: 770-928-7623



Help Protect the Little Tennessee River

by Kevin Colburn

A beautiful River in Western North Carolina needs your help. The Little Tennessee River is a class I-II River that flows north from Georgia into western North Carolina. It is one of the most biologically diverse rivers anywhere and has been all but devastated by dams that form famous reservoirs like Fontana, Calderwood, Tellico, and the list goes on. Upstream of the large dams, though, the river snakes along through low hills and over wide shoals covered with rare endemic mussels. Just before the river slides into the silence of



Fontana Reservoir, it passes through a 4600 acre tract of land that has been the source of one of the hottest regional environmental debates in decades.

The Needmore Tract was originally taken or bought, depending on your opinion, by a power company that intended to build a dam and flood the reach. The dam was never built, and the land remained virtually untouched for much of the 1900s. What exists

today on the Needmore Tract is a remnant of an ecosystem that graced our ancestors eyes across the southeast, but today is a priceless rarity. It is places like Needmore that will be the Noah's Arc of future river restoration efforts in the entire Little Tennessee Watershed. Thus, it was a

desperate situation when Duke Energy transferred the Needmore Tract to its infamous development subsidiary, Crescent Resources.

What followed was a massive, multiple front effort by environmental interests to save the land from development. American Whitewater was working with a coalition of stakeholders to encourage the conservation of the land through regional dam relicensings, when to our relief, negotiations between the Nature Conservancy, US fish and Wildlife, and other stakeholders were successful in arranging the purchase and protection of the Needmore Tract.

Now, critical fundraising efforts are underway to actually make this awesome conservation purchase a reality. Nantahala Outdoor Center is making it fun and easy to help with the cause. Please check out NOC's

Fundraising Website to see how you can help support this critical conservation effort!

- *From the American Whitewater web site.*

Editor's note: The GCA Executive Committee has voted to contribute significantly to this cause from our River Access Fund. Our contribution, as well as all others, will be matched dollar for dollar from a \$2,000,000 challenge grant offered by another organization. There is still much to be done in the area of raising the money for the purchase, but things are looking up. After the purchase, the land will be managed permanently by the North Carolina Fish and Wildlife Department, and a permanent access / take-out point will be created above the headwaters to Fontana Lake. Please do what you can to help fund this once-only opportunity to save the Needmore Tract from development. Thank you! 

Five Falls of the Chattooga Claims Paddler's Life

About 4 PM on Sunday, November 9, the rapids at Five falls claimed another victim. Kayaker Keith Green, age 40, of Greenville, South Carolina, disappeared along with his boat at Crack in the Rock. According to other boaters at the scene, Keith was running Corkscrew before his group had set safety, ostensibly to show some first-timers the line and set boat safety below. He got worked in the hole at the bottom of Corkscrew, missed some rolls, swam, and was last seen heading into Right Crack holding onto his boat.

At first, no one was sure what had happened to him because the other paddlers in his group were not familiar with the rapids. Another group soon arriving on the scene was asked for assistance, and failing to find any trace of Keith or his boat, but having seen a paddle wash down through Jaw Bone, they surmised that he and his boat were most likely pinned under the rocks in Right Crack. Extensive searching and probing with paddles failed to turn up any sign of Keith or his boat. USFS, SAR personnel and swift water rescue teams failed to locate Keith or his boat as well. The search was called off at dark.

Sadly, on Tuesday, November 11, the worst was confirmed. Underwater cameras located Keith's body and his boat under the rocks in Right Crack. There was reportedly another decked boat and a paddle wedged under the rocks as well.

A crew went back in Wednesday to attempt to recover the body. A diver tethered with a Z-drag attempted to reach the victim, but encountered current and turbulence with such force that it was pulling his dive gear off.



Keith was survived by his wife. She was very supportive of Keith's involvement in white water kayaking. Our sympathy goes out to her and to all of Keith's friends and loved ones. Our hearts also go out to the survivors in Keith's group, to the other paddlers on the scene who helped out with the search and rescue operation, and to those involved in the continuing effort to recover Keith's body. This is always a devastating experience to go through.

Please paddle safely out there. Five Falls is a very scary and dangerous place. Go there only with the proper skills and equipment, and go only with a group that knows the river at the current level, and that has the skills to set safety and perform rescues. If you have ANY DOUBTS about running the rapids at Five Falls, walking there is completely honorable and acceptable. 

Wilko's Paddling Gear Tips — Part 3

by Wilko van den Bergh

Copyright © 2002 by Wilko van den Bergh

Cow tail / towing harness

For those who have to rescue swimmers and gear, a rescue harness as well as a quick-release belt and cow tail are a good idea. Make sure to practice using the cow tail a lot and check the quick-release in a towing situation repeatedly before you ever use it in a real rescue situation!

This is one of those rescue gadgets that could get you in serious trouble if you're not well aware of its risks... The main risk lies in you towing something where there is not tension on the cow tail's line, but where you need to release

the quick release belt anyway. If you're capsizing and landing under a swamped boat, the lack of tension will make the quick-release very difficult to release, but you won't be able to get away from the swamped boat!

Another big risk is using the cow tail to tow a boat in either a wave train or in the sea surf. You run the risk of slowing down while going uphill while the swamped boat behind you overtakes you, possibly landing on top of you! Be certain that the swamped boat has enough floatation before you clip onto it...

Another "don't" is trying to tow a paddle! The blade closest to you is very likely to scoop up some water, in which case it will lift the other blade out of the water, performing a beautiful 180 degree arc and landing on your head!

Rescuing gear should **never** put you in danger, no matter how new it is or how much money you spent on it. It's just not worth it to get injured or worse over a replaceable piece of gear.

More rescue gear

I usually carry two throw lines. A shorter Salamander bag (15 m/50 ft) around my waist, which is good to wear during the scouting of rapids as well for situations where you need a rope in your boat and you don't want to pull the spray deck to get to a line. A longer (25m/80ft) and thicker line is usually clipped behind my seat. That's useful for longer distance throws, as well as recovering broached boats and such.

I tend to bring several more throw lines in my car, which I regularly hand out to paddling buddies who have forgotten theirs. I don't care what their reason is, but I'm carrying my own lines mainly for them, so I want them to carry (and know how to use) a throw line for when I need it. I also have six or so carabiners in my PFD and a few more inside my boat to setup a Z-drag or to more easily clip lines onto whatever needs to be moved.

Warning: Whenever you use lines, make sure to carry paramedic's shears or a sharp knife as well! Incorrectly used lines can create big hazards!

The advantage of using paramedic's shears: They are a lot cheaper than "normal" rescue knives. They have small serrated "blades" which will go through throw rope very easily, but which can also be used very close to a victim's body without injuring them. Unlike folding knives, they are easy to operate with one hand.

In area's where normal knives are illegal (that's the case around here), they offer a nice non-threatening and legal option. I do have a folding knife as a backup, but it's only been used in anger to slit the throat of a baquette (French stick bread) or skin an orange.

Boat and paddles

Boat

If there is a paddling club in your area, it might be smart to become a member, which gets you in touch with paddlers and gives you the chance to start paddling without immediately buying a new boat. As a beginner you won't notice much difference between similar looking boats anyway. Not that I would advise you to start in a Prijon Typhoon, but take some time to get the basic paddling skills down before investing in a boat of your wishes.

Since the latest play boats have crossed the 1000 euro/dollar line some time ago, buying the latest design boat after you just start paddling doesn't make much sense to me. It's a lot cheaper to buy last year's design, which will feel like a huge step forward from what most clubs have in their fleet anyway.

Make sure that you try out as many boat designs as you can, getting a good feeling of the differences between the designs and the brands. Since what your paddling buddies tell you about their preferences can be something completely different from what **you** prefer, you should really try out a boat **before** you buy it.

Many discussions can be seen on different paddling forums about which brand and design is better. What matters more than brand names is that you get a boat that suits your needs. If you want an all round creek boat, then you won't be interested in a fast wearing play boat that is obsolete in a year. Plastic quality may be more important than the latest design then. On the other hand, if you're a park and play boater, looking to do the latest moves and not likely to hit a rock, go ahead and get the latest fancy play boat every year!

For play boats, a tight fit and all around boat contact can be a big bonus for boat control. If you enjoy running multi-day self-supported creeks, get a comfortable boat that feels well for several hours. Also, getting out of a creek boat in a pin or broaching situation is a lot bigger consideration than just getting optimal boat contact.

For a creek boat, I don't like a boat with a center pillar. It puts each leg in a separate tube, making it difficult if not impossible to lift your leg up and out of the boat or on the rim of the cockpit. That's an important reason for getting a kayak where the cockpit is long enough to allow you to lift your knee out of the cockpit. It simply makes it easier to get out of the boat when you're in serious trouble.

For those of you who don't consider pillars an issue, I hope that you have tried to get out of your boat in a vertical pin situation. We have used a line to hoist a kayak up against a tree, seeing if the paddler could still get out of the boat easily. To our surprise, most couldn't.

I prefer a kayak with plenty of volume (250 litres/65 gallons) as a rescue boat, so that having someone tag along from one of the grab loops doesn't put you in a position of constant stern squirting. Having the extra grab loops close to the cockpit also means that the swimmer can hold onto my Salto more easily, and keep their legs out of harm's way. I find that swimmers usually bump their knees and lower legs against rocks in shallow streams; this takes much of that away.

For recovering a broached boat, solid grab loops and a couple of steel loops in the deck are also a good option. The steel loops are also good to attach a steel cable and lock for security.

Paddles

Some people advocate getting the most expensive paddle you can get. I think that as a beginner, especially when you paddle in an area with low volume rivers or creeks, you should get something that will withstand the abuse until you learn how to recognize and evade the rocks.

Having had RSI (Repetitive Strain Injury) for quite some time, I changed from an 80 degree offset to 55 degrees. Some people go down to 30 degrees, and many of my friends still paddle with 80 or even 90 degrees paddles. When you start, it doesn't matter all that much, but as you get better, try some other paddles and see how you like different feather as well as shorter and lighter blades.

I'm really fond of my crank-shaft paddle with glass blades, in part because you instantly feel when your hands are in the right position to roll, even if your fingers are very cold. I also like it that they put less strain on my wrists, lessening the RSI effects. Some people have difficulties rolling with a crankshaft paddle though.

Gloves / mittens / pogies

To keep my hands warm on really cold days, I have two sets of different thickness open palm paddling mittens. The finger compartment is pre-bent, so that you don't need to fight against the elastic neoprene to keep

your fingers around the shaft. I also use gloves with my hand paddles, but never with a normal paddle. I don't like the strain on my fingers that normal neoprene gloves put on them as you force them to bend around the paddle shaft. Then there is that lack of paddle contact that gloves give you, and since every finger is separately encased in neoprene, the individual fingers can't warm each other.

Although I do have some pogies, I never use them any more. They are more difficult to get on, if you have to grab a swimmer, you get cold hands, and they don't keep your hands warm when you are swimming or if you get out of your boat to scout. Losing the paddle means that you'll have cold hands for the rest of the trip. Pogies that fit well around the wrist usually require your teeth to pull them on, and it takes some time to get your hand back in after you had to pull it out. I also don't like the feeling of being attached to the paddle, but that's mostly psychological.

Losing gear

Besides the financial pain of losing gear, it can destroy your entire trip if gear is lost that can't be replaced. I like to bring more than one boat for longer paddling trips, and besides the hand paddles which I bring as back-up paddles, I also have a three piece split paddle for in the creek boats. I've only lost a paddle once, but I've had several buddies destroy or lose theirs during paddling trips. It's those moments when you are grateful for bringing extra gear all that time.

Since you always run the risk of losing gear, you might as well mark it well. Write down your name, phone number (with international prefix if you paddle abroad!) and your e-mail address on it! In my experience, people are more likely to send a complete stranger an e-mail than call them up, especially if that also involves long distance or even international phone charges. You might also catch someone on the line who's not fluent in your language. Then an e-mail could make it easier to cross the language barrier.

- See the January issue for Part 4 in this series. 

Instruction / Training

How Important Is My Roll?

by Russ Condrey

It has been a very interesting couple of weeks for me, finished off with an eventful Week of Rivers. I took some time after the morning meetings to notice who was going where, and what kind of qualifications the leaders were using to decide to let some of the less experienced paddlers on trips. The two questions that kept coming up were "What have you paddled?" and "How is your roll?" I can

assure you I asked these two questions of everyone that followed me down anything last week. Why??? Because I don't like to chase other people's stuff down the river. (I have reason to believe that other leaders feel the same.) But more important, most river accidents happen when you are not in your boat!!

For all you novice and intermediate boaters (open boaters included), I submit the following statement for you to think about: "A solid combat roll is the most important skill to master if you want to progress through the boating ranks at a 'rapid' pace!" Let's examine the two sides of the

issue.

If you don't have a solid combat roll, you are more likely to swim — therefore you:

- * sit in the eddy and watch
- * portage around rapids
- * stay home when the weather is a little cold
- * do not paddle with good paddlers, because you don't want to hold them up, or they don't invite you

If you have a solid combat roll, you are less likely to swim, therefore you:

- * try things — thus learning faster
- * run things — if the worst that can happen is that you will be counting trout
- * paddle when it is cold — giving you more time in your boat
- * paddle with good paddlers — because they will be willing to take you along

The bottom line is that a solid combat roll gives you confidence! Confidence gives you a positive mental image of your boating. And we all know that 70% of boating is 90% mental. Once you have that confidence level, then it all boils down to time in your boat. Don't get me wrong, a combat roll won't make you a class IV boater, but it will put you on the fast track class III.

As part of my week of rivers, I took a PI from Ken Kastorff at Endless Rivers. Ken told me that he gets his students off the Nantahala and onto the Ocoee as soon as they have a 'SOLID' combat roll and demonstrate good boat control. Why? Warmer and more challenging water.

So, how do you get this "solid combat roll". You practice! Practice doesn't mean going to the lake or pool, doing a half dozen rolls, sitting around talking for an hour, and going out to eat. Practice means going to the lake or pool several times each month, and doing thirty to fifty rolls each night. From time to time, get an instructor to analyze your roll and offer suggestions. Most club instructors are more than willing to offer their opinions.

When you are 100% in the pool, head out to your local river (with someone to spot you) and find a deep spot with a little bit of current. Peel out and roll, then peel out from the other side. This process should be repeated over and

over, then in faster current. Continue to repeat this process until I write another article telling you to stop. As a general rule of thumb, a 100% pool roll will translate to a 50% or 60% river roll.

If you can't roll at all, then get out to one of the lake sessions and get someone to teach you. The club has a number of excellent ACA certified instructors, and most are more than willing to give you a lesson if you ask them politely (or schedule it with them in advance). Pay for the instruction if you have to. A small investment in the right place is worth its weight in gold. Having your spouse or significant other try to teach you (at least in the early stages) might possibly be detrimental to your paddling as well as your relationship!

Start working on your off-side roll when you have a solid on-side roll. It is much better to be 100% on-side and 0% off-side then 60% on-side and 40% off-side.

You will know that you have a solid combat roll when:

- * you quit making a second roll attempt, because you are upright after the first attempt.
- * you only swim when you're stuck in a hole, or pinned
- * you flip and you're back upright, and you don't remember rolling. (instinctive rolling)

Wednesday nights during warm weather there are roll sessions at the lake at Stone Mountain Park. Starting in January, the Warren / Holifield Boys' and Girls' Club Pool will host winter roll practice. NOC and Endless Rivers both offer rolling clinics. Just Do It!!

On a personal note, I would like to send out another Thank-you to Nancy Brabec, who 5-1/2 years ago spent several hours at pool roll practice with a very hard headed beginner teaching him the basics. I thought about you last week when I nailed a roll in the middle of a class V that would have been a really nasty swim. That was when I got the idea for this article.

In the last 5 years I have had 7 total out of my boat experiences. 2 broken paddles, 3 times out of holes that I couldn't surf out of, 1 vertical pin, 1 failed roll in 378 river trips. I did 50 practice rolls at the lake last night!

If you want to boat with the "Big Boys", start with a "SOLID Combat Roll".

The Southeasterns Has a New Race Master!

The 36th Annual GCA Southeastern Races will be held the first weekend in May, 2004. Our new Race Master is Bruce Fussell! We are counting on all of



the committee chairs and the race crew that have made this event such a success in the past. The goal is to make the race more fun for the race crew as well as the racers. Bruce and his committee chairs will be in touch with you about the wonderful opportunities available working with the race crew. Again, a huge "Thank You" to Bruce from the GCA and the racing community!!

There is no substitute for genuine lack of preparation.

River Access

Land Owner Threatens to Block River Access

by **Brian K. Finnicum, Blue Ridge News Observer**

A property owner who is trying to block river access along the U.S. Forest Service's Toccoa River Canoe Trail has federal and state officials scrambling for answers. Last week, the Forest Service's Toccoa Ranger District posted signs at the Deep Hole put-in for the trail, warning users that a landowner along the trail had strung cables across the river and posted "no trespassing" signs. The Forest Service sign advises that users travel on the trail at their own risk, and that the Forest Service does not guarantee anyone's safety while using the trail.

Joe Lawrence owns land on both sides of the river about a mile and a half from the put-in for the 13.8-mile canoe trail at the Deep Hole campground in southern Fannin County. Lawrence says the Forest Service never consulted him during the creation of the trail, which passes through his property. "I've got a right to shut it down," he said.

The Toccoa River Canoe Trail's take-out at Sandy Bottoms was constructed at a cost of about \$60,000, with a portion of the funding coming from Georgia Department of Natural Resources and Federal Highway Administration grants. The trail was opened August 27, and is the only canoe trail in the Chattahoochee National Forest.

Last month Lawrence filed a land use affidavit with the Georgia Department of Natural Resources restricting hunting and fishing on his property. The affidavit gives DNR law enforcement officers authority to arrest anyone fishing in the portion of the river passing through

Lawrence's property for trespassing if that person is not named on the affidavit. Lawrence said he has been threatened because of his efforts to block float traffic on the river. "This thing has definitely gotten out of hand," he said.

At least one incident report has been filed by the Fannin County Sheriff's Department after a confrontation on the river where it passes through Lawrence's property. On August 31, an incident report filed by Sgt. T.L. Verner states, a group of about eight people was floating and fishing in the river through Lawrence's property. A man camping on the property with Lawrence's permission told them not to fish, and a verbal confrontation ensued.

The camper told Lawrence what had happened, Lawrence confronted the group, and words were exchanged before the sheriff's department was called, the report states.

A 1962 opinion issued by the Georgia Attorney General states that the owner of property on both sides of a non-navigable stream is entitled to exclusive fishing rights in that stream where it passes through his property. The Toccoa is classified as non-navigable because it is not capable of supporting commercial barge traffic. That opinion does not address rights of passage, however.

DNR law enforcement Capt. Carroll Chastain said his office has requested clarification from the Attorney General's office on whether landowners have the right to restrict passage on the river or other waterways, but has not yet received an answer. Toccoa District Ranger Cassius Cash said the Forest Service has consulted with the U.S. Office of General Counsel, which is in communication with Lawrence's attorney in an effort to resolve the conflict. "This agency prides itself on trying to be a good neighbor with adjacent landowners," Cash said. "We'd like to resolve this amicably." 

Sea Kayaking

Sea Kayak Clinic Report

by **Steve Cramer**

Charleston, SC, September 27-28, 2003. We ended up with 7 students, about what I like to see. Mike Kincaid and his daughter Kaitlyn, Robin Peterson, Lamar Phillips, Marcia Jenkins, Belita Gordon, and Margy Moremen. Lamar and Marcia were the only GCA members. Meg served as my "competent assistant," as usual, at least for the flat water day (Meg's not big for surf).



Saturday in the harbor was fun, not quite as windy as in the past. There were enough inadvertent swims that we got in a good bit of rescue practice without making anyone flip on purpose. The dolphin count was disappointing, only 2 or 3.

Saturday night we hit the Wreck for dinner as usual, squeezing nine people around a 6-top. Plenty of room for good friends. Be sure to ask Lamar about interesting plane trips, but give him a drink or two first.

Sunday we arrived at the Sullivan's Island beach 45 minutes before a really high high tide. Actually, there was no beach, the water was sliding up into the dunes in places.

Since there was no place to launch, we temporized by practicing braces sans boat, sitting on the sand and edging into the waves, bracing with the paddle. Lots of fun, although the exercise finishes with one's underwear having a lot in common with 150 grit sandpaper.

Once the tide went out a little, I brought people into the surf broadside to get them into bracing mode. It's a timing thing: edge out into the wave and brace on top of it just as it hits you. Too early and your paddle ends up under the breaking wave (not good), too late and the wave knocks you over beach direction. This is a really fun exercise to do, and pretty safe, since someone is spotting you.

After everybody had had a chance to do the edging thing, we paddled out offshore. There was almost no beach break by that time, so no one needed any help getting into the water. Sullivan's Island has a couple of nice areas of clapotis a couple of hundred yards offshore that make great playgrounds. Some of the time you're just getting hit by waves from all directions (Which way to brace?!), and some of the time the waves straighten out and you can get a pretty nice ride.

All of the students flipped at least once, except Marcia, who had to leave early. We all pitched in doing rescues, though I should call them assisted re-entries, because who needs to be "rescued" when you're standing in

3 feet of water on a sandbar? I think everybody was convinced that helmets in the surf zone are a good idea.

Kaitlyn in particular had a good day in the bumpy water. Understand, she's 14 years old and 85 pounds, so her boat was more stable than most. But it's not like she was sitting around waiting for something to happen. Next to her dad, she was probably the most aggressive paddler out there. She was almost the last to go over, and might not have if she hadn't been trying to help me help Robin.

Here's a tip: be careful about stowing paddles under your bungees in rough water. They can get spun around 180 degrees and end up short-end-towards-you, long-end-in-the-water, out of your reach. Then the next wave pushes your boat over your paddle and you learn about leverage in a way your physics teacher never thought of. Right, Katie? Mike swam a couple of times, but attacked the waves with a grin and a fierce determination. I think the Kincaid family will all be out on the water next season.

Margy was the last person to flip, in a very dynamic way on the face of a wave she got a short ride on. I think she was getting tired by then, as she flipped again within a few seconds of getting back in the boat.

One by one folks straggled back to the beach, tired, well-sunned, sandy, and wet, but still enthusiastic. Next coastal class May 29-30, 2004. 

Upper Chattahoochee River

by Steve Cramer

October 26, 2003. I wasn't the coordinator for this trip. I'm writing the report because.... how to put it nicely.... the coordinator didn't show. I'm sure he has a good reason.

Steve Warner had emailed the club listserv, desperate for a paddle somewhere, anywhere. He asked if anyone was going to join Oreon's Saturday paddle on the Upper Chattahoochee. Hmm, I thought, sounds like fun, and I haven't seen Mr. Mann in a long time. So I emailed Steve and said I was coming, and called Oreon. Only got his machine though, with information that he was traveling and instructions to meet at the put-in at 1:30.

So Steve and I did. Bridge gauge said around 2 feet, not a bad level. It was spitting rain a bit, but not much, and anyway, the Upper Chattahoochee isn't a river that rises really fast, like the Chattooga, for example. We pushed the 15 minute rule pretty hard, then decided we'd better go ahead and run shuttle and get going, since Daylight Savings Time had ended the night before and we wanted



to be off the river by 5:30 or so.

By the time we put on, the rain had completely stopped. The river had risen some. All the rocks in the center at the put-in were covered. That first little play ledge on river right was only a foot or so high, and not very sticky.

Steve said he wasn't going to play much, as his pool roll was less than perfect and his combat roll was, well, he hadn't done one yet. Also, this was his first time on this river. OK, no problem, we'll just cruise on down, Steve

in his Super EZ and me in my Viper.

There was *plenty* of water. Canoe Eater rock was covered with a nice pillow, which I managed to tag with my stern, not on purpose. The ledge below Canoe Eater was great, lots of surfable waves all the way across.

We moved on to the Ledges. I told Steve I planned to run the hole at First Ledge, but that he could take the wide left route if he preferred. The hole was rather gnarly, and I had to brace through it.

I eddied out and looked back. Steve was drifting toward the hole, not paddling. That can't be a good idea, I thought, as he dropped in with no momentum and was briskly back-ended and flipped. He stayed in the boat for

a long time, getting washed over rocks and trying to push up off the bottom, but in the end he had to swim. He found a place to stand in midstream and collected his boat while I nabbed his paddle. I was nervous about his position, so I eddied out nearby, tossed him a rope, and pendulumed him into the eddy.

About then it began to dawn on me that there was a lot of water out there. Second Ledge looked runnable anywhere. Obviously, Third Ledge would be interesting, but at least the river right sneak would be open.

I ran through Second Ledge in the usual line, intending to stop in the eddy at the top, only it wasn't there. Steve ran straight down over the ledge, no problem this time,

luckily. We ran the sneak at Third Ledge and there wasn't a rock in sight.

Our priority at this point became to get off the river before it rose any more. We ran on down through most everything. Horseshoe had a lot of water moving through it, which actually makes it easier. Steve had a great wide line and ran though with no problems. Of course, that line doesn't exist at 2 feet. The side-surf hole was really big and really active, and I decided to skip it.

We took off at about 4:00 and drove back to pick up my car. The gauge read about 3.5. A foot and a half of rise in 2 hours, without any rain falling. Go back to the third sentence, third paragraph. I now know it isn't true. ❧

Different Strokes

Which Side Are YOU On?

by **Allen Hedden**

As a canoeing instructor, one of the most common questions, and often the first question, I am asked in a beginner canoeing clinic is, "Which side should I paddle on?" As a person who also has to frequently suppress my natural tendency toward sarcasm, I am always tempted to reply, "Mostly on your on-side." So far I've resisted that temptation.

I usually respond to the question with a question. "Which side do YOU think you should paddle on?" This is an attempt on my part to see how people have decided which side to paddle on, and over the years I've gotten a lot of different answers.

One common answer is that the student paddled tandem with Person X a few years ago, and Person X decided they should be in the bow and paddle on the left (right), since Person X paddled on the right (left) and preferred the stern position, and since that time they had just continued to paddle on the left (right).

Another answer is that the student is right (left) handed, and therefore thought paddling on the right (left) would be the thing to do.

Another is that they felt like they were stronger on the right (left), so they chose that side. And many said that that the right (left) was just the side they first paddled on and they feel more comfortable with that side.

Others say they feel like they should paddle on both sides. Again I have to fight back my sarcastic nature and bite my tongue so I don't suggest that maybe they would be more at home in a kayak.

So, which side should you paddle on? And more importantly, why?

The first time I took a canoeing clinic, I had to face

this same decision. At the time, I had been paddling a long time with no formal training, and was a consummate switch paddler. I would have been more willing to tweak a lion's whiskers that do a cross stroke.

But the current wisdom of the day was that I should pick a side and stay with it, learning cross strokes and other "proper" techniques. Faced with that dilemma, and needing to make a fairly quick decision in order to finish out the clinic, I made an attempt at reasoning out which side I should be on.

Looking at other things I do in life, I didn't get any clear hints. I handle eating utensils right handed. I write right handed, but have always been able to write left handed also. I deal cards left handed. I throw right handed, but can kick with either the right or left foot. I shoot a pistol with either hand, but I shoot a rifle left handed only. Up to that point, I had paddled equally on the left or the right — equally badly I might add. So what could I base this decision on?

I thought seriously about flipping a coin, but I didn't have any coins on the river with me that day. So I had to get on with reasoning it out. I thought about what you're doing with each hand when you paddle, and what attributes of my right or left hand might make me better on one side or the other.

Earlier in my paddling career, I had paddled a kayak for a couple of years, again without any formal training, but I had at least read a little bit about it. I knew, for instance, that kayak paddles, having two blades that were feathered, or offset, came in right hand control and left hand control, and that the shafts were often oval so you knew the orientation of the blade on each hand. The reasoning was that a person would probably want to do the fine motor skills things, like controlling blade angle etc., using the hand with the best fine motor skills, e.g., the right hand for a righty or the left hand for a lefty.

Since my fine motor skills seemed to be pretty well

split between the two hands, all that wasn't a lot of help in my case, and probably went a long way to explain why I had been a switch paddler for so long (that and a solid case of total ignorance). I even began to think maybe I had made a mistake giving up kayaking and concentrating on canoeing. Then I remembered that the only reason I had chosen to use a right hand control paddle for kayaking was that one came with the used kayak I had initially bought.

Well, one must make decisions and get on with life, especially when hounded by one's first canoeing instructor, so I impulsively decided to paddle on the left, at least for that weekend. The decision was at least partially based on the modicum of knowledge I had about the control hand of kayak paddles, and figuring out that the T-grip hand of a canoe paddle was the control hand and the shaft hand did little more than act as a fulcrum and provide some power. I figured that most of the things I was ambidextrous at I did a little better with my right hand, so right hand on the T-grip equaled paddling on the left.

My fate was sealed that weekend. As a result of that momentous decision, I learned all those confounded cross strokes paddling on my left, and not wanting to go through the same painful learning process on the other side, I continued my white water paddling career paddling exclusively on the left. In retrospect, I still think it was a logical choice. I have heard the same line of reasoning about the control hand used by some very accomplished canoeing instructors when advising novice canoeists about which side to paddle on.

Epiphany occurred one afternoon while I was trying to follow Nolan Whitesell down the Upper Gauley for the first time. I found myself sitting in a river right eddy in the middle of Lost Paddle, needing very badly to negotiate an

off-side ferry to a mid-river eddy to line up for the next move around a substantial hole. I watched Nolan switch sides and make the move effortlessly. I decided then and there I needed to do one of two things, either get a LOT better at my off-side ferry in heavy water, or revert to switch paddling in certain situations.

I knew I couldn't make that move on my off-side, so I switched to my right and tried an on-side ferry on the side I hadn't used in a couple of years. Can you spell "rusty"? I did make the move, but far from effortlessly. In fact, it was quite butt-puckering.

Before that day, my advice to novice canoeists when asked about which side to paddle on had always been what I was told in that first clinic — pick a side and stay with it, and then I would follow up that advice with my theory on which side to choose. Since that day, I have modified that advice a bit.

I still emphasize picking a side and staying with it, developing a high proficiency on that side, especially with the off-side strokes, but I now add that as soon as practicable, one should consider trying to become just as proficient on the other side.

One never knows when it might just become a necessity. You could find yourself sitting in an eddy one day facing a near impossible off-side move because you followed a far better boater into the situation. Or you may at some point in your paddling career sustain an injury or develop a physical problem that forces you to go to your other side. Or you could even meet a potential significant other who paddles on the same dominant side you do, thereby dooming your future as tandem partners unless one of you has become proficient on both sides.

So, which side are YOU on?



Pearls of Life

by Steve Thomas

Hello. My name is Steve Thomas, an ironworker and sometimes paddler. Ironworkers are those guys who get to play with steel beams and big cranes, and the journeymen tell the apprentices, "I've been farther off the ground that you've been away from home."

The other day at work, I was thinking how much paddling and iron working were alike. Both are outside in nature's tanning booth (skin cancer?), and there is a need to stay focused, whether you are running a rapid or walking across a beam. Winston Churchill once said, "There is no greater thrill than being shot at without result." The older I get, the less I like getting shot at, at work or paddling.

The point to this rambling is friendships, the real

pearls of life. There is a bonding that comes from doing something together that involves risk, real or perceived. I used to think that paddling wasn't really that risky, but that's been proven wrong — six friends gone. I NEVER thought iron working wasn't risky.

Years ago we were paddling Section IV and at Crack in the Rock, Mike Larimer got pulled into the hole behind the boulder — not a good spot (understatement). John Hicks and I were watching Mike get a nice hydro massage. John asked, "You going?" (Tip: don't make eye contact.)

John paddled up and offered Mike his bow but was unable to back out. He yelled to Mike, "Let go and I'll turn around." What Mike said in reply isn't suitable for print, but he wasn't letting go! John put in some extra effort and was finally able to back out.

And then the time at work when David Smith (230 lbs.), a founding member of AWC, fell off a beam and

grabbed Dennis Hayes, his working partner. Dennis was holding both of them up seventy feet off the ground. "Let go!"

"Let go? You hold on!"

Although Dennis didn't volunteer, he did step up.

Over this past year, I've had friends "step up" for me. My daughter Shawn had a brain tumor removed in November '02, and post surgery, nine months of severe nausea and headaches with no real answers as to why. She is now at the Mayo Clinic in Jacksonville; the tumor is back, and they are "hopeful".

Between that and a Pearl Harbor divorce, this past year has not been my best year. My daughter Shawn, Pat

Montgomery, friends and a seedling of faith have been the glue to keep the pieces together.

Bob Frederick, a C-2 partner of mine, did something very nice for me one time, and I didn't quite know what to say. He told me, "No one's keeping score." Friends can be our PFD.

Thanks for listening. I'm so grateful to have a sport that gives such opportunities for friendship. See you on the river!

- Steve Thomas is a long-time GCA and AWC member and an instructor. He paddles kayak, C-1 and C-2, and is a past US Slalom Team member. But he swears he's not the one who devised the "Steve Thomas Rope Trick".

CLASSIFIED ADS

TO PLACE AN AD - Want ads of a non-business nature are free to dues-paid GCA members. Business-related and non-member ads are \$5.00 for up to 50 words, \$10.00 for larger. Send your type-written ad to: Allen Hedden, 2923 Piedmont Dr., Marietta, Ga. 30066, or email to gacanoes@mindspring.com. PLEASE, NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.

FOR SALE - Canoe, Dagger Encore, red, no painters, very few scratches, ash gunwales, brand new Mohawk solo saddle system installed, new

Mohawk teal bags. \$500 OBO. Doug Massey 770.513.6987.

FOR SALE - Canoe trailer, carries 6, no gear box but could be added easily on frame. Oldie but goodie, completely sanded, rust-proofed, and painted two years ago, wheel bearings good, tires OK. \$600 OBO. Doug Massey 770.513.6987.

FOR SALE - Kayak, Dagger Centrifuge - Great condition. Will sell with PFD and skirt. \$300. Call Frank at 770.855.0502.

FOR SALE - Kayak, Dagger CFS, excellent condition, \$500. In addition, life Jacket, wet suit, and spray skirt for sale - \$200, will sell separately. Call Frank at 770.855.0502, leave message if no answer.

FOR SALE - Kayaks. Complete family kayak/gear: 1.) Perception Dancer-red, child's beginner kayak, outfitted, flotation, adjustable spray skirt, paddle, youth PFD and helmet-red, girl's never used Bare wet suit, top of line medium Chota neoprene booties and throw rope, \$425. 2.) Dagger Crossfire kayak, good beginner m/f boat, outfitted, Perception EZ spray skirt, flotation, light wt. quality Weimer paddle, new Kokotak PFD (ex-L) and throw rope. \$525. 3.) Pirouette S kayak, easy to roll boat for ladies, outfitted, flotation, new

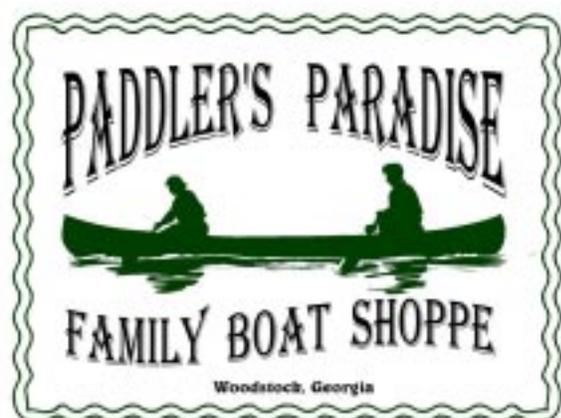
Snapdragon spray skirt, paddle, small PFD-red, \$350. 4.) Pirouette kayak, good beginner for m/f, well outfitted, flotation, paddle, spray skirt, \$300. Call 770.645.7775.

FOR SALE - Touring Kayaks. Garage clean out sale. Current Designs Gulfstream, Slipstream, Soltice GTSH and Perception Eclipse. All are fiberglass, in excellent condition and stored indoors. Give me a call and make me an offer. Gary at 423.344.5772 or email to di8tician@aol.com.

FOR SALE - Raft. 6 person (4 adult); good condition; originally purchased from NOC sale; used on Nantahala; gray; \$150 firm; Rhett Smith 404.371.7008.

HELP WANTED - Yes, the GCA needs your help. We need members to serve on committees, label and mail newsletters, etc. Call 770.421.9729, leave a message.





www.paddlers-paradise.com

Rack & Roll

We Make Fit Happen

AUTHORIZED DEALER FOR

YAKIMA
destination hardware

THULE
CAR RACK SYSTEMS

Sportworks

www.racktheworld.com

HO, HO, HO!

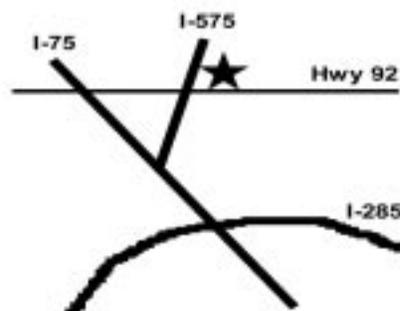
COME BUY GEAR.

(WE BELIEVE IN HONEST ADVERTISING)

**Stocking a full range of canoes
and kayaks for the discriminating
touring paddler from age 7 to 70**

**Both stores at the corner of
I-575 & Hwy 92, Woodstock**

(770) 517-5947



RAPID NAME PUZZLER

Bull Falls	Canoe Eating Rock	Needmore	Satan's Eyeball
Big Nasty	Edge of the World	Oceana	Snaggletooth
Boxcar	Flipper	Off the Wall	Staircase
Big One	Hydro	Patton's Run	Table Saw
Blackberry	Hell Hole	Pinball	Too Late
Broken Nose	Jaws	Ramcat	Gun Site
Clog	Lost Guide	Raft Ripper	Vegomatic
Cow Bell	Lunch Counter	Rock Garden	Vortex
Double Trouble	Meat Grinder	S-turn	Warm Up
Double Suck	Mosh Pit	Skull	Zoom Flume

Only the boats and boaters that run the rivers are more colorful than the names of the rapids. Some are worth a chuckle, while others paint a picture of mayhem and certain death. This puzzle contains about forty of those names, mostly from the southeast. You can go to the AW web site <http://www.americanwhitewater.org/photos> to see photos of many of these rapids. Some are not there but some are used on multiple rivers. While it must be fun to name a rapid, the last thing you would ever want is a rapid named after you [probably means you are still in it]. My personal favorite, Face Print Rock, is not included. I think it is fictitious, but I still like it.

L D R A M C A T O R D Y H S A K E S
 L A A C O W B E L L O S W A J C L C
 A R F E S O N N E K O R B T E U B A
 W B T K H T O O T E L G G A N S U N
 E I R I P A T T O N S R U N I E O O
 H G I P I N B A L L R U N S P L R E
 T O P S T E U B U L L N S E U B T E
 F N P N O E L B N W O T I Y M U E A
 F E E E O D L O C G A C T E R O L T
 O D R S L M F X H S O S E B A D B I
 R R S A A O A C C L T L E A W F U N
 E A K C T R L A O B L U C L N K O G
 P G U R E E L R U N T E R L B A D R
 P K L I Y T S A N G I B H N E A T O
 I C L A E M E A T G R I N D E R T C
 L O S T G U I D E M U L F M O O Z K
 F R H S A L Y R R E B K C A L B O X
 H A L F D L R O W E H T F O E G D E

- Submitted by Vincent Payne.

Shop with



and **SAVE!**



**Get a
FREE
Kokatat
Drysuit Liner**

when you buy

a GTX drysuit

plus a 15% club discount!



**Buy
more kayaks
& SAVE!**

1 = 5% off

2 = 10% off

3 = 15% off

Enjoy **FREE*** shipping and **NO SALES TAX**

EXPIRES 12-30-03

how to shop:



give us a call: at 800.994.4327

to place your order and receive this club special.



visit us online: at www.outdoorplay.com

once you are done shopping, give us a call to receive the special.

* offer expires 12-31-03 - free shipping covers the first \$100 of cost, boats must ship to same address - drysuits special applies to suits w/ relief zipper and goretex socks

Now taking appointments
for FREE
Christmas boat delivery!

Please call for details
(770) 992-3200



sugar shoes



sanuk

gravis

SINCE 1983

cobian

WWW.

GO WITH THE FLOW

.COM

ACTION
PADDLESPORTS

Join and save instantly
20% Off
Storewide Sale through 2003

This invitation must be presented at the time of purchase as proof of active membership with the GCA. Redeemable for non-sale in-stock merchandise only and cannot be combined with any other offer.

Merry Christmas



See you at the winter roll sessions