



Volume 40, No. 9

770.421.9729

www.georgiacanoe.org

September 2005

2005 GCA Fall Gala Canoeing Affair

This year GCA will be doing something a little bit different for the Fall Gala — we have decided to change both the venue and the format. We will have the Fall Gala on Columbus Day Weekend, October 7 (Fri) thru 10 (Mon) at Smokey Mountain Meadows Campground, which is just south of Bryson City, NC. The new format for the Fall Gala will be much more informal and relaxing. Participants will make their own campsite reservations, and breakfast and dinner will be on your own. You can bring and prepare your own food, or there are many convenient local restaurants to choose from.

Smokey Mountain Meadows has campsites, RV hook ups and rustic cabins available, as well as tent camping in the meadow, and is within an easy drive to such rivers as the French Broad, the Nantahala, the Tuckasegee, the Nolichucky, the Ocoee and more. We'll have trips available for all skill levels, so it should be a fun time for everyone.

Campsite prices are \$6 for two people for camping in the meadow, \$14 for two people (\$6/person over 2) for creekside campsites, \$18 for two people (\$6/person over 2) for campsites with water/electricity and \$20 for two people (\$6/person over 2) for RV hook-up campsites. Cabins are available ranging from \$40 to \$58. To make campsite reservations, call Smokey Mountain Meadows at 828.488.3672. To get there: From NOC, continue east on US 74 to the first Bryson City exit, go right, continue about a mile, you'll see signs for the campground. Turn left, the campground is about a mile on the left; you can visit their website at <http://smmcamp.tripod.com/>.

We'll meet at the gazebo each morning (Sat - Mon) around 8 am to discuss current water levels and possible river trips. We'll also need trip coordinators, so if you would like to lead a trip, give me a call or email. We really need folks to coordinate class I-II rivers.

Please give me a call or email if you plan to attend, have questions about the Fall Gala, or can volunteer to help out. Jamie Higgins, 404.508.0761, jmhiggins_99@yahoo.com.

Fall GCA Meeting

The GCA Fall General Membership Meeting & Election of Officers will be held on Saturday evening, October 8, at the gazebo at Smokey Mountain Meadows Campground in conjunction with the Fall Gala Canoeing Affair. We will convene about 5:00 PM, or after the river trips have returned to the site. The brief business meeting and election of officers will be followed by breaking up into groups to go into town for dinner at venues of your choice, or staying at camp and fixin' your own. We'll try to have some sort of entertainment arranged for later in the evening.

To get there: From NOC, continue east on US 74 to the first Bryson City exit, go right, continue about a mile, you'll see signs for the campground. Turn left, the campground is about a mile on the left.

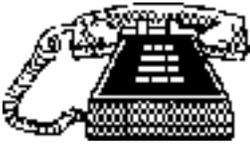


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Who Ya Gonna Call?

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 Cruise Master Steve Reach at 770.760.7357.

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 Louis Boulanger at 404.373.2907.

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 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	Vincent Payne
Secretary	Tom Bishop
Treasurer	Ed Schultz
Member Services Chair	Gabriella Schlidt
Recreation Chair	Jamie Higgins
Resource Development Chair	Knox Worde
River Protection Chair	Don Kinser
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.



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UPCOMING ACTIVITIES

September

1	Board of Directors Meeting — Lenox Towers — Members Invited	Gina Johnson	770.971.1542
5	Nantahala Class 2-3 Intermediate	John Scott	770.421.2451
10	Cartecay Class 2-3 Intermediate	William Gatling	770.529.7103
10	Nantahala Class 2-3 Intermediate	Jack Taylor	770.998.0350
11	Chattooga (Note 1) Class 3-4 Advanced	Peter Chau	864.885.9477
11	Nantahala Class 2-3 Intermediate	John Scott	770.421.2451
17	Chattooga (Note 1) Class 3-4 Advanced	Peter Chau	864.885.9477
17	Nantahala Class 2-3 Intermediate	Jack Taylor	770.998.0350
17	Hiwassee Class 1-2 Trained Beginner	Steve Reach	770.760.7357
18	Upper Chattahoochee Hike (Note 2) Non-Boating	Rhett Smith	404.371.7008
18	Nantahala Class 2-3 Intermediate	Jack Taylor	770.998.0350
24	Ocoee (Note 3) Class 3-4 Advanced	Peter Chau	864.885.9477
24	Nantahala Class 2-3 Intermediate	Jack Taylor	770.998.0350
24	Etowah (Note 4) Class 1-2 Trained Beginner	Brannen Proctor	770.664.7384
25	Ocoee Class 3-4 Advanced	Peter Chau	864.885.9477
25	Nantahala Class 2-3 Intermediate	Jack Taylor	770.998.0350

October

2	Nantahala Class 2-3 Intermediate	John Scott	770.421.2451
7-10	GCA Gala Canoeing Affair — Smokey Mountain Meadows, Bryson City, NC — Jamie Higgins		404.508.0761
8	Fall General Membership Meeting & Elections — Smokey Mountain Meadows, Bryson City, NC — at the Fall Gala		

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

Note 2: Non-paddling event, similar to the headwaters hike sponsored by Upper Chattahoochee Riverkeeper.

Note 3: Upper and Middle sections.

Note 4: Highway 52 to Castleberry Bridge.

Your Trip Could Be Listed in This Space — Call the Cruise Master and Sign Up Now!!

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 Cruise Master, Steve Reach at 770.760.7357. 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: Wednesday evenings from 6:00 PM 'til dark, May thru the end of daylight saving time in October, at the lake at Stone Mountain Park. 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 & Kayaking Guide to Georgia
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
Youghiogheny-Appalachian River
Maps:
The Big South Fork

Announcements

GCA Email List

The GCA email list has at this printing about 400 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 the GCA web committee at gcaweb@gmail.com. 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 listserve 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! ✂

Weekday Paddlers

Did you know that GCA has a list of paddlers available to paddle during the week? We now have 70+ entries on the weekday paddlers list, including members who are retired persons, those with variable or non-standard work schedules, those available to paddle weekdays when school is out (students and teachers), and even those who have a lot of vacation time to burn and want to take vacation days for paddling. The list includes members who paddle smooth water as well as all classes of white water.

If you would like to be included in the list, please call Allen Hedden at 770.426.4318 and leave your name, phone number, days of the week you are available to paddle, and class of water (flat, I thru V) that you are interested in paddling. You will then receive an up-to-date copy of the list. The list will be re-published quarterly (January, April, July, October).

Updates are available by request through the GCA phone line. If you received your copy of the list more than 3 months ago, you should request an updated copy. There have been considerable changes to the list. To receive an up-to-date copy, call the GCA phone line at 770.421.9729 and leave your name and address with a request for the updated list. ✂

"Life's tough. It's tougher if you're stupid."

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Call Allen Hedden 770.426.4318

Email canoeist@mindspring.com

Upcoming Events of Interest

September 10 — Lanier Cup International Regatta. Lanier Canoe & Kayak Club, 770.287.7888, <http://www.lckc.org/> email ConHagler@aol.com.

September 10 — Hong Kong Dragon Boat Festival — Lanier Canoe & Kayak Club, 770.287.7888, <http://www.lckc.org/>, email ConHagler@aol.com.

September 10-11 — Tsali Challenge Triathlon — Paddle, Run & Bike — NOC, Wesser, NC, 888.590.9273, www.noc.com.

September 26 — Animal Upper Gauley Race — Gauley River — Summersville, WV, www.gauleyrace.com.

October 28-30 — NOC Guest Appreciation Festival — Nantahala River — Wesser, NC, 888.590.9273, www.noc.com.

November 5 — NOC Tour de Nantahala Bike Races — Wesser, NC, 888.590.9273, www.noc.com. ✂

Summer Roll Practice

Joint AWC / GCA Summer Roll Practice will be held at Stone Mountain Lake this year beginning in May and running through the end of daylight savings time in October. Sessions are scheduled for Wednesdays at 6:00 (or earlier). Admission is free once you enter the park (a season pass is highly recommended if you plan to attend multiple sessions).

To get there, enter the park from the Stone Mountain Freeway (East Entrance) and take the first left. Continue about a mile until the road crosses the dam and take the first right into the parking lot. The boat ramp is on the right.



Use the area around the ramp to load and unload boats only. There is a fair amount of power boat traffic putting in and taking out at the ramp. Once in the water, try to stay clear of the ramp for the same reason.

Note: Park regulations do not allow "swimming" at this location, so if you are in the water spotting for someone, an explanation to the park officials may be in order. So far no one has been cited for a violation there.

Volunteers are needed to help with kayak, canoe and C-1 rolling. Your help is appreciated! ✂

From the Board Room

Minutes of the GCA Executive Committee Meeting 8/4/05

Members present:

Jim Albert
Tom Bishop
Bill Edwards
Allen Hedden
Jamie Higgins
Gina Johnson
Dan McIntyre
Vincent Payne
Ed Schultz
Gaby Schlidt
George ?



GCA Executive Committee minutes from 5/5/05 approved

Treasurer's Report (Ed Shultz)

Accepted as presented

Chattahoochee River Keeper (Bill Edwards)

Bill and George made a presentation about the activities of the Chattahoochee River Keeper around the Columbus and Phenix City area. They are interested in 1) restoring the river to reveal the fall line geology and rapids 2) regaining unique and important riverine habitat 3) revitalizing recreation to engage more people with the river 4) linking historic, educational and entertainment activities on the river.

They are also doing baseline environmental studies of watershed streams and maintaining water quality in these streams. This is all in conjunction with the decommissioning of the two dams that currently cover the shoals along the river. The plan is to have a white water course that will feature class I-III rapids. They are interested in support from our membership for their activities, and we could plan to have some trips in the area to build interest in the area. (See article elsewhere in this issue.)

Paddle Georgia (Jamie Higgins)

Jamie ran safety for the entire 110 mile event. Minimal carnage, maximum success. Lots of participants,

somewhere around 250 total. Next year will be on the Etowah.

Gala Update (Jamie Higgins)

The word is low key. We will be staying at Smokey Mountain Meadows. No catered dinner will be provided, and make your own reservations with SMM. Trips will be offered on area rivers. Fall membership meeting will be held at the Gala.

Slate of Officers for 2005/2006

President	Vincent Payne
Vice President	Tom Bishop
Secretary	Jamie Higgins
Treasurer	Ed Shultz

Approved by the Executive Committee, will be presented to Board of Directors at September meeting.

Christmas Party (Gina Johnson)

Debbie Dargis will have the party at her house on December 4.

Board Meeting Location (Gina Johnson)

La Madeline at Perimeter has a meeting room available for \$75 a night. Other possibilities are REI at I-85, or the Buckhead YMCA.

Canoe Camping (Vincent Payne)

This month the Flint River trip has 9 people scheduled. September is open but may have a trip in the Columbus area on the Upitoy. Future plans include the Aucilla / Wacissa camping at Goose Pasture in October, the St. Mary's in November, and the Edisto in December.

Etowah Scenic River (Gina Johnson)

Proposed GCA river cleanup on October 15. ✂

Board of Directors Meeting

The next Board of Directors meeting will be held at the offices of Brannen Goddard at Lenox Towers, 3390 Peachtree Road, NE Suite 1200. If you have items to be discussed, please contact President Gina Johnson at 770.971.1542 to add your items to the agenda. The slate of officers for the upcoming year will be discussed and approved / amended for presentation to the membership at the Fall Meeting in October. All members are welcome to attend. Call Gina for directions and to arrange for a parking token. ✂



American Rivers Alert

TAKE ACTION — Tell the Forest Service to Remove Mike Horse Dam from the Blackfoot River!



The Blackfoot River, the idyllic backdrop for [A River Runs Through It](#), needs your help. Mike Horse Dam, an old, unstable dam made of mining waste, sits at the Blackfoot's headwaters. This old mine dam threatens to dump over 2 million cubic yards of toxic sediment into the river. To help protect the Blackfoot, write a letter or send an email comment to the Forest Service today urging them to remove Mike Horse Dam

Located about 100 miles east of Missoula, Montana, Mike Horse Dam was constructed in 1941 as part of mining operations in the area. A glorified pile of zinc, copper and silver mine tailings, the dam has been unstable since its construction. It worked until 1975, when high reservoir levels sent water cascading over the dam and tons of toxic muck into the Blackfoot, severely polluting the river for miles. Today, tailings from the blowout still pollute the river and the wetlands below the dam.

Mike Horse Dam rests on Forest Service land, land owned by you and managed with your tax dollars. For this reason, all Americans have a say in how the Forest Service manages the dam.

A recent Forest Service report concluded what was long suspected: Mike Horse Dam is unstable and unsafe, and needs to be taken out of service. The report concluded that the dam has been eroding itself away for 15 to 20 years, a process that could lead to another dam failure. The report also said that the dam would be particularly vulnerable in the case of an earthquake, a rare but possible occurrence.

During the past 20 years, the Blackfoot River, its trout populations and recreation opportunities have been reborn, thanks to thousands of citizen hours and millions of dollars spent on restoration efforts. The river returns millions of dollars to communities, businesses and individuals who depend on its clean water for farming, ranching and recreational opportunities. For many more, the Blackfoot simply provides solace and an escape from the stresses of everyday life.

In the coming months, the Forest Service will con-

sider various options for fixing the problem that is Mike Horse Dam's uncertain future. One option will be a full removal of the dam and eliminating the reservoir behind it. This is the only way to ensure a permanent solution to the problems the dam poses. Strong public support for removal of the dam will assist the Forest Service in selecting that option. Take action today and tell the Forest Service to remove Mike Horse Dam. Go to the following URL and provide your input to the process:

<https://secure2.convio.net/amr/site/Advocacy?pagename=homepage&page=UserAction&id=689> 

Okefenokee Draft Conservation Plan: Bad News

Okay.... Long awaited and short time to respond on.... this just received (8/4) and responses are due back 9/16. Bad news for the sill: page 21; Strategy 2.11: "Continue to restore the river flood plain associated with the Suwanee River that has been influenced by the presence of the Suwanee River Sill by removing the two concrete water control structures and breaching the sill in four places." Outrageous! Breach the sill and say goodbye to canoe trails. Please write the address below and tell them your whole hearted disapproval!

The U.S. Fish and Wildlife Service has developed a Draft Comprehensive Conservation Plan to guide the management of Okefenokee National Wildlife Refuge for the next 15 years. Public comments are being accepted on the Okefenokee NWR Draft Comprehensive Conservation Plan. You can now find the draft plan, EA, and summary at the following web site:

<http://www.fws.gov/southeast/planning>.

Three public meetings are being held at the following dates and locations:

Tuesday, August 23 — Waycross, GA at the Southeast Georgia Regional Development Center

Thursday, August 25 — Folkston, GA at the Okefenokee Education and Research Center

Tuesday, August 30 — Fargo, GA at the Fargo Charter School Auditorium

Written comments will be accepted until September 16, 2005 and can be forwarded to the refuge via letter (CCP Coordinator, Okefenokee NWR, Route 2, Box 3330, Folkston, GA, 31537).

The proposed plan was developed by a planning team consisting of representatives from the Service, Georgia Wildlife Federation, Georgia Department of Natural Resources, Georgia State Parks and Historic Sites, Osceola National Forest, and a private Fire Ecology Consultant. The planning team evaluated four alternatives for manag-



River Gorge Kayak for Conservation

Save the Date: October 15

SEPTEMBER 3, 9AM - Labor Day Blowout Sale: All whitewater demo boats go on sale at the Ocoee River store. Clearance clothing and footwear also on sale.
OCTOBER 15: River Gorge Kayak for Conservation - Save the date and visit RockCreek.com for details as they become available.
OCTOBER 16: Fall Demo Day - Come try out sea kayaks and rec boats. Tentatively scheduled for Coolidge Park in downtown Chattanooga



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ing the refuge through an Environmental Assessment. Alternative 2, Integrated Landscape Management was selected as the preferred alternative to guide the refuges management over the next 15 years.

This alternative is the most comprehensive and balanced alternative, incorporating the responsibilities

associated with the original purpose of the refuge, the Endangered Species Act, the Wilderness Act, and other laws and directives. By viewing the refuge as a portion of a larger ecosystem, the refuge staff will strive to protect the resources to the best of their ability using the current knowledge base.

Lightning Safety

by Lonnie Smith
(Part 1 of 2)

Objectives

1. To understand and be able to apply the Flash-to-Bang Method.
2. To understand the basic electro-physics of lightning.
3. To recognize nature's warning signs of an impending storm.

Abstract

Prevention of injury is the always the best form of medicine, especially when dealing with the forces of nature. A proactive method of dealing with lightning and its effects on outdoor and indoor recreational activities involves knowing the nature of storm development, as well



as having a well developed policy. Such a proactive approach emphasizes advance planning and recognition of a potential threat from lightning, a sequence of timed decisions based on simple observation, and environmental awareness.

Introduction

Facing the forces of nature always carries a degree of uncertainty. Too often, people request lightning safety tips on reacting to threatening weather once it has descended. National weather system bulletins stress what to do in the event of an imminent and dangerous weather system. This is not the approach or the message that should be going out. Survival in the eye of a storm is certainly highly correlated to reaction, but the emphasis needs to shift towards how a person came to be in such a vulnerable situation. Advance planning and awareness of our surroundings is crucial in the battle

between man and the elements. A proactive approach to lighting safety favors avoidance of lightning activity by following a well developed lightning safety plan. The need to develop a policy on lightning safety is compelling. (Bennett, 1997)

On average, approximately 100 people in the United States are killed, and hundreds more are injured due to lightning annually (Bennett, 1997). Over the past twenty years, lightning has been ranked second only to flash floods in weather-related deaths (Vavrek, Holle, & Allsopp 1993). Some studies have also shown that the number of deaths and injuries due to lightning have been grossly underreported. (Cherington & Vervalin 1990) The keys to lightning safety are education and prevention. Education starts with background information of lightning (Bennett 1997).

Physics

The quest to harness lightning, to understand its physics, and to predict its wrath has been a source of curiosity for many years. Lightning is produced by thunderstorms, striking the ground somewhere on earth an estimated one hundred times each second, which roughly translates to eight million times a day (Vavrek, Holle, & Allsopp, 1993 & Uman, 1986). Bearing this in mind, and given the popularity for outdoor activities, a basic understanding of lightning can prevent its natural propensity for disaster.

Lightning can be divided into three groups: cloud-to-ground, intra-cloud, and inter-cloud lightning (Vavrek, 1993 & Uman 1986). The cloud-to-ground lightning flash begins as what is known as a step leader. The step leader is a faintly visible electrically charged air channel that moves in a zigzag fashion from the bottom of the cloud toward the ground. The step leader then connects with an upward moving "streamer" to produce the visible flash we see as lightning. The lightning flash actually propagates from the ground up.

Lightning is the product of the difference in electrical charges between the earth and its atmosphere. Lightning, like all energy sources, requires a conducting medium, but the atmosphere acts as a better insulator than conductor in a "resting state". With the development of an impending thunderstorm, the layers of the atmosphere shift, causing the polarity of the earth in relation with the atmosphere to reverse. The ground, normally negatively charged, becomes positively charged, and thus develops an electrical potential that can now be conducted through the atmosphere. (Vavrek 1993)

A single flash of lightning may have a total electrical potential in excess of one hundred million volts, the equivalent of a small nuclear plant. (US department of

Commerce) Bear in mind that thunder always accompanies lightning, but thunder may sometimes be too distant to be audible. Consequently, it is important to be familiar with the stages of development of a lightning producing storm. A typical lightning storm begins its course with a growth phase, in which cumulus clouds, recognizable by their resemblance to towers, begin to aggregate. These will become cumulonimbus clouds during the maturation phase, when the actual precipitation develops. The final stage, dissipation, is as it sounds: resolution of the storm. The take home message here is that lightning can be present in the absence of precipitation, so seeking safety only while it is raining is not an adequate precaution from lightning.

- *From the Tennessee Valley Canoe Club newsletter.* ❧

Nalgene Bottle First Aid Kit

by **Todd Duren**

Many boaters don't carry a first aid kit, but they really should. Even on an accessible river like the Ocoee, it's good to have bandages, aspirin and antacid tablets to save a hike back to the car. On more remote trips it can make a big difference in health and safety in case of an injury. I once caught a rock in the face on Section IV of the Chattooga. My buddy bandaged me up and then hiked out with me and drove me to the hospital — what a boy scout!

The problem with most first aid kits is bulk. Especially in small play boats, it's hard to find space for a full-sized first aid kit after putting in your throw rope, lunch and water bottle. A couple of years ago Laura Raymer showed some of us a kit she had assembled in a safety course. Everything was packed into a 32 oz. Nalgene bottle. Perfect solution! Here's my version:

- aspirin
- antacid tablets
- medical tape
- small tube of sun block
- Neosporin
- band-aids
- gauze
- rolled splint material
- snakebite kit
- anti-itch cream
- butane lighter
- 2 "Wetfire" fire starters
- instant heat pack
- space blanket
- whistle
- backpackers toilet paper
- energy bar

extra contact lenses*
CPR instructions**

* I once hiked 6 hours out of the Piney because I lost a contact lens. I was never so glad to see a double wide trailer with seven kids! Now I carry spares.

**There's a good printable CPR instruction card at <http://depts.washington.edu/learn CPR/pocket.html>.

Pack this stuff in small amounts into Ziploc bags and

tuck it all into a wide mouth clear Nalgene bottle with the rolled splint on the outside and band-aids and other stuff you'll need more often in the middle for easy access. Tape the packing list to the inside of the bottle so you can read it and keep it stocked. This compact kit will help you be prepared for big emergencies as well as small bumps and bruises.

- From "Eddy Out" — Chota Canoe Club newsletter. ✈

Instruction / Training

10 Golden Principles of Paddling

Lazy paddling on a lake, long distance tripping on the Buffalo River, white water canoeing on the Cossatot. Wherever you canoe you want to have fun and do it safely. Below are some general principles of canoeing, printed with permission from ACA Canoe Instructor Trainers, Bob Foote and Karen Knight.

1. A Quiet and Steady Boat: To paddle straight ahead further, faster and with less effort, requires that you avoid yaw (the side to side movement of the bow) and bobbing the boat from side to side. Practice maintaining a quiet and steady boat and you will be going straighter with a lot less energy.

2. Quiet Your Paddle Stroke: You want your strokes to be quiet, smooth and efficient. If you find that your paddle is creating a lot of noise, bubbles or splash, you might be pulling the paddle too soon or fast or pushing down or lifting up on the water. To avoid these inefficiencies try to following: Slow your stroke down, insert the paddle into the water, pause for a millisecond to allow the paddle to "stick," then apply pressure.

3. Move the Boat to the Paddle: A common fallacy in paddling is that we pull the blade through the water. In actuality, if you think of moving the boat up to the paddle during a stroke, you will be more effective and efficient in your paddling. One way to understand this concept is to imagine yourself on a sled — poised at the top of a snowy hill. To push down the slope you reach forward ahead of the sled and plant your hands in the snow. As you pull back, the sled slides forward past your hands. A planted paddle works in a similar way. So the next time you do a forward stroke, remember to plant your blade firmly in the water and pull your hips to the paddle.

4. Vertical Paddle Angle for Power: Keep the paddle shaft vertical (as you look down the boat) throughout the power phase of your forward stroke. To accomplish this, stack both hands over the water. The further the blade wanders from the side of the boat, the more your stroke will resemble a turning stroke.

5. Keep Your Nose Over Your Navel for Better Balance: Leaning your head beyond the center line of your canoe is a sure way to tip it over. Whether you canoe on flat water or white water, if you remember to keep your nose aligned over your belly button and to sit up straight with your weight centered over the boat, you will maintain better boat control, stability and balance.

6. Listen to your mother and "sit up straight." Good posture is essential to good paddling. Properly aligned posture offers greater balance, range of motion, strength, safety and efficiency of the body. Too much forward lean restricts muscles, inhibits breathing, and reduces your control of the boat. To be more aligned, try equally distributing the weight on your buttocks to create a strong pelvic base and then align/stack your hips, shoulders and earlobes over each other.

7. Torso Rotation for Power and Safety: Instead of using your small arm muscles to provide all your power in your strokes, try incorporating the larger and stronger muscles of your torso. By using torso rotation, your power will be maximized and shoulder safety maintained. Many sports, such as golf, tennis, swimming, etc., require that we use our torso and paddling is no exception.

8. Tandem Canoeists — Paddle in Unison: Imagine your car stuck in the mud and you and a friend are trying to push it out. If you each apply pressure at different times, you are less likely to move the car, but if you work together and push at the same time, you will be more powerful, less fatigued and have a greater chance for success. The same principle applies to tandem canoeing. By working together as one unit and paddling in sync you'll move the boat more efficiently and with less wear and tear on your partner.

9. Solo Canoeists — Stop the Power at the Knee: To keep your solo canoe going straighter, maintain a vertical shaft angle and stop the power phase of your forward stroke at around your knee. A stroke that is too long will cause the boat to veer off course (yaw), resulting in a powerful correction stroke and loss of hull speed.

10. Instruction and Practice: To paddle safely and with efficiency and finesse takes good instruction, dedica-

tion to practice and time on the water. It is a continuous journey.

(Editor's Note) Bob Foote and Karen Knight are ACA Instructor Trainers in Canoeing and Coastal Kayaking.

For more paddling tips and information on trips visit www.bobfoote.com or www.karenknight.com

- From "The Arkansas Paddler" — newsletter of the Arkansas Canoe Club. ✂

House Chases Olympic Dreams

by Morgan Lee

Gainesville native aims for spot in 2008 in Beijing

Morgan House, a Gainesville native and the top junior sprint kayaker in the nation, hopes to follow through on his dreams of making the Olympic team in 2008.

When an 8-year-old states that he's going to compete in the Olympics one day, it's easy to laugh him off. So when Gainesville youth Morgan House said those exact words to a writer for Boys Life magazine in 1996, probably few readers paid him much attention. Nine years later, however, it's obvious that House wasn't kidding.

Now 18, House, who calls the Lanier Canoe and Kayak Club home, is the best junior sprint kayaker in the nation over 1,000 or 500 meters, which he proved last week at the 2005 Pan American Games in Lac Beauport, Canada, by winning gold in each event. He also finished second in the 200 meters.

And he's still dead set on making the Olympics.

"I'm definitely setting my sites on being on the Olympic team in 2008," House said.

Starting Aug. 5, House will take a giant step towards that dream, as well as try to prove

that the fastest American is also the fastest in the world, as he guns for the junior world championship in the K-1 (1,000 meters) in Hungary. As an 18-year-old, it will be House's last shot to compete at the junior level before he moves to the senior level, where he will compete with other Olympic hopefuls.

House won't be alone in his trek to Hungary, as several other junior kayakers and canoeists from the LCKC, which has won five U.S. national titles since first competing in 1999, will also contend in varying disciplines.

After that, House will join the United States senior national team as a member of the four-man kayak crew, which will compete in the senior world championships in



Race Watch

Zagreb, Croatia.

No paddler has ever been on both junior and senior national teams at once. Yet House isn't alone in this feat, joining fellow LCKC member Kalen Lee — who also won two events at the Pan Am Games — as a member of both squads.

In practice, House routinely posts times on par with Olympic competitors — he recently completed a 500-meter practice run in 1:40, which would have been good enough for second place in the senior (top level) race at the Pan Am Games.

"It was incredible," said House of the Pan Am experience. "Just knowing I was the fastest American (over 1,000-meters) was incredible."

With credentials such as these it's easy to understand why House isn't the only one who believes his sporting future lies in Beijing in 2008 or London in 2012.

"He definitely has that potential," LCKC and junior national team coach Guy Wilding said. "Right now he's in a class of his own in the K-1 (in the United States)."

And Wilding, a native of Australia, knows what it takes to make an Olympic athlete. After all, he lives with one. Guy's wife Shelley Oates-Wilding kayaked for Australia in the 1996 Olympics at the Lake Lanier Olympic Center at Clarks Bridge and is also a coach at LCKC.

Oates-Wilding also believes House has the skill and, more importantly, the desire to get to the Olympics.

"It's not necessarily the best athletes who make it to the Games," Oates-Wilding said. "It's who works hard enough."

House's work ethic is among the best at the LCKC.

"People don't realize how much work he puts into it," Oates-Wilding continued. "Apart from training 2-3 times a day he does things like find out where a hyperbaric chamber is and then goes and sits in that every morning. (A hyperbaric chamber forces pure oxygen into the body.)"

"He's always watching video of himself on the water, and he's always looking at the big picture. Every minute

Morgan House

* Age: 18

* Parents: Father Bill House, mother Leslie House; Father Steve Hartley, mother Cathy Hartley.

* Hometown: Gainesville

* Notable: Won the K-1 1,000-meter kayak race at the Pan American Games in Lac Beauport, Canada, on July 9. Competed in the 2005 Youth Olympics in Penrith, Australia. Won the '04 K-1 1,000-meter race at U.S. national trials. Went to the '03 Junior World Championships in Japan. Made the U.S. junior national team in '03. Graduated from Gainesville High in '05 and will attend North Georgia College and State University.

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Tell Us About Your First NOC Experience! We're taking a look into past, and we want you to share in the history of NOC, send your story to media@noc.com.

Club Shrub Clean-Up

Make a difference in your paddling future. We're looking for volunteers to help clear vegetation from the Cheoah River in Graham County, North Carolina.

This 9-mile stretch of Class III-IV whitewater has not run in over 70 years but now, thanks to a coordinated effort between commercial outfitters, American Whitewater and local paddling clubs, F.E.R.C. has mandated as many as 20 days of release per year, starting with three days this fall.

NOC will provide meals, equipment and transportation logistics. You will provide helpful hands and protective clothing (closed toe shoes etc.). Dates are August 27th and September 10th. E-mail Bob Hathcock at HATBO@noc.com for details.

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he's here, he's dedicated to being the very best. A lot of people might not think that's fun, but it is for him, because this is what he wants."

It's a dream House has nurtured for more than half his life.

"I've known ever since I was a little kid what I wanted," said House, who noted that the friendships he's made help keep kayaking from becoming just a job.

"I've made friends from all over the world," House said. "That and getting better and your personal achievements make it fun."

House was introduced to the sport in 1995 but quickly realized he had a talent for it.

"Most other sports I'm not very good at," House joked.

LCKC executive director Connie Hagler, who helped found the club, also saw something special in House from the start.

"His courage, even at eight years old, was outstanding," Hagler said. "He was talented from the very beginning, and he wanted it. The only question was could he juggle being a top competitor with being in school. But he's doing it."

"It definitely takes time out of your schedule," House said. "But I'm putting kayaking — and school — above everything else."

Starting next year, that load is going to get even heavier, as Morgan enters North Georgia College and State University while continuing his push towards the Olympic dream.

"It's going to be difficult," Wilding said. "But it can be done. It's just a matter of priorities."

There's little doubt as to what tops Morgan's list, though he doesn't plan on ignoring his school work either.

"Hopefully they'll help me work around my schedule and competitions," said House, who's undecided on his major.

In order to aid his training, House has opted to skip the fall semester and enroll in Dahlonaga in the spring. Because for all the work House has already put in to becoming one of the top kayakers in the nation, it's going to take even more work to become one of the top kayakers in the world.

"He's going to have to step it up," Wilding said. "If you stand him next to the big athletes in this sport, the top seniors, he's not a big guy. He's in great shape and he's got great technique, but we want to hit a heavy weight program this summer."

"Sprint kayaking is all about explosion. You've got to get those muscles firing as quick as you can."

The Wilding's training philosophy is one of the big reasons that House has become a top competitor in the

world of sprint kayaking.

"Guy and Shelley took Morgan from a really good level to a great level," Hagler said.

"Guy and Shelley have really helped a lot," House added. "Their training program is almost completely opposite to what I'd been used to. We do a lot more sprint work now; work on those fast-twitch muscles. We also work on mental preparation."

The results speak for themselves.

"He's improved six seconds over 500 meters since we arrived (in October)," Wilding said. "That's really incredible."

House hopes his most incredible performances are yet to come.

"I'm ready to go to Hungary and finish in the top three," House said. "As long as I can stay healthy and not get injured, I think I've got a good shot (at making the Olympics)."

His teammates certainly believe in him.

"He's going to be in the Olympics," said LCKC member Josh Brandsma, 17, who is also going to the Junior World Championships as part of the four-man U.S. kayak team. "He's just awesome."

- Originally published Saturday, July 16, 2005, in the *Gainesville Times*. 

Lanier Cup Date Change

The 2005 Lanier Cup has been moved to September 10th! It will be held in conjunction with the 10th Annual Atlanta - Hong Kong Dragon Boat Festival. Racing will start in the afternoon on Saturday, September 10, just after a great day of Dragon Boat Racing!

Entries for the 10th Annual Dragon Boat Festival can be found at www.hongkongatlanta.com.

We will have entertainment and food for the evening and a paddling clinic Sunday morning that will be organized by Lanier head coaches Olympian Shelley Oates-Wilding and her husband Guy, as well as other guest coaches! The focus of the clinic will be preparations for a successful 2006 paddling season.

We will once again have a prize purse, but the format has changed a little! The purse will be awarded all the way to 6th place and we will have a knock out format. There will be a 6 boat final and every athlete who makes the final will share the purse. All of the races will be 200M. Athletes will return immediately to the start line from each heat as athletes are knocked out of the competition. The format should be great fun for athletes and spectators alike!

The events offered in the purse races are:

Open Men K1
 Open Women K1
 Open Canoe C1
 Junior Men K1
 Junior Women K1
 Mixed K2
 Masters Men K1
 Masters Women K1

Just for fun, after the purse races we are also offering a team relay! Teams will put together a K4, two K2s and a K1. The teams get to choose the order of the boats. Racers will start on the finish line and race to the 200M start. A foam baton will be passed to the next boat on the team. The first team to complete the relay wins!

Please mark your calendars! The full details and entry form will be available soon! We invite additional sponsors to increase the purse that will go to our athletes and would love to partner with other venues to create a tour of events using this format.... or help create one that is even better! We can add additional events if a sponsor comes forward to add funds to the purse! Sponsors — this is a GREAT way to support our top athletes and give the athletes in the pipeline some fantastic racing experience!

Please contact us if you would like to become a Lanier Cup Purse Race Sponsor.... and athletes, please mark September 10th on your calendars and look for entry information coming soon!!

The Lanier Canoe & Kayak Club Richardson Racing League Middle School FUN RACE will be held in the afternoon of Sunday, September 11, if you would like to see this thriving development program in action. Each Spring and Fall approximately 180 middle school aged athletes compete in a 6 week program to introduce them to canoe & kayak racing! It's great fun to see them practicing, and the final Dragon Boat competition is fiercely competitive!

If you enjoy canoe / kayak racing, this is the place to

Please Join...

THE ROSWELL Canoe Kayak CLUB

We are looking for members of all ages and skill levels to "Paddle" every Thursday night at 6:00 PM at Azalea Park on Riverside Road in Roswell.

Club meetings are held on the first and third Thursdays of every month in the pavillion at Azalea Park.

We hope to have a home on the river soon for boat storage and competitions!

For more information contact: roswellpaddle@yahoo.com

be!!

Connie Hagler
 Lanier Canoe & Kayak Club Executive Director
 3105 Clarks Bridge Road
 Gainesville, GA 30506
 770.287.7888 boathouse
 770.287.3444 fax
<http://www.lckc.org/>

River Access

Time for Boaters to Rally

The Upper Ocoee is threatened. Recreational releases on the Upper Ocoee River have been tenuous since the day the 1996 Olympics ended. It was only after the commercial outfitters agreed to purchase the water that the TVA was willing to schedule recreational releases on the Upper Ocoee. Since 1997, the Ocoee River Outfitters have funded the recreational releases on the Upper Ocoee for everyone to enjoy.

Two weeks before the first agreed upon 2005 release on the Upper, the TVA walked away from the contract for

2005. There would have been no recreational releases on the Upper Ocoee for the 2005 season if it had not been for the hard work of the outfitters and the office of Congressman Zach Wamp, TN.

Congressman Wamp has been a staunch supporter of the Ocoee River, recognizing the huge impact that paddling and rafting play. Wamp was instrumental in offering support of the Olympic effort; he publicly stated the value of the Upper Ocoee as a stand alone; he procured a series of federal appropriations for the Cherokee National Forest that included the 46 mile mountain biking/hiking trails. The Congressman made the Upper Ocoee his number 1 priority in federal funding requests for 2005.

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2005 is only the beginning. Wamp procured money for the 2005 releases, but that still leaves the future of the Upper Ocoee as unknown.

Even more serious is the fact that what happens to the Upper Ocoee is a litmus test for the future renegotiation on the Middle Ocoee — whose contract will expire in thirteen years. That may seem like a long time off, but the boating community has been struggling with TVA for a resolution on releases for the Upper Ocoee for nine long years, and it is still not resolved.

We need to express our appreciation for the work done by individuals to procure water on the Upper Ocoee. Our elected officials have gone to bat for us, and without the help of someone with some muscle such as Congressman Wamp, there may be a time in the very near future that the Ocoee again is a dry river bed.

Please help! A letter stating your appreciation to the Congressman would go a long way. Congressman Wamp realizes the impact that our tourist dollars have on eastern Tennessee. Back him up.

Send letters to Congressman Wamp at Leigh.McClure@mail.house.gov. Copy the letter to Joe Guthrie at JGuthrie@sedev.org. A letter such as the following would go a long way:

Honorable Zach Wamp:

Your individual attention and support of the Upper Ocoee River Recreational Release Agreement between the TVA and the Outfitters for the 2005 season is greatly appreciated. I understand that without your support there would not have been an agreement, which would have meant no recreational releases on the Upper Ocoee this year for everyone to enjoy.

The Ocoee recreational area is critical to the community and economic health of the Ocoee Region. The opportunity to enjoy the Ocoee River is why I spend my tourism dollars in eastern Tennessee.

The Ocoee River is an essential and vital recreational resource. I, along with all users of the Ocoee, would like to see a long-term agreement for recreational releases on the Upper Ocoee. Your continued support and interest is vital. We all need to be a part of the resolution of this problem and I welcome the opportunity to contribute to the process necessary to sustain recreational releases.

Thank you for your work on the 2005 releases. And thank you for the opportunity for myself, my family and friends to continue to enjoy this great resource.

Sincerely,
Joe Boater

Please do not underestimate the power of a grass roots effort. We need to motivate and pull together to ensure that the future of the Ocoee is not a dry one! ✂

A River Runs Through It

For years, local environmental and recreation enthusiasts have contemplated the highest and best use for the Chattahoochee River between Columbus and Phenix City. This led to the formation of a group of local organizations, public and private, dedicated to helping the river regain its historic influence on these communities.

A year-long study sharpened the focus on both the opportunities and the issues. A central theme has emerged that calls for the restoration of the Chattahoochee River between Columbus and Phenix City to its natural state, effecting a release of the river to regain its historic, environmental, educational, recreational and economic function to these communities.

The falls of the Chattahoochee are rich in history and the waterpower they provided was the very reason for Columbus' existence. As a matter of geography, the tumbling waters between Columbus and Phenix City were the last falls of the Chattahoochee before moving to the

"A central theme has emerged that calls for the restoration of the Chattahoochee River between Columbus and Phenix City to its natural state."

Gulf of Mexico at Apalachicola. Experts say the setting of the falls in the center of two vibrant communities offers a venue nearly unmatched in other eastern cities.

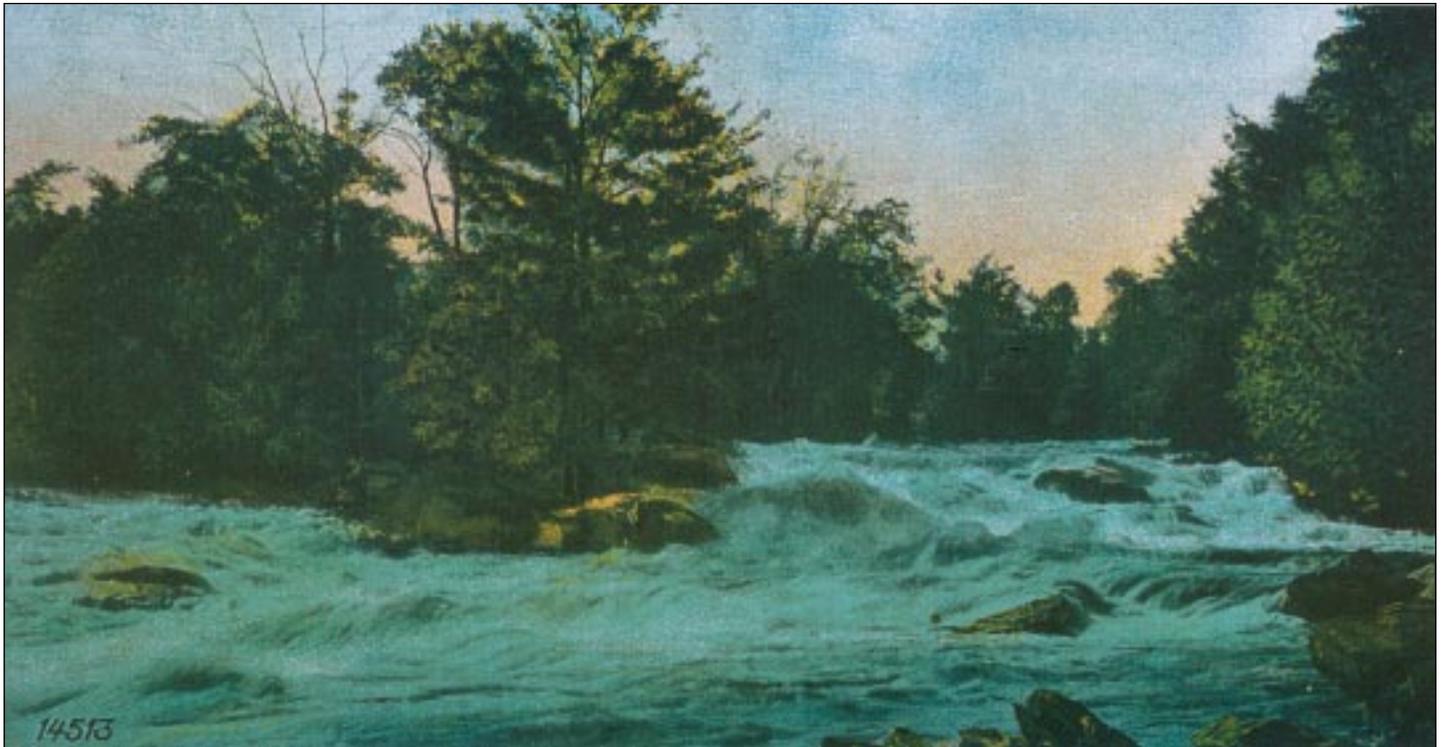
The unique aspect of this stretch of the Chattahoochee is not only its geology and falls, but how intimately these sister cities touch the river. The combination of the splendid natural geography and continuous urban development that is respectful of history, provides an unforgettable setting that will set Columbus and Phenix City apart from other cities in the country.

Idealizing this potential will require:

(1) restoring the river to reveal the magnificent fall line geology with massive bedrock outcroppings and significant rapids; (2) regaining a unique and important riverine habitat; (3) revitalizing recreation to engage more people in more ways with the river; and (4) linking

historic, educational and entertainment activities to the river.

This 2.3 mile section of restored river will likely be characterized by swiftly moving water and riffles punctuated by significant rapids. These rapids will tend to increase in size and stage, ranging from class 1 to very rigorous class 4 as flows increase. The lower water surface will expose the magnificent rock outcroppings and boul-



This image, from a 1909 postcard, shows the free-flowing Chattahoochee River prior to impoundment.



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ders that were first evident to original Americans thousands of years ago. The sounds of water rushing through the bedrock shoals will be evident throughout the entire 2.3 mile reach.

Perhaps the most exciting promise of releasing the river is the opportunity to activate the river for the public in new and exciting ways. An increase and re-introduction of fish species in the river is anticipated, greatly expanding fishing opportunities. The release of the river to regain its natural flow will create significant rapids that open countless opportunities for sporting activities, chief among them being white water rafting, canoeing and kayaking.

Removal of both dams will create an approximately 2.3 mile-long stretch of free-flowing river. This feature would be unique on the middle Chattahoochee, lying at the beginning of a magnificent fall line that once stretched from Coweta Falls (site of Eagle and Phenix Dam) north to the site of present day Atlanta. Experts have determined that within the 2.3 mile stretch of river there is approximately 35 feet of vertical drop, with a concentrated drop at and below Eagle & Phenix Dam. The Chattahoochee is a large volume river and the presence of such a large drop will likely create moderately difficult class II and III rapids at normal flow. This 2.3 mile stretch of free-flowing

river will be attractive for white water recreational use by the boating public and professional outfitters.

The U.S. Fish and Wildlife Service says, "The restoration of the Chattahoochee River [at Columbus and Phenix City] would likely bring statewide, and possibly national, interest and attention to the local area, and would offer diverse recreational opportunities such as canoeing, kayaking, rafting, and the development of a significant shoal bass fishery of world class quality."

Releasing the river at Columbus and Phenix City opens the opportunity for development of a world-class recreational fishery and will benefit mussel and shoal bass populations formerly plentiful in the river. The U.S. Fish and Wildlife Service has surveyed the area and reports, "There are currently 1.2 miles of the Chattahoochee River between the City Mills Dam and the North Highlands Dam that include significant shoal habitats once part of the historic 'Falls of the Chattahoochee'. Protection of this greenway buffer on each side of the river is a principal objective. "These rare moving-water habitats have been almost entirely eliminated due to the construction of dams along the shoals and falls of the Chattahoochee River."

The report continued, "In light of the continuing impact of the dam on the remaining riverine aquatic

resources and the uncertainty that the project would ever be a commercially viable hydropower producer, we recommend ... that the project area be restored to its historic riverine condition ... providing increased habitat for riverine fish and mussels, while providing benefits to the local economies of Columbus and Phenix City."

Releasing the river will be a catalyst for restoration and redevelopment of historic riverfront mill property expanding the opportunities for new connection with existing historic, educational and entertainment assets along the river. Judy Randall, a tourism consultant to the City of Columbus, has explained that "for today's tourist, the journey is as important as the destination." Imagine a day on our river could combine world-class white water, trips to museums, a leisurely bike ride, environmental education, entertainment at the River Center, dining uptown... the possibilities are endless.

The natural outcome of this project will be to restore the economic vitality the Chattahoochee River has histori-

cally brought to Columbus and Phenix City. Introducing the Eagle & Phenix and City Mills dams in the late 19th and early 20th century transformed an emerging economy for the two cities. Now releasing the Chattahoochee by removing these two dams will free the river to bring a new economic and quality-of-life transformation for the 21st century.

Time is of the essence. Understanding the opportunity and informing the public are essential. We will have powerful national allies — organizations like U.S. Army Corps of Engineers, The Nature Conservancy, Trust for Public Land, U.S. Fish and Wildlife Service, and others — who are partners in releasing our river. The challenge is to formalize local support, adopt a timetable and execute a funding plan that can achieve the goal. In the last decade of the 20th century our community has attracted regional attention by transforming bold visions into community-supported actions. Restoring the last falls of the Chattahoochee is another such opportunity. ✂

Southwestern Canyon Expedition for Advanced Trained Beginners

Rio Chama, New Mexico

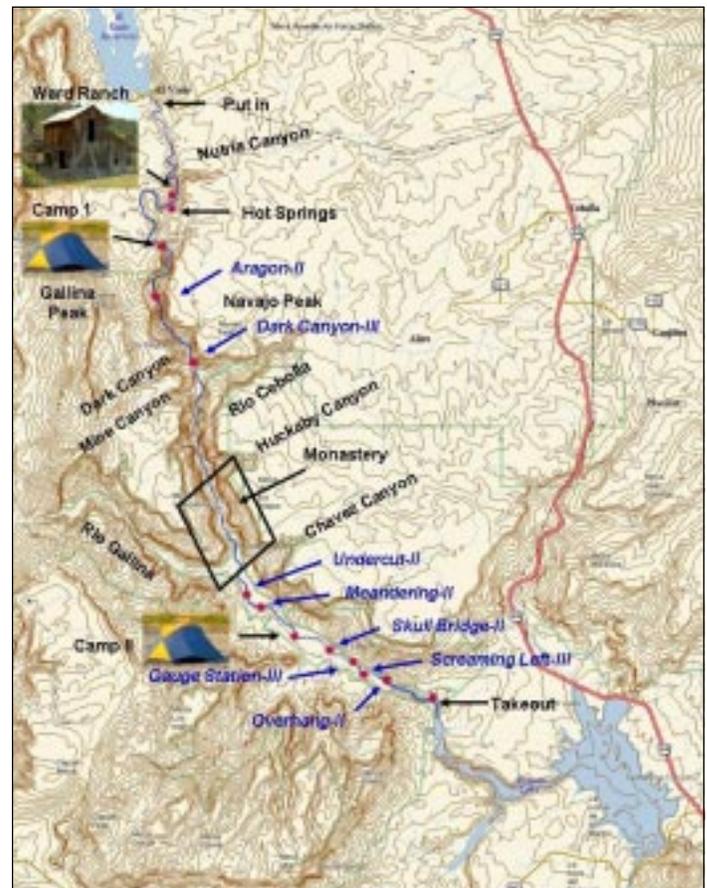
by William C. Reeves (The Hawk)

Expedition paddling gets you out of the day-to-day routine and puts you in an incredible setting for an extended period of time. The only trouble is that you've got to figure out where to go and have some idea as to what's involved. That, of course, is why your GCA *Eddy Line* editor dispatches me all over North America — 10,000 Islands, Little Tybee Island and Magdalena Bay for the sea kayakers — the Ohoopce, Okefenokee and Lake Powell for those who like flat water — the Grand Canyon, Yampa, Rogue and Salt Rivers for the big water freaks.

Woops, my white water chronicles have been woefully incomplete. Most GCA white water canoeists are not class IV/V boaters and aren't going to spend a week on the Yampa, Rogue, or Salt Rivers because they'd get trashed. I had to come up with a more laid-back white water expedition. Will resolved the issue when he scored a permit for a 3 day trip down the Rio Chama in northern New Mexico.

The upper Chama in Colorado boasts a berserk class IV/V section but that's not what this is about. Herein I will describe the sane section that drops 15 feet per mile as it courses 32 miles through a typical Southwestern antecedent canyon between El Vado Lake and Abiquiu Reservoir.

Antecedent canyons form as the earth's crust thrusts upward and the river cuts through maintaining its original level. Hanging side canyons are pathognomonic of an antecedent canyon. The Rio Chama canyon is about 1,500



An annotated map of the three day Chama River trip.



This is a view of the Chama taken from the Vado Resort. I took it the day before we put on. The river hadn't been turned on yet and we were pretty nervous at the low level. At 500 cfs flows all of the gravel is covered. The walls don't appear very high because the main canyon is a half mile or so in the background

feet deep and rivals anything I've seen, short of the Grand Canyon.

The Chama canyon's first 2 layers, which directly wall the river, consist of Chinle sandstone and shale (each about 400 feet thick) and were formed 170,000,000 years ago during the Triassic. These bottom layers are squashed under a 300 foot thick layer of yellow to dusty orange Entrada sandstone, which represents the remains of Jurassic-age sand dunes (Jurassic wind patterns remain visible). Finally, a 100 foot thick crust of Todilto gypsum forms a white cap along the canyon's top.

The Chama cuts through desert country and it ain't nothin' like Georgia. One moment you're in cold, virtually barren desert grassland on top of a mesa. Then as you approach the canyon's rim, things get green and the ecosystem changes to a mixture of Douglas fir and ponderosa pine. This is transitory because descent into the canyon reveals dense stands of ponderosa pine, juniper, and mountain mahogany festooning the canyon walls. Finally, the river runs down a lush riparian green corridor that supports thick growths of piñon pine, cottonwood, box alder, willow, hackberry, grasses and shrubs.

Larger mammals inhabiting the Chama's ecosystem include mule deer, elk (yes elk) beaver (hosts of giardia), coyotes and black bears. The Chama will captivate birders because it supports large and diverse avian populations. It's an excellent raptor habitat and, more intriguing to me, due to the nature of the sandstone walls, there's a huge (I mean huge) population of cavity-nesting birds including the inventor of the condominium, cliff swallows.

Enough ecology. You'll see all this while you're in the canyon. The put-in is at El Vado Ranch, a mile or so below El Vado Reservoir dam. Kevin Miller and I drove out because someone had to lug the gear. We spent the night in one of the ranch cabins, and were up and ready to stage by 07:00.

Eric and Lisa Paysen had spent the previous month tooling around the southwest mountain biking, butt-boat-ing and hiking. They slept in the back of their Toyota TRD at El Vado State Park, and were at the put-in by 07:30. We were rigged and ready to run the 120 mile shuttle by 09:00.

One itty-bitty detail remained. Remember the introductory paragraph? The permit had been issued to Will and I haven't mentioned him yet. Will and Amanda are research scientists who have to work for a living and couldn't afford taking the time to drive. Their plans hadn't included a Frontier Airlines FUBAR, which delayed their arrival in Albuquerque until midnight. Midnight Mountain Time is 02:00 in Atlanta.

They decided to crash in a hotel rather than continuing on for another 4 hours and sleeping in the saddle at the river. We, of course, didn't know this because there's no cell phone coverage in the canyon; but there is a pay phone (take an MCI credit card) and Amanda's cell phone worked up on the main roads. Coms established, we made a plan.

It was too late to meet them at the take-out (we should have planned for one vehicle to rendezvous with them there), but for \$65.00 El Vado Resort will provide shuttle. This computed to \$10.00 each so this command decision was a no-brainer

We were on the river by 13:30. You don't do the Chama for its rapids and there aren't any for at least 8-miles. The first point of interest is the abandoned Ward



The restored Ward Ranch is the first point of interest on the Chama. Note that the river looks like chocolate milk, which makes it difficult to discern underwater hazards.



Eric and Lisa are relaxing by the tandem Howler prior to making dinner.

Ranch (on river right, 4 miles from the put-in). The ranch dates from the 1800s and was restored about 10 years ago. Check it out and look for the hidden loose-leaf book that chronicles its history.

The ranch was futuristic for its time. The kitchen sported perpetual running hot water because it was constructed directly over a hot springs. A larger group of hot springs, amenable to bathing, will be found immediately down stream on river left. We dallied a while there and finally set up our first camp another 2 miles farther down across from Arroyo del Puerto. The campsite was perfect; we debarked on an extensive sand and gravel beach that was backed by a grove of trees (amidst which we pitched our tents) and the scenery was spectacular. We hadn't counted on the no-see-ums and poison oak.

The next morning we rigged carefully because we knew Sleeper Rapid (with its light-sucking hole) was imminent. Remember my comment, "You don't do the Chama for its rapids," but you can't ignore them either. Well, we never figured out which riffle was Sleeper; but Argon Rapid, at mile 10.6, got our attention.

Argon Canyon comes in from the west and the river hangs a hard right, caroming off a sheer wall. Argon is at least a class II+ because Kevin flipped (the only capsized of the trip) while futzing around in the reaction waves at the base of the cliff. Fortunately, he had rigged to flip (i.e., all his gear was securely lashed in) and, after one miss, he rolled back up.

The Chama meanders on for 3 more miles, providing beaucoup photo-ops until you've got to pay attention again, because as Dark Canyon enters from the west, the river narrows and makes a gradual right-hand bend through an extended boulder field. BLM classifies Dark Canyon Rapid as class III (difficult — maneuvering required —

course not easily recognizable). The classification is correct; Dark Canyon isn't 'flip you' difficult like class III Nantahala Falls; it was difficult because maneuvering was required but the water resembled chocolate milk and hence the course was difficult to recognize (i.e., I couldn't see squat underwater).

Here the Hawk digresses to impart an important lesson for those just starting to oar rig: always bring along a swamper (one of their more valuable uses is to hump grounded rafts through rapids). Not long after Dark Canyon, the Onion River (Rio Cebolla) comes in from river left. Plan on stopping and exploring Hart Canyon.

In addition to its worthwhile hike, Hart Canyon marks the beginning of the really spectacular portion of the Chama Gorge (and coincidentally the Chama River Canyon Wilderness Area). The walls close in; all of the geologic layers are visible; the sandstone is punctuated by caves, arches and windows; the cliff walls showcase rock slides, ledges, pinnacles and ridges. Unlike the aesthetically awesome portions of many white water trips, this section of the Chama has no particular hazards and I was able to simultaneously row the ensuing 6 miles and record 2 gigabytes of RAW images with my Nikon D-70.

It's a mystical section of river. Keeping with the mystical spirit, the wilderness ends at Christ of the Desert Monastery (and a mandatory mile long zone of silence). There are few campsites between the monastery and the take-out, so I recommend considering camping in one of the many that are in the gorge. We didn't. We should have.

Mysticism on the Chama does not end with the monastery. Indeed... We encountered Sirens: no; not the ones that identify emergency vehicles; the other type; a group of butt-nekket women playing music and cavorting on the beach. It's true. I kid you not. We emerged from



The Hawk and his swamper Lisa in the Stinger at the beginning of the second day. This shows all the gear.

pristine canyon wilderness at the beginning of 4th of July weekend. Public road access begins just below the monastery and the locals were partying. However, like Ulysses' cohort, we were on a mission and didn't stray from the path. Plus, 2 of our group had their women along.

Just below the road-served put-in, we ran Undercut Rapid. This easy class II is obvious because the river makes a right angle turn and mashes into an undercut wall. Then, about a mile later, we negotiated class II Meandering Rapid, so named because it's more than half a mile long and meanders all over. Meandering Rapid is sort of a baby Patton's Run.

There's a primo campsite on river right just above Meandering Rapid, but it was occupied. There's plenty of room for camping on river left, but it's a 6-mile-long parking lot that was wall-to-wall trailers and campers. By now, we were about 24 miles down a 33 mile river, it was around 17:00, there was no vacancy on river left, and river right was a typical riparian no man's land carpeted with knee-high green grass and thistles (i.e., chigger, tick, mouse, and Hanta virus territory).

Then, around mile 26, we rowed around a sharp right bend and saw a beautiful 200 meter long sandbar (i.e., the perfect beach for camping). Unfortunately, "we" included only the Hawk and his swamper. Too bad the Stinger isn't as fast as the hard boats, because, following some sort of bizarre logic, our point boaters had ignored the beach (maybe they were still enchanted by the sirens) and were half a mile downstream of us. At least they were out of their boats and exploring potential campsites.

They were strung out over a quarter mile: Kevin had gotten out at a flat area and was fighting his way through a thick grass meadow; Eric had clawed his way up a 20 foot high cliff and was lost in the willows; Will was collecting



View of the Chama Gorge in the section above the monastery.

snails and insects.

We yelled, screamed and blew our whistles. They didn't give us no never-mind. So we got back in the boat, continued down stream, palavered and convinced them that we needed to camp on the sandbar. Attaining back up to the sandbar was trivial in the hard boats. It was not quite so trivial in the oar rig, especially after 8 hours of rowing and hiking. Lisa and I pretended the Stinger was the African Queen, got out into crotch deep freezing water, and pulled and pushed it for 30 minutes back up to the sandbar.

The third day involved a leisurely 7 mile paddle to the take-out at Big Eddy. As an aside, for those of you who may end up doing this trip and for some reason didn't camp in the gorge or at Meandering Rapid, the sandbar provides the last decent river right campsite until the take-out. To clarify a bit, the paddle out isn't all that leisurely because this last portion of the river holds most of the "major" rapids.

About a mile after launching, we negotiated a right hand bend beyond which we could see Skull Bridge and its attendant relatively long (but straightforward) class II rapid. Two miles later, the river makes another lazy right turn, a cliff materializes out of the left bank and the river butts into it with some force. At the end of the rapid a boulder and attendant hole lurk in the middle of the river. This is class III Gage Station Rapid. Technically, and in terms of drop, it's not dissimilar to Buck Island Shoals on the Upper Chattahoochee.

Look for the gage station at the bottom end of the cliff (the river was 6.3). Less than half a mile later, a relatively long rapid (Screaming Left — easy class III) terminates with a 90° left turn formed by an overhanging cliff. Three miles later you're at the take-out on river left. You really



Yes there are black bears in the Canyon. Luckily this is all we saw of them.



This is Will and Amanda in the section above the monastery. Actually this is the gravel bank that you can see in the preceding scenery image.

can't miss the take-out.

As with any expedition, a trip on the Chama requires some thought and preparation. Paddling season extends from mid-April through September. April through June snow-melt provides the water and the river may run 3,000 cfs. July through September water comes from scheduled 500 cfs releases.

Don't plan on just going out and putting on, because it's a permit river. Permits are issued by a lottery system and applications must arrive at the Taos Reserve Area, New Mexico Bureau of Land Management by January 31st. Once you've got a permit and scheduled the trip, someone's got to get in a truck and transport the group's gear there. Fortunately, it's a short drive, 1,500 miles or 26 hours.

I recommend following the southern route. From Atlanta take I-20 through Birmingham to Tuscaloosa. In Tuscaloosa turn right at US-43 and follow it to Hamilton and US 78. Take 78 to Memphis, where you pick up I-40 west and can settle in for some serious butt-crunching driving. Amarillo is a good place to spend the first night. Continue on I-40 from Amarillo until you come to US 285 (about half way between Santa Rosa and Albuquerque, NM) and follow it north to Santa Fe. From Santa Fe, connect with US 84 north and follow it for a couple of hours.

PhysioBall for Paddlers

Paddling requires a lot of trunk control, though many do not recognize just how beneficial a PhysioBall routine can be. The ball strengthens tiny, specific muscles within each level of the spine. This "intersegmental" strengthening not only relieves low back pain due to degenerative



this is a photo of the second campsite on the sandbar.

New Mexico Hwy 112, just out of Tierra Amarilla, will take you to the Vado Ranch and the put-in.

There is no lodging between Santa Fe and the river. However, at the river you can rent a cabin from the Vado Resort or camp in El Vado State Park. Hint, this is desert country and you're going to be sleeping on the ground for a couple of days. Rent a cabin (they can sleep at least 10 people).

There are no major grocery stores between Santa Fe and the river. Plan accordingly. This trip involves about 3 river-days, so bring appropriate supplies for bed and board and pack it to survive a capsized. As I noted, the Chama is a desert river. You will need to maintain hydration and it's not feasible to bring a large quantity of water with you. Bring at least 2 micro-filter systems and at least 1 collapsible bucket to collect water and to let the silt settle out. Three buckets are even better because then you have just the right number for dish washing.

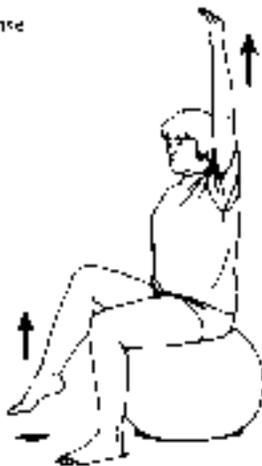
Bring at least 2 gas stoves for cooking (at the time of our trip open fires were prohibited). Your permit will specify required equipment for each group; rangers monitor activity at the put-in and will check. Each group is required to have a fire pan, at least one extra life jacket (first time I've ever encountered this regulation), and a groover (AKA human solid waste disposal system). Just give some thought to what you need to bring (find one of my old articles on logistics) and you'll be ok. ✂

discs or instability, but also makes a notable difference in balancing and "righting" yourself in your boat while negotiating a rapid. Just a few minutes each day with a few exercises (start with the ONES that are easiest for you), and you will notice the increased trunk control, balance, and overall performance on the river. Following are a few suggested exercises:

SPINE - 14
Sitting Opposite Arm and Leg Raise

Raise opposite arm and leg and return. Repeat with other limbs.

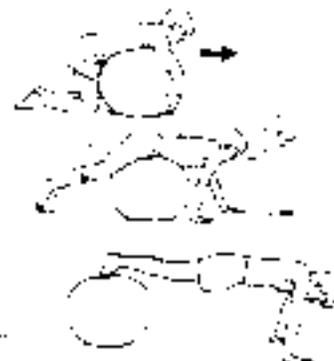
Repeat 10 times per set.
 Do 2 sets per session.
 Do 2-3 sessions per day.



SPINE - 20
Kneeling Ball Walk to Thighs/Toes

Kneeling with stomach on ball, walk forward until it rests under thighs

Repeat 10 times per set.
 Do 1-2 sets per session.
 Do 2-3 sessions per day.



SPINE - 34
Kneeling Ball Walk to Double Knee to Chest

Walk forward on ball until it rests under shins. Support weight with hands and roll ball under you by bending knees up to chest.

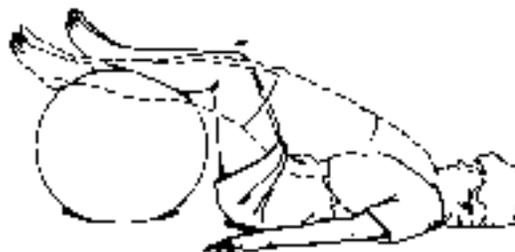
Repeat 10 times per set.
 Do 1-2 sets per session.
 Do 2-3 sessions per day.



SPINE - 38
Bridging with Calves on Ball

Lying on back with calves resting on ball, raise buttocks from floor.

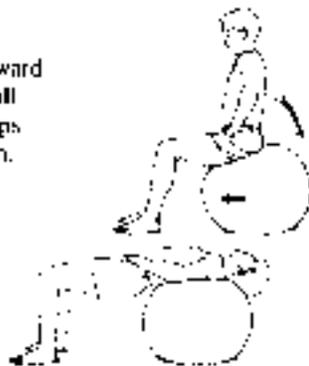
Repeat 10 times per set.
 Do 1-2 sets per session. Do 2-3 sessions per day.



SPINE - 39
Sitting to Bridging Position

From sitting position, roll forward into bridging position, with ball under shoulders. Do not let hips sag. Return to starting position.

Repeat 10 times per set.
 Do 1-2 sets per session.
 Do 2-3 sessions per day.



SPINE - 26
Prone Opposite Arm and Leg Raise

On hands and toes over ball, raise one arm and opposite leg simultaneously. Do not arch back. Repeat with other limbs.

Repeat 10 times per set.
 Do 1-2 sets per session. Do 2-3 sessions per day.



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 gacanoer@mindspring.com. PLEASE, NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.

FOR RENT - Rental home on Lake Chatuge on GA/NC border. 2 hrs from Atlanta. This serene, uncrowded lake is 13 miles long with 132 miles of shoreline for paddling pleasure. One street from lake, minutes to walk. Private boat slip. 3br/1.5b. Fully furnished. Seasonal or monthly rentals. Visit www.chatugerentals.com or 800.850.6544.

FOR SALE - Canoe, Dagger Impulse, front and rear air bags, Perception saddle with seat and lots of sealed storage underneath. Canoe has no cracks or holes, in good shape. \$400. Contact at Roxie4040@bellsouth.net or 770.842.7188.

FOR SALE - Kayak and paddle. Per-

ception Corsica S. Helmet, flotation bags, spray skirt, PFD and equipment bag. All for \$425. Call Larry at 404.915.1722.

FOR SALE - Sea kayak, Wilderness Systems Piccolo, \$399. This small touring sea kayak is perfect for day trips. It is very stable and very fast. This sky blue kayak is in great condition and has been stored in a basement. It comes with a rudder that allows you to steer the boat with foot pedals. The rudder is easily retractable for nonuse. The boat is a long-time favorite of smaller adults and kids. The Piccolo is 13'6" in length, 20.5" in width, and 11.5" in depth. The cockpit is 30.5" x 15". It has a small day hatch. It weighs 42 lbs and has a maximum capacity of 180 lbs. If interested email Becca at bbkayak@att.net or call and leave a message at 404.634.5612.

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.

WANTED - Flat water canoe, used, for solo lake paddling (actually, this

is for my brother at his nearby lake in Columbia SC). The lighter, the better, of course. Tim Kelly: w 678.302.1459 or tkelly@btcpa.net.

... looking for a sport that will totally involve your child?

...time for your child to be part of a team?

want to get your child in a sport that both of you enjoy?

need a good reason to spend more weekends at the river?

want to go to Beijing?



www.AceCanoeKayak.org

The Hobbit on the Zen of Surfing

Hey Hobbit:

I think I am a great kayaker, but when surfing I seem stiff. What gives or fails to?? Can you offer any Help??

Mr. Stiff

Well Mr. Stiff, when you reach a level in kayaking, you realize there are only three ways to surf either a wave or hole. These are as follows:

"Uptight on the White" when you are so thankful to have made the wave or hole that you cannot relax because you do not know what to do once reaching your target. This anxiety makes one too uptight on the white.

Secondly there is "Ike Turner Style" where you either are bullying your way on the wave or it is bullying you.

Often this looks like a wrestling match to those in the eddy and wears you out ever so quickly.

Finally the Zen level of control is "Funky Kingston Style." Here the boater is in total control, using only finesse, and it shows to all around. Often in this euphoric state you begin to sing your favorite tune, perhaps Toots & the Maytals, and your melody further perpetuates optimal control and joy. Do not fret for you must pass through each level to reach the latter, and it simply takes paying ones dues. Be patient, paddle often, and your day too will come.

The Hobbit :)

- From "River Rumors" — newsletter of the Foothills Paddling Club.

"My doctor told me to stop having intimate dinners for four.... unless there are other people with me."

- Orson Welles.

2005 GCA INSTRUCTION SCHEDULE & CLINIC INFORMATION

Clinics will be taught by ACA-certified instructors and qualified assistants. In order to provide individual attention, the maximum student-to-instructor ratio is 4:1. Space is limited.

COURSE DESCRIPTIONS:

BASIC WHITE WATER SAFETY

This is not a Swift Water Rescue course, but rather a one-day safety course focusing on the skills needed to immediately effect a rescue after an incident has occurred. It follows the American Canoe Association's Basic White Water Safety curriculum and is a full day of learning and practicing simple safety concepts and rescue techniques. The morning is demonstration and land-based exercises including throw ropes. The afternoon is water-based exercises including self-rescue, rescue of others, and retrieval of boats and gear. If you've never taken a river safety course, or haven't taken one recently, this is an excellent first course or refresher course. The only prerequisite skills are basic paddling techniques such as those learned in a beginning paddling course.

ADVANCED SWIFT WATER RESCUE

OBJECTIVES: To teach effective skills for white water rescue, including self rescue techniques, rope handling skills, and approaches for dealing with boat pinning and entrapment. Special attention is given to teaching simple, effective skills that make good use of the limited gear that white water paddlers can carry. **PREREQUISITES:** All paddle craft are welcome. Students should be intermediate white water paddlers, capable of ferrying and catching eddies in class II white water. They should be in good physical condition, with strong swimming skills and no fear of going underwater. Students should dress for swimming and prolonged immersion. All appropriate personal river gear, plus a throw rope, two carabiners, and 15 feet of 1 inch tubular webbing, should be brought to class. The above are excerpts from the ACA outline <http://www.acanet.org/pdf/adv-rescue-6-18.pdf>

DUCKY DAY / BEGINNING WHITE WATER RECREATIONAL KAYAK:

This is primarily for 'other' kayaks that are suitable for class II white water (not based on an uninformed sales person). These are ones that are neither shorter white water kayaks with skirts nor longer sea kayaks with rudders or skegs. This class is intended for sturdier inflatable rubber kayaks and white water sit on tops (such as Torrents). Some don't know they have boats in this category until they call for white water or sea kayak classes. Ducky day is not appropriate for flat water touring kayaks (wider kayaks with skirts such as Swifty and Acadia models). The course will follow the format of the American Canoe Association 'basic river kayak' course. See <http://www.acanet.org/sei-river-kayak.htm>

SEA KAYAK

These courses are for longer narrow kayaks with rudders or skegs. The beginner class is two days of basic strokes, maneuvers, and rescue skills. One day is on quiet water, the second is in mild surf. The level of instruction will be geared to the skill level of the participants. For more information see <http://webpages.charter.net/cramersec/skflyer.html> and <http://www.acanet.org/sei-coastal-kayak.htm>

BEGINNING FLAT/MOVING WATER CANOE:

For people who have never had a boat on moving water or want to improve their skills in a basic course. This is also for canoes that are not suitable for white water or those who want an easier class. Saturday flat water session emphasizing strokes, safety, self-rescues. Sunday session on moving water river. For more

information see the ACA 'basic river canoe' outline at <http://www.acanet.org/sei-river-canoe.htm>

BEGINNING YOUTH WHITE WATER:

For younger paddlers 8 to 14 years old who are either just starting out in white water or have paddled before but are still at the novice level. This is a one-day class with a morning lake session followed by an afternoon river session at a difficulty level well within the experience and capabilities of the participants.

BEGINNING WHITE WATER KAYAK & CANOE:

For people who have minimal experience on moving water and/or have not had recent instruction. Three-hour evening classroom session with videos and lectures covering equipment, safety, river features and paddling techniques for tandem and solo boaters. Full day Saturday flat water session emphasizing strokes, safety, self-rescues. Full day Sunday session on moving water river. You must attend both the dry and flat water sessions to participate in the white water river portion of the course.

TRAINED BEGINNER WHITE WATER KAYAK & CANOE:

Participants should have had fairly recent beginner level instruction and at least 5 days of white water experience after the instruction. Participants should be able to do basic maneuvers on class II rivers (eddy turns, peel outs & ferries). Polish-up beginner skills, plus bracing and rolling (kayaks).

INTERMEDIATE WHITE WATER KAYAK & CANOE:

Intermediate clinic participants should be comfortable paddling class II-III white water such as the Nantahala, wish to master the roll in rapids (kayaks), and learn how to play confidently in Nantahala-type waves and holes. Intermediate kayakers should have a 100% flat water roll and a 50% reliable combat roll in class II rapids. Saturday morning lake session working on strokes and rolls (kayaks) and an afternoon session on a class II-III river working on turns, surfing, eddy hopping, etc. Full day Sunday trip on a class II-III river.

ENROLLMENT GUIDELINES:

See the registration form (reverse side) for information on GCA membership, registration, cancellations, refunds and age.

SWIMMING ABILITY:

You must be able to swim and should not panic with your head under water. Beginning kayak clinic participants will spend a lot of time upside down inside their kayaks on the lake. All students will practice swimming & self-rescue skills in rapids.

PHYSICAL CONDITION:

White water paddling is a physically and mentally challenging activity that requires fitness, flexibility, and a positive attitude in stressful situations. Kayaking is a high-risk activity for individuals with a history of shoulder dislocations. Applicants should discuss potential physical limitations with the Coordinator before signing up.

EQUIPMENT:

You must furnish all of your own equipment. You will receive a detailed list of required and recommended equipment well in advance of the clinic.

GCA INSTRUCTION 2005

White Water Canoe

- + Intermediate
October 1, 2
Coordinators: Haynes & Gina Johnson (770.971.1542)

Sea Kayak (Call for class fees)

- Coordinator: Steve Cramer (706.208.8382)
- + Introduction - Charleston, SC
September 24, 25

Registration: To register for one of these clinics you must be a member of the Georgia Canoeing Association. For an application to join the GCA go to the GCA Web Site at <http://www.georgiacanoe.org/membership.htm> or call 404.421.9729. Dues are \$25. Classes are \$60 per person unless otherwise stated*. To register for a clinic, call the coordinator of the clinic for more information, including questions on your skill level and/or course objectives. You will NOT be registered until the coordinator receives this completed form and a check for appropriate fees. Please don't wait to register. All classes are subject to being closed due to student limits or being rescheduled or canceled if there are insufficient students registered. Registration closes ten days before each class due to insurance and planning considerations.

* ACA members with current ACA number pay \$50 per person for two day courses, \$25 per person for one day courses.

CLINIC _____

NAME _____ ACA # _____ AGE _____ SEX _____

STREET _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

ALLERGIES OR PRESCRIPTION MEDICINES _____

DISABILITIES OR PHYSICAL PROBLEMS _____

CANCELLATIONS AND REFUNDS:

If you wish to cancel or switch to another date, please notify the Clinic Coordinator as soon as possible. If you cancel at least 10 days before the first class session your fees will be refunded. After that, refunds will be made only if a replacement is found. Clinics will be conducted rain or shine. No-shows and those not completing the full course are ineligible for refunds.

AGE:

If you are under 18, all liability releases must be signed by a parent or guardian, who must also provide suitable power-of-attorney for medical care. Except for youth clinics, pre-teens will not be enrolled unless they have had suitable paddling experience in the Training Director's judgment.

GCA Fall Gala Canoeing Affair 2005

October 7th, 8th, 9th and 10th

Smokey Mountain Meadows Campground, Bryson City, NC

<http://smmcamp.tripod.com/>

Reservations must be made **DIRECTLY** with Smokey Mountain Meadows

For reservations call 828.488.3672

(DO NOT SEND MONEY TO GCA)

Hot Showers, Fishing, Biking Trails,
Hiking Trails, Horseback Riding Nearby

CAMPSITES: Meadow: \$6/site/night for 2 people

Creekside: \$14/site/night for 2 people

Water/Electric: \$18/site/night for 2 people

RV Hook ups: \$20/site/night for 2 people

(If over 2 people staying per site, then add another \$6/person/night/site)

CABINS: \$40-\$58.00/night (sleeps 4-6 depending on the cabin)

Morning Meetings: 8:00 AM – Meet at the Gazebo to organize trips

Rivers: Cartecay, Nantahala, French Broad, Tuckeseigee, Pigeon, Ocoee, Upper Chattahoochee,
Chattooga, Nolichucky and more

Lakes: Nantahala, Fontana

Trip coordinators needed especially for class I/II rivers.

**RSVP to Jamie Higgins, 404.508.0761 / jmhiggins_99@yahoo.com so we'll have an idea
how many are attending**



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