

## What Happened to My *Eddy Line*?

Well, that's actually a bit of a story.

It started with some problems with production of the December issue of *The Eddy Line*. You may recall that newsletter had a pretty good number of pictures and graphics, including a full-page graphic of a map and directions to the holiday party.

Not knowing any better, the editor doing the layout of the newsletter imported all those large pictures and graphics into the newsletter and then reduced the images to the smaller images you saw if you read last month's issue. Unfortunately, that only reduces the image, not the size of the computer file. As a result, the computer file was huge - too large to be turned into a newsletter.

Enter Baris Savas, owner and operator of Georgia Design & Graphics in Gainesville, which prints *The Eddy Line*. Baris spent pretty much an entire day fixing the problem, pulling each photo and graphic out of the newsletter, reducing it and putting it back in place. Without his effort, the December issue might never have happened.

In order to remove, reduce and replace the pictures and graphics, Baris had to move the computer file of the December issue back and forth between computers. That caused some overlaps and other issues with the text.

Some of those overlaps and other problems were difficult to spot, even for Baris' expert eyes. He suggested that a different, simpler font would not only make such problems easier to spot, but would also make *The Eddy Line* easier to read. One he suggested was a font called "Arial," which is what you're reading now.

During the conversation, Baris, who also does graphic arts, mentioned that he had once also created a possible new masthead (the green information at the top of this page) for *The Eddy Line*. We have to use up the paper already printed with the old masthead, so the new one will debut in the February or March issue.

So that's why this issue of *The Eddy Line* looks so different from last month's. Hopefully, that won't be the only result of the conversations with Baris. Thanks to his help, we can hopefully avoid the picture problem and similar issues in the future.

In the meantime, please let us know what you think of the new look. And let us know what, if anything, you think we can do to make it better. *The Eddy Line* is, after all, your newsletter.

We hope you'll contribute to *The Eddy Line* as well as reading it each month. Trip reports, articles, pictures, cartoons, book reviews, editorials - anything paddling related is welcome.

Last but not least, an unpaid plug: if you or anyone you know is in need of printing, publishing, copying or graphic arts work of any kind, support our excellent printer/publisher. Call Georgia Design and Graphics at 770.718.0538 and ask for Baris or Ken. Or email them at [designer@GeorgiaGraphics.com](mailto:designer@GeorgiaGraphics.com).



## What's Inside...

Activity Schedule .....	3
Announcements .....	4
Canoe Camping Trips.....	6, 7
Classified Ads.....	27
Club Information .....	2
Editorial .....	17
<i>Eddy Line</i> Wish List.....	7
Letters to the Editor.....	16, 18
Library Info .....	4
Roll Practice Info .....	5
Safety .....	9
Trip List.....	3
Trip Reports .....	18
Winter Paddling Special.....	9-15
Word Puzzle .....	8





## Who Ya Gonna Call?

### GCA Contacts

**For general GCA information:**  
Call 770.421.9729 and leave a message; your call will be returned as

soon as possible.

#### **To volunteer for club activities:**

Contact GCA President Vincent Payne at 770. 834.8263 or the chairperson of the relevant committee.

#### **For membership or dues info:**

Call GCA Treasurer Ed Schultz at 404.266.3734.

#### **To sign up for a club trip:**

Call the trip leader at the number in the trip list.

#### **To sign up to lead a club trip:**

Call GCA Cruisemaster Steve Reach at 770.760.7357.

#### **For info on GCA clinics:**

Call the coordinator listed on the clinic schedule or Training

Director Gine Johnson at 404.512.0832.

#### **For information on winter roll practice:**

Call Lous Boulanger at 404.373.2907.

#### **For information on the GCA Library:**

Call GCA Librarian Denise Colquitt at 770.854.6636

### **Eddy Line Contacts**

#### **To submit or send written materials:**

Email to the\_eddyline@yahoo.com or mail to The Eddy Line, P.O. Box 441, Gainesville, GA 30503-0441.

#### **To contact an Editor:**

Use the email or address above or contact Editor Rick Bellows at 678.617.2546.

#### **For information on commercial or classified ads:**

Contact Advertising Manager Rick Bellows at 678.617.2546 or by email at the\_eddyline@yahoo.com.

#### **For subscription information, to change your address or if you didn't get you copy of the newsletter:**

Contact GCA Treasurer Ed Schultz at 404.266.3734. ✂

## Board of Directors Meetings

The Georgia Canoeing Association Board of Directors meetings generally are held quarterly the first Thursday of the last month of the quarter (March, June, September, December) at 7 PM at the Carl E. Sanders Family YMCA in Buckhead, 1160 Moores Mill Road, Atlanta, Georgia 30327. All GCA members are encouraged to attend. If you have an item for discussion, please call GCA President Vincent Payne at 770.834.8263 so he can add your item to the agenda. Attending Board meetings is a great way to become more involved with the GCA. ✂

### GCA Executive Committee

President .....	Vincent Payne
Vice President .....	Tom Bishop
Secretary .....	Jamie Higgins
Treasurer .....	Ed Schultz
Member Services Chair .....	Vacant
Recreation Chair .....	Denise Keller
Resource Development Chair .....	William Gatling
River Protection Chair .....	Don Kinser
Training Chair .....	Gina Johnson

## Submitting *Eddy Line* Material

Deadline for material to be submitted for publication fifth of the previous month, e.g. December 5 for the January issue. Material received after deadline MAY NOT be published. GCA members are encouraged to submit articles, trip reports, editorials, photos, cartoon, etc. **Submissions should be typed, single spaced throughout with no indentations or spaces between paragraphs: if possible, please prepare articles in "plain text" rather than in a word processing format.** Material may be submitted to the\_eddyline@yahoo.com or to **The Eddy Line, P.O. Box 441, Gainesville, GA 30503-0441.** The text of an article can be placed in the body of an email or as an attachment: photo images can be attached files. If possible, please submit photos and other graphics in "jpg" or "tiff" format and specify the photographer of each picture. To submit material via disk, please contact us for information. Classified ads will run for one issue, but will be rerun at the advertisers request. Hand-written or phoned in material CANNOT be accepted. Contact Editor **Rick Bellows, 678.617.2546**, if you have questions. Thank you.. ✂

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## UPCOMING ACTIVITIES

### January

6	Cartecay	Class 2-3 Intermediate	Jackie Picket	404.622.6825
7	Upper Chattahoochee	Class 2-3 Intermediate	Rhett Smith	404.729.9201
12-15	MLK/Crystal River (Note 1)	Flat Water	Mo Friedman	770.469.8414
15	Little River Canyon (Note 2)	Class 3-4 Advanced	Dane White	256.435.3827
27	Toccoa (Note 3)	Class 1-2 Trained Beginner	Vincent Payne	770.834.8263
31	Tellico (Note 4)	Class 3-4 Advanced	John Hudgens	770.573.3145

### February

2	Etowah (Note 5)	Class 1-2 Trained Beginner	Vincent Payne	770.834.8263
16-19	Florida - President's (Note 6)	Flat Water	Gina Johnson	706-579-1048

Note 1: Florida canoe camping: assorted rivers, springs, bays and many manatees. (Details on Page 7.)

Note 2: Choice of Upper II (Class 3-4+) or only Chairlift (Class 2-4-).

Note 3: Dial to Party Rock

Note 4: Depending on water, below Jared's Knee.

Note 5: Tunnel Section, Groundhog Day trip.

Note 6: Florida camping; Juniper, Alexander and Salt Springs and Silver River. (Details on Page 6.)

## Your Trip Could Be Listed in This Space — Call Cruisemaster Steve Reach at 770.760.7357!

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**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.

**Canoe Camping Trips** are multi-day trips, generally on flat or mild water, with at least one night of camping. For details on a scheduled trip, call the trip coordinator. To arrange a trip, call President Vincent Payne at 770.834.8263.

**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.

**Winter Roll Practice:** Monday evenings, 7:00 to 9:00, from January 8 through March 26 (but not January 15) at the Warren/Hollifield Boys' and Girls' Club near Grant Park. Look for details in this issue of *The Eddy Line*.

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## 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  
ACanoeing 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 & Kayanning 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 Proteeting Rivers  
Pole, paddle & Portage  
River Rescue  
River Safety Anthology  
River's End (Stories)  
Sea Kayaking Canada's West Coast  
Song of the Paddle  
Southeastern Whitewater  
Southern Georgia Canoeing  
The Georgia Conservancy Guide to the North  
The Lower Canyons of the Rio Grande  
The Mighty Mulberry-A Canoeing Guide  
They Shoot Canoes, Don't they?  
White Water Tales of Terror  
WhiteWaterTrips (British Columbia & Washington)  
Wildwater (Sierra Club Guide)  
WildwaterWestVirginia  
Youghiogeny-Appalachian River  
**Maps:**  
The Big South Fork

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## Announcements

### GCA Email List

By joining the GCA group email list, you can share information with over 400 members and others. 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.

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 posted on the GCA email list. If you want to receive any of this information, please subscribe.

The email list is intended to facilitate communication, so don't be shy about using it to invite others on paddling trips, to discuss paddling related issues or to disseminate or obtain



information about paddling related topics, rivers you're interested in, etc.

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.

When you change or lose your email ID, please take the time to "unsubscribe" your old ID and to "subscribe" your new one.



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### 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](mailto:gcaweb@gmail.com). Membership applications, GCA waivers and other forms for use by members are posted on the site.



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## Mail Failure Notices

Each month the electronic version of *The Eddy Line* results in numerous mail failure notices from members with bad or discontinued email addresses. If email can't be delivered to your email address, you will be deleted from the recipient list for the electronic version until we get an updated email address from you.

When GCA receives a mail failure notice in response to an email to you on the GCA Email List, you will be automatically unsubscribed by the listserve software. It is your responsibility to keep the email address associated with the email list current. Your cooperation is appreciated — it makes less work for our all volunteer staff. ✂

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## GCA Winter Roll Practice

Indoor roll practice is back!

Indoor pool sessions are from 7:00 to 9:00 p.m. on Mondays on January 8 and from January 22 through March 26 at the Warren/Hollifield Boys' and Girls' Club at Berne and Marion Streets near Grant Park.

Directions: Exit I-20 at the Boulevard/Grant Park/ Cyclorama exit. Go south about 1/2 mile to the light at Berne Street and turn left. Go another 1/2 mile and you'll see the facility, a large brick building on the left. Turn left on Marion Street.

The pool entrance is in the back - enter via the gate at the far end of the building to unload boats. Boats must be cleaned before entering pool.

This is your opportunity to learn to roll, practice your roll to stay sharp, teach a fellow paddler to roll or work on other techniques such as wet exits, hand rolls, deep water re-entries, etc. The indoor heated pool is a great place to hone these skills during the cold winter months. ✂



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## 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 advertisers. Thanks! ✂



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## Other Roll Practice Opportunities

If you can't make the Monday night GCA winter roll practice, there are alternatives throughout the week.

Atlanta Whitewater Club (AWC) will be having winter roll practice on Wednesdays and perhaps Thursdays, depending on participation, January through March. AWC roll practice will be at the YWCA on Henderson Street in Marietta. Further info at [www.atlantawhitewater.com](http://www.atlantawhitewater.com).

From 6 to 9 on Thursdays, January 4 through March 8, The Outside World will offer free paddling nights at its heated in-store whitewater pool in Dawsonville. The pool allows paddlers who have a wet exit to practice surfing and ferrying as well as rolling. The Outside World will loan boats, paddles and wetsuits, and paddling DVD's will be playing on the big screen TV. For more information, call 1.866.375.BOAT or check out [www.theoutsideworld.net](http://www.theoutsideworld.net).

Overflow Outfitters is also continuing its Tuesday night sessions at the North Georgia College and State University pool in Dahlonega. The free sessions are from 8:00 to 10:00 from January 9 through February 27. Demo boats and other equipment can also be arranged. For details, call 678.450.9455 or go to [www.gooverflow.com](http://www.gooverflow.com). ✂

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## Upcoming Events of Interest

February 3 - Locust Fork Invitational Slalom Races - Cleveland, AL, [www.BirminghamCanoeClub.org](http://www.BirminghamCanoeClub.org)>>Races.

March 3-4 - Mulberry Fork Slalom & Wild Water Races - Garden City, AL, [www.BirminghamCanoeClub.org](http://www.BirminghamCanoeClub.org)>>Races.

March 24 - Locust Fork Classic Slalom Races - Cleveland, AL, [www.BirminghamCanoeClub.org](http://www.BirminghamCanoeClub.org)>>Races.

May 4-6 - GCA Spring Extravaganza - Paddling & camping weekend - Denise Keller, 770.591.0980.

July 15-21 - Junior Wild Water World Championships - Saluda River, Columbia, SC (Classic Race), Charlotte White Water Park (Sprint Race), John Pinyerd, 678.357.7843, email [jpinyerd@cs.com](mailto:jpinyerd@cs.com). ✂

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## Paddle Georgia 2007

Paddle Georgia 2007 is scheduled for June 23-29, 2007 on the Ocmulgee River. The trip will cover almost 120 miles of the Ocmulgee, from Lloyd Shoals Dam between Jackson and Monticello to Hawkinsville.

The first 42 miles of the journey will wind through the Piedmont, around the John Birch Dam at Juliette, over shoals and rapids to Macon. From Macon, the journey descends into the Coastal Plain for 71 twisting, turning miles beneath Spanish moss-draped trees to the final take out at Hawkinsville.

Highlights of the trip include Oconee National Forest and mill ruins at Forty Acre Island, historic Juliette and John Birch Dam, downtown Macon, Ocmulgee National Monument, Georgia Power's Plant Scherer, the Ocmulgee Wildlife Management Area and downtown Hawkinsville.

The trip will be suitable for beginners with a handful of exciting Class I-II shoals. A special paddling workshop will be held on June 22. Registration will begin in January.

The planned itinerary for Paddle Georgia 2007 is:

June 23 - "Piedmont Polka" - Lloyd Shoals Dam to Ga. 83 (14 miles)

June 24 - "Juliette Jitterbug" - Ga. 83 to Popes Ferry (14 miles)

June 25 - "Mambo to Macon" - Popes Ferry to Spring Street, Macon (14 miles)

June 26 - "Echeconnee Cancan" - Spring Street to Echeconnee Creek (20 miles)

June 27 - "Oxbow Bolero" - Echeconnee Creek to Hwy 96 (20 miles)

June 28 - "Coastal Plain Conga" - Hwy 96 to James Dykes Park (17 miles)

June 29 - "Hawkinsville Hustle" - James Dykes Park to Hawkinsville (14 miles). ✂



Tom Yocum gets Big Air while cataracting the Crooked River in Oregon in April. Photo provided by Hans Chambers from the utahrafters groupmail.

## Holiday Party Report

Season's Greetings,

The GCA held it's annual Christmas Party on Saturday evening, December 2. We had a great turnout!

Special thanks to David Asbell and his wife, Michele McNichols, for opening up their beautiful home for us to have the party. It was a nice way to start December and the holiday season.

Also thanks to Hank Klausman for bringing his kayaking videos for our entertainment. And thanks to all that came to the party and for bringing

fabulous side dishes and desserts - we had food abound!!

Happy Holidays!!

Denise and Tom Keller ✂

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## Spring Meeting March 25

by Denise Keller

Greetings. Well, it's not even Winter yet and I'm already thinking of Spring!

Elvin and Nancy Hilyer have agreed to host the 2007 Spring Membership Meeting on Sunday, March 25th at their home on the Etowah River near Dahlonega.

Plan on a day of paddling. Elvin also has informed me that for those who just want to relax, there is a lot of deck space and a riverside beach, short hiking trails and commercial tubes for playing at Chuck Shoals.

Jamie Higgins has invited Doug Woodward to join us for the day. Doug is the author of *Wherever Waters Flow*. He's willing to bring a slide show of the making of "Deliverance," in which he was a canoe double for Ned Beatty. He's also willing to sign copies and hopefully will bring a few books for sale.

Of course there cannot be a membership meeting without food, so plan on bringing a dish to share. I'll have more details and directions for the February issue of *The Eddy Line*.

This is going to be "fun!!" Something to look forward too even before Winter sets in. ✂

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## Presidents Weekend

by Gina Johnson

Hi, All.

We will be paddling in the Ocala National Forest over President's Weekend in February. We are staying at Juniper Springs State Park, which you can access on [www.reserveamerica.com](http://www.reserveamerica.com). Half of the sites can be reserved. The others are first come- first served.

Would you please let me know if you are planning to attend? We are arriving Thursday, February 15 and leaving Monday, February 19th. My cell phone is 404.512.0832 if you have questions.

Thank you. ✂

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## MLK Smooth Water Weekend

by Morris Friedman

Saturday, January 13

9:00 am, parking lot near launch at headwaters. Silver River State Park, 352.236.7148; 1425 NE 58th Ave; Ocala, FL 34470 is located off I-75 near Ocala, Fl. From I-75 South, exit 352 onto SR40 east 9 mi to SR35.

Admission is \$4 per vehicle. Launch from headwater, .6 mile portage to put-in or launch at take-out and paddle upstream (more strenuous) Camping is \$21.

After lunch we'll be on the road to Rainbow Springs State Park, 352.465.8555, 19158 81st Street, Dunnellon, FL. Admission is \$1 per person; camping is \$19; dinner at Skeet's BBQ, 352.489.9122, 20430 E. Penn. Ave; Dunnellon, FL 34450. May paddle in the afternoon.

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## Bonny Putney Named River Cleanup Coordinator

by GCA President Vincent Payne

GCA has a champion for River Clean Ups. New member Bonny Putney has volunteered to coordinate GCA's efforts to participate in river clean ups.

Bonny is on the Rivers Alive Board, gives clean up workshops and helped organize Shore Sweep. She has also organized her own Chattahoochee River kayak clean up. She tells me that she will be happy to coordinate river clean ups with the paddling community. Bonny is looking for ways to make river clean ups fun and really help Georgia's waterways.

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## The Eddy Line Wish List

Now that we've managed to get a couple of editions out, we here at The Eddy Line have some wishes for 2007:

### For More Email Subscribers:

If you have email and don't get the pdf version of They Eddy Line, give it a try. You'll get the newsletter sooner and with color photos and ads.

### For Readers' Suggestions:

It's your newsletter - tell us what you like about it and, more importantly, what you would like to see changed. And tell us about issues you'd like to see addressed. We don't know what you want unless you tell us.

### For Readers' Articles ...:

Trip reports, editorials, book reviews, anything paddling related — readers are our primary source of copy. Just email to the\_eddyline@yahoo.com.

### ...In Simple Formats:

Plain text is easiest for us, Word or WordPerfect works as well. Just please keep it as simple as possible - no indentations, no skipped spaces, nothing fancy. The plainer and uglier it looks, the better PageMaker likes it.

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## Sunday, January 14

Kings Bay and the Crystal River. The earlier the put-in, the more manatees you're likely to see. 8:30 a.m., Pete's Pier, Crystal River, FL., 352.795.3302, US-19/98 South into Crystal River, right on Kings Bay Drive, right on 1st place. No parking fee for cars without trailers.

Afternoon trip on the Chassahowitzka River or go visit the Hommassa Springs Wildlife Park. Dinner Sunday evening at Cody's Roadhouse in Crystal River.

Options for Monday, January 15 include Weeki Wachi River or Hommassa River.

I'll have detailed directions at the 1st meeting Saturday morning. Info on Crystal River and Manatees is available at [www.crystalriverflorida.com/](http://www.crystalriverflorida.com/) or [www.geocities.com/vagabondmo/crystal.html](http://www.geocities.com/vagabondmo/crystal.html). 

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Now we have a leader. We could still use a few helpers to assist Bonny with organizing the club's efforts and linking with other organizations that share our concern for rivers. I am particularly proud that Bonny has offered to steer these efforts.

Other new members take note. You do not have to wait for your ten year pin before taking an active role with the GCA. If you'd like to assist Bonny please contact Vincent Payne by phone at 404.834.8263. I also take email at [anotherrierrat@bellsouth.net](mailto:anotherrierrat@bellsouth.net).

We will post more information soon telling you how you can sign up for a clean up. I encourage everyone to commit to at least one river cleanup for 2007. 

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## For Readers' Photos ...:

Pictures make the newsletter look better. Take your camera on the trip and submit 2-3 pictures with your trip report. Or just submit pictures of anything paddling related.

### ... In Simple Formats:

Best for us is tiff, but jpg usually converts with no big problem. Please avoid exotic or very new formats - our old version of PhotoShop can't handle them. We can't print huge photos, and if you reduce them we don't have to.

### For A Cartoonist:

Everybody wants to be a cartoonist. If you have any talent for it, we'd love cartoons featuring people and subjects that matter to GCA.

### For a Wonderful 2007:

Happy New Year to our members, advertisers and fellow paddlers. 

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## You May Be Out of Your League If ...

... at the put-in, the trip leader writes "Please Turn Over" on the bottom of your boat.

*From the Conewago (PA) Canoe Club page.* 

# Spring Time in Florida

by GCA President Vincent Payne

In winter, the club has several Florida trips to find and paddle springs. See how many Florida Springs you can find.

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

- |                |           |             |          |           |             |
|----------------|-----------|-------------|----------|-----------|-------------|
| Spring Creek   | Wakulla   | Ichetucknee | Holton   | St Marks  | Wacissa     |
| Weeki Wachee   | Blue      | Crystal     | Troy     | Blue      | Hornsby     |
| Silver         | Gainer    | Big         | Falmouth | Gator     | Tanner      |
| White          | Cow       | Rainbow     | Rum      | Alexander | Silver Glen |
| Alapaha Rise   | Crab      | Fanning     | Otter    | Sun       | Fara        |
| Natural Bridge | Rock Arch | Manatee     | White    | Suwanee   | Rock        |
| Kini           | Horn      | Poe         | Juniper  | Green     | Salt        |
| River Sink     | Jackson   | Twin        | Mud      | Pitt      | Eva         |
| Chassahowitzka | Darby     | Nova        | Sulfer   | Apopka    | Santa Fe    |
| Idiots Delight | Homosassa |             |          |           |             |

# Cold Weather, Cold Water: Winter Paddling Safety

It's that time of year again. The days are short and warm at most. The nights are long and chilly. Winter rains are hopefully on their way, but the water is already cold and getting colder.

Some paddlers manage to find warmer water in Florida or Central America or wherever. Some limit themselves to mild rivers and do whatever they can to avoid getting wet. And some just quit paddling for the winter and hope for a rainy spring.



Others just dress warmer and keep on paddling. We know, or think we know, the risks of paddling in cold weather and cold water, but

we either ignore the risks or decide they are worth taking.

So this special Safety section is to help paddlers learn how hypothermia and other winter paddling risks can affect us and how we can avoid or minimize them. If you have other ideas about cold-weather paddling, please let us know — it will still be cold enough next month for them to be useful. 

## Exercising In The Cold

by Mike DeCinti, Lumberton, NC  
(from The Robesonian, November 9, 2006)

When people find out I'm not originally from the South, I always get asked the same question: "So, what brought you to Lumberton?" And since I'm incapable of giving a short answer, I always feel the need to not only explain how I got to Lumberton, but the South in general.

You see, I'm what they call a "displaced Northerner," born and raised in Wilkes-Barre, Pa, just outside the Pocono Mountains. NASCAR fans know it as the site of the Pocono 500 and nature lovers know it for its fall foliage.

So how did I get here and why? First let me tell you that before living in Lumberton, I spent four years in Newberry, S.C., and lived a year in Columbia, Mo. Before that I moved around Pennsylvania like I was on the run from the law.

With that said, my answer to the reason I now live in Lumberton is simple: because of my job and the weather. That's right, I was just sick and tired of the cold.

The average high temperature in Wilkes-Barre this time of year is 40 degrees; in Lumberton it's 60. The average low in Wilkes-Barre is 25; in Lumberton it's 35. I guess it could have been worse. I could have grown up in the coldest U.S. city, International Falls, Minn., with an average high of 23 and an average low of 10. Brrrrrr.

Why the geography lesson? Simple, whether you are in Minnesota, Pennsylvania or North Carolina, to some degree it's going to be cold, and if you're going to exercise in the cold, you need to take special precautions.

Cold exposure can make outdoor activity

uncomfortable or even dangerous for anyone unprepared for colder weather. It's important to be aware of the early warning signs and symptoms of cold exposure and how to prevent problems.

Shivering is usually the first sign of dangerous cold exposure, as the body is trying to generate its own heat through uncontrolled muscle contraction. The two most dangerous conditions that can result from cold weather exposure are frostbite and hypothermia.

Symptoms of frostbite include:

- Pain and burning.
- Numbness and tingling.
- Skin turns hard and white.
- Skin starts to peel or get blisters and itch.
- Skin gets firm, shiny, and grayish-yellow.

To help a frostbite victim, get the person to a warm, dry place and remove constrictive clothing. Raise affected areas and apply warm, moist compresses to these areas. Do not rub frostbitten areas or apply direct heat.

Hypothermia is a more severe response to cold exposure that is defined as a significant drop in body core temperature. Symptoms of hypothermia include:

- Cold sensation, goose bumps, confusion, numbness.
- Intense shivering, lack of coordination, sluggishness.
- Violent shivering, difficulty speaking, mental confusion, stumbling, depression.
- Muscle stiffness, slurred speech and trouble seeing.
- Unconsciousness.

*continued on following page*



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At the first sign of hypothermia, take the person to a dry, warm place or warm the victim with blankets, extra dry clothing or your own body heat.

To improve your comfort and safety while exercising in the cold, the American College of Sports Medicine recommends the following:

- Layer your clothing: They're easy to remove, helping to regulate core temperature.
- Cover your head: It accounts for 50 percent of heat loss.
- Cover your mouth to warm air before you breathe.

- Stay dry, especially your feet. Wet clothing increases body-heat loss.

- Stay hydrated. Dehydration affects your body's ability to regulate body heat.

- Avoid alcohol. It dilates blood vessels and increases heat loss.

So just because the temperature drops a few degrees, that's no reason to give up on outdoor activity and exercise, just be cautious and follow these simple steps. As always, if you have any questions, please contact your primary health-care provider. ✂

## Shocking News About Cold Water Paddling

by David Luinstra

(NorthCountry Kayak, Eagle Bridge, NY)

As the weather cools and we start dreaming of tropical vacations for this winter, there is still a lot of great paddling available. With summer crowds gone we have the opportunity to enjoy our time on the water in a more quiet and intimate manner.

In addition to great delights, fall and winter paddling also provides greater dangers, particularly for those unprepared for up close and personal contact with chilling waters. Cold water and its effects are involved in virtually all kayaking and recreational boating deaths. For example, between 1985 and 1995, of the 182 deaths in the waters of the Pacific Northwest, only 2 occurred above 70 degrees, with 133 involving water between 40 and 60 degrees.

This article will review some information which helps explain what makes cold water exposure so potentially risky, review some strategies to minimize that risk, and raise a few hairs with some stories of tragic, and mostly preventable, cold water deaths.

### Some stories and some statistics

An 18 year old canoeist capsized into 50 degree lake water and sank to the bottom before a rescuer towing the canoe could rescue him. He was wearing jeans, a shirt and no PFD.

Nine elite marines, water survival instructors, capsized in 36 degree water wearing sweatsuits and no PFDs. None of them survived the attempted 100 yard swim to shore.

Sixteen Danish fishermen jumped into the icy waters of the North Sea when their trawler sank in a storm. They were in the water for 2-3 hours before being rescued. They walked across the deck of the rescue

vessel and went down into the galley to warm up. Each and every one collapsed and died in the galley.

An average adult person has a 50/50 chance of surviving a 50 yard swim in 50 degree water.

A 50 year old person in 50 degree water has a 50/50 chance of surviving for 50 minutes.

### What does it all mean?

Cold water can kill in three ways. The canoeist probably suffered cold shock resulting in ineffective breathing, rapid onset of panic, confusion and ineffective swimming, struggling briefly at the surface and then sinking. The marines may have managed the initial cold shock, but the cold water rendered their extremities neuromuscularly dysfunctional within several minutes, causing death by drowning. The fishermen were a more classic case of severe hypothermia, with body chemistry dysfunction causing cardiovascular collapse and death.

The vast majority of kayaking deaths in cold water occur well before body core temperature has fallen to the point of being dangerous. Even an unclothed person in 34 degree water will maintain core temperature for at least 20-30 minutes, so in this I article will concentrate on understanding and preventing cold shock and drowning.

### Cold Shock

Cold shock occurs when rapid cooling of the skin triggers a cluster of heart and breathing responses. The cardiac responses include an increase in heart rate of 40-50%

and an increase in cardiac output of 60-100%. Combined with vasoconstriction of the extremities these result in an average blood pressure increase to 175/93.

Although a substantial strain on the heart, these changes are not likely to be a problem for a healthy, fit person but may be dangerous for those with underlying heart disease or hypertension. There have been cases of apparently near instant car-





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diac arrest on immersion in cold water.

The respiratory effects of cold shock have been estimated to account for a third of cold water deaths, including many extremely fit and healthy people. Review of reports of kayaking deaths by Charles Sutherland and others suggests to me that a much higher percentage of paddlecraft deaths are caused by cold shock. This has not been a favored topic of medical research, but study of work done by Dr. Michael Tipton and others makes it easy to understand the high level of risk that cold waters bring to the unprepared in our sport.

### Gasp!!

Sudden immersion in cold water results in an involuntary (that means you cannot stop it, and yes, that means all of us) gasp, followed by 1-3 minutes of involuntary (yes, that still means all of us) hyperventilation. Specific data are: 2.0 liter gasp in 82 degree water and 3.0 liter (nearly your entire lung volume) gasp in 50 degree water, and in 50 degree water a 600-1,000 percent increase in ventilation (air in and out) in the first minute.

This hyperventilation results in a profound lowering of blood carbon dioxide levels and raising of blood pH levels, which causes a large risk of ventricular fibrillation ("cardiac arrest"), muscular tetany (cramps) and cerebral vasoconstriction which starves the brain of oxygen, causing disorientation and confusion. These effects, coupled with changes in

lung mechanics caused by the pressure of water on the abdomen and chest result in subjective feelings of inability to breathe and panic, typically lasting 1-3 minutes.

Most important for survival of a capsized kayaker is a sharp reduction of maximal breath holding. In one study, maximal breath holding decreased from a mean of 45 seconds pre-immersion to a mean of 9.5 seconds on immersion in 41 degree water, with one subject averaging less than one second breath holding upon immersion. It is easy to see how these effects of gasp, hyperventilation, and impaired breathholding would result in prompt catastrophe upon a fall into choppy water or a capsize.

### How cold is cold water?

Not, apparently, all that cold. The maximal hyperventilation response is reached at 50 degrees, and near maximal gasp was reached at 52 degrees. These are summertime water temperatures in some parts of the country, and in most of it by November.

This information is not meant to scare people away from cold water paddling, but certainly to caution them. Wonderful experiences may be had paddling in these conditions, but if we wish not to become fatality statistics we must understand the risks and take measures to protect ourselves.

### First, buy some protection

No, not that protection, this is about Safe Paddling, not

Safe Sex. Wearing the right stuff, though, can still make a big difference. That means a wetsuit or drysuit. Protecting the front of the torso and back of the chest will have the most profound effect on moderating the respiratory responses, while protecting the extremities has the greatest benefit in moderating the cardiac responses.

Most of these responses are worsened by head immersion, which also markedly hastens the progression of hypothermia (if you manage to survive the cold shock), so head protection is important. Since both cold shock and later hypothermia inhibit effective swimming, wearing a PFD is essential to keeping the head out of the water and prolonging survival.

### **Does practice make perfect?**

A definite maybe. It does appear that repetitive immersions in cold water will allow the body to adapt and moderate the cold shock response. After 6 - 8 immersions (daily, each time long enough for core temperature to drop more than 2 degrees), the cardiac responses are substantially reduced. The breathing problems, unfortunately, are much less responsive to such efforts at training.

A more important type of practice is to actually try out your cold water clothing in a variety of conditions. The studies referenced in this article seem to show a fairly consistent set of responses across a range of water temperatures from 0 degrees to as high as 60 degrees. There is individual variation though, and gear that works for your paddling partner may not be adequate for you. Most people find it very revealing to try floating in 30, 40, or even 50 degree water.

### **Make mine dry, very dry**

In the wetsuit/drysuit debate I readily admit that I am a dry suit chauvinist, finding a drysuit much more comfortable. For the prevention of cold shock a well fitting wetsuit will be

## **Cold Weather Comments and Suggestions**

When it was posted on their groupmail, the article above drew several comments and suggestions from our friends at Atlanta Whitewater Club.

### **From Grapeape30144**

A personal experience from this weekend that I would like to share:

more than adequate, provided it is truly well fitting and substantially slows the contact of cold water with your torso. If loosely fitting, with overgenerous neck and arm openings, there may still be a sufficient gush of frigid water to trigger these cold shock responses.

Even with a well fitted wetsuit, many find that first cold water flush unpleasant, and for long term survival in cold water a drysuit with appropriate insulation can be 2-3 times more effective in staving off hypothermia. Drysuits are expensive,

but they are a critical safety item if you paddle in cold water! The newer lycra/fleece wetsuits can, however, be a very comfortable, moderate cost, no-excuse-for-not-wearing-it form of protection if you are confident that your paddling does not put you at risk of prolonged immersion.

### **What about hypothermia?**

There are many excellent resources on prevention, recognition, and management of hypothermia. Some internet resources are listed below so

just a few points. Recognize and manage hypothermia early - thought processes become quickly impaired and can rapidly lead to decision making which turns an unpleasant situation into a dangerous one.

In a non-immersion situation, the greatest heat loss is through the head and neck, so insulation for these areas is most important. In maintaining extremity function, good head protection has been shown to be more useful than better gloves or socks.

Get out of the water! Water will cool 20-30 times faster than air. Movement in the water, such as swimming, will make this even worse.

Severe hypothermia is a medical crisis. The victim must be handled gently and knowledgeably. "No previously healthy person should die of hypothermia after he has been rescued and treatment has been started." (Cameron C. Bangs, M.D.).

On the Chattooga, as we were putting on the weather looked like it was going to be a warm sunny day. I decided to wear my shorty semi-dry top and shorts. By the time we set shuttle and got back to Thrifts the temperature had dropped at least 5 degrees and the sun was not shining anymore.

When we reached Bull Sluice I started to get shivering cold! I was offered a fleece but I declined, knowing that as long as I was in my boat and moving I would be okay.

I had small reminders of the hypothermia and re-evalu-



**Winter Roll Practice, Northern Style**

ated my thoughts making sure that they were still rational. From Bull sluice to Woodall I did not play as much for fear of getting cold, so it was a real bummer not getting to participate as I watched Curtis throw enders, squirts, and a few moves I don't think any of us have seen before at Surfer's (Swimmer's?) rapid.

At the end of the trip I was okay without getting cold, but realized that the day would have been better with warmer clothes. I should have packed some warmer clothes as well but didn't.

### from Ironring

Swims in cold water are a no-no, dry suit or not. If you paddle winter waters, make that roll!!! It is often better to go down in your boat trying to roll than to bail out above a big drop.

Keep trying to roll no matter what. Reset, re-position...just do it! You may be in the water longer than you plan and it may be longer before you can warm up again than you think. Plus in winter gear, you can't swim as effectively due to added drag and restricted mobility, rolls are harder too due to the bulky gear, etc.

Intermediate up to low class IV paddlers should notch most rapids up a difficulty level in winter. I.E. class III equals class IV in winter..... at least until you have a bomb proof roll that works even in shallow water, even when you are banging

## Dressing for Cold Weather Paddling

### by Tim Sprinkle

I bought my first boat, an "experienced" little whitewater kayak, right in the middle of a balmy August. It was great, the weather was perfect, and I spent the better part of a week out on the water every afternoon.

August faded into September, the sun started setting earlier and earlier, and as soon as the fall winds started to blow, my boat - and me with it - was out of the water for the winter. Little did I know that I was missing the best part.

The serious paddling season doesn't wait for the weather; it comes down from the mountains with the spring thaw and floods the rivers with icy-cold water. By the time the 90-degree days come along, most paddlers are packing up and heading for home, ready to wait for the next batch of serious water come winter.

I soon discovered that, if I wanted to really enjoy the best paddling conditions, I'd needed to be ready to hit the water anytime, regardless of the weather. Needed to be ready for the "snow on the ground," "icicles in the beard" days that keep most folks inside. And to do that, I needed to learn how to dress for the cold.

There are three rules to remember when dressing for cold weather:

on rocks, your leg slipped out of the thigh brace (and all the other excuses we all have used at times). No excuse really matters when the result is a bad one.

### from Domehead

If you're getting a dry suit, it really, really is worth getting a breathable one, and definitely one with a relief zipper. It's also nice to get a dry suit warmer, a full-body fleece jumpsuit that you wear underneath.

The built-in booties are really worth it. On really cold days (e.g., below 32 degrees or so), I had foot warmers (made for skiing) that I placed inside the booties with the batteries hooked to my dry suit liner around the tops of my calves, and they kept my feet nice and toasty for 4-8 hours depending on the setting. This was only possible because the booties keep your feet dry, otherwise the foot warmers would probably fry if they got wet.

When you're ordering a drysuit, get the biggest size you can that won't fit like a tent. Having a suit that is too small really sucks and restricts your motion. Having a suit that is too large, if that's possible, isn't bad because it lets you put more clothes underneath without restricting your motion, and once you burp the air out of the suit it pretty much sticks to your body anyway even if it's a bit large.



1. No cotton. It soaks up water and holds it against your skin, leaving it worthless as an insulator and heavy as a layer. A worthless, worthless fabric in the water.

2. Layers help trap heat and fend off water. Remember "wick, warmth, and weather" as you arrange your layers. Light wicking fabrics should be first, then warm insulating sweaters or fleeces, and finally a waterproof outer layer to protect you from the elements.

3. No cotton; seriously.

### Wetsuit or drysuit?

The Farmer John, or overall-type, wetsuit is a paddling classic. Timeless as a hand-me-down tuxedo, it's been used all over the world, in every conceivable situation, and is generally effective at keeping its owner warm and happy.

The wetsuit is supreme in its simplicity, bottling in the body heat while still leaving room to layer jackets and other insulation on top. It's a fairly inexpensive piece of equipment, effective, and doesn't restrict your movement in the boat.

The wetsuit acts as an evaporation barrier, allowing a thin layer of water to seep in between your skin and the neoprene and trapping it there. That water retains your body heat and, since cold water can't circulate into its place, adds around 50 degrees, but what happens when there's snow on

*continued on following page*



the ground? When the water goes beyond being just uncomfortable and becomes downright dangerous? Those lightweight, 2-3mm neoprene suits just aren't going to cut it; you'll need more insulation.

That's where the drysuit comes in. These Gore-Tex wonders do more than just keep the heat in; they also keep the water out. Manufacturers like to show off their products by sending paddlers out onto the water in tuxedos and bringing them back bone dry, but the reality is that a drysuit allows you the flexibility to wear whatever insulation you need and stay dry in the process. That means that a well layered drysuit will generally keep you warmer than a similar wetsuit.

So why doesn't everyone wear one? For one thing, they're expensive. They can run nearly \$1,000 new, and the hassle of regular maintenance to keep the rubber gaskets from cracking is too much for some people. If you're an expedition paddler that needs to handle serious winter conditions, get a drysuit, no question; but for most of us, a good Farmer John wetsuit will do just fine.

#### **Feet**

Like most paddlers these days, I like to wear a pair of wet suit booties on my feet whenever I go out on the water. They stay on my feet, give me a good bit of traction in case I swim, and are generally an all-around good idea.

## **Holy Wetsuit**

**by Maria Mironovskaya, St. Petersburg-Murmansk, Russia**

Our group of nine kayakers was on trip at Kola Peninsula (above north polar circle), visiting three rivers with nice rapids and waterfalls. On each river, we set a base camp, drove in our cars to the start point, left majority of the group with kayaks there, already in their wetsuits, then our drivers took the cars to the finish point and returned all in one car to the start. This way, we could run rivers in empty boats and get quickly from and to the camp, saving time and effort.

So, there we were left one day at the start point in tundra, in our wet wetsuits, +10 Celsius and nice strong cold wind, waiting for the drivers to return. For warming up, we used to play volleyball, and so we did this time. After intense playing for about half an hour, we decided to stop, not to get too tired before actually starting to run the river. We spotted a war memorial on the road nearby and decided to visit it in the meanwhile.

Sergei started walking in front of me, when I asked "How are you not ashamed of kayaking with such a hole in the wetsuit right on your butt?" (It's good to mention that Sergei wears nothing under his wetsuit). "It's been there for years and it's not big enough to bother" he replied, then touched his behind and exclaimed "Wow, it didn't use to be SO big!"

Apparently, the hole enlarged during the game, due to his intense playing with us - two young attractive ladies. While

As a side benefit, they do a great job of keeping the feet warm by trapping a thin layer of water and holding it against your skin, just like a wetsuit. With the water staying in place, your natural body heat does the rest. They're not perfect for winter paddling, and they can get a little cold in the boat, but they do the job better than anything else I've tried.

#### **Hands**

Wet hands are an inevitable part of paddling, and regular knit gloves just can't handle those kinds of water-logged conditions. There are two options for cold hands. The first option is pogies -neoprene mitts that wrap over your fingers and around the paddle shaft, leaving you skin-on-plastic contact with the paddle (popular with whitewater types because of the extra contact and better touch control).

The alternative is full neoprene wetsuit gloves that offer more warmth but less "feel." It's really up to you which tradeoff you prefer, but pogies have proven a popular option for many paddlers over the years, and are generally warmer than they look.

#### **Head**

If there was a fourth universal rule for cold weather paddling, it would be to always wear a hat. Whitewater types, something thin that will fit under your helmet; the rest of us, any warm, synthetic ski cap will do.

we walked to the memorial, Sergei kept his hands locked behind his back, for the cars passing by not to notice his disgrace. Needless to say, we girls giggled and had as much fun as we could.



When our run down the river started, there were some waterfalls to come that needed serious examination before doing them. Sergei, the most advanced of all paddlers on the trip, tended to forget about his problem while climbing the rocks to get a look at the rapids, and the world enjoyed the constantly enlarging view of his buttocks.

Then Sergei's pal Peter took a pity of him and said "OK, take my tafetta pants to cover up" - taking off his red hot pants that he put over his wetsuit. Sergei was happy with the gift, until he put the pants on and leaned down to grab a couple of huckleberries. ...There was a hole of the same size at the same place in the pants. Northern tundra hills shook as we cracked up in laughter.

Making lemonade out of a lemon, Sergei pointed at least one good thing about his unique wetsuit: "at least, it doesn't get dirty when I get scared in front of a waterfall, while you guys will have to laundry yours in the evening!"

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## How Long Is Too Long

from [www.outdoorclub.com](http://www.outdoorclub.com)

Loss of body heat to the water, is a major cause of deaths in boating accidents. Often the cause of death is listed as drowning; but, often the primary cause is hypothermia. It should also be noted that alcohol lowers the body temperature around two to three degrees by dilating the blood vessels. Do not drink alcohol around cold water. The following chart shows the effects of hypothermia in water:

WATER TEMPERATURE	EXHAUSTION	SURVIVAL TIME
32.5 degrees.....	Under 15 min.....	Under 15 TO 45 min.
32.5 to 40.....	15 to 30 min.....	30 to 90 min.
40 to 50.....	30 to 60 min.....	1 to 3 hrs.
50 to 60.....	to 2 hrs.....	1 to 6 hrs.
60 to 70.....	2 to 7 hrs.....	2 to 40 hrs.
70 to 80.....	3 to 12 hrs.....	3 hrs. to indefinite
Over 80.....	Indefinite.....	Indefinite



**As of 12/05/06, the American Whitewater accident database listed at least 76 accidents (4 in Georgia) with at least 56 fatalities (1 in Georgia).**

**Be careful out there!**

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## Letter to the Editor Foul!

Rick,

You are good with words so I will tread lightly.

I agree in part with what you said in *The Eddy Line*. I am a member of the GCA and the ACA, a certified kayak instructor with CPR and First Aid current certifications.

Unfortunately, only a few in the paddling community raised the roof about me not wearing a PFD or helmet. Point #1 nobody else was wearing a helmet in those shoals. Furthermore, most people would not wear a helmet for those shoals. I would quit paddling if I had to wear one all of the time.

Now, let's tackle the PFD issue. I'm glad you didn't know that I wasn't wearing one because I didn't take one on the trip. I do take one, and even wear it, if I'm going alone on an unknown questionable river and/or within the 48 mile jurisdiction of the CRNRA (NPS) on the Chattahoochee River.

I have taken hundreds of new people on the river and led many trips. Now, here's my double standard. If you want to go with me, privately or as part of my group you WILL wear a PFD or you can stay home. My trips - My rules and yes it is do as I say not as I do. I have not paddled on any GCA trips because I will not conform to your rules.

Paddling safety is overrated in many areas. The statistics are ridiculous. Statistics can be manipulated to work for either side. Compare apples with apples. Class 4&5 rivers are apples. Class 1&2 rivers are oranges. Playboats and whitewater kayaks are apples. Recreational kayaks are oranges. If you are going to play, then play fairly.

An experienced canoe instructor, Shane Hulsey, drowns wearing a PFD and probably a helmet. Another man drowns swimming in a river, who had been drinking regardless of how much. How do they compare? Simply, they don't. Swimmers do not normally wear PFDs. As a matter of fact, during my 11 year Naval Career as a diver, more so as a Navy Seal, we never wore a PFD or life jacket when we went swimming. You don't wear a life jacket when you go swimming. Some of the divers wore the old inflatable horse collars. We frequently went for 1 and 5 mile swims without safety boats. Deaths will always happen. Shane did everything right and died. He may have died with 50 people watching because he was pinned and no one could get to him. The other man died from stupidity. Both were unavoidable. To me, death will happen, when and where only God knows and when it's time to go (I love this part) you can run, but you can't hide.

What are you going to say if 10 people drown and all 10 are paddlers wearing PFDs and helmets. And how in the world did swimmers get into paddle sport statistics? How many new paddlers do we have in 2006? Let's look at the percentages of deaths to paddlers. If you want to debate safety issues you

might want to try it with a tennis player. I may be your worse choice.

My point is that I made a fantastic trip and you the editor made an issue out of me not wearing a PFD and brought it out to all of your readers. After all of the television and newspaper coverage I had 2 complaints and you. Most readers and paddlers didn't notice. Your action resulted in a lady's response to my defense, the same as the 40 or 50 people I pulled out of the Etowah River on Paddle Georgia 2006 and the dozen or so on Paddle Georgia 2005 and many others on the Chattahoochee River, not to mention the life of the Tift County High School teacher I saved earlier this year on a National Park Service trip. All without a PFD. If you take a census of the 500-600 people from the two Paddle Georgia trips you will find that they all thought I was part of the safety rescue team. I was not but when I'm on the river I am a 100% rescuer and I will risk my life to save you, and again that's my rule.

To me a bigger issue of safety is paddling alone but that was not mentioned and isn't an issue. I could fallen and broken a leg, suffered a snake bite or gotten pinned by a deadfall.

Here's the bottom line.

I'm a die-hard paddler and you can't stop me or do anything about it. I have earned my place and respect it. I love to paddle and will never wear a PFD unless I feel the need and then the need is protection rather than flotation. I will not join any of your trips although I will remain a member of the ACA and probably the GCA.

I can't believe that you, the editor, made such a mistake. I believe you did more damage than you did good. Would you have written the article if you had not been the editor?

I know who I am and where I am and I am very careful in what I say.

Remember the rule; Reprimand in private, praise in public?

I have discussed the PFD issue with one other person and made note that during photo shoots and interviews I would make sure that I had a PFD visible. If the picture is taken during my paddle then it will be without a PFD. The US Coast  
*continued on following page*



**Richard Grove and his recreational kayak. Photo by Jim Dean.**

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Guard doesn't require them in non-motorized craft; however the USACE requires them to be worn within their locks.

I suggest we meet and talk and I expect another article to undo or amend the one you wrote. You started it, I'm offended, you straighten it out.

My goal was to bring awareness to rivers, and I was

successful.

Richard C. Grove

[www.georgiakayaker.com](http://www.georgiakayaker.com)

*Editor's note: Mr. Grove is responding to the editorial in the November issue of The Eddy Line.* ✂

## Editorial

# A Thought for the Holidays

by Rick Bellows

It isn't really paddling related, and it's late for Christmas or Thanksgiving, much less Veterans' Day. Still, an important thought for the New Year.

## A Different Christmas Poem

Author Unknown

The embers glowed softly, and in their dim light,  
I gazed round the room and I cherished the sight.  
My wife was asleep, her head on my chest,  
My daughter beside me, angelic in rest.  
Outside the snow fell, a blanket of white,  
Transforming the yard to a winter delight.  
The sparkling lights in the tree I believe,  
Completed the magic that was Christmas Eve.

My eyelids were heavy, my breathing was deep,  
Secure and surrounded by love I would sleep.  
In perfect contentment, or so it would seem,  
So I slumbered, perhaps I started to dream.  
The sound wasn't loud, and it wasn't too near,  
But I opened my eyes when it tickled my ear.  
Perhaps just a cough, I didn't quite know,  
Then the sure sound of footsteps outside in the snow.

My soul gave a tremble, I struggled to hear,  
And I crept to the door just to see who was near.  
Standing out in the cold and the dark of the night,

A lone figure stood, his face weary and tight.  
A soldier, I puzzled, some twenty years old,  
Perhaps a Marine, huddled here in the cold.  
Alone in the dark, he looked up and smiled,  
Standing watch over me, and my wife and my child.

"What are you doing?" I asked without fear,  
"Come in this moment, it's freezing out here!  
Put down your pack, brush the snow from your sleeve,  
You should be at home on a cold Christmas Eve!"  
For barely a moment I saw his eyes shift,  
Away from the cold and the snow blown in drifts..



To the window that danced with a warm fire's light  
Then he sighed and he said "Its really all right."

"I'm out here by choice. I'm here every night.  
It's my duty to stand at the front of the line,  
That separates you from the darkest of times."  
"No one had to ask or beg or implore me,  
I'm proud to stand here like my fathers before me.  
My Gramps died at 'Pearl' on a day in December."  
Then he sighed, "That's a Christmas 'Gram always remembers."

"My dad stood his watch in the jungles of 'Nam',  
And now it is my turn and so, here I am.  
I've not seen my own son in more than a while,  
But my wife sends me pictures, he's sure got her smile."  
Then he bent and he carefully pulled from his bag,  
The red, white, and blue... an American flag.  
"I can live through the cold and the being alone,  
Away from my family, my house and my home."

"I can stand at my post through the rain and the sleet,  
I can sleep in a foxhole with little to eat.  
I can carry the weight of killing another,  
Or lay down my life with my sister and brother..  
Who stand at the front against any and all,  
To ensure for all time that this flag will not fall."

"So go back inside," he said, "harbor no fright,  
Your family is waiting and I'll be all right."  
"But isn't there something I can do, at the least,  
Give you money," I asked, "or prepare you a feast?  
It seems all too little for all that you've done,  
For being away from your wife and your son."

Then his eye welled a tear that held no regret,  
"Just tell us you love us, and never forget.  
To fight for our rights back at home while we're gone,  
To stand your own watch, no matter how long."  
"For when we come home, either standing or dead,  
To know you remember we fought and we bled.  
Is payment enough, and with that we will trust,  
That we mattered to you as you mattered to us." ✂

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## Letter to the Editor

### Pinyerd Editorial Inaccurate and Inflammatory

I am writing to set the record straight with regard to Upper Chattahoochee Riverkeeper's (UCR) position on Old Riverside Road access in Roswell.

Mr. Pinyerd's editorial in the December issue of *The Eddy Line* was incorrect in virtually every reference to our organization. Further, it was inflammatory and damaging to the reputation and credibility of our organization. We have worked for more than a dozen years to protect the Chattahoochee River for all users, including paddlers and the trout fishing community.

Despite my conversations with Mr. Pinyerd about UCR's position on this river access matter, he has continued to advance his own personal theories instead of facts.

First, UCR is not opposed to river access at Old Riverside Road by paddlers and anglers. We have never made any statement in writing to support such a position or in verbal testimony.

Secondly, we had absolutely nothing to do with the closure of the informal river access site which is located on Fulton County property in Roswell. The county barricaded the access after it learned that a private outfitting company had brought large numbers of rafters to the site, resulting in trash, increased traffic and environmental problems.

While holding meetings last summer to discuss the Old Riverside Road access site, the city of Roswell was also working closely with the National Park Service (NPS) on its proposed comprehensive river recreation and access plan for a lengthy section of the Chattahoochee downstream of Old Riverside Road. Pursuant to federal law, the NPS must evaluate and approve the city's plan to ensure that it will not

result in a negative impact to the Chattahoochee River National Recreation Area. The Old Riverside access site was not a component of Roswell's comprehensive plan, as presented to the NPS.

UCR's position has always been that the Old Riverside access site should be considered and evaluated in the context of the larger Roswell river recreation plan and not rushed to a decision outside the ongoing evaluation process. Not only does this constitute the most thoughtful approach, it is also required by the National Environmental Policy Act.

For those of you who are UCR members, you have no doubt already read about this issue and our position in our current newsletter, RiverChat. For others, I would encourage you to go on-line to [www.chattahoochee.org/newsletter](http://www.chattahoochee.org/newsletter) and click on the Fall, 2006 issue to find the On Patrol article about Old Riverside access.

I hope that while you're on our website you will also look at the other articles to see the kind of work that UCR is performing on behalf of the millions of people who use the Chattahoochee as their drinking water supply, as well as for paddling, fishing and boating.

After we formed UCR in 1994, we worked very closely with GCA and the paddling community on many issues. Both of our organizations have the same goals - clean water for drinking, wildlife habitat and recreation. We should be able to work together in a united fashion to achieve these goals.

Sally Bethea

Upper Chattahoochee Riverkeeper

*Editor's note: Sally Bethea is the riverkeeper and founding director of Upper Chattahoochee Riverkeeper, a 4,600-member environmental advocacy organization dedicated to the protection of the Chattahoochee River watershed for the people, fish and wildlife that it sustains.*

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## Chattooga - Section 3.5

by Chuck Spornick

It was a beautiful day for early December — cool and dry with high clouds. We warmed up at Woodall (when setting shuttle) with an invigorating game of Frisbee “keep away” in the parking lot. Soon we were at the parking lot for Thrifts Ferry for the hike to the river.

The beautiful day was Sunday, December 3. The Chattooga was at 1.58 and “we” were Jodi Kaufman, Gretchen Mullins, Gavin Fay, Roger “the Reindeer” Huff and Chuck Spornick.

### Big Boat Surfin'

Given the cold water and the limited glimpses of sunlight, our playing at Swimmers was abbreviated. Quickly the group moved down to the ledges below the rapid for a

cornucopia of big boat surfing. Joining in on the fun was Janet, who was in her own big boat—a Wave Sport Mutant. Roger, Gretchen, and Janet were tearing the place up.

The little boats had fun too, with Jodi and Gavin surfing and spinning. Janet and Gretchen also did tandem surfing at the glassy wave (one of Gretchen's favorites) above the Surfing Wave.

The fun continued with some extended play at the Surfing Wave (it almost felt like summer again). Everyone surfed the wave; Jodi, Gavin, and Janet went for the big side surfs at the hole on player's





The "Trauma Team" at Kick in the Butt. From left, Gretchen, Roger the Reindeer, Janet, Gavin. Not pictured: "Nurse" Jodi and "Victim"/photographer Chuck.

left. Working downstream, Jodi, Janet and Gavin surfed and spun at the first drop of Eight Ball. Roger and Chuck found a nice hole for big boat surfing at the second drop.

### Class 5 Nose Plugs

Approaching Kick in the Butt, I put my nose plugs on with a little too much force. I gashed my nose on the inside and out. I was most certainly a frightening sight to all who saw me coming down the river.

After running the rapid, I headed for the rock island and the crew helped out with first aid. Thanks to Janet, Gretchen, and the rest of the trauma team. Jodi did her part coming up with a good story, such as "Chuck's bashed nose was from running the creek line at Rock Jumble upside down." Thanks Jodi!

I left my plugs off through Houndstooth. Below the drop, I decided to run the waves below backwards, catching an eddy line. I had a chance to clean my nose and sinuses with some 45 degree water. We pressed ahead through Surprise, setting up for the Bull.

### Big Boomin' Fun at the Bull

The group worked down an eddy on river left above the drop before the staging eddy. In the group was Gretchen, who was about to make her inaugural run of the Bull. Our group was soon joined by a group of fellow GCA boaters (including Allen Hedden, Gabriella Schlidt, Joan Hutton and Edward Stockman) who were also running 3.5 that day.

Gretchen had a great approach to the staging eddy, running down the left center over the last drop. For just a second she paused, and then decided to eddy out to the left. For just a second, I thought she was planning on running the single drop backwards. With a series of vigorous strokes, she

made the eddy. Way to go Gretchen!

Gretchen was next to last, but she had a great line down the Bull. The best line of the day belonged to Roger, who had a great boof off the rock on the single drop. Check out photos of Gretchen's run (and others; sorry I didn't get Roger's run) at [www.chucks.smugmug.com/2207380/](http://www.chucks.smugmug.com/2207380/).

We stopped for a short lunch, but made it snappy, given the time of day and the cold water. Quickly we pressed on down below the bridge.

### Surfer's to Maypop

The group gathered at the staging eddy for Surfer's and began to work down the rapid one by one. After the hole, Gretchen ventured close to the current coming off the ledge on the left. She flipped but had a beautiful combat roll in some "Charlotte-like" current.

We worked down the drop below Surfer's, then paddled to river left to set up for Screaming Left Turn. Gretchen caught the river left eddy after the first drop for the first time. Everyone else had great runs.

At Squeeze Play, Gretchen and I took the far left line, with some fun creek line moves (to avoid going into holes sideways). The rest of the group took the "center-right" line. One of our group was stuck at the second ledge; Jodi made an impressive ferry from river right to left to free the boat (without sending the boat and boater down the ledge side-



Shredding on Section 3.5. Photo by Chuck Spornick.

ways).

All had clean runs through Maypop. Jodi, Gavin and Janet all stopped to play in the spin hole before the last drop.

As I paddled the last drop, I was struck as to how slow my boat was in busting through the hole. Gretchen pointed out that my drain plug was out (from the Bull down). We all took a short break at the beach where I emptied out my boat. No

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wonder my feet were cold.

### Rock Jumble to Woodall Shoals

At Rock Jumble, Jodi, Gavin and Roger all styled the river left line. Chuck led Janet and Gretchen down the river right slide. Janet styled her landing by boofing the rocks at the bottom.

After Last Chance, we all worked to the right for the sneak at Woodall. Jodi and Gavin caught the micro eddy at the top and had clean lines down. My own line was a little too left this time, but I stayed upright with a solid brace.

The group ferried and caught eddies (this time including Chuck) on the first two ledges. From there we all took different lines (Gretchen to the right; Jodi to the left; Chuck, Roger, and Janet down the middle).

At the last drop, I experimented with doing it sideways. Jodi did ask me how that worked out and I told her that I did have a good roll!

Thanks to all for a great day on the river!



## Ohoopsee Exploratory

by William Gatling

Saturday, November 25

Everything came together perfectly for the Thanksgiving Exploratory trip. Several days of rain during the two weeks preceding the trip raised the water level to 1.40 ft (74 cfs). This is WELL below the 5ft that the Paddlers Guide to Georgia recommends, but we were on the lower sections of the river.

The temperature was chilly - in the upper 30s when six boats gathered at the Reidsville State Prison (Hwy 147) put-in. Paddling were Gina Johnson, Haynes Johnson, Jim Nutzel, Robert Harris, Xan Baker, William Gatling, John Holley and Bob Brannen.



Preparing for departure from the first put-in. Photo by Haynes Johnson.



William and Xan "cross the line" from the Ohoopsee to the Altamaha. Photo by Haynes Johnson.

Since this was an exploratory trip, we decided to set several shuttle take out points. Access point one was at the end of Ernest Mosely Road. Access point 2 was Hwy 178. Our intended takeout was the Tatnell County campground just before the Altamaha River.

Our put-in at the prison (Hwy147) was very interesting. Along this section, there were numerous trailers and houses built very close to the river.

This is a very rural area and the locals have a distinct flare for developing their properties. The more noteworthy: a piece of a steel bridge used as a dock; a set of 2x4 rails running down the bank to either lower or raise the boat to the home; a bank with rock and what we thought to be marble to help prevent erosion. Turned out the marble was pieces of tombstone. Cyprus trees covered in Spanish moss lined the banks and assisted with the feeling of being in another world.

The river itself changed colors from amber to red to almost black at times. It was a slow as molasses moving current and we had to remind ourselves to paddle in order to make the take-out as planned. Also slowing our progress were several deadfalls. Most of them could be gone around, over or under. Some areas were very shallow, but there were very few instances of having to get out and walk.

We had lunch at the Ernest Mosley Road access point. We were moving slower than anticipated. After a group discussion, it was decided to take out at the next access point. The weather had warmed up to 70 degrees with brilliant blue skies. Not bad for the end of November. However, it was getting late in the day and no one wanted to paddle after dark.

After lunch, our progress downstream went well. The river regained a remote feel and there were no structures or people to be seen. When the river would bend, a white sand



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beach would form on the inside of the curve.

In shallow areas the current would rake the sand smooth with long arcing ripples that trace the currents path around the beach. The water had a honey color against the white sand. When the water was 2ft deep or more it had an almost black color.

At 3:30 we arrived at highway 178, which was our second possible take out. Knowing we were facing a 5:30 sunset, we decided to quit while we were ahead.

The access point at the highway 178 bridge was good, but did not have parking and was a short carry up a moderate slope to the road. With cars scattered everywhere, shuttle went remarkably well. We agreed to resume the trip on Sunday with an extension that would include some of the Altamaha river.

### **Sunday, November 26**

Once again the morning started cold sunny, but warmed to 70 degrees. River levels were 1.38 ft and 72 cfs.

Bob Brannen suggested a take out called Carter's Bight Landing on the Altamaha river. It is located on river right on the outside of a river bend, about half way to Highway 144.

In our second day of paddling the river remained remote. Along river right there are remnants of the old Altamaha river bed before it cut through an oxbow. After this point the river takes on more of a swamp prairie feel with tall bushes lining

low banks. This river has so many dynamics it felt like we had paddled 3 rivers instead of the one.

We made it to the Tatnall County campground about one hour after putting on. Unlike other areas where reservations are required, this campground does not have spaces, *continued on following page*



**John Holly surfing on the Altamaha. Photo by Haynes Johnson.**

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gates, attendants or fees. It is a large field with a dirt road circling the middle. Camping all along the Ohoopsee is thought of as a God given right. There are no services that most campgrounds have, but there are no access or parking fees either.

A short paddle past the campground you will see where the Altamaha and Ohoopsee merge. The brown muddy water of the Altamaha churns, forming a sharp and distinct boundary against the black water of the Ohoopsee. From the distance the line is very visible. Gliding over it in the boat the waters swirl. Like adding cream to coffee, the two swirl and become one.

Be aware that immediately after you enter the Altamaha, there is a strong eddy line. While the Altamaha feels like a slow flat water paddle, it was clipping along at 2.5 MPH without

## Upper Upper Tellico

by Allen Pogue

Steve Smyth called me around 8:15 or so Sunday morning about going to the Tellico. We knew the level was a little on the low side for running the Middle Tellico (1.36) but the Upper Upper section, above the Ledges, reputedly is runnable at a much lower level.

We both had been wanting to run it for quite some time now so we agreed to head up to Tellico Plains and give it a shot. Carrie, and Augie and Betsy Westerfield were along to watch but not to paddle.

The day started cloudy and the sun didn't come out until later in the afternoon. When we got to the takeout (which is the put-in for the Ledges), we perused a guide book that Steve picked up somewhere and examined our options.

The first thing I noticed when I got out of my car was how much colder it was up there than it had been at my house on Peavine Ridge near Ringgold and this made me want to shorten the run. The elevation is enough to make a difference if you are above the Upper and the well-shaded Tellico Gorge is cold in Autumn. It was clear we needed to adapt our plans.

The entire run from the Trout Hatchery to the put-in for the Upper is over 8 miles, not something we really wanted to do. We finally settled on launching at the Pan-

lifting a paddle. Carter's Bight Landing has a paved parking lot, boat ramp, pavilion, picnic tables, and restrooms.

### Conclusion

If the water level is below 1.38 ft & 72 cfs, these sections of the river will be pretty dry. Paddlers Guide to Georgia recommends a minimum flow of 5ft and 190 cfs on the Reidsville gauge. Other canoe groups were paddling down from Hwy 280 without a problem. Higher sections of the river look impassable at this level.

As with all rivers we paddle there was trash, but not to the degree that I would have wanted to have picked another river. With minimal help by lots of paddlers there would be no trash at all.

Finally, special thanks to Bob "Local Yoke!" Brannen for helping to pull off this trip. 

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ther Branch picnic area, which allows for running the lower 3 miles of the segment.

As we drove up the gorge, we carefully scouted the river and noticed wood in several places. The width of the river channel and the volume are considerably smaller upstream of the confluence with the North River.

Aside from that, we saw a whole lot of class II and II+ of all varieties. Everything from ledges to boulder gardens to wave trains. Pool and drop sections were there, but the higher up we went, the more continuous were the rapids.

It was also visually beautiful, with rhododendron and hemlocks lining the banks and hanging over the boulders. We also noticed a lot of anglers, which turned out to be a bit of a problem.

When you launch into the Tellico above the confluence with the North River, the gradient is a bit steeper and the channels are tight and technical. When I say that the run is Class II, that doesn't do it justice. There are several long stretches of continuous Class II and II+ that require eddy hopping and twisting and winding around boulders and bouncing off rocks like a pinball to negotiate.

This is not the Hiwassee or the Cartecay, it is a notch higher in difficulty. At the level we had (1.36 feet on the USGS gauge), we hit a lot of rocks but rarely bottomed out. It was technical but deep enough if you stayed in the clear slots.



Bridge Rapid on the Upper Tellico. Photo from American Whitewater website.

We had to take some slightly unfavorable lines to avoid wood on several rapids. When we approached an island, we decided to run the steep left side, despite having to duck hard to get under a river-wide log. The alternative was to portage over some rocks and take a less interesting line to the right side.

This ended up being pretty sketchy but we both cleared the log and then had a great time bouncing down the steep, winding boulder garden on the left side of the island. When I got to the bottom, I was glad we had decided to go under the log but also was aware that at higher water it could be a death trap.

More of this continued for about a mile or more until we hit the confluence with the North River. At this point the volume of the run almost doubles but the river bed widens to the point that, paradoxically, shallowness became more of a problem.

We avoided this by choosing lines carefully but quickly because there usually wasn't a lot of time for pondering your decisions before you had to make them. This run requires quick thinking. It's read and run on a compressed time schedule. The rapids are easy but very busy.

There were numerous trout fishermen in this section and some of them were not happy to see us. I think fishermen see the Upper Upper as their section, since kayakers are always running through the lower sections.

I'm happy to share the river with fishermen, especially since I am an occasional fisherman myself, but some fishermen do not feel the same way and do not want to share. Remember this and try to be as courteous as possible when you are running the section. Paddlers come and go within about 60 seconds but apparently this is too long for some fishermen.

I'm personally doubtful that two kayakers coming through significantly decreases the likelihood of a trout biting. Whitewater rivers are noisy places underwater and I certainly have seen fish being pulled out of lakes and rivers right next to busy boat ramps (and have done so myself).

Nonetheless, we tried to avoid them as much as possible. To the fishermen I say "peace," but also "chill out." I apologized for the intrusion several times but we have a right to be there.

At some point in this area, we saw a small family of 3 river otters hanging out in the channel. When Steve finally floated close enough to them, they all submerged, but one of them resurfaced a few seconds later to get another look. This was a neat experience and it's the closest I've been to otters in the wild.

As we were approaching our takeout, we came upon some ledges of increasing height and I would say that some of this no doubt becomes Class III at higher levels. At 1.3 you mostly just look for a slide or an obvious boof and go for it.

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One final big drop was probably an easy Class III even at the low level we were paddling. It requires a right to left move around a large boulder in the middle of the river, which means that you can't see what is about to happen to you.

After you swing around behind the boulder, following the current, you drop over about a three or four foot drop into a small but deep hole that is followed by a big, aerated, foamy, pillow thing that eats your boat. You do a partial submarine move, it tries to flip you, then the current pushes you down a slide-tongue feature to lose another foot or two.

It's a pretty good drop, 100% creek in character, and probably a Class III- at our level of 1.3. It definitely woke me up, and I'm pretty sure I would have been upside down getting a head bashing if I had been in my playboat. There is probably a straightforward 4 or 5 foot boof that would open up at higher water. I'd like to try it some time.

I would call the run an easy Class II-III, but it is not entirely good for beginners due to the continuousness, a lot of wood in the channel and countless pinning opportunities. It's an excellent Class II-III run for intermediate boaters though, and probably becomes Class III at higher levels. Just keep an eye out for the wood.

We finally took out with smiles on our faces under a clear blue sky and agreed that the run was well worthwhile, even at a low level. We will be back.

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## Tallapoosa River in Alabama

by Karen Saunders

I was having major withdrawals after not being on the water for two weeks, so I called fellow paddlers Vincent Payne and Jean Brown and we made plans to try a section of the Tallapoosa River in Alabama. This river actually is 270 miles long, stretching from Haralson Co. in western Georgia, across into Alabama and down to Montgomery.

The weather on Sat. night didn't look good, howling wind and fairly cold temps., but on Sunday the sky was clear, the winds were just barking and we could handle the temp., which was supposed to get to 60 degrees later on. Vincent, Jean and I set out to see what this section would be like.

For those of you interested in paddling anything in Alabama, there is a great website: [www.alabamawhitewater.com](http://www.alabamawhitewater.com). They have a great site with lots of info.

Anyway, we set shuttle, all of which was on hardtop roads and I-20 and we were on the water by 11:30, ready for our 15-mile/5-hour paddle. Water levels were about a foot below ideal, but the river had plenty of water and we did very little scraping.

The river is a Class I with relatively clear, shallow water with a sandy/rocky bottom. There are some shoals and a few small drops of less than a foot and it does have a decent current. It flows through woodland mostly, with some openings onto pastures. There was some deadfall, but all of it was



Canoeers on the Tallapoosa are shown in this photo from the Tallapoosa River Outfitters website.

passable.

What struck me was the complete solitude and the beauty of this river. The river itself is only about 50-100 feet across. Bluffs of pitted rock rose right out of the river to a height of 10-50 feet along part of the trip and frequently there were good gravel bars for stopping and stretching. There were some massive old hardwood trees right along the bank, which made us wonder if there had been some old homesites in that area.

We saw lots of ducks, a few squirrels, hawks, some cows and even a rabbit swimming across the river. None of us had ever seen that before! We didn't see one other person.

We were sure wishing we had an Alabama fishing license and our gear, because there were some outstanding fishing areas there. The winds were not too bad down on the water, but we did get blasted a few times when the banks dropped down. Other-

wise, it was a wonderful day on the water.

If you are looking for some relaxed paddling with excellent scenery, with some opportunity for canoe camping, check this one out. The put-in is just over the border in Alabama and the take out is just south of Heflin at Tallapoosa River Outfitters. There is some serious whitewater (Class IV) on this river farther south, at Thurlow Dam below Lake Martin, for those of you looking for thrills. If anyone wants to do a canoe camping trip on the Tallapoosa, let me know. ✂

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## Warwoman Creek

by Allen Pogue

Since some rain fell late in the week, it seemed like a good time to paddle some free-flow on Saturday. A last minute change of plans sent me over to the Clayton area to run tributary Warwoman Creek and three miles of Section 3 of the Chattooga River with Steve Smyth and Augie and Betsy Westerfield.

We got a late start after some of us underestimated the drive time required to meet friends near Blairsville, and then stopped in at the Hole-in-the-Wall for some late morning breakfast. After some debate and a review of the run using books and maps we decided we still had time to complete the run before dark and drove to the river, setting a car at the Sandy Ford take-out on river right.

Note that your small Ford wagon will have to drive through a small creek to get there. No problem — just kicked up a little bow wave. Fording in a Ford, hah!

The Chattooga was probably around 2' on the USGS gauge, so we knew we would be pushing our luck on the water level. The minimum for Warwoman is listed at 1.80 on AW but that might be little too low. When we ar-



Laura Morrison at Mattress at 2.0 ft. 1993 photo by Will Reeves, from the AW website.

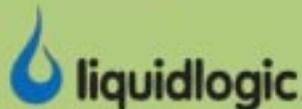


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rived at the put-in for Warwoman, we found enough water to paddle, although just barely, so we launched anyway.

Things went well for a little ways and we had plenty of time to warm up on some narrow Class 1 and II stuff before the creek pulls away from the road and the gradient picks up. The first big drop you come up on is obvious enough to see without blundering into it.

Mattress is a big Class 3 slide with a couple of rocks to dodge around in the entrance, a bouncy line on river left, and a smooth surface all the way down on the right. I got out to look for wood at the bottom of the drop before we ran it.

The first two went down the left and I saw the bouncing they took so I opted to paddle aggressively to make it over to the right. The result was a loooooong slide down through the hole at the bottom.

One paddler decided to carry it. Note that walking this rapid might be a pain in the neck at high water, although it probably would be possible. The book write-ups indicate that the creek drops 10 feet here but it seemed slightly less than that at low water. It's still a pretty big drop by my standards.

There are a few rather nice Class 2 or 2+ drops through the minigorge below Mattress. I had fun eddy-hopping my way down. I think this entire minigorge probably becomes one big rapid at high water.

The gradient continues to be good for the next mile or so

and you get several Class 2 to 2+ drops including a sweet little slide with another hole at the bottom. It was easy at low water.

I don't know the names of all the rapids, but there is one other rapid that seemed to me to be a Class 3. The creek drops several feet through a series of ledges and boulders with multiple channels.

There were two inviting lines, one that was a staircase down the left that wrapped blindly back to the right behind a giant boulder and another channel that started right of center and wrapped blindly back to the left behind the same boulder. Obviously we needed to scout.

We could see a log sticking up that we thought was probably blocking the right-of-center line. We couldn't tell anything about the river left line other than that most of the water was going that way.

After some debate and an examination of the density of the rhododendron lining the banks, I finally decided that there was an eddy part of the way down the left side that I could catch to see if the river left line was clear of wood (and still be able to climb up the bank if necessary). I stayed far left to keep out of the pushy flow, scraped over a couple of rocks and landed in the eddy. I could see that there was plenty of flow dropping over a broken ledge into some foamy water and that there was no wood in it.

*continued on following page*

I launched out into the flow, bounced over some more rocks, and finally splashed down into the pool at the bottom. I signaled with my paddle to those above to go left. The log we had partially seen from upstream in the right-of-center line was completely blocking the slot over there.

Eventually the gradient levels out quite a bit and you end up paddling a good bit of flat water that is punctuated by the occasional Class 1 rapid. There was a neat little rock garden that might have been a Class 2 at one point.

There is also an isolated ledge that drops four or five feet shortly after a road crossing (not a bridge mind you, it's where the road actually goes through the creek). It's straightforward enough, but due to low water we had to take a slide down the right that was right next to yet-another-pine-log that looks like it is going to put out an eye if you accidentally go too far right.

Did I mention that there was a lot of wood in the run? The further downstream we went, the more trees, branches, sticks, and outright log jams we encountered. A couple of these were dangerous even with the low water level. Several others would be terribly dangerous at higher water. As it was, we crossed over a number of low lying logs using a technique

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we called the "log boof."

We also were able to duck under and through some strainers and log jams but, if the water had been pushier, this might have turned into a fatal game. We avoided portaging but only by clawing our way through a couple of strainers that we probably shouldn't have messed with. If you go to Warwoman Creek when the level is up, you'd better be ready to portage due to wood.

Finally we reached the confluence with the Chattooga, just above Warwoman Rapid. It was a relief to have plenty of water after the shallow and scrapy creek.

We went on down and ran through some flatwater and easy class I and II drops before coming up to Dicks Creek Ledge. The only time I came to Section 3 before I had walked it, so I was determined to run it this time.

Steve Smyth showed us the proper line but I started too far out in the middle of the tongue, scraped my paddle on the rocks futilely and finally flushed into the Class 4 line. I could hear myself saying "Oh my God" as I dropped into the tight, chaotic slot with a little waterfall in it. I'll call it "Plan B." It wasn't as bad as I had feared, although I am very glad I didn't flip. "All's well that ends upright," as I like to say.

One other paddler blundered into it also and we both came through without bashing in our faces. Thank you, God!

Section 3 is a wonderful place. It is pool-and-drop with some very long flat pools in between, but I never get bored, even in the flat water. As in the past, I was struck by the serenity of the place. You can definitely experience some peace just by drifting along, looking at the wilderness, and enjoying the total absence of people, houses, power lines, and roads. Like Augie Westerfield says, "It even smells beautiful." The scent of pine and hemlock needles filled the air.

After this there are a couple of rapids that I had little memory of from my first trip but they were definitely more like Class 3 at Saturday's level than I remembered. It was good wave train splashing, hole dodging, hole punching action.

I'm an Ocoee local and I would describe this stretch as Ocoee-like. I had a great time with it, although I almost flipped when I hit a twisting toilet-bowl hole. Note that a couple of these holes are pretty big - around 2 feet. I was glad to have dodged instead of trying to punch through a couple of times.

We finally arrived at the takeout just before sunset and everybody headed into Clayton for some spicy Mexican food. It was an excellent trip that I'm still replaying in my mind. The highlights were Matress on Warwoman Creek and running Dicks Creek Ledge the hard way. I'm definitely coming back to the Chattooga watershed again

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## Overflow Shuttle Adventure

by Jason Burton  
from the AWC Groupmail

I was trying (like everyone else) to figure out what to paddle. I got very lucky and hooked up with Jerry Jascomb, who was planning on paddling Overflow. Jerry is an awesome paddler who has been around for years and has done Overflow a zillion times. (He literally wrote the book on it, or actually the AW page.)

We were planning on meeting up with two guys from Athens at the Overflow takeout. The plan was to meet them at the put in and set shuttle.

We got a late start heading up and when we got to the put in there were only a couple of guys that had just taken off. They told us some people just headed up. We assumed that was our group and headed up to the put in.

We saw two cars, but no one around. One car had UGA stickers, so we thought "our guys." We put in and jammed down the river to catch up with them for the obvious shuttle purpose and we were supposed to paddle with them after all. (Jerry was showing us all down.)

We caught up with them at Gravity Falls. I got out to scout. The two UGA guys were already by the falls scouting and Jerry remain in his boat so we could watch him run it.

I walk up to them and said, "Hey are you the guys from Athens?" The first guy I saw replied: "Yeah. Is that Jerry

Jascomb over there?" I said "Yeah. I am glad we caught you guys." The same guy politely interrupted and said "Yeah, me too. We were trying to catch you guys because we thought you had already put on. I am glad we have shuttle now." I said "Dude, you still don't have shuttle! We thought you had set shuttle." You can image the conversation that followed.

The four of us continued down the river, stopping only to scout Marginal Monster and Pinball. We paddled the last three quarters of a mile in the dusk/dark. Thank God we were below Pinball. We pulled into the takeout and it was a ghost town. What to do? It was 6:10 and 37+/- degrees F and we were all wet.

The two UGA guys volunteered to hike the 7.2 miles back to the cars. Jerry and I hiked down the road to see if a local will give us a ride up to the put in and pick up our friends on the way.

Long story short, at 8:00 the guys pulled up to me and Jerry freezing our butts off. Jerry and I were in the process of jogging back and forth on the bridge to stay warm. We ended up back in Atlanta at 11:00 pm. Despite the long day it was still well worth everything.

The river was awesome! There were a lot of downed trees that we had to dodge or duck under. Very nerve racking. The drops were amazing. Singley's Falls put my stomach in my chest. Absolutely amazing river. I wish it would rain more often!! Anyway lesson learned: double check that your shuttle is set!

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## Classified Ads

### Wanted:

Tandem whitewater boat, Dagger Caption or something similar. Mark Albitz, 404.966.4620.

### For Sale:

Mad River Outrage X, 13 feet, fully and very well outfitted. Excellent condition. Great boat for beginner to expert. \$875. Call Alan Mallory at 770.534.5857, Gainesville.

### For Sale:

Mad River LaMoile Kevlar Expedition, \$1500. 18 feet, 4 inches long, 33 inches wide, 58 pounds. Great boat for family use on lakes and smooth rivers, camping and expeditions. Excellent condition with minor gel coat damage that has been repaired and small chip off bow deck plate. Seller can refer potential buyers to online photos. Lindsay Meeks, 404.872.5211 or Lindsay@riverzone.net.

**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: *The Eddy*

### Kayaks For Sale:

- Perception SPARC (Small Person's All River Craft), \$300; outfitted, good condition; good river running boat with classic playing capacity.

- Dagger Crossfire, \$200; outfitted, good condition; excellent beginner to intermediate boat.

- Stohlquist River Machine, \$100; Kevlar/fiberglass, 3-meter design; very lightweight and fast.

- WaveSport EZ, \$425; blue & black; outfitted, good condition.

Call Duncan at 678.493.7804 or duncancotrell@yahoo.com.

### For Sale:

Greenland paddle, 85" long, about 26 oz., never used. Beautiful inlaid wood, smooth as silk. Protective bag included. Would make a fabulous gift. \$125. Photo available. Joan at 706.543.8480 or Mrspeh@aol.com.

*Line*, P.O. Box 441, Gainesville, GA 30503-0441, or email to the\_eddyline.com. PLEASE, NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.



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