



END-OF-SEASON  
SALE

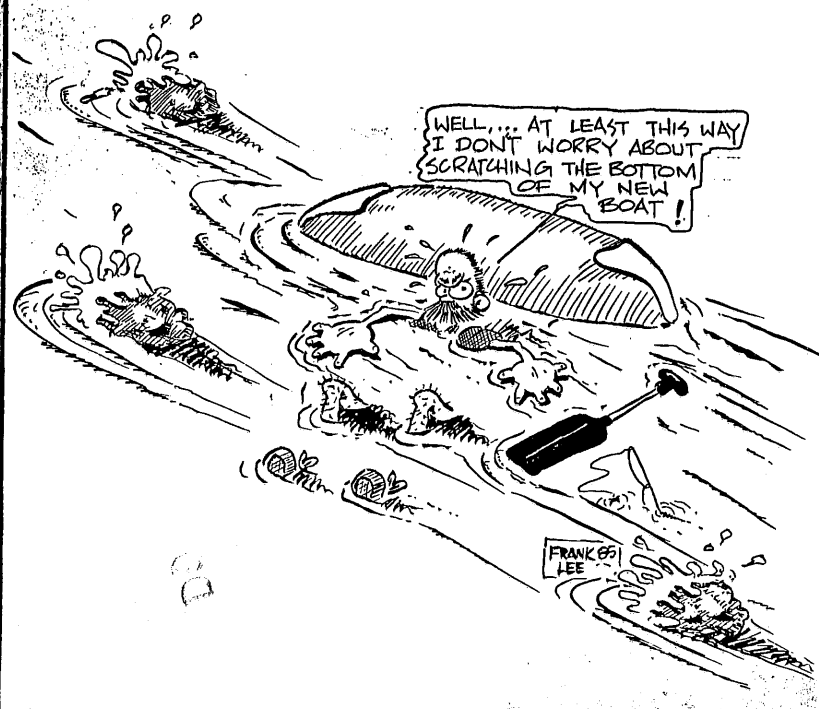
PFDs - RAFTS

RIVER SHOES

CANOES - PADDLES

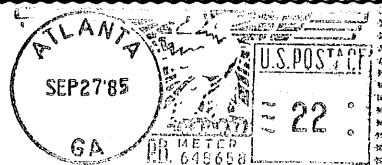
CALL THE WILDEWOOD OUTPOST.

878-2541



GEORGIA CANOEING ASSOCIATION  
P.O. BOX 7023  
ATLANTA, GA 30357

ADDRESS CORRECTION REQUESTED



Roger & Beth Nott  
2335 Stephens Circle  
Gainesville, GA 30501

TIME LIMIT



# The EDDY LINE

GEORGIA CANOEING ASSOCIATION INC.

POST OFFICE BOX 7023 • ATLANTA, GA 30357

Vol. 20, No. 10

October, 1985

Deadline for material for the next newsletter is the 15th. Submit material to Gary DeBacher, CRM, 1441 Clifton Rd. NE, Atlanta, GA 30322. DO NOT SEND DUES, ADDRESS CHANGES, OR SUBSCRIPTION PROBLEMS TO THIS ADDRESS. All subscription matters should be addressed to GCA, P.O. Box 7023, Atlanta GA 30357. Please type articles border to border (zero margins) with indented paragraphs and no vertical spacing between paragraphs. This format makes it much easier for me to lay out the newsletter. Good, high contrast photos and conservation clippings are also welcome.

NEXT EXECUTIVE BOARD MEETING WILL BE THE FIRST WEDNESDAY OF THE MONTH AT 7:30 PM, AT THE GEORGIA CONSERVANCY HEADQUARTERS, 3110 Maple Drive NE in Atlanta, near the intersection of Piedmont and Peachtree. Members and interested persons are welcome to attend. However, if you wish to submit any matters for discussion or vote, please call the president or vice president before the meeting so they can plan time on the agenda.

Sept. 28	Nantahala	Class 2-3	Oreon Mann	522-3169
Oct. ??	Upper Ocoee	3-4+, very advanced	Mark Levine	926-8683
5	Nantahala	2-3, sr. int.	David Tillis	984-0286
	Upper Amicalola	1-2, trained beginner	Allen Hedden	252-6167
6	Upper Ocoee	3-4, very advanced	Wayne Gentry	984-9198
	Cartecay	2-3, senior intermediate	Dick Hurd	394-4919
12	Chattooga III	3-4, advanced	Jerry Holladay	688-1842
	Etowah	1-2, trained beginner	Nancy Barker	874-8897
13	Hiwassee	1-2+, junior intermediate	Gwen Bergen	377-2970
	Lower Amicalola	3-4, advanced	Andy Warshaw	478-2104
19	Chattooga IV	3-5, expert	David Ashley	498-7462
	Toccoa	1-2, trained beginner	Havis Johnson	449-1596
20	Wildcard	2-3, intermediate	John Pinyerd	436-6197
	Cartecay	2-3, sr. intermediate	Hugh Stubbs	952-4926
26	Chattooga III	3-4, advanced	Marc Rucker	944-9814
	Wild Card	2-4, crazed and determined	Dale Bergen	469-6289
27	Upper Hooch	2-3, intermediate	Louis Jacobs	633-3452
	Something Interesting	3-5, foolhardy	Mark Levine	926-8683
Nov. 2	Upper Amicalola	1-2, trained beginner	Laura Jordon	233-7294
	Ocmulgee	1-2, trained beginner	Gary DeBacher	634-4651
	DIXIE DIVISION ACA EXTRAVAGANZA		NOC	
3	Upper Hooch	2-3, intermediate	Ed Kevitt	299-2304
3	Ocoee	LAST RELEASE DAY OF SEASON.		

CALL LAURA JORDON TO LEAD TRIPS, 233-7294

ALMOST FINAL NOTICE---GCA GENERAL MEMBERSHIP MEETING WILL TAKE PLACE FRIDAY NOVEMBER 8 (NOTE SECOND CHANGE OF DATE) AT 7 PM, ATLANTA WATERWORKS LODGE. The meeting will commence with the usual potluck supper. Bring a main dish plus a salad or dessert, enough to feed yourselves with some to spare. There may or may not be a small charge for beverages and odds and ends. The GCA Editor may appear and show how to stuff a turkey, and in all probability there will be ELECTIONS, your best chance in months to join the entrenched clique which runs this organization according to ancient Egyptian custom. Then there will be films and slides of bodacious rivers of the East and West. Be there.

Let's see if I remember how to get there. First find Bishop, a street which runs between Northside Drive on the East and Howell Mill Road on the West, all of this in NW Atlanta just South of the reservoirs, you understand. About midway on Bishop, turn North on a street which runs just East of the reservoirs. I think it's called Reservoir, but just watch for the canoes with cars under them, park, and follow your nose. Don't park on Green street by the houses or you will be sorry. ---Ed.

\*\*\*OKEFENOKEE CAMPING TRIP!!!\*\*\*

We have reserved a trail in the swamp for Nov. 9th and 10th. Want to join us? Limited number of boats allowed. Contact the McKeanes at 447-8059.

Dear GCA Trip Leaders,  
Thank you. Thankyou for your time and dedication to our club and this great sport which we all dearly love. Thank you for not saying "No" when I've called you and asked you to volunteer just one more time. Thank you for waiting by the phone all week and giving directions to the put in 20 times. Thank you for rising up so early on your day off, finding an open gas station, and driving 3 hours through a driving rain storm to be at the river on time. Thank you for keeping the groups entertained with your best paddling stories while you waited on the stragglers. Thank you for setting throw ropes, scouting class 2 rapids, and your near perfect safety record this year. Thank you for rerunning the shuttle when someone forgot their keys. And thank you for helping to load all those boats at the take out when others would rather stand around and talk river tales.

But most of all, thank you for making the GCA the organization that it is today. Without you we are nothing. With you we are the best. Thank you for supporting me as Cruisemaster throughout this year and please continue your fine efforts as I pass the torch on to Laura Jordon for the 1986 season. Thank you.

Andy Warshaw

#### Nantahala River Update - Federal Rivers Committee

During the course of the Intermediate Canoe Clinic recently held on the Nantahala, I encountered the U.S. Forest Service ranger, who inquired as to whether or not GCA had a pre-authorized permit to run the river. I referred him to correspondence that we had directed to the District Ranger's office, both last year and as recently as last month to which we had received no response. After considerable discussion he wrote us out a permit, and we have a fairly good understanding of what will be required to have GCA trips on the Nantahala.

It seems that the 1984 regulations on river use were modified in our favor for 1985. Private, nonprofit clubs with no paid instructors, charging no fees to participants, renting no boats or equipment, and sponsoring trips for their membership only, are now classified into a new category called "Quasi-public users." GCA and other similar private clubs fit into this category (Those of you who paid "fees" for a clinic may be interested to know that those fees are used only to defray clinic costs and gas for instructors). As a quasi-public user, we need only to let the Forest Service know in advance when we plan to run the river, and they will send us a permit by mail, or even handle it over the phone. This should not pose a problem, since club trips are normally scheduled 4-6 weeks in advance. According to the ranger, the regulations will remain the same for 1986.

While we object to the notion of having a permit to run any river, it's easy to realize that the Forest Service is pursuing a legitimate objective in limiting the crowds on the Nantahala. In particular they are worried about seven high-use days, which for the past several years have been the last two Saturdays in July and all the Saturdays in August. From our experience at the clinic, I can truly say I was analyzed to see the tremendous numbers of people (mostly rafts) on the river, especially considering that it was pouring rain! In the future we will try to schedule GCA trips around those days, and I'm sure club members will enjoy their trips more because of it.

Forest Service personnel are quick to point out that this is not the Chattooga, and that the two rivers are operated under different districts, and for different objectives. In fact, the Nantahala regulations seem to be much more reasonable than those in use on the Chattooga. We hope they will stay that way.

David Ashley

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***** IMPORTANT NEWS ***** BENADRYL IS NOW AVAILABLE WITHOUT PRESCRIPTION *****
THIS MEDICATION IS FREQUENTLY USED FOR WASP AND YELLOW JACKET STINGS. IT IS AN ANTIHISTAMINE,
AND CONTROLS THE SWELLING OF THE MUCUS MEMBRANES THAT SOMETIMES RESULT FROM STINGS. THE
GENERIC NAME IS DIPHENHYDRAMINE. IT IS SOLD AS 'BENADRYL', AND ALSO AS 'SOMINEX-2'.
OF COURSE, ANYONE WHO IS HYPER-ALLERGIC TO INSECT STINGS SHOULD ALWAYS CARRY AN EPINEPHRINE
KIT WHEN THEY ARE PADDLING OR HIKING. ONE STING COULD BE LIFE-THREATENING.
BUT FOR MILD REACTIONS, A LITTLE BENADRYL IN THE FIRST-AID KIT CAN SAVE THE DAY. IF YOU HIKE,
PADDLE, OR CAMP, GET SOME TODAY!
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#### BEGINNING CANOE CLINIC - AUGUST 2-4, 1985

The first summer "cold front" provided the clinic participants with perfect weather for learning and reviewing all the basic canoeing skills on film, land, lake and river. I wish to thank the following instructors for their assistance: Ron Towe, Ed Schultz, Andy Warshaw, Mark Levine, Oron Mann, Leslie Campbell and Donnie Towe.

Thanks to all of the enthusiastic students for their hard work and good humor.

Graduates OC-1: Bill Bath, Mike Brewster, Tom Mahaney, Priscilla Stone, Sandra Towe, Gary Towe, Monroe Towe, Jayson Tolbert. OC-2: Barbara & Gerand Aberson, Ted & Estelle Bogle, Kennette Brock & Fred Lewis, Alice Chelton & Michael Sheehy, Charon & Lex Dyer, Edward & Kathryn Heller, Jan & Ernst Hutchins, Steve & Janine Kowak, Wayne & Abby Lohman, Jane & Steve Pelosi, JoAnn Ricks & Vic Harrison.

I'll see ya' on the river! Roger Shepherd

Broad River, Saturday, August 17, 1985 - The skies were grey and the rain falling when we woke up that day. However, the weather station showed a clear spot west of the storm. We hoped the clearing would move on over our river by the time we were ready to start. We were lucky - the rain stopped when we arrived at riverside. We had a fine trip down the river. One short shower cooled us off after our lunch stop, but that didn't dampen our spirits. The Broad was quite low in spite of the rainy weather. It was after our return home that we learned there had been tornadoes nearby that morning. We are grateful no such excitement embellished our trip! Thanks to Tom Shaw for running lead, to Polly Heyward for running sweep, and to the group for a very pleasant day. Our C20 crews were Ron Tansill with Gene Repoff and Andy Lyons with Katherine Bakkum. In C10's were Pete Haakmeester, Jeff Engel, Tom Shaw, Lisa Swicegood, Polly Heyward, and me. Nancy Barker.

#### Chatooga Section 3 August 31, 1985

The weather the day before was not the most conducive to paddling and that is what probably kept 15 of this trips 22 registrants away, but I must be honest and say that this was the most beautiful day I've ever spent on Section 3. Blue skies and temperatures in the low 80's, just gorgeous. I must also admit that I was a little dissapointed to find the 76 gauge reading only 1.9, but our 10 boat party consisting of Don and Bettina George, just back from 7 weeks out west, Stan Landers, Hank and Johnny Miles, Allen and Thayer Grumbine, Nancy Barker, Polly Heyward and myself, put on at Earl's Fjord for a great day on the river. BEWARE: There is a tree down extending half way across the river just above Second Ledge. You can go right and back left in time to make the usual drop, but you must be fairly quick. We did meet the U.S. Forest Service on the trip just above Bull Sluice and they are checking permits. Don't try it without one. We had the usual amount of swims and portages at the Bull. Of particular note was Johnny Mile's run, straight over Decap Rock, holding the brace and staying upright at the bottom. (We're talking 14 years old here folks.) All in all, Great Day.

Andy Warshaw

FLINT RIVER, SEPT. 7, 1985, 7½ FEET AT THE HWY. 36 BRIDGE...Because of the heat, I decided to make this a lazy, laid-back, don't expend a lot of energy trip. And no one did. We took it easy, kept ourselves wet, and the 90+ degree heat wasn't a problem. It was a day of "First". For most it was their first trip on the Flint. Stacy paddled her new Sunburst for the first time and it acquired the inevitable first small dent. Jane paddled a kayak downriver for the first time and did a very good job. Anita had an unusual first (and hopefully last) experience when she finished a normal forward stroke and found a rather large snake draped across the end of her paddle. Paddlers included: K-1's Jane McQuay, Richard Warner, & Gary Hadarits; OC-1's Stacy Lange, Gerard Aberson, & Herman Hadarits; OC-2 Anita and Don Langford.

**FOR SALE: Perception Mirage II kayak. Red. Excellent condition - only used 5 times. Boat w/float bags - \$400. Skirt and Silver Creek paddle (208) - \$100. For more info call 446-2898 or 252-0540.**

FOR SALE: 204 cm "Silver Creek" kayak paddle. Excellent condition. Right-hand control. Originally \$135.00. Will sell for \$95.00. Call Jeanne: 522-7737 or 727-0344.

FOR SALE: 17' Aluminum canoe. White water keel. Perfect for flatwater or mild white water paddling or canoe camping. Complete with paddles and life jackets. \$350.00. Andy Warshaw 478-2104.

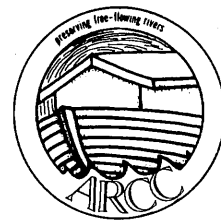
FOR SALE---BLUE HOLE CANOE---BLACK---GOOD CONDITION---\$400---974-2481

Famous River Machine Kayak. Kevlar state of the art boat. Only weighs 25lbs but strong. New cost \$950. Asking \$500 - excellent cond. call Hank Klausman B-955-0553 R-956-7551

**FOR SALE: WENONAH C1W (16') SOLO TOURING CANOE, whitewater nylon-fiberglass layup with center rib stiffening, gold gelcoat, sliding Kevlar center seat, adjustable foot brace and custom gear tie-downs. A fast and versatile solo cruising canoe that easily handles gear for several days. Excellent condition. A steal at \$299.99. Call Wayne Guerke at 498-1613.**

# TSRA NEWS

## WHY KNOT?



American Rivers Conservation Council  
322 4th Street N.E.  
Washington, D.C. 20002

202/547-6900

### FEDERAL HYDROPOWER LAW UP FOR REVISION

Washington, DC- The unprecedented 1980s hydropower "gold rush" in all likelihood will be addressed legislatively by the US Senate in September and in the House of Representatives in October. Both the Senate Energy and Natural Resources Committee and House Energy and Commerce Committee held hearings earlier this summer regarding the Federal Energy Regulatory Commission's (FERC) hydropower licensing program.

Numerous bills have been introduced and particular attention has focused on circumstances surrounding the "relicensing" of dams once their original 50-year licenses expire. Significant environmental improvements could be made when some 263 hydro projects come up for relicensing by the end of 1993.

Especially important to river conservation are amendments by Senators Daniel J. Evans (R.-Wash.) and Howard M. Metzenbaum (D-Oh.). These would require that FERC give substantially greater consideration to fish and wildlife and other environmental values in its hydropower licensing.

Equally significant is another of Senator Metzenbaum's amendments. Under the Public Utility Regulatory Policies Act of 1978 (PURPA), which helped launch the hydropower gold rush, local power companies are required to buy the power produced by these projects, even in regions where there is a power surplus. Senator Metzenbaum's amendment would limit this provision to projects that are built at existing dams only.

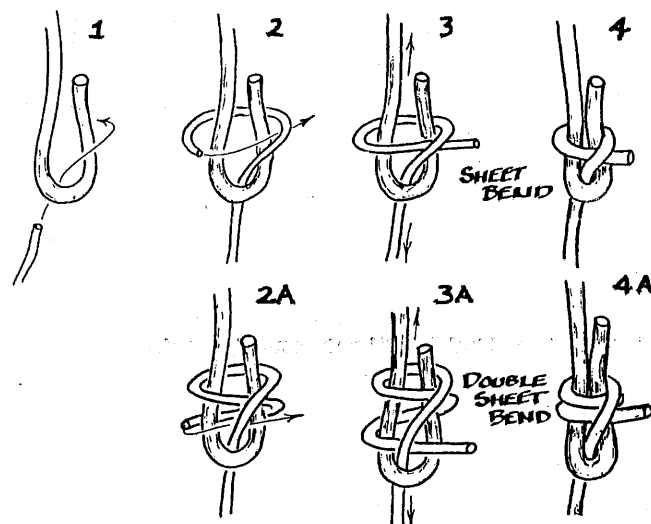
Write your Senators urging them to support the Metzenbaum and Evans amendments. Write or call your Representative and ask him or her to urge the House Energy and Commerce Committee to include similar protection requirements in their relicensing legislation being marked up in September or October.



American Canoe Association  
P.O. Box 248  
Lorton, Virginia 22079

703/550-7523

Strictly speaking a sheet bend is not a knot. Nor is two half hitches. They are just what they claim to be, i.e. a bend and a hitch respectively. The bowline, however, is a knot. There is some logic in this taxonomy. A bend is used to fasten two rope ends together. A hitch is used to fasten a rope to some object. And a knot, strictly speaking, is a self-contained thing, as when a bowline is used to make a fixed loop. But there is no consistency in the terminology. Knots is a general label. There are dozens of weaver's knots, all of which are in fact bends. The water knot, known to climbers as the sling knot is one of the very best of bends. The square knot is a knot but is very frequently and inappropriately used as a bend. The fisherman's bend is really an anchor hitch. And everyone is aware that the topsail halyard bend is really a yard hitch. Speaking strictly of knot terminology is a little like running the Rock Garden on a dark night. You're gonna broach.



A sheet bend is a good and vital tool. Use it to make two short lines into one long one, or three pieces into an even longer assembly. It's plenty strong enough. If you are one of those people who refuses to cut up your 45 meter long rope for fear of someday maybe needing a long rope, this is your knot. Rather, bend. Simplify your life. Learn this bend, cut that rope into some handy, shorter lengths, and you are sure to spend significantly less time at put-in and take-out weaving ABS ensnaring webs. When you finally need that long line just pull out your sheet bend and reassemble the thing. You can have it both ways. Well, almost. It will pass a carabiner but not happily. Under tension through a carabiner is marginal and risks capsizing the bend. Better to use a double sheet bend in such case. It can be used to join different section size lines, but be sure the sizes are arranged as illustrated. Also, it is possible to tie a "left handed" sheet bend. The "right handed" and stronger version is illustrated. In the "left handed" version the two running ends come out on opposite sides. Not so strong. There is another simple variation on the basic tie which makes it more secure in a towing/lining situation. Some other time...

Finally, a little puzzle. Get yourself three pieces of rope. Tie a bowline in the end of one. Tie the other two together with the sheet bend. Now, hold the two together, side by side and observe. What do you see?

—Bart Lee

Intermediate Canoe Clinic, August 24 and 25, 1985 -

This year's intermediate clinic turned up ten solo students and six tandem teams, all of whom met on a rainy Saturday morning at NOC. After preliminaries we went over to the Tsali boat ramp on Lake Fontana to brush up on strokes. As we left the lake, the heavens opened and we were deluged with periodic downpours for the rest of the day. We met again after lunch to run a short section of the Nantahala, where our students received some intensive instruction on river maneuvers. Over dinner in the NOC clinic room, Mark Levine and other instructors were heard to be called "slave drivers" and other complementary nicknames. Mark's response was that since only one or two students complained, he must not have worked them hard enough!

Saturday night it rained hard most of the night, but those of us who met Sunday morning at the Forest Service put-in were treated to gradually clearing weather as the day progressed. We also met the local ranger, and I had an extensive but positive discussion with him about Nantahala permits (see another article in this issue). Sunday's run was topped off with most students running the falls successfully, some for the second time. With 82 kayaks trying to surf the falls while novice canoeists (non-GCA!) and rafters careened over, "Sunday at Lesser Wesser" was quite a circus!

Participants in the clinic were: Havis Johnson, Keith Smith, Sue Hunter, Andy Lyons, Brannen Proctor, Rob Penney, Beverly Shearer, Rob White, Liz Gillespie and Rob Kerr, all solo; with tandem teams of Ed and Kathy Heller, Chet Wright and Cindy Williams, Wayne and Abby Lohman, Rob Davies and son Todd, Candy Heck and Pam Waldrep, and David Karan and Lewis Jacobs. Special thanks to all the instructors for your very competent assistance in spite of the terrible weather Saturday: Mark Levine, Oreon Mann and Andy Warshaw, solo; Ted and Helen Sparks and Fran and myself, tandem.

David Ashley

### Fourth Annual Unicoi - Wildewood Triathlon

The Fourth Annual Unicoi-Wildewood Triathlon, with 39 competitors in the Individual and Team events, was held in cool temperatures and under clear skies despite the announced arrival of Hurricane Elena.

The Men's field was led by Dean Alanko, 27, of Sumter, South Carolina. The Women's champion was Tammy Jackson of North Hall County.

Team winners were Tammy Jackson, Suzanna Lusk, Shelby McAfee, Jason Deal, Chris Hill, and Brian Farmer, all of North Hall County.

Prizes, Individual and Team trophies, entry forms and advertising were provided by the Pepsi Cola Company of Gainesville, Neil Steele, General Manager, and Don Swan, Special Events Coordinator.

Following is a list of the winners, by class, with their winning times.

CLASS	NAME	FINISH TIME
17 and Under	Jason Deal	:32.17
	Chris Hill	:38.35
	Bobby Manges	:43.28
	Scott Roberson	:53.55
29 and Under (F)	Tammy Jackson	:40.21
	Gina Waldrip	:41.17
	Mary Deal	:41.38
	Angie Skinner	:45.47
29 and Under (M)	Dean Alanko	:31.26
	Michael Kelischek	:32.29
39 and Under	Glenn Simpson	:44.58
	Nancy Blanchard	:46.00
Masters	James Foley	:34.43
	Jim Reddick	:43.36
	Billy Jenkins	:43.40
Team (M)	J. Deal, C. Hill, B. Farmer	:29.35
	M. Kelischek, J. Patton, T. Kennedy	:31.11
	J. Johnston, L. Veech, L. Tacham	:32.19
	D. Grubenhoff, B. Grubenhoff	:37.13
	R. Grubenhoff, K. Daniel	:42.01
Team (F)	T. Jackson, S. Lusk, S. McAfee	:34.59
	T. Reddick, G. Simpson, N. Blanchard	:40.25
	M. Deal, K. Gaines, K. Cantrell	:42.44

## The New Improved "J" Stroke

Tripper's "j", slice "j", racing "j". The names confuse the issue, for these strokes are just variations on a common theme. It's the basic "j" stroke that we need to re-examine.

Beginner paddlers are often overwhelmed by the bewildering names given to many paddling strokes, and the "j" stroke is no exception. It's our job to make the process as easy as possible.

The stroke serves two purposes: it provides the boat with forward momentum *at the same time* that it keeps the craft on a straight course. The two functions must occur simultaneously for the stroke to be most efficient, and it's the simultaneous action which makes the "j" stroke one of the hardest skills to learn.

Perfecting the "j" takes many miles of practice, and beginners need to know that the problem rests with the stroke's difficult nature, not their own paddling inadequacies!

Let's establish a few basic facts about the "j", before we get to the technical debate between the paddlers who are purists and those who are not.

First, the initial part of the stroke resembles the forward stroke:

1. Both hands must be away from the body, over the water, to keep the paddle shaft more vertical than horizontal (front view). The inappropriate action of keeping the top grip hand inside the canoe near one's body puts a horizontal angle on the paddle and forces it to sweep around, thus turning the boat.

2. Both arms are relatively straight, but not stiff, to force the torso to wind up at the catch position. Biomechanical analysis shows the most powerful portion of the stroke occurs right after the catch, as the coiled body unwinds explosively.

The first departure from the forward stroke occurs with the positioning of the hands over the water. The top hand on the paddle (called the "control" or "grip" hand) is actually further away from the paddler's body than the lower hand (called the "shaft" hand). This is especially true with open canoes. With the top hand farther out over the water, the paddle blade is forced under the canoe - closer to the center line or keel of the boat.

Why is that location important? The boat stays on course longer when the blade is closer to the center line and follows that same straight path under the boat. As the blade moves farther away from the center line or keel, the paddle tends to sweep in an arc and forces the craft to turn.

The canoeist carves the "j" portion of the stroke by rolling the thumb on the

control hand down towards the water. That action enables the paddler to angle the blade into position to brace against the water. (The "powerface" of the blade is used throughout the entire stroke.) The last push away from the boat should be a quick one, almost a flick of the paddle.

The "j" is carved near the canoe, and the paddler must guard against turning the stroke into a slower, longer reverse sweep. It wastes valuable time and thwarts the stern paddler's efforts to paddle in unison with the bow paddler. Unified paddling provides power that is coordinated; the boat will glide farther as a result. Uncoordinated power results in surging or bouncing through the water which reduces the forward glide.

There isn't much argument with the basics of the stroke. But new variations are causing problems for the instructor who believes in teaching only a pure "j", where no part of the body or paddle can touch the boat at any time.

Certain aspects of th purist approach are absolutely necessary. Keeping one's body from resting on the boat is a wise move. It means the torso is upright and hands are out over the water, where every inch of the paddle must be to execute strokes efficiently.

But improved technology in paddling equipment has brought the sport beyond the days of delicate handling. The loving treatment given birch bark canoes and slim "beaver tail" paddles was necessary to protect the equipment.

The tremendous strides in equipment construction has revolutionized the sport; the equipment can stand up to harder use. The plastics, metals and strong woods in the new products enable the paddler to use her equipment, because it is built to handle greater stress. Hence, a more aggressive, stronger style of paddling has developed. The equipment is being asked to absorb the impact, not the paddler's body, because the canoes and paddles can take it.

The impact on the "j" stroke is a classic case. Slalom racers and recreational paddlers have discovered the virtues of using the canoe as leverage when they execute a "j" stroke. Slide the paddle in against the canoe, and when the paddler carves the "j", the paddle shaft is braced against the boat. A powerful leverage off the boat is created, and more dynamic paddling results.

"Impure!" yell the critics.

"But effective. And easier," respond the paddlers.

In order to use the canoe for leverage, the entire character of the "j" stroke

changes. The stroke isn't just stronger; it is also shorter and quicker. The paddler changes the angle on the blade sooner, so the turning portion is a greater and more continuous part of the stroke.

The biggest change is where the stroke occurs: the entire "j" is executed with the control hand in front of the body. The paddle doesn't trail behind the person towards the end of the canoe. The shaft is braced against the boat near the paddler's hips; the blade is slightly aft of this position.

The new position provides the most comfortable place to hold the paddle against the canoe for the best point of leverage. The arms are extended slightly and flexible, where they can pry the paddle shaft off the boat. Avoid the extremes - stiff, overextended arms and cramped arms too close to the body. The paddler will be unable to lever the paddle forcefully.

The positioning also takes advantage of the strongest part of the stroke, just after the catch position. It's a waste of time and energy to continue the stroke significantly behind the body, where the power fades and the best pry position is lost.

Now, who uses the new, improved "j" stroke? Obviously, slalom racers have proven the effectiveness of the stroke with improved times. Recreational white-water paddlers use the new version to execute more complicated river moves. The quick stroke enables them to exhibit more power and improved fine tuning in the rapids.

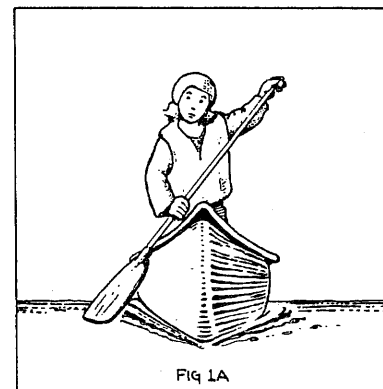
But for those who think the new "j" has no application for "normal" canoeing, consider the advantages for paddlers embarking on overnight trips. Any canoeist who has paddled a loaded boat knows that the leaden weight can wreak havoc with smooth technique and with a paddler's joints. That's where the stress of a heavy craft will appear. If the issue is whether to save a person's joints or save the varnish on the gunwales, choose the body. It's more valuable than the gunwales. The body is harder to replace. Next issue: "Cross Strokes: The Other Side of the Story."

*This is the third in a regular series of articles sponsored by the ACA's National Instruction Committee. They concentrate primarily on open boat paddling with the goal of improving the paddling competence of our readers, especially ACA certified instructors. Comments and critiques are welcome. A healthy dialogue will result in better informed and more skillful paddlers. Address your letters/ideas/articles to Tom Foster, Chairman, National Instruction Committee, Outdoor Centre of New England, 8 Pleasant Street, Millers Falls, MA 01349.*

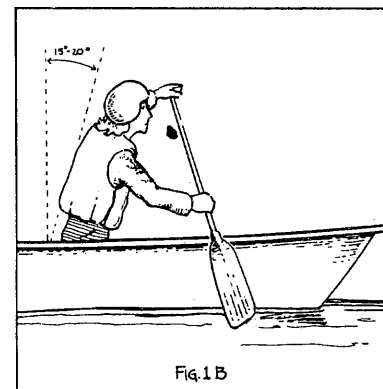
## Illustrations

The following illustrations are included to clarify the previously published article on the forward stroke, as well as its continuation in this issue on the "J" stroke.

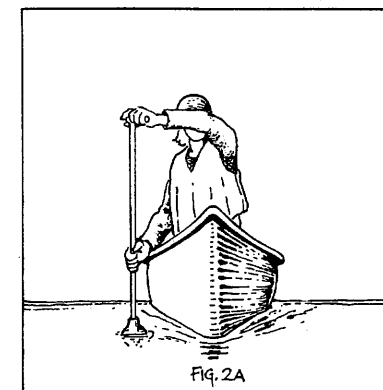
Figures 1A-C and 2A-C illustrate the forward power stroke. Figure 3 illustrates the conversion of the forward stroke to the modern "J" stroke. This "J" stroke is quickly executed and allows the tandem stern paddler to keep the pace set by the bow paddler.



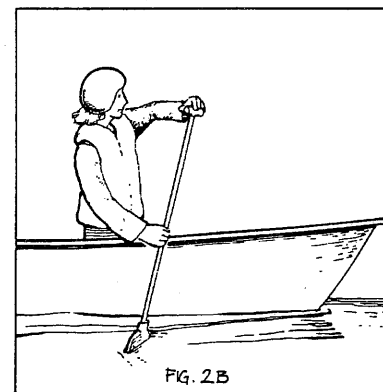
**FIGURE 1A**  
"End of Recovery". The tip of the blade has recovered along the surface of the water. The powerface is up or facing the sky. The torso has been rotated on the recovery until the shoulders are facing 45 degrees from canoe centerline toward the offside of the paddler.



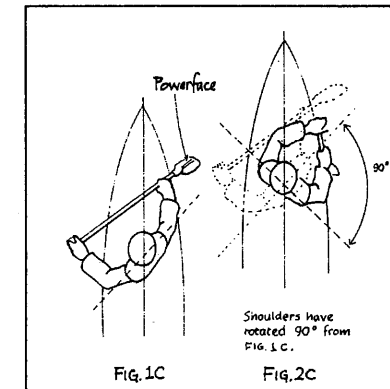
**FIGURE 1B**  
"End of Recovery", side view of Figure 1A. Note the 15-20 degree forward lean. This is obtained primarily from the torso rotation of 90 degrees from the end of the power application. The powerface is visible from the side view.



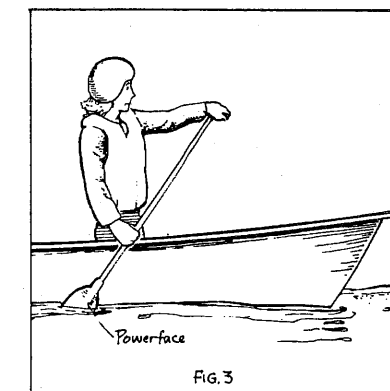
**FIGURE 2A**  
"End of the Power Application". The power application ends at the paddler's knees (paddler is kneeling). Note both hands are out over the water. Blade follows a path parallel to the centerline of the boat and close to the boat. Shoulders are now facing 45 degrees from canoe centerline toward the paddler's inside.



**FIGURE 2B**  
"End of the Power Application". The side view of Figure 2A. Shoulders have rotated 90 degrees from Figures 1A-C. Body is now erect. The canoe has been powered forward 18-24 inches since the "catch" or "loading" (beginning of force application). Recovery for the forward power stroke starts immediately and is generally above the water with the control hand held high (eye level or above) and the powerface facing the sky.



**FIGURE 1C AND FIGURE 2C**  
These figures represent top views of Figures 1 and Figures 2. Note the upper torso rotation of 90 degrees. The New "J" Stroke". Starting immediately at the end of the forward power stroke (Figure 2A-C), turn the control thumb away or toward the bow and then pull the control hand (grip hand) toward the paddler's offside. This will result in a pry of the shaft off the gunwale of the canoe. Recovery is immediate and partially underwater at the beginning. Note: This "J" stroke will be most effective if the power stroke ends close to the canoe or slightly under the bilge.



from "The American Canoeist" by the American Canoe Assoc.