

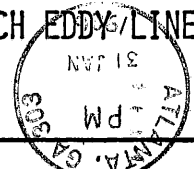


HELEN TO ATLANTA
1986
THE CANOE RACE

YOU HAVE PLANNED FOR IT !!!
THIS IS THE YEAR TO DO IT !!!
APRIL 25 - 26 - 27

FRI (P.M.) GET SET - SAT & SUN GO !!!

APPLICATION IN THE MARCH EDDY/LINE



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AMERICAN CANOE ASSOCIATION
1986
CANOE INSTRUCTOR'S COURSE

A "WEEKENDER SPECIAL" HAS BEEN
DESIGNED FOR THE WORKING PADDLER !!

WHERE: HELEN, GEORGIA
WHEN: APR 4 & 11 - 7:30 P.M. TO
10 P.M.
APR 5 & 12 - 8 A.M. TO 5 P.M.
7 P.M. TO 9 P.M.
APR 6 & 13 - 8 A.M. TO 4 P.M.
COST: COURSE ONLY \$150
COURSE, CANOE, MEALS
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REGISTRATION CLOSES MARCH 15, 1986
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TECHNIQUE

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GEORGIA CANOEING ASSOCIATION INC.

The
EDDY LINE

POST OFFICE BOX 7023 • ATLANTA, GA 30357

Vol. 21 No. 2

February, 1986

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.

Sat 02-01	Wild Card Lower Amicalola	2-3 Intermediate 3-4 Advanced	Jack & Julia Crosby Roger Nott	1-782-6331 1-536-6923
Sun 02-02	Nantahala Upper Hooch	2-3 Intermediate 2-3 Intermediate	Carol Moore Laura Jordan	239-0744 233-7294
Mon 02-03	Rolling Practice	Boys Club	John Pinyerd	436-8197
Wed 02-05	Rolling Practice	Lilburn	Jon Forrester	945-0601
Sat 02-08	Broad Upper Hooch Lower Amicalola	1-2 Beginner 2-3 Intermediate 3-4 Advanced	Walt & Salena Lynch A J Cote Alan Hadden	1-353-3621 963-0631 252-6167
Sun 02-09	Etowah Lower Conasauga Wild Card	1-2 Beginner 2+ Intermediate 3+ Advanced	Ed Schultz Mark Levine John Pinyerd	266-3734 926-8683 436-6197
Mon 02-10	Rolling Practice	Boys Club	Laura Jordan	233-7294
Wed 02-12	Rolling Practice	Lilburn	Jon Forrester	945-0601
Sat 02-15	Ebenezer Creek (Overnight Camping) Wild Card Wild Card	2-3 Intermediate 3+ Advanced	John & Tee Brower Oreon Mann Bob Striggow	(912) 354-4891 522-3469 1-782-5014
Sun 02-16	Upper Amicalola Cartecay	Jr. Intermediate 2-3 Intermediate	Rob Kerr Mike Hackett	252-0540 432-5881
Mon 02-17	Rolling Practice	Boys Club	Mark Levine	926-8683
Wed 02-19	Rolling Practice	Lilburn	Jon Forrester	945-0601
Sat 02-22	Hike Chattooga 4 Evacuation Routes Upper Hooch Wild Card	2-3 Intermediate 3-4 Advanced	Wayne Gentry Nancy Barker Ron Towe	984-9198 874-8897 435-0903
Sun 02-23	Etowah Sweetwater Creek	1-2 Beginner 3+ Advanced	David Tillis Jerry Holladay	984-0286 688-1842
Mon 02-24	Rolling Practice	Boys Club	Mike Hackett	432-5881
Wed 02-26	Rolling Practice	Lilburn	Jon Forrester	945-0601
Sat 03-01	Trip Leader Clinic at NOC			(404) 456-7890
Sun 03-02	Fightingtown Creek	2+ Intermediate	Mark Levine	926-8683
Mon 03-03	Rolling Practice	Boys Club	Laura Jordan	233-7294
Wed 03-05	Rolling Practice	Lilburn	Jon Forrester	945-0601

Laura Jordan is the cruismaster. Call her at 233-7294 to volunteer to lead trips. Peter Elkon is impromptu trip leader. Call him at 373-7535 to cook up unscheduled trips.

WHAT, AGAIN?? I'm still full from the last one! GCA GENERAL MEMBERSHIP MEETING will take place Friday, March 21, 7 P.M., at the Atlanta Waterworks Lodge. Bring a main dish plus a salad or dessert for the potluck supper. No booze, but legal drinks will be provided. The Editor will show you how to stuff a turkey, and there will be films of bodacious rivers. Be there.

To get there, first find Bishop, an east-west connector between Howell Mill Rd. and Northside Drive in NW Atlanta. About midway on Bishop, turn north on Reservoir, the road, not the lake, and park where you see the cars with canoes. ---Ed.

COMING SOON AT A CAMPGROUND NEAR YOU--- the first annual GCA RITES OF SPRING (apologies, Igor), a weekend camping and paddling event in Chattooga Country bearing a more than casual resemblance to the August GCA Gala and to the embarkation at Dunkirk, take your pick. Details next issue.

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

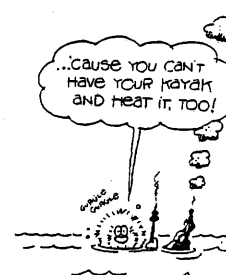
ADDRESS CORRECTION REQUESTED

Roger & Beth Nott
2335 Stephens Circle
Gainesville, GA 30506

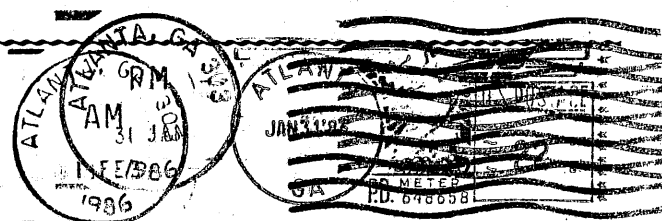
TIME LIMIT



THOUGHT
FOR THE DAY:
NEVER BUILD A FIRE
IN YOUR KAYAK...



...CAUSE YOU CAN'T
HAVE YOUR KAYAK
AND HEAT IT, TOO!



On Saturday, February 22 we will examine evacuation routes on Section IV of the Chattooga. We will meet at the 76 bridge and look over maps of the area, including a map we will be using on GCA Section IV trips this year. This map is basically a topo map showing evacuation routes, equipment caches, and other important information. Then we will set out to find and hike some of the more important trails leading in and out of the River Gorge. We will hike as many of these trails as time will allow. Anyone paddling the Chattooga, or who plans to paddle it in the future, should try to attend. This is especially true for trip leaders. And even if you have Chattoogaphobia, this is should be a beautiful hike. If you have any questions give me call at H)984-9198 or W)321-8860. Y'all come, it'll be fun.

READ THIS BEFORE YOU TYPE AGAIN: I'm getting lots of well-written, well-typed trip reports these days. People are using better ribbons and catching most of their own typos. There remains one problem for the editor, namely LAYOUT. One recent trip report arrived double-spaced. A really well-written invitation to paddlers to join a trip in the Grand Canyon occupied twice the space it should have, because the author used wide margins, separated paragraphs by empty lines rather than indenting them, and arrayed her name, address and phone numbers in vertical format, using five lines to do it. Every single item submitted this month wasted lines on empty space. Except mine. Following is an illustration of how a trip report should be laid out, as per my request in the header which runs every month on the front page of the EDDY LINE. ---Editor

OCMULGEE RIVER, SATURDAY, NOVEMBER 2. We had cloudy, mild weather for this easy 8 mile run from Dames Ferry to just below Arkwright power plant. My trip list is incomplete as usual, but I remember Mell and Myrtie Schoychid in tandem, and also Elise and Dan MacIntyre, Ellie and me in our Tripper, Bob Lowell and Chris Brown, Linda Scarborough and John Alcorn, and was that Ed Schultz standing up and poling? The rapids are easier to remember, because there aren't as many, but they're well spaced, with a couple of tortuous class IIs, and even the class Is having enough alternate routes to be interesting. We spooked hawks and herons, enjoyed the largely unspoiled forest, and even found some lunch rocks with cactus plants to sit on. Some stuck here and there, the water being low, but nobody swam, and we didn't really get wet until we had to drag the boats up a 15 foot rocky bank and an eighth of a mile through the woods to reach the cars. That part I do remember, but we'll do it again anyway. "All the News that Fits, We Print!" Q.E.D. ---Gary DeBacher

JANUARY EXECUTIVE BOARD MEETING - Ed Schultz.
Treasurer, Allen Hedden, reported that 35 1/4 members have paid 1986 dues. Cruisemaster, Laura Jordon said 22 people had registered for the Trip Leader Clinic on March 1 and 2.
Plans were discussed for a Members Meeting on March 21; the SPRING GALA on April 26 and 27; and for the Southeastern Races on June 14 and 15.
The Board authorized the purchase of an electronic typewriter for The EDDY LINE editor...

WE GET LETTERS... exchange newsletters, that is, from other clubs, about a dozen at last count, scattered from Florida to Washington State. This is not a fair sample of semi-organized paddling nationwide, nor can one form a comprehensive view of clubs from their newsletters. But one thing is clear: GCA HAS MORE SCHEDULED CLUB TRIPS, EVERY MONTH AND THE YEAR AROUND than any of these other clubs, and more than any other club of which I am aware. Not too shabby.

Remember this when you are discontented with the club schedule. Not that it couldn't be better, or shouldn't be better, but judged by the only available standard of comparison, it looks pretty good. ----Ed.

Hike: Raven Cliffs Sat Jan.4 trip leader: Carol Mercer

Weather was gray and cold with a projected high of 52° and a 60% chance of rain. Too cold to canoe, we told the group we met at the McDonalds parking lot. Raven Cliffs, off the Richard B Russell Scenic Hwy, is beautiful in the winter-- an easy to moderate 5 mile hike--and with no foliage on the trees, the waterfalls are spectacular. The little gremlins who reside in the trees and snatch off hats kept us busy that day. Off came the hats and plop on the ground or up in the trees they went. A great, fun hike was had by all--the climber of the month award should go to Bruce and Dick for their climb up the cliffs. We then adjourned to the local pub in Helen to quench our thirst. Marie had to stop in each store on the way to the pub (how many stores were there Marie???)! Hikers were: Susan Adams, Dick Butterworth, Marie Smally, Bruce Williams and yours truly.

FOR SALE: Whitewater rafting business on the Nantahala River - including U.S. Forest Service Operating Permit, (no new permits will ever be issued under current Forest Service policy.) Call Doug Woodward at 704-369-6491.

This year, 1986, is the 20th anniversary of the GCA. As Club Historian I have decided to run excerpts from past newsletters to give current GCA members an idea of what paddling during the 60's and 70's was like. The following article is a 1968 trip report from a Chattooga river weekend on Section's III and IV. Some of the things in this article which wouldn't be typical of a current Chattooga trip report are the presence of an inflatable boat on the trip and that it took nine hours to complete a Section III trip. I imagine that the length of the trip was due to pulling aluminum boats over and off of rocks. Also, you may notice that the Five Falls don't seem to have been individually named at the time. ---Gwen Bergen

Chattooga River Trip
September 21 & 22, 1968

The first day of this trip was a genuine delight to 18 canoeists, a number of whom camped overnight. Five indefatigable, stalwart members coursed another bruising 8 hours down the Number Four Section of this beautiful river on Sunday. At the gauging station, the water read 9", which is excellent but perhaps a little low. The trip started with 9 canoes, 2 kayaks and 1 inflatable (or deflatable) canoe which fell victim about half way through the first day to some branches. It then became the Holden's "emergency pack" and the owner hitchhiked with another canoe. We embarked about 10:40 and completed the gliding, sliding, tumbling, fumbling, rumbling voyage by about 7:30.

The intrepid five who continued down to Lake Tugaloo Sunday were: Aurelia & Payson Kennedy; Lin McKnight, Claude Terry and Ross Wilson. Their experiences have been described as tremendously marvelous fun. Many big drops and good straight chutes were navigated singly to avoid "digging-in" and swamping with a heavy bow. Aurelia Kennedy found this exciting and almost as gratifying as finding "unakite" in the middle of the river. While making their advance between the treacherous rocks, a most unlikely scene appeared on the bank. Two inebriates, wearing ladies' hats invited our travelers to share a bottle. Though the invitation was declined, the rustic gentlemen of the riverbank imparted the knowledge that a canoe had been foresaken downstream in the canyon. At the "bottom of the fifth" falls in the canyon, broadside to the current with the inside against a rock was a canoe. It was promptly commandeered by Claude and Payson and was ridden the rest of the way by weighting down the stern so that the hole in the bow was above the water line. The canoe has already been returned to its owner. He had his name and address painted on the canoe--a good practice.

Claude Terry acquired a fine distinction in that he completed the Number Four Section solo. "Guru" Wilson made many discoveries which he immediately shared with his companions. Making the Saturday trip were: Jody and Horace Holden, Alice Chalmers, Clyde Woolsey, Claude Terry, Bill Eisenhauer, Bill, Dunlap, W.T. McCollister Jr., Lin McKnight, Ross Wilson, J. B. Tate, Roy Wood, Ben Wood, Jere Wood, Aurelia and Payson Kennedy, Billy Crawford and Bill Close. Aurelia Kennedy and Bill Close, reporting.

CPR CLINIC - MARCH 8

Mike (Boys Club) Miller will be teaching the Race for Life CPR course for the GCA on Saturday March 8. The cost of this clinic is \$12. The course offered will be the four hour CPR course and certifications will be given to those completing the course. You will be informed of the time and place for the clinic upon registration. For more information on the clinic contact Mike Miller at H)762-0055, W)627-4617. To register for the course send the registration form to Mike Miller, 312 Adair Street, Decatur, Ga 30030. Deadline for registration is February 28. The Red Cross will also be offering CPR courses on February 15 at several locations around Atlanta. These courses will be offered free of charge by the Red Cross. For more information on these clinics, call the Red Cross.

REGISTRATION FOR CPR CLINIC - MARCH 8

NAME _____ PHONE _____
ADDRESS _____
CITY _____ AMOUNT PAID _____

.....

Please welcome the following new members who have joined GCA since November:

Allison, Darrell	Rome, GA	1-234-5102
Bell, Walter	Grayson, GA	979-3584
Chumley, Frederick & Melissa	Atlanta, GA	875-8149
Evans, David & Barbara	Rome, GA	1-232-0709
Gregory, Douglas	Statesboro, GA	912-681-1701
Johnson, Lynne	New Orleans, LA	504-897-9856
Keadle, Jan	Norcross, GA	444-2898
Kruegel, John	Stone Mountain, GA	469-9687
McGill, Mitchell	Alpharetta, GA	475-8239
Myers, Dennis	Tucker, GA	493-4486
Newsome, Tom	Atlanta, GA	351-5616
Peterson, Barry	New Orleans, LA	504-891-4971
Rowland, John, Sharon, Michael	Bufford, GA	1-945-3204
Smith, Libby	Stone Mountain, GA	469-2504
Snider, John	Atlanta, GA	876-6545
Thornton, William & Joel	Rome, GA	1-234-9700
Walters, Margie	Stone Mountain, GA	921-8981
Waters, Quincy, Elaine, Brian	Anderson, SC	803-224-7604
Westergren, Ron	Acworth, GA	974-1206
Wilhelm, Scott	Norcross, GA	263-8760
Wilson, Susan	Douglasville, GA	684-5468 (0)

I would like to encourage each new member to participate in any of the trips, clinics, or activities which GCA sponsors, and to feel free to call upon the officers, chairpersons, and trip leaders.

John Pinyerd

UPPER CHATTAHOOCHEE (Wild Card) 1/5/86 TRIP LEADER: JOHN PINYERD

Why would anyone want to go paddling with temperatures in the 30's, with the wind gusting to 20 mph and a water level on the Upper Hooch of only 1.7? Why not??? It was a picturesque day with crystalline blue skies and water so clear that it reminded me of the Nantahala. The only problem with paddling on such a beautiful day was staying warm, a problem that no one in our group of 4 was bothered with.

Carol Berkner (OC-1) wore polypropylene, nylon pile, with a paddling jacket and pants. Tom Schmit (K-1) had a dry suit with polypro underneath. Jeff Lankford (K-1) wore polypro under his farmer john wetsuit along with a paddling jacket. Jeff also had a pair of monkey grips for his hands (a type of pogie made from neoprene rubber) which I liked so well that he suggested that I borrow one to use as a pattern to make me one from some scrap neoprene I have. I (C-1) wore polypro under a shortie wetsuit, a sweater, and a paddling jacket. There was also other miscellaneous cold weather gear worn by our group such as polypro pullover hats, etc.

We spent the day playing...making eddy turns, peel-outs, ferries, surfing, and blasting upstream hopping from eddy to eddy. You guys who stayed at home gazing at the T.V. missed a good one.

J. P.

NANTAHALA RIVER

JANUARY 4, 1986

Apparently, Roger Shepherd's, rapid running deer have relatives to the North. While sitting in a pool below Pyramid Rock, we witnessed some of the finest whitewater maneuvering seen on this river in a long time. The deer rounded the bend with finesse and headed for the eddy at the bottom when he spotted us and back-ferried to the opposite shore. It soon became obvious that he was highly skilled in other outdoor sports, when he scaled the steep bank in one swift leap and disappeared into the woods.

The weather was beautiful with 46 degrees and sunshine. The river was deserted. The gauge read 3.4 which was more water than we had seen all summer on the Nantahala. Paddling solo canoes were Joe Dean, Gayle Dean, and Janet Owens.

Gayle Dean

Shoulder Dislocations In Backcountry Situations

By W. A. Herring, M.D.

Most first aid courses suggest that dislocations should be left to the definitive care of a physician at a medical facility. However, when one is confronted with a shoulder dislocation while climbing, caving, or paddling, it is sometimes impractical if not impossible to evacuate the injured party for a matter of hours or days. As an orthopaedic surgeon, I feel that a gentle attempt at reduction is a proper approach to the problem when immediate first aid in the form of reduction by a physician is not available.

The first aider must have a basic understanding of the anatomy of a shoulder and be familiar with various types of shoulder injuries. The usual mechanism of a shoulder dislocation is that of a fall onto the outstretched arm with the force transmitted through the head of the humerus causing a disruption of the joint. A high brace in kayaking is an example of a force that can commonly dislocate the shoulder.

Anatomically, the shoulder is a shallow ball and socket joint that sacrifices stability for the mobility that it is designed for. Unfortunately, this will not withstand forces of a high brace like kayaking, a fall onto the extended arm, or the forces of a roped fall. This inherent weakness or instability allows the dislocation, which in about 90 to 95% of the cases is anterior in nature. That is—the head of the humerus displaces to the front of the glenoid or socket part of the joint. When this occurs, there is usually a loss of the normal rounded contour of the shoulder, and one may actually see and feel the concave area in the shoulder. A fracture, on the other hand, will usually exhibit the normal contour of the shoulder, but with significant swelling. Another physical finding is that of being able to feel the head of the humerus below and in front of its usual location.

When the first aider can be reasonably sure that he is dealing with an anterior dislocation, then he can proceed with a gentle attempt at reduction. A must in dealing with the shoulder dislocation is to instill a feeling of confidence in the patient and to assure him that you will be very slow

and gentle in your efforts. Without this as a first step, you will be faced with a pulling and shouting match that you will surely lose. The following steps are what I found to be successful in the emergency room, on the ski slope, and on the river bank, and in backcountry situations in dealing with a dislocated shoulder.

1. Place the patient on his or her back and make them as comfortable as possible. Clothes, ropes, packs, etc. can be placed under the patient in an effort to elevate the involved shoulder girdle slightly. This allows room for rotation of the arm. You should constantly urge the patient to relax, breath deeply, and think nice thoughts. It is a must to explain each step of the maneuver to the patient in advance.
2. Assuming that the dislocation is the right shoulder: the patient should be flat on his back. Grasp the right arm just above the elbow with your right hand and apply very gentle pressure in the plane of the upper arm. That is a very slight traction in the direction of the elbow. Use your right hand as a fulcrum during step 2.
3. With your right hand as a fulcrum, use your left hand to gently externally rotate or guide the patient's arm backwards. Explain to the patient that they should let gravity and the weight of the arm bring the arm and hand back to the position of throwing a ball. Allow the extremity to externally rotate or drop back as far as possible. This should be a very slow, deliberate motion. Do not pull the arm back, but only guide it. When an end point is reached, gently, then proceed with step 4.
4. Again, exhorting the patient to relax all muscles, one must proceed slow. Keeping the arm externally rotated, next bring the patient's elbow into his side and actually onto the lower chest. This is done with your right hand still controlling the arm just above the elbow and

your left hand controlling the patient's forearm. Occasionally at this point in your manipulation, you will feel and hear a "clunk" and an immediate sigh of relief from the patient as the shoulder relocates or reduces. Proceed to step 5.

5. With the patient's elbow pulled into his side or slightly onto the chest wall, then gently bring the forearm across the patient's chest. This should be a very slow and deliberate movement and is usually accompanied by the feel and/or sounds of reduction. The normal contour of the shoulder is usually recognized and the patient feels immediate relief. At this point, a sling and swath type of dressing should be applied. If this reduction can be carried out, the patient does not have to be immediately evacuated and will be much more comfortable.

If at any step in this process, strong resistance is met or the victim obviously tenses his muscles, then the first aider should stop, talk softly to the patient, and urge total relaxation. Do not try to over pull the muscle tightness that you may encounter. This promotes greater spasm and can be met with failure of the attempt at reduction and possible greater injury to the joint.

For the technique to be successful, you must be confident, slow, deliberate, and above all—very gentle. If others are available to assist, it is often helpful to have them gently massage the anterior chest muscles, the neck, face, and upper arm of the patient.

While I am not advocating an attempt at reduction of dislocated shoulders on all occasions, I feel that it is important to those who spend considerable time in backcountry situations to be aware of this gentle method of reducing the dislocation.

Editor's Note: I have checked this against an article on the "Modified Kocher Maneuver" in *Orthopedics*, volume 6, pp. 1439-42. Next month I'll print an illustration of the maneuver. One should probably rehearse this before trying it on a victim of dislocation.

Broad River: Sat Jan 11

trip leader: Carol Mercer

A beautiful, sunny, warm day--high of 60° and a decent water level if it was compared to what we had last summer. The trip finally "made" about 10pm Friday and on Sat we had 7 boats. Everyone took it easy--the water was very cold--no swims thank you. Bob showed Carla how to flip his kayak and stay under a l-o-n-g time and Carla demonstrated the technique of trying to use C-1 poggies with her kayak--where is the other hole in that glove Carla? A Good, Fun Paddle was had by all--only 7 cases of cold toes to report. Thank you to Nancy for running lead and Scott for sweep. OC-1: Nancy Barker, Dave Bowman, Rick Rhodes, Scott Wilhelm and Carol Mercer. Kayaks: Carla Fields and Bob Rhodes.

UNITED STATES DRAGON BOAT

Washington Canoe Clubs Dragon Boat Director Barry Merritt reports that there will be a Training Camp for this widely publicized international race coming up on 22 June 1986 in Hong Kong, Kina.

Our boat left Hong Kong on 6 Oct 85 and will soon arrive at our Club. Here are some data on a Dragon Boat: It is 40 feet long and made of Teak and weighs 1200 lbs. It has a Dragon Head and likewise Tail and it is equipped with a 12 foot steering oar, two Flag Standards made of wood and metal and a box full of paddles, a drum base and a drum with two sticks including a gong with a stick.

Barry is responsible for the selection of a team to include a Coach, twenty (20) paddlers, a coxswain, a "drummer", and two (2) substitutes to compete in Philadelphia against the three other regional teams on 24 May 86.

The winner of that race will become the U.S. Crew to participate in a funded trip to Hong Kong, Kina.

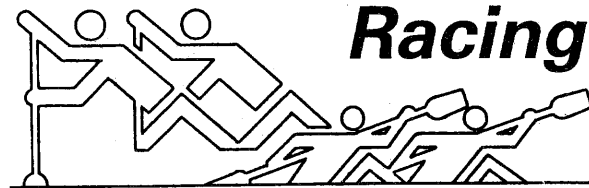
In order to allow each region to participate, up to two (2) paddlers from each region will be selected to paddle on the U.S. crew. These paddlers will be picked by the winning coach based on a scoring method, body weight and paddling ability.

This info originates from Dragon Boat President, Jack Seitz, Ambler, Pa.



Our DRAGON BOAT arrived on 2 Dec 85 on a big Semi-Truck and may now be seen at the W.C.C.

Twenty crew members had to be "gathered" in order to be able to unload the "monster" that had an estimated weight in the neighborhood of 1400 lbs!!!



Racing Rap-Up WASHINGTON CANOE CLUB

Determination paid off for 25 year old Greg "Buck" Barton in the World Canoe & Kayak Championships as he powered his way to a gold medal in the K-1 10.000 meter event at Mechelen, Belgium. His victory marks the first World Championship for the United States in Canoe/Kayak.

Greg Barton is no novice though when it comes to competing in this event on a world-class scale. Two years ago, he finished eight in the 1983 World Championships in Finland, flashing a glimpse of things to come in the future.

This time Barton was better prepared. Weeks of training and speed work complimented his already noteworthy endurance, leaving him in top form for the start of the K-1, 10.000.

"As the lead group closed on the finish, I kicked in my sprint with hopes to make it to the line first," explained Barton. He finished slightly more than a boat length ahead of the field, bringing with him a world championship. "Everyone was happy for me. Even the athletes from the foreign countries were glad to see the United States win a gold," said Barton.

One week later, Barton traveled to Sacramento for the National Championships where he added a hat-trick of victories to his collection by winning the K-1 500, 1000 and 10.000 meter events. Not a bad week for the most successful kayaker the United States has seen in many years.

This year has been an indicator of Barton's potential, he better make room on his mantle for more of those precious medals.

September 16 - 28, 1986

Carol Moore
3382 Habersham Road
Atlanta, Georgia 30305
H: 239-0744
W: 658-2950

I am organizing a 13-day trip down the Colorado River, Grand Canyon Section, for next September. This trip is for kayakers, canoeists and rafters.

For those of you who have never paddled big Western water, this could be the trip for you. The scenery, the paddling and the company are guaranteed to make your trip a challenging, fun and memorable experience.

The major rapids are demanding and you must have a strong, reliable river roll. If you don't think you are ready to paddle the Colorado in your boat, sign up for the paddle raft—it's plenty exciting! There are stretches of easy and moderate whitewater on the river, and there will be many opportunities for rafters to get in a boat. The estimated CFS for next September is 27,000.

Our trip is scheduled to begin during oar season, which means there will be no motorboats in the Canyon to disturb our solitude. I chose late September because the number of trips on the Canyon will be fewer than in the summer, and because the weather should be moderate, neither too hot nor too cold. Since we will not be in peak season, we will have first choice on the good campsites. We will also be able to control our journey, spending time at those places we enjoy the most. I have already requested a full day at Hermit!

I am planning to keep the size of our group relatively small, about 16 people. I will be working with an agency called Friends of the River, which will contract Sleight Expeditions to outfit the trip. I have been on a Colorado trip organized by FOR, and they really did a good job. Sleight Expeditions also handles all Nantahala Outdoor Center trips down the Colorado River. You do not have the complete independence of a private-permit trip when you use an outfitter, but you also don't have to do as much work!!

The cost of the 13-day trip will be \$950 for paddlers (canoes or kayaks) and \$1050 for rafters. This does not include your own transportation costs or ground transfers from Flagstaff to the put-in and the take-out to Flagstaff (this transfer will run between \$40-50). It does not include recreational beverages. It does include all raft support, all meals, two guides in boats, and trip administration. I will be organizing a boat shuttle to get boats out to Arizona and back. There will be an additional charge for this shuttle, if you choose to use it.

Paddling through the Grand Canyon was one of the most fascinating, challenging and exciting experiences of my life. I can't wait to go back. I hope you'll call me if you're interested in coming along on this fantastic adventure.

NOTE: A deposit of \$200 by February 15, 1986 is required to hold a place

