

TRIP LEADER OF THE YEAR — 1986. We are now taking nominations for "Trip Leader of the Year". Who, in your opinion, did an exceptionally good job of leading GCA trips? Maybe you have one person in mind, maybe several. You can vote for as many people as you like. Just send me their names, and your comments as to what made them stand out as trip leaders. I'll print the results in a future issue of the Eddyline. Send to Laura Jordon, 1399 Noell Drive, Atlanta, GA 30319. (If you vote 15 times for yourself, please disguise your handwriting.)

"THE RIGHT WAY TO ICE".....

Do you have tendinitis or a pulled muscle? Chances are, if you play competitive sports, jog or run for exercise, you may develop one of these problems at some time. Chances are also good you know that applying ice to the injured area is a good first aid measure to reduce swelling and pain. What most people don't know is that you need to be careful about how you use ice. A few athletes have developed temporary leg or arm weakness from essentially "freezing" a nerve at the knee or elbow, areas of the body where nerves are superficially located.

At The Sports Medicine Clinic, we recommend applying ice for no longer than 20 minutes at a time. If you place an ice bag over your knee or elbow, don't apply the bag directly to your skin. Place a layer of material, such as felt, between the ice and your limb. If you think you might fall asleep because the icing feels so good and relaxes you, set a timer for 20 minutes. These are just a few suggestions to make sure that a good treatment modality is used properly and promotes good healing.

Reprinted from The Sports Medicine Clinic
by Kathy Collins, M.D.

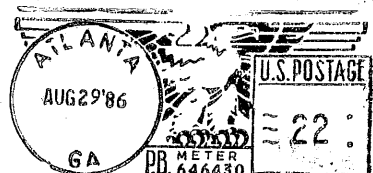
FOR SALE: Blue Hole OCA, fitted with center block, knee pads and "grunch" pads. Very Good Condition - \$550. Call Allen Grumbine (803) 288-0212 (home) or (803) 242-3131 (work).

FOR SALE: PERCEPTION SAGE C-1. COMPLETELY OUTFITTED. \$175.00 OR \$250.00 FOR BOAT, PADDLE AND SPRAYSKIRT OR TRADE FOR A KAYAK. CALL BILLY KING AT 675-6578.

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

ADDRESS CORRECTION REQUESTED

Roger & Beth Nott
2335 Stephens Circle
Gainesville, GA 30506



The EDDY LINE

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DEADLINE for the next newsletter is the 15th. Send material to Gary DeBacher, CRM, 1441 Clifton Rd, Atlanta, GA 30322. Please type border-to-border (zero margins) with indented paragraphs, and don't skip a line between paragraphs. This saves valuable space. Good, high quality photos, cartoons, artwork, and clippings of general interest to the paddling community are also welcome.

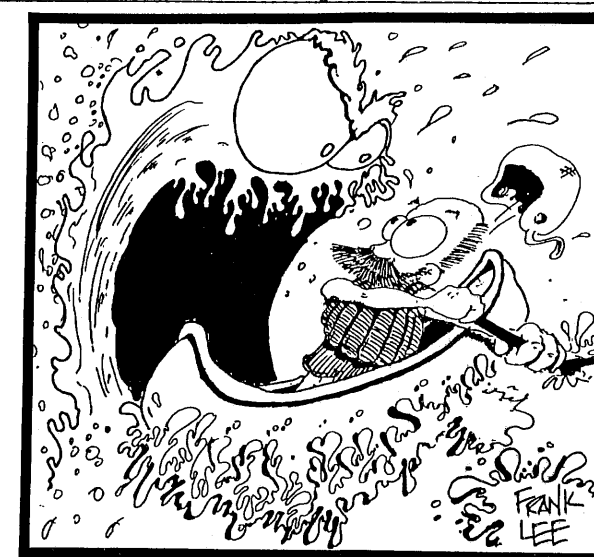
ADDRESS CHANGES, SUBSCRIPTION PROBLEMS AND MEMBERSHIP INQUIRIES: send to GCA, PO Box 7023, Atlanta, GA 30357, attn. membership chairperson. NEXT EXECUTIVE BOARD MEETING WILL BE THE FIRST THURSDAY OF THE MONTH AT 7:30 PM, at the Ida Williams Branch Library, 269 Buckhead Ave NE, Atlanta (near the intersection of Roswell, Peachtree & Paces Ferry Rds). Members and interested persons are invited to attend. If you wish to submit any matters for discussion or vote, call the president (Andy Warshaw, 478-2104) so he can plan time on the agenda.

- | | | | | |
|---------|--|-------------------------|------------------|--------------|
| Aug. 30 | Wild Card | 2-3, intermediate | Nancy Barker | 874-8897 |
| | Okefenokee | day trip | Jimmy Gunter | W:928-2082 |
| 31 | " | " " | " " | " " |
| | Wild Card | 2-3 | Chet Wright | W:331-3488 |
| | French Broad | 3+, experienced interm. | Bill Smith (704) | 622-3381 |
| Sept. 1 | Ichetucknee, Fla. | Clear with deep springs | Jimmy Gunter | W:928-2082 |
| | Ocoee | 3-4, very advanced | Jerry Holladay | 688-1842 |
| 6 | Cartecay | 2-3, intermediate | Lee Miles | 487-8362 |
| | Chattooga 3 | 3-4, advanced | Mark Levine | 926-8683 |
| 7 | Etowah | 1-2, trained beginner | Dick Hurd | 394-4919 |
| | Chattooga 2 | 1-2, tr. beginner | Jimmy Gunter | 928-2082 (W) |
| | Wild Card | 2-3, intermediate | Laura Jordon | 233-7294 |
| 13 | Upper Hooch | 2-3, intermediate | Dave Bowman | 923-0954 |
| | Chattooga 4 | 3-5, very advanced | Roger Nott | 1-536-6923 |
| 14 | Paddle or Hike | 1-2, easy | Don Langford | 1-324-3007 |
| | Wild Card | 2-3, intermediate | Ben Fouts | 1-523-3523 |
| 20 | Hiwassee (or hike | Little River Canyon) | Carol Mercer | 373-6683 |
| | Chattooga 3 | 2+, easy intermediate | Louis Jacobs | 633-3452 |
| | Ocoee | 3-4, advanced | David Ashley | 498-7462 |
| 21 | Nacoochee or hike | Little River Canyon | Jimmy Gunter | 928-2082 (W) |
| | Wild Card | 2-3, intermediate | Ben Maxwell | 953-3972 |
| | Wilder Card | 3+ | Emily Hitchcock | 874-6167 |
| 27-28 | Gauley River Festival | | Nolan Whitesell | 325-5330 |
| | Gauley | 4-6, expert but crazy | Dick Wright | 349-3919 |
| | Youghiogheny | 3-4+, very advanced | Jimmy Gunter | 928-2082 (W) |
| 27 | Etowah | 1-2, tr. beginner | Bill Dean | 428-1682 |
| | Coosawattee | 2+, easy intermediate | Gwen Bergen | 377-2970 |
| | Nantahala | 2-3+, intermediate | Ed Schultz | 266-3734 |
| 28 | Chattooga 2 | 1-2, trained beginner | Jim Silavent | 587-1172 |
| | Cartecay | 2-3, intermediate | John Pinyerd | 993-3678 |
| | Pick a Card | 2-3, intermediate | | |
| Oct. 3 | VOTE AND BLOAT AT THE GENERAL MEMBERSHIP MEETING— ATLANTA WATERWORKS LODGE | | | |
| 4 | Nantahala | 2-3+, interm. | John Berry | 451-3443 |
| 5 | Cartecay | 2-3, intermediate | Dick Hurd | 394-4919 |
| | Any Card | 3+ | John de Castro | 525-4737 |

Rolling practice Tuesdays 5-8PM Stone Mountain lake. Call Laura Jordon for details, 233-7294. Metro Hooch on weekday evenings— call Gary DeBacher, 634-4651.

***** MARK YOUR CALENDARS! GCA GENERAL MEMBERSHIP MEETING FRIDAY OCTOBER 3, 7 PM, ATLANTA WATERWORKS LODGE *****

The meeting will start with the usual potluck supper. Bring a main dish and a salad or dessert, enough to share. Bring a serving spoon if needed; plastic tableware and paper plates will be provided, as will non-alcoholic beverages. ELECTION OF OFFICERS will be followed by movies and slides of bodacious rivers. To find the Lodge, first locate Bishop, an east-west connector between Northside Drive and Howell Mill Rd. From Bishop, turn north on Reservoir Drive, which dead-ends at the Lodge. Park where you see the cars with boats on them. Don't park opposite the residences on Green Street or you might get towed. -Ed.



MR. EDITOR: I AM SENDING THIS ILLUSTRATION AS A LIGHTHEARTED REMINDER THAT FALL IS MATING SEASON FOR MANY SPECIES OF WAVES FOUND IN SOUTHEASTERN RIVERS. DURING THIS PERIOD, MATING WAVES CAN BECOME EXTREMELY AGGRESSIVE WITH LITTLE OR NO WARNING AND ARE CAPABLE OF SWALLOWING OPEN BOATS LIKE THEY WERE VITAMIN E CAPSULES.

Gee, Frank, can we encourage them by scattering vitamin E over the waters??



"Then, gentlemen, it is the consensus of this meeting that we say nothing, do nothing, and hope it all blows over before our next meeting."

TIME LIMIT

OLD CRUISERS

(This is the first of what we hope will be an occasional series of gleanings from past issues of the CRUISER. This one was taken from the May, 1971, CRUISER. It was taken in turn from WILDWATER SPLASHES, the organ of the West Virginia Wildwater Association. Dr Davidson is well-known to many veteran CCAers, having co-authored one of the early guidebooks to paddling in West Virginia.)

Canoe for Your Life?

In the past several years there has been widespread publicity and public acceptance of the beneficial effects of conditioning exercises as a deterrent to the development or progression of coronary artery disease. Thousands have started jogging, cycling and swimming. Perhaps some canoeists have tried to justify their paddling activities as being healthful exercise. Nothing could be less true. Paddling is the antithesis of beneficial exercise.

To begin with, the prerequisite for all wild-water paddlers is that they be in borderline states of psychiatric compensation. Paddling only partially maintains the patient's tenuous hold on reality as a very weak brace. Abandoning the hopeless psyche of the canoeist, the physical problems associated with paddling are enough to bankrupt a pre-paid medical plan.

Many paddlers build and repair their own equipment with resultant epoxy contact dermatitis, fiberglass itch and glass sander's silicosis.

The paddler loses sleep arising at ungodly times to travel for hours over ice-encrusted surfaces on the worst highways. If he is not maimed on the way to the river, his chances for an accident are increased by several orders of magnitude on the return trip when he is fatigued and brandied.

During the entire trip to the put-in and during most of the paddling, he is suffering the detrimental effects of anxiety. Adrenaline is pumping through his veins, increasing his heart beat and blood pressure, as well as increasing his blood sugar and lipids, both of which lead to arteriosclerosis.

CHATTOOGA 5 FALLS HIKE - ON THE GEORGIA SIDE.....LAURA JORDON

YES, IT CAN BE DONE.....WHEN THE RIVER'S LOW, ANYWAY. RICHARD LOWTHER AND I STOOD ON THE ROCK AT CORKSCREW, AWESTRUCK AT THE SIGHT OF A BUTTERWORTH DRAGON-BOAT RUNNING NEATLY AROUND THE PULSATING WAVE AT 0.8. WE WERE SCRATCHED AND TIRED, BUT WE HAD MADE IT FROM THE CAR TO CORKSCREW IN ABOUT 45 MINUTES, WITHOUT THE AGONIZING STEEPNESS OF THE POSSUM CREEK TRAIL. FROM THE CAR TO THE RIVER WAS A GENTLE SLOPE, ABOUT THE LENGTH AND GRADE OF EARL'S FORD TRAIL. FROM THE RIVER DOWN TO 5 FALLS, THERE IS NOT REALLY A TRAIL; WE HAD TO ROCK-HOP. AT ONE POINT WE HAD TO SCALE A SMALL VERTICAL CLIFF. SOMEONE HAD LEFT A YELLOW CLIMBING ROPE TIED TO A TREE, AND IT HELD US.

RICHARD'S NOT MUCH OF A HIKER, BUT WHEN BOB STRIGGOW SAID THE BEST FISHING ON THE CHATTOOGA WAS AT 5 FALLS, HE WAS READY TO GO SEE. WE DID SPOT SOME SIZEABLE BASS AND TROUT IN THE CALM POOL ABOVE 5 FALLS.

I WOULD SUGGEST SNEAKERS, RATHER THAN HIKING BOOTS OR RIVER SHOES. YOU HAVE TO SCALE SOME STEEP ROCKS AND DIRT BANKS, BUT IF THE WATER IS ANY HIGHER YOU MIGHT HAVE TO WADE. ALSO INVALUABLE WAS A HIKING STICK WITH A FORK AT THE END THAT I COULD USE AS A HOOK. I COULD HOOK IT AROUND A RHODODENDRON BUSH AND PULL MYSELF UP THE HILL. I WOULDN'T TRY TO CARRY A COOLER OR ANYTHING CUMBERSOME, BUT A SMALL BACKPACK WOULD WORK FINE.

DIRECTIONS: FROM TALLULAH FALLS, GO NORTH ON US 441 ABOUT 3 MILES. TURN RIGHT ON COUNTY ROAD 70, WHICH HAS A SIGN THAT SAYS 'CAMP CREEK CHURCH'. FOLLOW COUNTY ROAD 70 (CAMP CREEK ROAD) ABOUT 1 MILE. ANOTHER DIRT ROAD COMES IN FROM THE LEFT; YOU BEAR TO THE RIGHT. SHORTLY, DOWN IN A HOLLOW, YOU WILL SEE A SMALL 2-FOOT STONE WALL ON EITHER SIDE OF THE ROAD. AT THE TOP OF THE HILL AFTER THIS ARE 2 MAILBOXES ON THE LEFT. TURN LEFT BEFORE THE MAILBOXES. THIS IS THE 'WATER GAUGE ROAD'. FOLLOW IT APPROX. 6 MILES. WHEN IT FORKS, TAKE THE MOST-TRAVELED ROUTE. IT DEAD-ENDS IN A PARKING AREA, AND YOU HIKE THE TRAIL A SHORT DISTANCE TO THE RIVER. 5 FALLS IS DOWNSTREAM FROM HERE.

IN RAINY SEASON THE WATER GAUGE ROAD HAS A FEW MUD HOLES; BE PREPARED FOR GETTING STUCK. IN WARM WEATHER THERE IS A LOT OF POISON IVY ALONG THE RIVER.

FOR SALE: Jeti Grande. White. Great condition. \$400. 353-7443 Athens.

TAX WRITE OFF! Non-Profit Organization needs kayaks and equipment for instruction. Donations or low price. Have tax numbers. Please contact David Tillis at Anneewakee School, 522-1628 from 9 AM to 7 PM.

When he arrives at the river, he cramps himself into his cockpit in a most unphysiologic position, predisposing himself to neuritis and phlebitis. Often his skin is subject to fungal infections and folliculitis by being encased in sweaty black rubber long johns.

The activity of paddling per se is of little physical benefit. It is mostly upper extremity exercise which does not involve large enough masses of muscle to encourage cardiovascular conditioning. It only results in strained ligaments, stiff muscles and occasionally dislocated shoulders as infrequent and unpredictable stresses occur during flip-avoiding braces.

When the brace does fail, the paddler is punished by having his elbow, head or face whacked by boulders. If he is able to scramble out of his boat before it folds around him over a rock, he bounces his gluteus to a pulp or raises grapefruit-sized hematomas on his shins.

The paddler traumatizes his palms into big bleeding blisters. His fingers are lacerated into minute steaks by those spicules of fiberglass and resin that hide somewhere in the recesses of his boat to spring forth a la James Bond only at the times of those emergency grabs. He is exposed to direct and reflected sun, the skin-drying effect of water, chapping cold, wind-burn, and chilling alternating with over-heating.

In the water he is steeped in microbes waiting to invade his integrity with such goodies as leptospirosis, hepatitis, amoebic encephalitis, pansinusitis and salmonellosis.

When and if the paddler reaches the take-out point, he then begins his few minutes of exercise for the day. He jerks, cleans and presses his 100 pounds of equipment and lurches 300 feet straight up an overgrown landslide-covered mountain to his car -- a sure prescription to unmask any latent problem, whether it be a slipped disc, a budding inguinal hernia or a narrowed coronary artery.

Thus is laid to rest the myth regarding the beneficial effects of wildwater canoeing.

Paul Davidson, MD

Helena, MT- A new law passed by the Montana Legislature and signed by the Governor in 1985 has, for the time being, settled the issue of how recreational boaters can access streams in the state of Montana.

The law states that rivers and streams capable of recreational use may be so used by the public regardless of streambed or streambank ownership. It also states that certain activities, such as overnight camping or big game hunting, require landowner permission regardless of whether those activities take place between the ordinary high water mark.

While the public now is entitled by law to use the streams of Montana for recreational purposes, they can not trespass on private property to enter the stream. They must receive permission to cross private property or find a public access site to enter the stream.

Copies of the new law can be obtained by sending a request to the : Montana Legislative Council, Room 138, Capitol Building, Helena, MT 59620, or call (406) 444-3064. The Montana Department of Fish, Wildlife, and Parks has also published a convenient brochure that summarizes the new law; contact (406) 444-2535 for a copy.

OZARK NATIONAL SCENIC RIVERWAYS REVISITED July 7, 1986 Mike Kelly

In the Southeastern portion of the State of Missouri flows one of the premier floating rivers in the nation--the Current River, the major arm of the Ozark National Scenic Riverways. If you are addicted to whitewater, this is not for you. If, however, you love fast clean water, beautiful scenery, huge natural springs, incredible wildlife, pristine secluded camp sites, excellent public facilities, then this is the place.

On July 7 my wife Brenda and I revisited the "Current". We put in at Akers Ferry public access point at 1:00 PM that day and began a float trip we will never forget. We were in our one year old "Old Town Tripper" and it is the perfect boat for the trip, stable and dry. We were outfitted for a 4-5 day trip and we had no deadline or schedule to meet. Our trip would take us from Akers Ferry to Big Spring State Park, a distance of 90 miles. It is the easiest 90 miles you can imagine. This river runs fast so the paddling is "light" at most. I kept the Tripper's nose pointed downstream and my wife relaxed a good bit of the time. We made camp the first evening on a gravel bar, as this lessens the insect problem you encounter if you camp on the bank. We had a good escape route in case of unexpected river rise. I mentioned the river is fast, we made almost 30 miles that first afternoon. (Brenda called the trip an endurance race.)

Missouri is aluminum boat country. Ozark streams are gravel bottom rivers, so hang-up boulders are rare; therefore aluminum boats work great. We saw one other ABS boat, also an Old Town Tripper, everything else had rivets, a keel, and went boom-boom on the bottom.

I mentioned wildlife: otters, beaver, small mouth bass, trout, red tail hawks, blue herons, snowy egrets, king fishers, horned owls, and bullfrogs as big as paint buckets, at least they sounded that big.

Missouri is also jon-boat country. These are jet powered jon-boats used by professional fishing guides. They are on the river with you, but those guys are "pro's" and they respect a canoeist's limitations in terms of vulnerability.

Our second night on the river was spent across river from a sheer rock wall. The water "pooled" between the wall and our campsite. We grilled steaks, drank some beer, and swam in the river after dark. When the sun went down, that river water got cold, but a welcome change from the air temperature encountered during the day. Missouri in July gets extremely hot. (The recent heat wave in Atlanta is a common condition in the Ozarks in July.) We took plenty to drink, and we needed all we took.

We finished our trip at 3:00 PM on Wednesday, July 9. We had made the 90 miles--dry, no spills along the way. This was our second trip together in the Current River and we will do it again.

The Current River is a masterpiece of nature. Words, at least my words, can't do it justice. It has to be experienced first hand. I recommend to anyone who enjoys nature at her finest--125 miles of gin clear water; the Ozark Mountains covered in oak, hickory, and sycamore; clean fresh air; and quiet, quiet, quiet.

Detailed information on this river system can be obtained by writing to Ozark National Scenic Riverways, P. O. Box 490, Van Buren, Missouri, 63965.

We recommend it and you'll love it!

MOUNTAIN CABIN FOR SALE

Blairsville, Union County, one bedroom, with bunkroom, screened porch, and deck, approximately 1/3 acre 100 ft. from private lake commonly owned, pleasant view, approximately 52 miles to Nantahala, 38 miles to Ocoee, \$20,000.00, Jerry Holladay 688-1842

WHITEWATER RETREAT. Secluded year-round house for sale. Seven miles from the NOC- Nantahala Gorge. Two bedrooms, bath, dining area, slate-floored living room with large stone fireplace, south facing with large windows and sun! Spring water, easy access, 2 acres, two outbuildings, garden spot. \$39,900. David Dauphine', 2113 Clearwater Dr., Marietta, 977-9547.

For Rent: Spacious three bedroom (sleeps nine comfortably) two bath mountain house. Fully equipped kitchen. Deck and beautiful view. Sixteen miles from NOC \$175.00/week. call Barney or Sherry Spurr for information at 404-4618760