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GEORGIA CANOEING ASSOCIATION INC.

# The EDDY LINE

POST OFFICE BOX 7023 • ATLANTA, GA 30357

VOLUME 29 NO. 1 (404)421-9729 January 1994

**Another New Direction**

## Monthly Meetings Become Part of New GCA Agenda

Starting this month, the GCA will have regular monthly General Membership Meetings. These meetings will be social in nature, with entertainment programs and opportunities to meet and mix with other GCA members. This program is one of several recommended by the GCA Planning Committee to better serve the needs of the membership, and is being spearheaded by our able Social Director, Karla Bowman.

The meetings will be at 7:30 p.m. at the First Baptist Church of Decatur Recreation Hall (on Clairmont Rd. in Decatur) on the third Thursday of each month, with exceptions due to holidays, etc., published in the Eddy Line. So MARK YOUR CALENDAR NOW for the rest of the year! Remember, these are social meetings, and Club business will be limited to brief announcements (and the Fall Elections in October). So come out every third Thursday and see what your fellow paddlers look like with their (non-paddling) clothes on.

The January 20th meeting will feature a slide show by Stewart Stokes on his (and several other GCA notables') recent trip down the Grand Canyon of the Colorado. Stewart is an excellent amateur photographer, and has done many shows for the Sierra Club and the GCA. This show promises to be very special.

If you have ideas for future entertainment programs for these meetings, we'd love to hear them. Please contact Karla at 923-0954 and let's talk. We are also continually looking for better or more convenient locations for meetings. Contact Karla with your ideas in this area also.

Remember, January 20, 1994 — BE THERE, OR BE SQUARE!!!

## WHY DO WE DO THIS?

"It is difficult to find in life any event which so effectually condenses intense nervous sensation into the shortest possible space of time as does the work of shooting, or running, an immense rapid. There is no toil, no heart breaking labour about it, but as much coolness, dexterity, and skill as man can throw into the work of hand, eye, and head; knowledge of when to strike and how to do it; knowledge of water and rock, and of the one hundred combinations which rock and water can assume — for these two things, rock and water, taken in the abstract, fail as completely to convey any idea of their fierce embracings in the throes of a rapid as the fire burning quietly in a drawing-room fireplace fails to convey the idea of a house wrapped and sheeted in flames."

*— Sir William Francis Butler (1872)*

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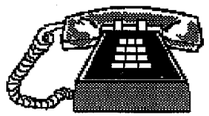
## Who Ya Gonna Call?



The following list is provided for your convenience:

**For general information about the club** - Call the club telephone number, 421-9729, and leave a message. Someone will get back to you.

**To volunteer to help with club business** - Call President Evelyn Hopkins at 875-2574 or contact the committee chairperson for your area of interest.

**For information on payment of dues or membership status** - Call Treasurer Ed Schultz at 266-3734.

**To sign up for a club trip** - Call the trip coordinator at the number listed on the trip calendar.

**To sign up to lead a club trip** - Call Cruisemaster Louie Reynolds at 404-227-0039.

**For change of address or for Eddy Line subscription information** - Call Ed Schultz at 266-3734 or David Newbern at 373-2464.

**If you didn't receive your Eddy Line** - Call Ed Schultz at 266-3734 or David Newbern at 373-2464.

**For information on GCA clinics** - Call the clinic coordinator listed on the clinic schedule, or call Canoe Training Director Sherry Spurr at 461-8760, or Kayak Training Director John Bell at 404-345-5504.

**For information on roll practice** - Call Roll Practice Coordinator Scott Bellue at 441-0008 (H) or 913-3696 (W).

**For information on placing want ads in the Eddy Line** - Call Newsletter Editor Allen Hedden at 426-4318, or see "To place an ad" in the Want Ad section of the Eddy Line.

**For information on commercial ads** - Call Advertising Director Barry Hahn at 252-9538.

**For water level information** - Call the number for the particular river listed in the back of the GCA Directory, or call the TVA Water Resources Line at 800-238-2264, or call Go With The Flow at 992-3200. ✂

## Board Meetings

Georgia Canoeing Association Board of Directors meetings are held on the first Thursday of each month. All members are encouraged to attend. The meetings are held at the Atlanta Jewish Community Center on Peachtree Street at Brookwood Station beginning at 7:30 P.M. Ask at the front desk for the room location, as it varies from month to month. If you have an item for discussion, please call President Evelyn Hopkins at 875-2574 so she can add your item to the agenda. Attending Board meetings is a great way to become more involved with the GCA. ✂

### GCA Officers

| | |
|---|---|
| President | Evelyn Hopkins |
| Vice President | Stewart Stokes |
| Secretary | Mark Guin |
| Treasurer | Ed Schultz |
| Cruisemaster | Louie Reynolds |
| Newsletter Editor | Allen Hedden |
| Membership Director | David Newbern |
| Kayak Training Director | John Bell |
| Canoe Training Director | Sherry Spurr |

## Submitting EDDY LINE Material

Deadline for material to be submitted for publication in the next EDDY LINE is the fifth of the month, i.e., for the January issue, material should be submitted no later than December fifth. The editor must receive all articles, trip reports and classified ads by the deadline or they WILL NOT be published in the next issue. If you have access to a computer, please submit articles or trip reports on a 5-1/4 or 3-1/2 inch IBM/DOS formatted disk as an ASCII file labeled with a ".txt" file extension, or as a text file on a 3-1/2 inch high density MacIntosh formatted disk, and include a printed copy (Disks will be returned only if specifically requested). We can also accept Word Perfect version 5.0, 5.1, and 5.2, and Microsoft Word for Windows files in IBM/DOS format, as well as some other word processing program files. Contact Newsletter Editor Allen Hedden at 426-4318 for specifics. TO SUBMIT ARTICLES VIA MODEM, Call Allen at 426-4318 for instructions. Our modem supports most transmission speeds and protocols. All classified ads will be run for two months unless otherwise requested. Send all material to: Allen Hedden, 2923 Piedmont Drive, Marietta, Ga. 30066. Hand-written or phoned in material CANNOT be accepted. Your cooperation is deeply appreciated.

THE EDDY LINE is a publication of the Georgia Canoeing Association, Inc. Views and opinions expressed in articles and editorials are those of the writer and do not necessarily represent the official views and policies of the club. Articles and trip reports are edited only for grammar, punctuation, spelling, vulgar or obscene language, and to fit in allocated space. No substantive changes are made in any material published herein. THE EDDY LINE is not copyrighted, and all material published herein and not individually designated as copyrighted may freely be copied, reprinted, republished or otherwise disseminated to any other paddling organization. Credit is appreciated. ✂



# CLASSIFIED ADS

**TO PLACE AN AD** - Want ads are free to dues-paid GCA members. Send your type-written ad to: Allen Hedden, 2923 Piedmont Dr., Marietta, Ga. 30066. NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.

**FOR SALE** - Cabin, McCaysville, GA (Fannin County) - Fast Runnin' Creek Log cabin on the bank of 40' wide creek. Relax to the natural sound of rushing water! 2BR, 1 bath, kitchen, stone fireplace, furnished. Covered porch, deck, patio w/ large grille, fire pit w/ benches. Level lot, security gate. 10 minutes to Ocoee River rafting. $59K 0B0. 404-889-6154.

**FOR SALE** - Canoe, Mohawk XL-12, outfitted with air bags & Perception molded saddle. 2 years old, good condition, $475. Bill Kirby, 404-948-7914 (H).

**FOR SALE** - Canoe, Whitesell Piranha with ultralight bags and light saddle. Good shape. $595. C-1, Perception Gyromax, neutral color, new flotation, spray skirt, saddle and outfitting. $295.00. WIll consider trading either of these boats for Dagger Legend. 205-773-4378.

**FOR SALE** - Canoe, 1993 Whitesell Piranha. Excellent condition, fully outfitted. Perception saddle and new bags. $895 or best offer. 706-674-2315.

**FOR SALE** - Canoe, Mohawk XL 13, equipped with yellow nylon air bags, foot pegs, thigh straps, and ethafoam saddle. Teal color. ONLY USED TWICE. Bought new last year. $600.00. Call (706)353-1737 in Athens after 5:30 pm.

**FOR SALE/TRADE** - Canoe, Dagger Genesis, w/Grand Canyon saddle, Voyager bags, excellent - $875.00; Dagger Interlude w/cane seats(3), excellent - $725.00. Trade for Mad River Explorer or wood / canvas. Call Jim Nivens 404-531-9369.

**FOR SALE** - Yakima kayak cradles and straps to carry your boat safely and easily on any Yakima rack. Still in box - never used. Retail cost $100, sell $50 obo. Patagonia paddling jacket - grey, ladies medium, $20. PRECOR stair stepper - excellent condition - cost over $300, sell $100 obo. Kitty - 885-3193 (w), 624-1050 (h).

**HELP WANTED** - Yes, the GCA needs your help. We need volunteers to serve on committees, label and mail newsletters, etc. Call 421-9729 and leave a message.

**STOLEN BOAT** - Kayak, yellow Lazer stolen from rack at Go With The Flow on April 9 - locking cable cut. "For Instruction Only" stamped in hull. Serial no. WSP00022E989B (located under rear grab loop). If you have any information on this boat, please contact the Roswell Police Department, or call Mark Brown at Go With The Flow 992-3200, or Elaine Jensen at 404-479-6209. REWARD.

**WANTED** - Blue Hole OCA Canoe. Mint or excellent condition. Black, Cream or Green. NO RED BOATS. Cash. Call 706-674-2315. Ask for Leigh.

**WANTED** - Looking for places to hold social events for club that will hold 50-150 people. Call Karla Bowman with ideas at 923-0954.

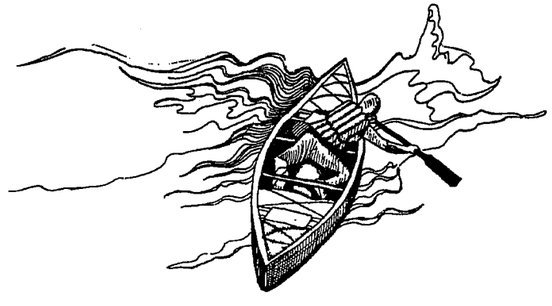
of jabs at an invisible punching bag, take a few deep breaths while memorizing my line, and then set my mind with determination and focus on the task ahead. No fear, no thoughts, just becoming one with the river and gliding across its surface.

On many of the more difficult rapids I've run, I have not even bothered to set up safety. This sounds crazy, but if I feel like I'm going to need it, then I'm not sure of myself and should walk. This is not to say that I never set up safety. Some rapids, no matter how sure and how good you are, are simply too dangerous to allow for such bravado. But you've got to be nuts to run those anyway.

Fear, and its product adrenaline, is what drives us, whether it's in small doses on playful waves or severe doses on dangerous drops. And successfully coping with it is what makes a technically perfect boater better. You just have to learn to identify it, address it and conquer it.

And the only way to do this is to put yourself in the same situation Rusty was in as he peeled out of the eddy.

*- Reprinted from PADDLER, April 1993, pp. 76-77.* ✂



follows, paddling as hard as he can as he squints at the haystacks ahead. But he doesn't make it that far. His worst fears are confirmed as he misses his roll and swims the entire rapid.

Whether you're rafting, kayaking, or canoeing, and whether you're a hair boater or a beginner, technique will only get you so far. The rest is all in the mind. How you cope with fear is often the missing ingredient that can help propel you to the next level of boating. If two boaters are the exact same ability, handling fear correctly makes one the better paddler.

Take a floating log, for instance, crashing down the most insane river you can imagine. It has no technique or special tricks. But it also has no fear. It simply follows the flow of the river. And most of the time it comes out unscathed. So why is it that an intelligent individual with $2,000 worth of the latest high-tech equipment can't do the same thing as a log?

Simple: The log kept a positive frame of mind. Compare that to Rusty, who was convinced he wouldn't make it before he even broke out of the eddy. Granted, the log has no idea what it is getting into. And that's what makes it tough for paddlers.

Among many top-level paddlers, there is a point where you are no longer really challenging the river, but your fear. Some things are technically unrunnable. That doesn't mean they can't be run. It just means that, like the log, you'll be mostly out of control and will go where the river takes you. And you can only hope that you'll end up where you want to.

For the most part, confronting and coping with fear is the only difference between two advanced paddlers when one walks and one decides to run a certain drop.

After having run at flood levels what is normally considered a hard run on South Carolina's Chattooga River -- which was now positively insane -- a friend who opted out of the experience later told me, "The difference between you and Russ is that you control your fear and Russ has no fear."

No matter what your ability, controlling fear will help determine how quickly you will advance. And this is a technique in itself. People deal with fear differently. The same wave of adrenaline that pushes you to do something makes the next person catatonic. Above a scary drop, I've seen some rafting customers dig their blades in harder and others break into tears.

More often than not it is the fear of the unknown. If you are uncertain what it is you are scared of, then there is no logical combatant for the fear. But there's also the fear of the known: Looking at a small hole and remembering a previous trashing in a much larger one; an innocent eddy line bringing back memories of being spun around endlessly in a whirlpool; or a wave like the one that flipped you right above a bad hole. In this case, the facts and reasoning often get distorted by emotion.

In order to successfully cope with your fear, then, first you have to identify it. There are two basic types: psychological, or fear of the unknown, is the most common. Anyone who has ever taught a beginner has seen this in its most basic form. Paralyzed with fear, the aspiring paddler looks down a wide open, deep river with a few 10-inch waves. Ask them what it is exactly that they're afraid of, and they'll point firmly ahead and say, "That!" But what they're really afraid of is a flipping.

This is really the fear of oneself; of the imminent shortcoming you have suddenly predicted, basing your assumption on nothing. How many times have you walked a rapid because the line is flanked by two huge holes, even though it is a straight shot with plenty of room for error? A Class I move with Class VI consequences on each side. Technically, you can do it, and have in fact done harder moves many times. You can't pinpoint what it is about the rapid that distresses you, but you're scared anyway.

The only way to deal with this is to analyze the rapid from a spectator's point of view. Of course, that's easy to do if you're not the one who has to run it. But you should ask yourself, how hard is the line and can I do it easily? If so, why am I scared?

The other, and more easily dealt with type, is fear of the technical difficulty of the move. Can I make the move? Forget the danger and just ask yourself if you can do it. Yes, except that one rather difficult move above a bad strainer. That's why I'm scared. If you can't make the move, then the fear of the consequences is legitimate. If you can make the move easily, no matter how bad your entry is, then go for it. When you come out at the bottom, you'll feel great about yourself, and that's how you progress.

Among most of the upper-end boaters, fear is a little more channeled and composed. Its cause is analyzed and its validity determined. The symptoms are then subsequently dealt with.

And they must be. You cannot be halfway down a rapid and still be semi-paralyzed with fear. I'll often be very scared at the top of the rapid, knowing the factor for error is low and the consequences high. My arms are limp, breathing is hard and my body tense. Sometimes during the scouting I get tired, and even yawn. especially if I look at a rapid too long. (Which I no longer do -- make up your mind within the minute. You can do it or you can't. Then either start getting ready or start walking.)

But before breaking out of the eddy, I'll take a couple



# UPCOMING ACTIVITIES

**January**

| | | | | |
|---|---|---|---|---|
| 1 | Cartecay CHILI RUN | Class 2-3 Intermediate | Jay Srymanske | 706-635-2726 |
| 2 | Nantahala | Class 2-3 Intermediate | Michael Collier | 404-967-2158 |
| 3 | Roll Practice | Draper Boys' & Girls' Club | Scott Bellue | 441-0008 |
| 6 | Board of Directors Meeting -- Members Invited | | Atlanta Jewish Community Center | |
| 8 | Locust Fork | Class 2-3 Intermediate | Ron Hardy | 205-820-7473 |
| 8 | Flint (Exploration) | Class 1-2+ Trained Beginner | Jim Patsios | 404-477-9747 |
| 9 | Leaders Choice | Class 3-4+ Advanced | Ron Hardy | 205-820-7473 |
| 10 | Roll Practice | Draper Boys' & Girls' Club | Scott Bellue | 441-0008 |
| 15 | Flint (Exploration) | Class 1-2 Trained Beginner | Jim Patsios | 404-477-9747 |
| 15 | Chattooga Section 3-1/2 | Class 3-4+ Advanced | Adrian Freeman | 404-995-9023 |
| 17 | Roll Practice | Draper Boys' & Girls' Club | Scott Bellue | 441-0008 |
| 20 | Club Membership Meeting -- Entertainment -- Fun!! | | Karla Bowman | 923-0954 |
| 22 | Flint (Exploration) | Class 1-2 Trained Beginner | Jim Patsios | 404-477-9747 |
| 22 | Upper Tallulah | Class 1-2 Trained Beginner | Roger Nott | 404-536-6923 |
| 24 | Roll Practice | Draper Boys' & Girls' Club | Scott Bellue | 441-0008 |
| 29 | Flint (Exploration) | Class 1-2 Trained Beginner | Jim Patsios | 404-477-9747 |
| 29 | Hickory Creek Trail Day Hike - Easy to moderate | | John Lucas | 404-287-8204 |
| 30 | Lower Amicalola | Class 3-4 Advanced | Louie Reynolds | 404-227-0039 |
| 31 | Roll Practice | Draper Boys' & Girls' Club | Scott Bellue | 441-0008 |

**February**

| | | | | |
|---|---|---|---|---|
| 3 | Board of Directors Meeting -- Members Invited | | Atlanta Jewish Community Center | |
| 5 | Locust Fork | Class 2-3 Intermediate | Ron Hardy | 205-820-7473 |
| 6 | Leader's Choice | Class 3-4 Advanced | Ron Hardy | 205-820-7473 |
| 7 | Roll Practice | Draper Boys' & Girls' Club | Scott Bellue | 441-0008 |
| 14 | Roll Practice | Draper Boys' & Girls' Club | Scott Bellue | 441-0008 |
| 17 | Club Membership Meeting -- Entertainment -- Fun!! | | Karla Bowman | 923-0954 |
| 25-27 | Cumberland Island - limit 12-15 people - call early! | | John Lucas | 404-287-8204 |

**To volunteer to lead flat water trips, call Phillip Warren at 751-7123.**

**FOR INFORMATION ON CURRENT WATER LEVELS OR IMPROMPTU TRIPS:** Call John Upchurch or Mark Brown of Go With The Flow at 992-3200.

**TO VOLUNTEER TO LEAD TRIPS**: Call the Cruisemaster Louie Reynolds at 404-227-0039. 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.

## From the Boardroom

**Highlights of the December 2, 1993, Board of Directors meeting are not available in their entirety because of technical difficulties (Aren't computers grand?).**

- One major highlight of the meeting was a presentation by Miera Crawford of the U.S. Forest Service on the results of the Environmental Impact Study of the '96 Olympic Venue on the Ocoee River, and a video promoting the changes that will come about as a result of the Olympic planning there. ("Ocoee" is from the Cherokee, meaning "Place of the River People". Appropriate, isn't it?)
- Treasurer Ed Schultz gave the financial report. We are solvent, and renewals are coming in at the new rate, bolstering our financial position.
- Membership Director Dave Newbern reported that membership as of the end of November is at 1114 individual and family memberships, slightly ahead of last year.
- Social Director Karla Bowman submitted a proposal for regular monthly Club meetings, for entertainment and social purposes, to be held the third Thursday of each month, beginning in January. The proposal was unanimously adopted.
- River Access Chair David Cox reported that the trial date for the Armuchee Creek case has once again been postponed, and a possible result was that we may get a jury trial after all.
- Governmental Affairs Director Dan MacIntyre gave an update of what is happening on the legislative front with the DNR legislative package. See the insert in this month's Eddy Line for more information.

That's about all your Editor can put together from memory. Perhaps next month we can get our computers to talk to each other and get a more complete synopsis of what went on at the January meeting.

### Announcements

## CPR and First Aid Classes Scheduled

**by Oreon Mann**

A CPR Certification Clinic has been scheduled for Monday, February 7, 1994, and First Aid Certification for Wednesday, February 9. The cost will be $18 for either clinic, or $35 for both. Remember, you don't take these clinics for yourself, you take them for the people you are with. If you would feel more comfortable on trips with a lot of CPR and First Aid certified paddlers, then take the lead and get certified yourself — you know everyone else feels the same way. These skills are a must for trip coordinators, but every paddler, and every outdoor person, needs them.

For further information, contact:

Oreon Mann
351 Sinclair Avenue
Atlanta, Georgia 30307

Phone 522-3469

**DUES ARE DUE -- PLEASE RENEW!!!**

### Library Update

## New Video Tapes Available!

Roscoe Sharpe has recently donated Solo Playboating! by Kent Ford to our library, and Steve Bordonaro has donated Southern Fried Creekin' and Grace Under Pressure. Thank these fellow members for their support of our video library the next time you see them. Thanks to their support, we now have over 15 tapes in our library.

**Southern Fried Creekin'**

This is an outrageous look at kayaking and open boating on the South's steep creeks. The video comes with the following disclaimer: "This is not intended as a guide to, or a promotion of, the paddling of the streams shown. Much of the white water in this video is life threatening." The folks at Gentry Video Productions don't have to worry about a crowd of new boaters rushing to these creeks. Most paddlers will be happy if this video is as close as they ever come to this kind of white water. The boaters include Forrest Callaway, Stan Crane, Doug Wellman, Kent Wigington, Russ Kullmar, Susan Gentry, David Simpson and Nolan Whitesell.

These boaters launch themselves off giant drops and pull off unbelievable moves. It is truly cutting-edge stuff. It all starts on Overflow Creek, with a gradient of 400 feet per mile, before going on to the Tellico, Watauga and



The recent rains had run off some. The river was greenish, fairly clear, and seemed to be at a medium level, surely no more than 3000 cfs. The surrounding canyon walls were rocky, patched with conifers. Flatter areas were grassy, scattered with sage. Once on the water, carried by the swift current, I wished I had my kayak. The only way to stretch out a swift, short run like this is to turn upstream and ferry back and forth to hit the play spots. In my pokey C-boat, I paddled like crazy and still got washed past the action.

The waves, as usual, were a lot bigger than they looked from the road, and though this run was technically much easier than Oregon's Clackamas or Washington's White Salmon, I found it more unsettling. I get plenty of practice at steep, technical runs in Georgia, but I never see big, long waves in the east except up on the New in WV.

The "name" rapids were no special problem, so I concentrated on mastering the big waves in the runout. By the time I was getting the hang of it, the run was almost over. When I reached the take out, El offered to take me back upstream for another shot, but I said no. It was afternoon, time to hit the road.

The Yellowstone, 678 undammed miles long, is said to be the longest free-flowing U.S. river outside Alaska. The bodacious rapids inside the Park cannot be run legally. Frequent rapids are seen only in the upper sections down through Yankee Jim Canyon. The rest of the run is a "float" with good current, some riffles and minor rapids, and open scenery. We often saw the Yellowstone as we drove across Montana to Billings; we then drove south over the hump, past the Little Bighorn, to Sheridan. That was it for western white water.

To advertise a possibility, I would still like to run Bear Trap on the Madison, and there are other runs north and west of Yellowstone. We can drive out there in 2 1/2 days, just in time for a quick run on Yankee Jim to shake the kinks out. Think about it....

## Paddling Heuristics

**Heuristic** \hyu-'ris-tik\ *adj* [G *heuristisch*, fr. NL *heuristicus*, fr. GK *heuristkein* to discover]: providing aid or direction in the solution of a problem, but otherwise unjustified or incapable of justification.
Or.... Rules of thumb that, although apparently perverse, are often true.

The key to paddling is confidence. Once you can fake that, you've got it made.
The duration of the surf is inversly proportionate to the number of people watching.
Royalex can be molded into intricate shapes, but only by a river.
It's easy to roll, except when you need to.
You never turn over where you should.
It's better to speculate on how bad a swim could be than to have to describe how bad it was.
A raft is just a portable undercut.
It's better to carry around than to have to be carried out.
A Z-drag is a complex and effective system for breaking ropes.
By the time you get back to the boat, you've forgotten everything important about the rapid you just scouted.
Experienced paddlers always under-rate rapids, except when they are writing guidebooks, in which case they overrate them.
Advice is always suspect until validated by your own mistakes.
If you're not scared, you're not having enough fun.
- *Adapted from an article by DeWitt Beeler in the Chota Canoe Club newsletter.*

## Coping With Fear

**by Coran Addison**

Jerry is an old hand at this. He slaps on his decaying helmet, checks the duct tape on his paddle and pulls his tattered spray skirt over the cockpit.

Sitting next to him in the eddy is Rusty. He has been paddling for two seasons now, and is quite competent. But his face is ashen and he lets out a heavy sigh of resignation. He has run this stretch many times, but now the water is higher. And although the line is easier than at lower levels, he is still uncertain. Finally he nods at Jerry.

Jerry backs out of the eddy and floats idly over the smooth pour-over. Without even dipping his paddle, he rocks easily through to the end of the rapid.

Leaning downstream, exaggerating every step, Rusty

## Lewis and Clark Slept Here

***or the author seeks liquid gold and settles for Yellowstone***

**by Gary DeBacher**

We left Portland the way we came, by the Columbia Gorge, but left the Oregon Trail to turn NE, over the wheat-covered hills and down to the Snake at Lewiston, Idaho. Then we had a beautiful highway drive along the Clearwater, a big, open, class 1-2 river, which looked like an outstanding tandem float. In waning sun, we turned east into the mountains and up the Lochsa, just glancing at the fabled Selway along the way. We made camp at dusk in moonlight.

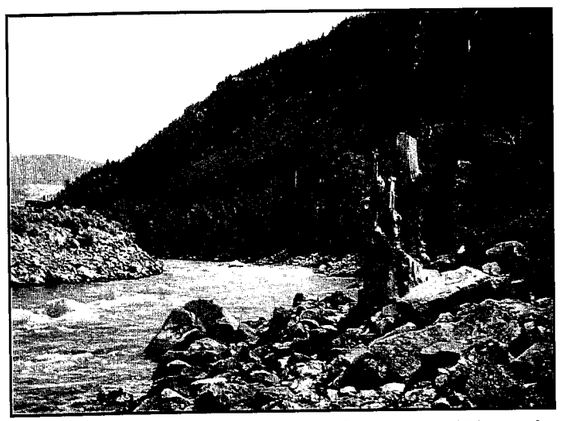
The Lochsa is one of the outstanding roadside rivers in the west, with miles and miles of class 2-3-4-5 rapids. Other than the road and some USFS campgrounds, the Lochsa canyon is unspoiled. We found just enough water to run, but again, no one to run with, other than a Florida couple with a damaged rubber ducky. Scouting the lower Lochsa, I saw at least one rapid, Lochsa Falls, which I was very reluctant to run alone, so I had to pass it up.

We visited a hot spring, and then drove over Lolo Pass and into Montana. We had been seeing "Lewis and Clark slept here" signs all the way from the Columbia Gorge, and they had been here also, having crashed through the woods near the Lochsa. A trout fisherman on Lolo Creek said that the Yellowstone area had received over six inches of rain recently, welcome news in rain-starved 1992.

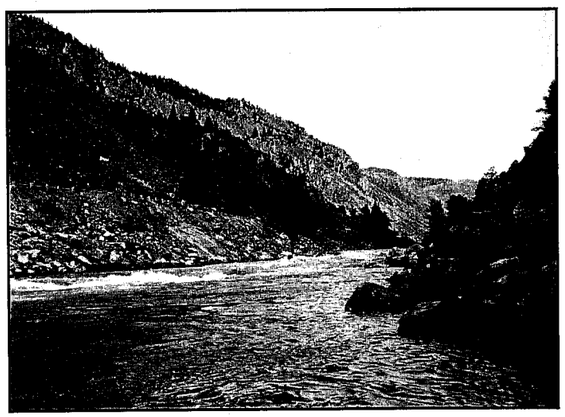
We drove through Missoula, passing up a shot at Clark Fork Gorge, and angled down on I-90 toward Yellowstone. Late in the day we got to the Madison, where I hoped to run Bear Trap Canyon, a ten mile, 40 ft. gradient run through a wilderness area. Bear Trap has been called the best single run in Montana for its balance of scenery and action. Bear Trap has only three class 3s and one class 5, Kitchen Sink, which from pictures looks like a giant Jawbone. But when we got to the put-in, there was no sign of other paddlers, and the Madison was at the upper end of the "safe" range, 2700 cfs. At 1500, I might have run it solo. That recent rain put Bear Trap out of my reach.

We camped upstream along the Madison, and the next day followed it upstream into Yellowstone Park. Yellowstone trees are so skinny and runty that the extensive fire damage didn't affect me the way it would in the giant Oregon forests. We saw some geysers and some elk, the usual stuff, and then turned north out of the park to what would be an afternoon consolation run, Yankee Jim Canyon on the Yellowstone River.

"Yankee Jim" was a 19th century entrepreneur who maintained a stretch of toll road serving early tourists on their way to what would become Yellowstone Park. The canyon named after him is not very narrow, but it compresses the Yellowstone River just enough to add some big waves and holes to what is otherwise a non-threatening float boat river. The Yankee Jim run is less than four miles long. There are just three "name" rapids, Boat-eater, Big Rock, and Boxcar, which do not exceed class 3 at normal flows. These didn't look bad from the highway, so I hit the water from a roadside put-in.



Roadside rapids on the Yellowstone River in Montana. *- Photo by Gary Debacher.*



Yankee Jim Canyon on the Yellowstone River in Montana. *- Photo by Gary DeBacher.*



Horsepasture rivers. The video then takes you on a wild ride with Wigington and Kullmar, who do a series of runs that get bigger and bigger. It culminates with their first descent of 50 foot Coon Dog Falls.

The quality of some of the footage is marginal, with some scenes dark or out of focus. But the content more than makes up for it. Besides, you have to give photographer Wayne Gentry credit: he obviously had to kayak into these inaccessible gorges with just a small hand-held camera.

Gentry is doing a great job of documenting today's cutting-edge white water paddlers. It shows us how far the sport has come and makes one wonder what could possibly come next.

**Grace Under Pressure**

**Solo Playboating! By Kent Ford**

Inspiring instructional video with World Champion Kent Ford. This fast-paced video reveals the techniques and unlocks the secrets of fun surfing and easy playing. Helps intermediate white water solo paddlers move up to the advanced level. Advanced stroke techniques, as well as rolling and bracing, are demonstrated and explained. Terrific white water action shots from the American, Nantahala, and Gauley rivers. Features great paddlers: Mark Clarke, Bunny Johns, Steve Scarborough, David Simpson, and Nolan Whitesell. 37 Minutes.

**Other Video Tapes Available:**

Expedition Earth - Bio Bio in Chile - Nolan Whitesell
Canoes by Whitesell - Nolan Whitesell
Ultimate Canoe (Niagara Gorge & Other Rivers) - Nolan Whitesell
First Descents (North Fork Payette) - Nolan Whitesell
Only Nolan (Canoe Technique) - Nolan Whitesell
Path of the paddle: Quietwater - By Bill Mason
Path of the Paddle: Whitewater - By Bill Mason
Kayak Handling - The Basic Strokes - Richard Fox
A Second Helping - A Review of Kayak Basics - NOC
River Rescue - The Video - Anne Ford & Les Bechdal

## Canoe Ogeechee River

**Canoeing trip on the beautiful Ogeechee River in southeast Georgia. Scenic and exciting! We have a great time. Equipment and transportation can be furnished. February 11-13. For information on this and other trips, contact Jim Owens at:**

**Providence Outdoor Recreation Center**
**13440 Providence Park Drive**
**Alpharetta, Georgia, 30201**
**Phone 740-2419.**

**These trips are not sponsored by the GCA, but by the Fulton County Parks and Recreation Department. There is a small fee involved to defray the cost of equipment and transportation.**

## WANTED: Ocoee Double-Header Safety Team Members

We are seeking experienced boaters for capable on-shore and/or boat safety for slalom races and wild water reces for the Ocoee Double-Header to be held on Saturday and Sunday, April 2 and 3, 1994. Kayakers, C-1, and OC boaters, as well as on shore rope safety, are needed. We are looking to build a team of 24 people. We will organize and train prior to the races in order to provide effective safety response for racers.

To sign up or receive more information, call Adrian Freeman at 995-9023.

## In Memory Of Jason Allgood

Jason Allgood was a member of the Camp Kiwanis Leadership Development program. Jason assisted in or taught: Canoeing, Swimming, Orienteering, Volleyball, Soccer, Archery, Mountain Biking, Campcraft, Fishing, and new games. He won Camp Kiwanis' L.I.N.K. of the Year Award for 1993.

Jason's family and friends have established a memorial fund at Camp Kiwanis. The fund will be used to expand our White Water program and to build a Leadership Development Learning Center at the camp. Anyone wishing to make a donation of equipment or money, please call Mike Miller at 527-7100 or 371-1897.

## New Committee Chairs for 1994 Announced

The following committee chair appointments have been announced by GCA President Evelyn Hopkins. As you can see, we still need some volunteers for important Club positions. If you are interested in any of these positions, contact Ev at 875-2574.

| | |
|---|---|
| American Canoe Assn Rep | Oreon Mann |
| Advertising | Barry Hahn |
| American Whitewater Assn Rep | Andy Warshaw |
| Directory Editor | Mark Levine |
| Environmental | Carol Mercer |
| Exploration | Roger Nott |
| Flat Water | Volunteer needed |
| Fundraising for river access | VOLUNTEERS URGENTLY NEEDED |
| Governmental Relations | Dan MacIntyre |
| Librarian | Walter Howard |
| Publicity | Volunteer needed |
| Racemaster | Mary Trauner |
| River Access | David Cox |
| River Cleanup | Volunteer needed |
| Rolling Practice | Scott Bellue |
| Social Events | Karla Bowman |
| Storekeeper | Dave Newbern |

## 1994 FINLANDIA Vodka Clean Water Challenge

In 1993 Finlandia Vodka and the American Canoe Association redefined paddlesports with the inaugural running of the FINLANDIA Vodka Clean Water Challenge. For 1994, the world's longest and most demanding kayak race returns as an international event open to athletes from around the world.

1994's FINLANDIA will start in Chicago on June 29 and end in New York City on July 29. The course will cover 1200 kilometers on the open waters of the Great Lakes, the Erie Canal and the tidal Hudson River.

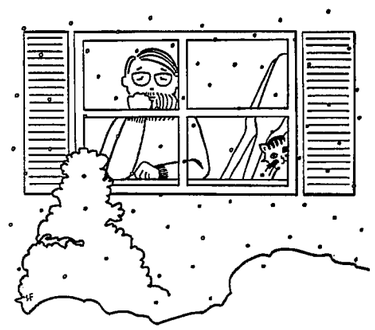
The 1994 FINLANDIA Vodka Clean Water Challenge will offer a total cash purse of not less than $75,000 (US), which will make it one of the richest paddlesports events in history. We welcome and encourage your partcipation in this experience. Space is limited. For more information contact: FINLANDIA Clean Water Challenge, American Canoe Association, 7432 Alban Station Blvd., Suite B-226, Springfield, VA 22150. Ph: 703-451-0141

## January

It's all water, this falling snow
However still it looks
This glacial mortuary
Is springtime's dancing brooks

The January skies recharge
The waters I canoe
The shadows of the snowbound hills
Are deep and secret blue

There hides, in every mounding drift
In every diamond flake
The sparkle on some summer stream
The surge upon some lake



Poem - Larry Evanson
Illustration - Lois Foell

*Happy New Year!!!*



crossed up, hit a rock and swam. He managed to keep his paddle and boat with him and climbed up on a rock below the ledge drop that is half way through this rapid on river left. As it turned out, he was in an ideal location for safety for the rest of us.

Fortunately, we didn't need him, as we all made the eddy on river left before peeling out to run the ledge drop. Gary and John ran their OC's over the final big drop against the bank on river right, while I followed Jack down a new route for me down the river left route.

Everything else we ran pretty much as we do at lower levels except for Rooster Tail. Normally I run it on river right, down a slide just off the bank through a small hole. I noticed all three before me had run down the normally rocky center route. As I approached to the right, Gary signalled me to move left.... far left. So I ferried over to the center and ran on through. I quickly looked over to my initially intended route to see a pretty nasty hole I was more than happy to avoid.

With the water up, the long paddle out was made much easier. Gary and I talked of friends who have died too soon (for him, Joe Grimm) and how fragile life is. He helped me, and hopefully I helped him deal with our loss. It was another great day on the river.

## How to Make Your Senators and State Representatives Work for You: Five Easy Steps

**1. Find out who to contact.**

Everyone has two legislators on the state level, a state senator and a state representative. Legislators are responsible primarily to constituents living in their district. To find out who your legislators are, call the election commission in your home county.

**2. Meet your legislator face-to-face.**

This is by far the best way to communicate with your legislators. Best times usually are Thursday afternoons to Monday mornings. The steps:

(A) Make an appointment a week advance.
(B) Go to the meeting with a clear strategy, a plan, questions and answers needed.
(C) Prepare and summarize key points.

**3. Write your legislator.**

(A) Handwritten letters have the most impact. Form letters have little impact. The steps:
(B) Spell the legislator's name correctly.
(C) Greet with "Dear Senator _____ " or "Dear Representative _____ "
(D) State your purpose up front ("please vote yes on . . .").
(E) Identify yourself as a constituent.
(F) Don't just complain. Provide suggestions also.
(G) Limit your letter to one page.
(H) Ask the official to contact you.
(I) Sign your letter and print your name beneath your signature.

**4. Phone your legislator.**

This can be effective if you don't have time for a letter. You can be connected to your legislator's office by calling the General Assembly.

(A) Although you'll probably speak to an assistant, request that your call or message be relayed directly to the legislator.
(B) Identify yourself as a registered voter in his/her district. Give your name and address.
(C) If you are calling about a specific piece of legislation, identify the bill by title, number and sponsor.
(D) Briefly state your position and explain what you want.
(E) Ask for the legislator's view on the issue. Obtain a commitment if possible.

**5. Remember**

(A) Be prepared.
(B) Be specific.
(C) Be brief.
(D) Be personable — don't argue.
(E) Ask for a commitment.

IT'S UP TO YOU!

*- From the TSRA Newsletter.*

## RAPID REVIEW

**The Top Ten Excuses for Getting Creamed in a Rapid:**

10. I didn't think a wave could DO that.
9. When you yelled "Look out!" you wrecked my concentration.
8. Well.... I just don't remember.
7. I was wondering if those girls were watching.
6. My boat didn't work.
5. I was following the guy in front of me when he suddenly disappeared.
4. Hey, anybody can paddle down a rapid -- try swimming one sometime, dammit.
3. My arthritis suddenly flared up.
2. By the time I got to where I thought I was, I suddenly realized I was someplace else.
1. I went to see Superman III last night, and well, things just got out of hand.

*- From the Atlanta Whitewater Club newsletter.*

to the Chattooga's most beautiful and rugged section, The Canyon of Five Falls.

Our crew consisted of Paul and Albert Smith, Gene Strain, Claudia Kaye (she drove up from Florida), Rick and Mary Percy, Jan and Anne Toslosky, Heide Eisle, Doug Walker, Celeste Quinn, Dave Skelhorn, Nathan Freeman, and me.

We headed down the trail around 10:30 a.m., rain speaking to us so gently in the leaves in the large Oak trees above us. I have always enjoyed hearing rain hitting the leaves of the trees. As they dry out in the Fall, the sounds are more pronounced.

We made our way down to 'Possum Creek. This is a beautiful area with the most unbecoming name. In fact, I vote we change its name to something like Three Falls Creek. 'Possum Creek just doesn't do justice to an area with a three tier waterfall totaling sixty feet. By working one's way down to the creek through the thick Rhododendron, one can see a spectacular sight looking back up at the falls. In fact, the July issue of Paddler Magazine has a picture of 'Possum Creek Falls in its Snapshot section.

From here we moved parallel to the creek all the way to the river. Along the river's sand bank we regrouped and counted heads. Some of us changed into river shoes before beginning the rest of our trek to The Five Falls area.

Thus far our trail had been clear and relatively easy. Now the trail was more obscure and difficult. The best way was often rock-hopping along the bank of the river, at times making one's way up into the forrest then back down again. This area is very treacherous even on a dry day, much less a rainy one. One slip can mean a fall into the river, or injury. We made our way past Ambush Rock, past Shoulder Bone Rapid and finally to the lower rapid of our destination, Sock em Dog.

The water level was only 0.6. This dramatically changed the look of this area. The river gauge is located near the highway 76 bridge where the river is wide. We were at one of the narrowest parts of the Chattooga, where a foot on the gauge equates to somewhere between two to three feet in river depth. So with the river a foot lower at the gauge than I have ever seen, the effect at Five Falls was drastic. This gave me a new look at the area and the rock formations. Sock em Dog had lost its left sock, Left Crack had no water, Jawbone and Corkscrew continue their challenge to the white water boater.

We made our way along the river bank to within about 30 yards of Entrance Rapid. Even the virtually continuous rain failed to dampen the spirits of this crew, fully intent on enjoying themselves. We ate lunch, watched commercial raft companies and their guests come through. We investigated rocks and pot holes, and remembered tales of horror we had heard about this area.

As we settled in , the rain began to take its toll on us. When we stopped walking, moving, and scrambling over rocks, a chill set in. The request came down the line to begin moving back out to the next regrouping area at the convergence of 'Possum Creek and the Chattooga.

Some of us lingered behind. It is a hard place to leave. I stood there envisioning my house perched on the side of the mountain overlooking all of this. Claudia suggested I use the log in Right Crack in my house. But we all agreed we are very thankful man can't ruin this river by building all over it. It would be our luck some guy would buy land on both sides of the river and then claim we couldn't come through. (If only man's wisdom had come sooner for other rivers.)

Trekking back to 'Possum Creek, we again counted heads and headed back up the trail. Everyone took their time looking, enjoying 'Possum Creek, the Rhododendron, the ferns, and the color in the Fall leaves. The warm rain began to lighten up. At times we forgot it was even coming down.

As we finished our journey, I heard Mary make a great slide into home plate as she tried to negotiate the last red clay berm at the head of the trail. It was very slippery. With only a few minor falls, we all made it out safely.

Many thanks to my fellow hikers for their spirit and love of the outdoors, for their cooperation, and most of all for doing it all safely. Let's do it again next year!

## Lower Amicalola

**by Adrian Freeman**

November 27, 1993. A good rain came right after Thanksgiving. I was wanting to get away to do some thinking. A good friend of mine was killed the Tuesday before in a traffic accident. I was still trying to work this all out.

I called Gary Latham (OC-1) who loves the Lower Amicalola. He was going along with John Baker (OC-1), from Lawrenceville, and Jack Weems, a former GCA President. Jack was trying out a new response. I was trying out a new Corsica Matrix.

When John got to the river it was 1.8. I arrived about 30 minutes later to a level of 1.7. When we paddled past the gauge it was 1.5. When we returned after our run the level was 1.2.

At Edge of the World the run was the same as usual.... only more water and more powerful currents than my previous high run of 1.1. Gary went first. He planned to set up safety ropes. Unbeknownst to us, he got



## From the Editor

**by Allen Hedden**

Something I've been thinking about lately... We sure could use a "Letters to the Editor" column. I occasionally get letters, but not of the kind that would be suitable for publication in a family oriented newsletter! It would be nice to see some more participation by the Club's members in the content of the Eddy Line, and letters to the editor would be a good way to do it.

So, if you have a complement, an opinion, a comment, a suggestion, a funny river story, or (Heaven forbid) even a complaint about the Club, the Eddy Line, the Club's activities, or any thing else of possible interest to say, jot me a line or two (but try to keep it clean), drop it in the mail, and I will publish it. Who knows, maybe we can get some interesting dialogue going on subjects of interest to the paddling community. I will even depart from established policy and accept hand-written letters, as long as I can decipher them.

Let's hear what's on your mind, what's going well with the Club, what can be improved, what can be added to the Club's agenda to better serve the needs of the members, comments on articles run in the Eddy Line, almost anything! Send your letters to:

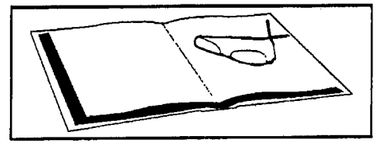
Allen Hedden, Editor
The Eddy Line
2923 Piedmont Drive
Marietta Georgia 30066

Looking forward to hearing from you!!!

**Book Review**

## The Basic Essentials of Rescue from the Backcountry

**by William C. Reeves (The Hawk)**



*The Basic Essentials of Rescue from the Backcountry by B. Tilton. ISC Books Inc. Merrillville, Indiana, 1990. ISBN 0-934802-69-6. 60 pages, $5.98, available through REI.*

If the early winter rains return, many of us plan serious paddling on Sections III & IV, the Little River, Snowbird, the Upper Upper Hooch and similar isolated runs. But, what happens when one of your group unasses his or her boat entering "Off the Wall", does a body-endo off that last cleaver rock, and can't complete the trip? The Basic Essentials of Rescue from the Backcountry provides a framework for this sort of situation and should be read by anyone who paddles serious white water. The book was written by Buck Tilton, Director of the Wilderness Medicine Institute and advisor to the Western States College's Mountain Rescue Team. It is inexpensive, concise and outlines essential knowledge about rescuing someone from the wilderness.

The book deals entirely with extraction technique. The seven chapters cover: Safety Systems - Planning to Avoid the Rescue; The Anatomy of a Rescue; Simple Self-Evacuation Techniques; Litters - Ambulances of the Backcountry; Packaging and Carrying; the Care and Feed of Littered Patients; and Special Rescues. Appendices summarize extraction related aspects of Searching, Signaling, and Surviving. The text is well written and illustrated. The author's underlying integrated theme of personal responsibility, common-sense planning, and self-rescue tie the book together.

Extraction is the last component of a complete emergency plan.

[1] Who are you paddling with on the trip? Who is in charge? What are the trip participants' unique skills and limitations?

[2] What are you taking with you? Are you, and your fellow paddlers, prepared for the worst possible conditions for that area at that time of year? Have you thought of clothing, shelter, food, medical supplies, and accessory gear?

[3] Where are you going? Check over topographic maps, mark high risk areas, escape routes, and the location of the nearest help.

[4] Finally, have you left a sufficiently detailed itinerary (including plan B) with someone who knows what to do if you don't come back?

Equally careful planning must occur after a victim has been rescued and becomes a patient. Tilton dedicated the entire second chapter to this transition period. "When the patient is stabilized, the time has come to sit down and have a chat with yourself and others in the party with whom you share leadership". Chaos may make it seem as if urgency is required, but 20 or 30 minutes to think things through almost always benefits even the most seriously injured patient (at minimum by allowing time to equilibrate). In any event, this time won't make an adverse

difference in the face of an extraction that requires hours (or days). Often someone who is badly shaken with a trivial injury can paddle out given a rest, change of cloths, campfire and food or water. If the person can't paddle, how will they get out (walk, ride in another boat, carried)?

If the patient must be carried, can (should) the group do it, or should you send for help? The decision whether to go for help or extract the patient yourself must provide safety with the greatest good being done for the greatest number. This specifically involves the well-being of the entire group with special attention to their body heat, hydration, and state of mind. It is almost always better to go for help than try to carry someone out in a make-shift litter. Tilton provides an excellent synopsis at the end of chapter 2 as to the basic components involved in sending for help.

**Safety**

## My Kingdom for a Rope!

**by Slim Ray**

Almost all of us have at least a passing familiarity with a rope and throw bag. Now let's talk about how to use them.

First, take care of your rope. Keep it (reasonably) clean and dry it out after use. Protect it from sunlight and harsh chemicals and DON'T step on it — this drives in abrasive particles which can cause trouble. Inspect your rope AT THE VERY LEAST once at the beginning of the season. Run it through your hands and look for worn or frayed spots. If your rope is starting to look bad, retire it. Minor flaws on the outside can hide big problems inside. Remember, you can replace the rope and continue using the old bag. All this goes double (maybe triple) if you plan to use the rope for mechanical haul systems!

Second, stow your rope properly. A common practice is to clip the bag in by the convenient loop on it's end, either in a kayak cockpit or hanging from a raft's D-ring. This usually isn't a good idea. If the mouth of the bag somehow opens, the rope spools out and can entangle someone.

A better solution (which I've seen on only one German bag) is to clip in on the mouth of the bag. That way gravity or current pulls the bag tight rather than open. When you stow your bag, think about what would happen if the bag were to come open.

Third, learn how to throw the bag and practice it! Too many people carry rescue gear they never learned to use. Rope throwing requires practice to stay proficient. Missing someone may be just funny on the Nantahala, but it is a potentially fatal mistake on a difficult river. Likewise, hold onto that rope! Carelessly losing a rope in the river is not only embarrassing and expensive, it creates a hazard for others.

Fourth, use an intelligent rescue strategy when setting up rope safety. Choose an eddy far enough downstream for a victim to surface or a kayaker to try a couple of rolls. Watch where the current is likely to carry a victim both before and after he grabs the rope. Back up rope throwers, and use safety in depth. BUT, too many rescuers can be better than none at all. How many times have you seen several people throw at once and tangle their ropes in midair, or worse, around a victim? Agree in advance who throws first and space rescuers far enough apart to avoid entanglement. Integrate ropes into a comprehensive strategy to include other forms of rescue, like safety boats.

Fifth, restuff the bag after the throw if time permits. It almost always does. The ropes in throw bags are designed to give their best performance when thrown in a bag, not a coil. Few people can equal the accuracy and distance of a bag with a coil. With practice, stuffing can be done very quickly, and seldom is the situation so tense that a coil is the only solution. Yet you commonly see people make one throw and then stand there, coils in hand, waiting. Why? Restuff the bag — it'll work better!

*- From "Messing About", newsletter of the Western Carolina Paddlers.*

**Training**

## Basic Skills: A Balanced Approach

**by Gordon Grant**

Don't the experts make it look easy? Carving out of eddy turns, or doing hands-only 360's in holes, they look relaxed in their boats, serene amidst the turbulence of white water. So why does it take so long to find that balance for ourselves?

Because we interfere with simplicity. We spend our time trying to develop some new "advanced" stroke and miss the obvious: expertise comes from executing the basics in all situations, and the most basic of basics is to stay balanced in your boat.

How? Here's a simple, inelegant answer: keep your head over your butt. Ah, but this message contains an elegant truth: if your head stays over your center and in the center of the boat, you stay in balance. Here are some exercises with which, beginner or advanced, you can improve your balance, and free yourself from a mistaken reliance on the paddle for support. On flat water — relax. Sit upright in your kayak. Wiggle the boat from side to side by lifting alternate knees. As long as you keep your head centered, note how much you can rock the boat up on edge without losing a sense of stability.

Practice the feel of lifting the boat up as high as possible, just to the balance point, first with the right knee and then the left. If you feel yourself losing balance, simply lift the knee you are falling towards and flop the boat down flat. This little drill sets up the proper response to instability; you regain balance by pulling the boat under you with your knees, rather than by slapping on the water with your paddle.

To prove my point about balance, try sitting upright again. This time move your head about eight inches to the left or right, over the edge of the boat. Can you feel gravity pulling you over further? Feel the instability, the water licking its lips in anticipation of your imminent head-first arrival. I rest my case.

On white water — find a spot where a jet of current runs into a pool -- a safe spot where you can experiment. Paddle out of the eddy at the angle you normally would take, but use your paddle only for power — not bracing. As your feet cross the eddy line, rotate your torso in the direction your are turning.

If you twist to the right, you naturally tend to pull up slightly with your left knee. Be aware of this pressure and increase or relax it depending on how much lift you need. Once your boat is fully out in the current and going the same speed as the water, you can relax pressure on the knee and set the boat down flat. Do this drill repeatedly, peeling out on both sides of the river to gain complete comfort with left and right knee lifts. Do you need to lean hard downstream? No. Rotate rather than lean. That will keep the boat under you.

All this seem too easy for you? Do it backwards! Still a breeze? Great! Get rid of the paddle. Repeated drills such as this will give you the balanced seat of the expert kayakers and set you up to learn all those dazzling hole riding maneuvers about which you've been fantasizing. Get going. Throw that crutch away!

*- Excerpted from "CANOE", July 1993.*

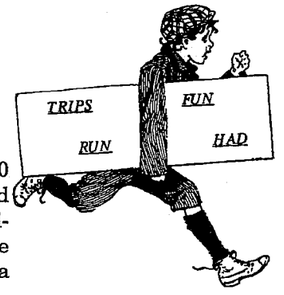
## Chattahoochee River -- GA 115 to Duncan Bridge Road

**by Nancy Barker.**

November 13, 1993. Temperature 70 degrees, skies partly cloudy, sunshine off and on, and this is November? Our dozen paddlers were blessed with a beautiful day. The river was low ( 1.2 feet), but we enjoyed a pleasant trip.

No one flipped, although I think all of us at one time or another had to deal with the "stuck on a rock" syndrome of low water. The leaves were still beautiful, even though they were past their peak.

Participants were Ken and Mary Sledge, Ron Becker, Jeff Engel, Charles Clark, and myself in open solo canoes. Adrian Freeman, Nathan Freeman, Nicolas Freeman, Nishan Fonseka, Inge Webb, and Cayenne Engel were in K-1's. The group thanks Jeff Engel for running shuttle and Adrian Freeman for running sweep. My thanks to everyone for making this an easy, pleasant trip to coordinate.




## 'Possum Creek Trail Hike

**By Adrian Freeman**

October 16, 1993. On the Monday before our planned hike, the weatherman said Saturday would be sunny and warm. On Wednesday he said it would be partly cloudy and warm. On Friday he expected scattered showers. On Saturday at 6:00 am he said there would be a 70% chance of rain. He was wrong. It was 100% chance of rain.

I got up Saturday morning wondering if anyone would show up. No one had called to cancel, so, my son Nathan and I drove to the Chattooga to await everyone else's decision on the trip.

While waiting, I debated whether to proceed with the hike or not. It had rained all the way up, and was pouring now. Would it be too slippery? Would someone fall and get hurt? Hypothermia might be a problem. The air temperature in the gorge can drop quickly and is always colder than at the top. A breeze could make it real tough when added to the rain and temperature. As the time grew closer, I was sure no one would show. And if they did, we would all ask each other, "Do we really want to do this?"

But nooooooooo. Boy was I wrong. Fourteen people showed up ready to hike without question in the rain. All were ready, willing, and able to have some fun hiking in