

## Winter Roll Practice

Indoor pool roll sessions begin the first Monday in January and run through the last Monday in March, with the exception of the MLK holiday. Plan to take advantage of this great service provided by your club. Whether you want to learn to roll, practice your roll to stay sharp, teach a fellow paddler to roll, or work on other techniques such as wet exits, hand rolls, deep water re-entries, etc., the indoor heated pool is THE best place to hone these skills in the middle of the winter. For details, see the announcement inside. ✂

## Next GCA Meeting

The next GCA meeting will be the Spring General Membership Meeting and Covered Dish Dinner scheduled to take place the third Friday in March (March 15) at 7:30 PM at the Garden Hills Community Center in Buckhead. Put the date on your calendar and plan to join us for an evening of great food, entertainment and fun. Bring a covered dish and/or a dessert, a good appetite and some good paddling tales to share.

To find the Garden Hills Community Center: From Peachtree Street, go east on East Wesley Road (8/10 mile south of the intersection of Peachtree and Roswell Road). Turn left on Rumson Road. Go about 100 yards to the first intersection and you will see the Community Center on the right.

See you there!! ✂

## GCA Spring Extravaganza

The 2002 GCA Spring Extravaganza is on schedule for Friday, Saturday and Sunday, April 12-14. The Extravaganza is a weekend of paddling and camping, featuring a catered dinner on Saturday evening, club sponsored trips on Saturday & Sunday, and the fine company of many, many GCA members. The event will be headquartered at the Diamond Lure Campground near Ellijay, traditional hosts for the event. See the flyer inside for details.

The GCA is still in dire need of a Recreation Committee Chair and a person or committee to plan for the Extravaganza and the Fall Gala Canoeing Affair. This is a great opportunity for you to give back something to the club in the form of creating a means for club members to get together for the social occasions that we all look forward to. If you can help out with this in any way, please contact Marvine Cole at 770.475.3022. We appreciate your help! ✂

**NOTICE:** The meeting location has changed for the Board of Directors meetings. Contact Marvine Cole at 770.475.3022 for location and directions.



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**HAPPY ST. VALENTINE'S DAY!!**



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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, 770.421.9729, and leave a message. Someone will get back to you.

**To volunteer to help with club activities** - Call President Marvine Cole at 770.475.3022 or contact the committee chairperson for your area of interest.

**For information on payment of dues or membership status** - Call Treasurer Ed Schultz at 404.266.3734.

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

**To sign up to lead a club trip** - Call Cruisemaster Mike Winchester at 770.319.8969.

**For change of address or for *Eddy Line* subscription**

**information** - Call Ed Schultz at 404.266.3734.

**If you didn't receive your *Eddy Line*** - Call Ed Schultz at 404.266.3734.

**For information on GCA clinics** - Call the clinic coordinator listed on the clinic schedule, or call Training Director Jim Albert at 770.414.1521.

**For information on winter roll practice** - Call Revel Freeman at 404.261.8572.

**For information on placing want ads in *The Eddy Line*** - Call Newsletter Editor Allen Hedden at 770.426.4318, or see "To place an ad" in the Want Ad section of *The Eddy Line*.

**For information on commercial ads** - Call Advertising Director Geoff Kohl at 404.457.3517 or Newsletter Editor Allen Hedden at 770.426.4318.

**For information on videos and books available from the GCA Library** - Call GCA Librarian Denise Colquitt at 770.854.6636. ✂

## Board of Directors Meetings

The Georgia Canoeing Association Board of Directors meetings are held on the first Thursday of even months (February, April, etc.) from 7:00 to 9:00 PM. The location has changed — call Marvine Cole 770.475.3022 for directions. All members are encouraged to attend. If you have an item for discussion, please call GCA President Marvine Cole at 770.475.3022 so she can add your item to the agenda. Attending Board meetings is a great way to become more involved with the GCA. ✂

### GCA Executive Committee

President .....	Marvine Cole
Vice President .....	Gina Johnson
Secretary .....	Lindsay Meeks
Treasurer .....	Ed Schultz
Member Services Chair .....	Mary Ann Pruitt
Recreation Chair .....	Vacant
Resource Development Chair .....	Cameron Pach
River Protection Chair .....	Julia Franks
Training Chair .....	Jim Albert

## 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 want ads by the deadline or they MAY NOT be published in the next issue. To submit material via EMAIL, send to [gacanoer@mindspring.com](mailto:gacanoer@mindspring.com). The text of an article can be placed in the body of a message, and photo images can be attached to the message as attached files. To submit material via COMPUTER DISK submit articles or trip reports on a 5-1/4 or 3-1/2 inch IBM/DOS formatted disk as an ASCII text 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 returned only if requested). To submit material via U.S. MAIL, send to: **Allen Hedden, 2923 Piedmont Drive, Marietta, GA 30066**. All classified ads will be run for two months unless otherwise requested. Hand-written or phoned in material CANNOT be accepted. Contact Newsletter Editor **Allen Hedden at 770.426.4318** for questions. Thanks for your cooperation. ✂

***The Eddy Line*** (USPS 017773), published monthly, is the official newsletter of the Georgia Canoeing Association, Inc., publication address: 3060 Pharr Court North, #315, Atlanta, GA 30305. Annual subscription price of \$20.00 is included in the \$25.00 membership dues. Periodicals postage paid at Atlanta, GA. POSTMASTER: Send address changes to *The Eddy Line*, c/o Georgia Canoeing Association, P.O. Box 7023, Atlanta, GA 30357. READERS: Send old and new addresses and an *Eddy Line* address label. Telephone 770.421.9729.

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## UPCOMING ACTIVITIES



### February

Jump Trip — Mathis Bypass Reach (Note 3)	Class 1-3 Intermediate	John Hudgens	706.675.0749
2 Chattooga Section IV	Class 3-4 Advanced	Scott McCorvey	770.921.5116
7 Board of Directors Meeting — Members Invited — New location.	Call Marvine Cole for directions	770.475.3022	
9 Upper Chattahoochee	Class 2-3 Intermediate	Debra Berry	404.320.6148
9 Nantahala	Class 2-3 Intermediate	Chuck Creekmore	770.995.5788
10 Upper Amicalola	Class 1-2 Trained Beginner	Edward Stockman	770.441.9767
16 Cartecay	Class 2-3 Intermediate	Brannen Proctor	770.664.7384
16 Nantahala (Note 1)	Class 2-3 Intermediate	Marvine Cole	770.475.3022
17 Upper Chestatee	Class 1-2 Trained Beginner	Roger Nott	770.536.6923
23 Upper Chattahoochee	Class 2-3 Intermediate	Becca Brown	404.634.5612
24 Leaders Choice	Class 2-3 Intermediate	Patrick Gourley	770.422.1689

### March

2 Nantahala (Note 1 & 2)	Class 2-3 Intermediate	Marvine Cole	770.475.3022
9 Broad	Class 1-2 Trained Beginner	Jeff Engel	706.548.5015
9 Upper Tellico	Class 3-4 Advanced	Louis Boulanger	404.394.2182
10 Cartecay	Class 2-3 Intermediate	Edward Stockman	770.441.9767
10 Middle Tellico	Class 2-3 Intermediate	Louis Boulanger	404.394.2182
15 Spring Meeting and Covered Dish Dinner — Garden Hills Community Center	Marvine Cole	770.475.3022	
23 Upper Chattoochee	Class 2-3 Intermediate	Brannen Proctor	770.664.7384
23 Nantahala	Class 2-3 Intermediate	Charlie McCoy	770.578.0404
30 Sweetwater Creek	Class 3-4 Advanced	David Holcomb	770.942.0549

### April

4 Board of Directors Meeting — Members Invited — New location.	Call Marvine Cole for directions	770.475.3022	
12-14 Spring Extravaganza — Camping, paddling, fun!! Diamond Lure Campground —	Marvine Cole	770.475.3022	

Note 1: Paddle with the Prez.

Note 2: Put in at Ferebee.

Note 3: Exploratory jump trip. Be ready to roll after a heavy rain. This is the Mathis Bypass Reach section of the Upper Tallulah which has no releases from the Mathis Dam. See the article in the January 2002 issue of the newsletter.

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**Signing Up:** Call the trip coordinator listed to sign up for trips. Call early in the week to ensure you get a spot on the trip, and in consideration for the coordinators, PLEASE avoid calling late in the evening.

**Training Trips** are a combination of recreation and training designed to attract those boaters who have completed a formal training clinic and would like some on-the-river time with instructors practicing what you learned in the clinic and expanding your skill level.

**To Volunteer To Lead Trips:** Call the Cruisemaster, Mike Winchester, at 770.319.8969. 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.

**Roll Practice:** Monday evenings from 7:00-9:00 PM January thru March at the Samuel L. Jones Boys' & Girls' Club pool. See announcement in this issue of *The Eddy Line*.

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## GCA Library Items

The GCA Library has many videotapes and books available to any GCA member. All you have to do is call GCA Librarian Denise Colquitt at 770.854.6636 to find out what is available. The cost is \$3.00 per tape or book for postage and handling.

Any / all donations or loans to the library are welcome. (Please, no bootleg video copies.) Send them to:

Denise Colquitt  
3794 Glenloch Road  
Franklin, GA 30217

The following items are currently available:

### Videos:

Canoes by Whitesell  
Cold, Wet & Alive  
Expedition Earth  
Faultline (Will Reeves)  
First Descents (North Fork Payette)  
Grace Under Pressure (learning the kayak roll)  
In the Surf  
Introduction to Canoeing  
Kayak Handling-The Basic Strokes  
Mohawk Canoes (promotional w/detailed boat outfitting instructions)  
Mohawk Whitewater Canoes (promotional w/ detailed outfitting instructions)  
Only Nolan (Promotional, Canoe Technique)  
Path of the Paddle: Quiet Water  
Path of the Paddle: White Water  
Performance Sea Kayaking (the basics & beyond)

Play Daze  
Retendo  
Solo Playboating!  
The C-1 Challenge  
Vortex -- low cost storm water sampler  
Waterwalker (Bill Mason)  
Whitewater Self Defense

### Books:

A Canoeing and Kayaking Guide to the Streams of Florida  
A Canoeing & Kayaking Guide to the Streams of Kentucky  
A Canoeing and Kayaking Guide to the Streams of Ohio, Vols I & II  
A Canoeing & Kayaking Guide to the Streams of Tennessee-Vol I & II  
A Hiking Guide to the Trails of Florida  
A Paddler's Guide to the Obed Emory Watershed  
ACA Canoeing & Kayaking Instructors Guide  
Alabama Canoe Rides  
AMC White Water Handbook  
American Red Cross Canoeing & Kayaking  
Arkansas information (assorted)  
Basic River Canoeing  
Brown's Guide to Georgia  
Buyer's Guide 1993 (Canoe Magazine)  
Buyer's Guide 1994 (Paddler Magazine)  
Buyer's Guide 1996 (Paddler Magazine)  
California Whitewater - A Guide to the Rivers  
Canoe Racing (Marathon & Down River)  
Canoeing Wild Rivers  
Carolina Whitewater (Western Carolina)  
Endangered Rivers & the Conservation Movement

Florida information (assorted)  
Georgia Mountains  
Idaho Whitewater  
Indiana Canoeing Guide  
Kentucky Wild Rivers  
Missouri Ozark Waterways  
Northern Georgia Canoe Guide  
Ohio County Maps & Recreational Guide  
Paddle America (Guide to trips & outfitters)  
Paddle to the Amazon - The World's Longest Canoe Trip  
Paddling SC-Palmetto State River Trails  
Path of the Paddle  
People Protecting Rivers  
Pole, paddle & Portage  
River Rescue  
River Safety Anthology  
River's End (Stories)  
Sea Kayaking Canada's West Coast  
Song of the Paddle  
Southeastern Whitewater  
Southern Georgia Canoeing  
The Georgia Conservancy Guide to the North  
The Lower Canyons of the Rio Grande  
The Mighty Mulberry-A Canoeing Guide  
They Shoot Canoes, Don't they?  
White Water Tales of Terror  
WhiteWaterTrips (British Columbia & Washington)  
Wildwater (Sierra Club Guide)  
WildwaterWestVirginia  
Youghiogheny-Appalachian River  
**Maps:**  
The Big S. Fork

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## Announcements

### GCA Email List

The GCA email list has at this printing about 300 subscribers. Thanks to Mike Kaplan and our friends at Kaplan Communications (an Internet Access Provider) for providing software and server space for the GCA email list.

Here's how the list works:

By sending an email to "gacanoeflipper.kapcom.com" you automatically reach all subscribers to the list with the message. Anyone can use the address — it's just another email address — and all subscribers will get the email. The list is an "open list", i.e., anyone can subscribe to it mechanically by sending an email to "majordomo@flipper.kapcom.com" and on the first line of the body of the message type:

subscribe gacanoeflipper.kapcom.com

You will receive a verification that you are subscribed and a welcome message with instructions on how



to unsubscribe and various other commands available through the service. Be sure to save this information for future reference.

All GCA announcements and forwarded email from other sources concerning new river access issues, late breaking news items of interest to the paddling community, etc., will be sent out via the GCA email list at gacanoeflipper.kapcom.com. If you want to receive any of this information, please subscribe to the list using the above instructions. Also, don't be shy about using the list to send out or to request information about paddling related topics, rivers you're interested in, etc.

By the way, should you change or lose your email ID, please take a minute to "unsubscribe" your old ID and/or to "subscribe" your new one. ✂

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## GCA Web Page

Check it out at <http://www.georgiacanoeflipper.org>. We are continually adding information and links of value to paddlers. Send your ideas for updates to Allen Sinquefeld by using the e-mail link for WebGuy at the site. ✂

### Need an Internet Service Provider?

If you plan to sign up with an internet service provider for the first time, or if you plan to change providers, and are considering Earthlink as your choice, you can do your paddling club a big favor. When you call to sign up, tell the Earthlink sales rep you were referred by Georgia Canoeing Association and we will receive a \$20.00 credit toward our monthly ISP subscription cost. You will need to give them the GCA email ID — gacano@mindspring.com — for us to receive the proper credit. Thanks for your help!

## Get *The Eddy Line* Via Email

*The Eddy Line* is available via email as a .pdf (portable document format) file. This format allows subscribers to view formatted text, graphics, page layout — virtually the entire *Eddy Line* — just as it appears in printed form. Plus you can see it at least a couple of weeks before the printed copy arrives via snail mail. You can also print out a paper copy of the .pdf file and it looks just like the snail mail copy (except most of the photos are in living color).

The .pdf version requires only Adobe Acrobat Reader (or some equivalent) software in order to view it. Acrobat Reader is usually present on most PCs running Windows operating systems, or can be downloaded for free from the Adobe web site at <http://www.adobe.com>.

To subscribe to the email version of *The Eddy Line*, send a request via snail mail to:

GCA  
c/o Ed Schultz, Treasurer  
3060 Pharr Court North #315  
Atlanta, GA 30305

Or you can email your request to Ed Schultz at [heloeddy@mindspring.com](mailto:heloeddy@mindspring.com).

Or on your annual renewal form, just check the block for the *Electronic Eddy Line* and INCLUDE YOUR EMAIL ADDRESS so we can send *The Eddy Line* to you electronically. ✂

## Mail Failure Notices

Since members are no longer charged for receiving the *Electronic Eddy Line*, we cannot bend over backward to ensure email addresses are kept up-to-date. If your email address comes back with a mail failure notice, you will be deleted from the recipient list for the *Electronic Eddy Line* until we get a request to be added back with a current email address.

Also, if we get a mail failure notice against an email ID on the GCA Email List, that ID will be unsubscribed. It is the subscriber's responsibility to maintain the subscription with the current email ID.

Your cooperation is appreciated — it makes less work for our volunteer staff. ✂

## Upcoming Events of Interest

February 9 — Locust Fork Invitational Canoe & Kayak Races — Cleveland, AL, Tim Rogers, 256.274.0006.

February 22-23, 2002 — National Paddling Film Festival — Lexington, KY, Dave Margavage, 502.867.0468(H), [dmargava@jngray.com](mailto:dmargava@jngray.com).

March 2-3 — Mulberry Fork Canoe & Kayak Races — Garden City, AL.

March 3 — 4th Annual Great Loxahatchee River Canoe and Kayak Race — Jupiter, FL, Rick Clegg, 561.747.9666, [rick@jupiteroutdoorcenter.com](mailto:rick@jupiteroutdoorcenter.com).

March 23 — Locust Fork Classic Canoe & Kayak Races — Cleveland, AL, Tim Rogers, 256.274.0006.

April 12-14 — GCA Spring Extravaganza — Diamond Lure Campground, Marvane Cole, 770.475.3022.

April 27-28 — Southeastern US Slalom & Wild Water Championship Races — Nantahala River, NC, Knox Worde, 770.475.3022, [playboatn@aol.com](mailto:playboatn@aol.com).

May 25 — Altamaha Wilderness Adventure Challenge — Hazelhurst, GA, Charlie Ford, 912.379.1371, [cjford@altamaha.net](mailto:cjford@altamaha.net).

July 23-27 — USACK Sprint National Championships — Lake Lanier Olympic Center, Gainesville, GA, Connie Hagler, 770.287.7888, [ConHagler@aol.com](mailto:ConHagler@aol.com).

August 6-10, 2003 — Lanier Canoe 2003 Sprint World Championships — Lake Lanier, Gainesville, GA, Connie Hagler, 770.287.7888, [ConHagler@aol.com](mailto:ConHagler@aol.com). ✂

## Winter Roll Practice

Joint GCA / AWC winter roll practice will return this January and will run through March. Our host once again is the Samuel L. Jones Boys & Girls Club, 450 East Lake Drive, Decatur, GA, 30030, Telephone: 404.378.8814. Sessions will run from 7:00 to 9:00 PM each Monday, except for the MLK Day holiday

Once again, the ACA carries our insurance for this event, and non-ACA members will be required to sign up for an ACA event membership at an additional cost of \$5.00 for the entire event (January thru March). This is in addition to the \$5.00 per session paid to defray pool rental expense. ACA members, have your ACA number available or pay for an event membership.

Revel Freeman is our Roll Practice Coordinator. If you have questions about roll practice, or would like to help, either with instruction or keeping track of money and waivers, call Revel at 404.261.8572. Your help would be greatly appreciated, and admission is free for volunteers.

**TO GET TO THE JONES CLUB POOL:** Go south on East Lake Drive from Ponce de Leon past the East Lake MARTA Station. Go about another 1/4 to 1/2 mile and you'll see a large brick building on the left set back a ways from the street (number 450). There is a driveway going in through the fence. Turn left. You are at the Jones Club building. The pool entrance is in the rear, but with boats to carry, it's much easier to go through the front door, through the basketball court, and into the pool room. Ask directions at the front desk.



**BE SURE YOUR BOAT IS CLEAN BEFORE YOU GET THERE.** Rinse out sand, river mud, leaves, old birds' nests or cobwebs. No hose is available at the door, so we must have clean boats when we arrive at the facility. The pool manager appreciates your cooperation in keeping the pool clean and the filter and heater operating. Also, the Club does not allow street shoes in the pool area.

**CAUTION:** As with most pools, the deck area around the pool is very slippery when wet, so be extremely careful while carrying boats in and out or walking around the pool area. No diving is allowed, and only roll practice participants, instructors and spotters are allowed in the pool during roll practice. ✂

## Thanks GCA, Revel & Rick!!

If you've been to roll practice this season, you've seen and probably used the new benches in the dressing rooms and pool deck area. These were donated to the Samuel L. Jones Boys' and Girls' Club by GCA and Revel Freeman.

GCA provided the funds and Revel rounded up the materials and built the benches, with assembly help from Rick Battaglia. Great job, guys! We owe you a debt of gratitude every time we use the dressing rooms! ✂

"When angry, count to four; when very angry, swear."

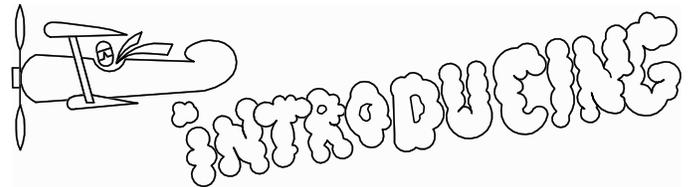
- Mark Twain, American author and humorist.

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### Canoe Instruction

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 Call Allen Hedden 770.426.4318  
 Email canoeist@mindspring.com



## Welcome New Members

The GCA would like to welcome the following new (and nearly new) members. New members are the life blood and the future of the club. Thank you for joining us!!

### October

- |                                   |                |
|-----------------------------------|----------------|
| Donna Braden                      | Ooltewah TN    |
| David & Cissy Bureau              | Loganville GA  |
| Robert Cook                       | Conyers GA     |
| Bill & Gulbin Gottlieb            | Atlanta GA     |
| Mary Ellen Griffin & Bob Hathcock | Bryson City NC |
| Jimmy & Lois McLean               | Pace FL        |

### November

- |                    |                  |
|--------------------|------------------|
| Ellery Burbank     | Marietta GA      |
| Andrea N. Franklin | Lawrenceville GA |
| Bob Lassetter      | Marietta GA      |
| James R. Poore     | Grayson GA       |
| Mike Reece         | Chattanooga TN   |
| Greg Wilson        | Atlanta GA ✂     |



## Hypothermia: A Year-round Concern

by Dick Hurd

The article on Wilderness Survival Tips in the November *Eddy Line* is a useful primer for anyone who ventures into the outdoors, though most of us would consider it unlikely we would get lost on a river. One topic not mentioned, but of significant importance to paddlers is hypothermia. My message is that hypothermia can happen at any time of the year, not just winter, and that every paddler has a personal responsibility to be prepared for self-rescue in the event it happens to him or her.

I have seen a number of paddlers on warm weather trips become chilled and start shivering. All it takes is a good swim in some cold water, or an overcast day and a steady rain, or a persistent wind, or all of the above. If you start shivering, your body is dialing '911', and immediate action is needed.

The usual remedy is to get into some dry clothes,



One of the clean-up trips on the Cartecay from 2001. As you can see, not a big turnout. We did accomplish a lot though. Participants were Edward Stockman, Diane Smith, Doug Ackerman, Marty Head and Bo (the dog).



maybe get a fire going, and warm up. That's fine if you are paddling in a group, but getting a fire going in a hurry is not always easy, especially if the wood is wet and it is raining. The problem is compounded if you are alone. You may start 'losing it' mentally and physically, and not recognize it. Time is of the essence.

Therefore, whenever you paddle, you should have with you a Hypothermia Rescue System. It isn't complicated. A polypro shirt and pants, a pullover hat, and a waterproof rain jacket and pants. That should be part of your routine gear anyway. To this you add the Hypothermia Greenhouse, an idea I learned years ago. You need a 50 gallon trash bag, a votive candle, and reliable matches or a lighter. Cut a hole in the end of the bag large enough to fit your head through.

Here is how it works. You are soaking wet and shivering. First, let others you are paddling with know you are in trouble. Then get to dry land and find a place sheltered from the wind. Remove your wet clothes — don't be modest — because they literally wick heat from your body. Put on the dry polypro, then kneel, squat, or sit Indian style, and place the bag over your body with only your head protruding. Put the hat on your head, the candle between your legs, and.....fire up! WARNING: BE

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Players Video	\$29.95	\$19.95

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GWTF 18" Rack Pads	\$25.00	\$19.95
GWTF 15' Tie Down Straps	\$16.95	\$12.50
GWTF Logo T-Shirt	\$9.95	\$8.00
GWTF Paddle Leashes	\$13.95	\$9.95
GWTF Twill Caps	\$16.50	\$10.00

**GWTF GA Low Price Guarantee**  
**50% OFF all February Kayak Rentals**

Paddle Gear

	MSRP	ON SALE!
Gaia 5.5 Liter Tortugas Dry Bag	\$14.95	\$10.00
Harmony Paddle Floats	\$36.50	\$29.00
Harmony Bilge Pumps	\$29.95	\$19.95
AT - Zen Kayak Paddles	\$259.00	\$199.99

Paddle Wear

	MSRP	ON SALE!
Chota Neo/Fleece Boater Mitts	\$29.95	\$19.95
Patagonia Skull Caps	\$29.00	\$22.99
Mtn Surf Monsoon Pants	\$99.00	\$79.00
MTI Livery PFD	\$39.95	\$29.95
MTI Cruiser PFD	\$59.95	\$45.99
Lotus Lola PFD	\$99.00	\$79.00
Lotus Sherman PFD	\$120.00	\$96.00

CAREFUL. We don't want to solve one problem by singeing tender parts! Once you are warm, get out of the greenhouse into your waterproofs, or just cut some arm-holes in the bag and wear it.

You might want to test this in your back yard. If one candle does not give you the warmth you might want, try two, or a small can of Sterno. If you are challenged playing

with matches, maybe you better pass. Remember, you are dealing with flammable materials, so caution is needed, but you are also dealing with a potentially life threatening emergency, and if anyone has a better system than this, I would like to hear about it. So..... be prepared.... paddle safe.... and pass this tip along to your paddling and hiking friends.

**Instruction / Training**

**Words of Wisdom to Avoid**

by Kent Ford

Kayaking is a counterintuitive sport. For some people, it is hard to explain the very basic movements that occur on the river. It is no surprise that we occasionally offer erroneous advice to people learning the sport. Though well meaning words of wisdom, the advice may be over simplified. I wince when I encounter students who have developed bad habits resulting from well meaning words of wisdom. This has prompted me to examine the way we explain our sport and develop this list of some of the classic bits of advice that should be avoided (or at least adjusted).

PADDLE! PADDLE! PADDLE! is frequently used to encourage beginning paddlers through their first rapids. This advice occasionally improves a beginner's odds of making it through a drop successfully. However, the tip encourages the bad habit of flailing, and taking too many strokes. The neophyte paddler is left unaware of the magic of proper stroke timing and placement.

A better approach is a systematic explanation of the places where speed is useful, like punching a hole, or punching into an eddy once the boat is on the right approach path. In either of those cases, three strokes of acceleration are all that is necessary. Speed doesn't help very much in waves; in fact, rushing to fit in extra strokes often throws a paddler off balance.

LEAN DOWNSTREAM is another overused tip, offered to keep beginner paddlers from getting violently

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flipped as they peel out of an eddy. It is good advice, if explained thoroughly. First, the paddler you are coaching has to understand the different types of leans. There is the beginner's instinctive lean, which leaves the boat flat, while the paddler leans his body forward and a bit out over the water.

For most white water moves you actually want a boat tilt, which is accomplished by curling the body and head up over the boat, jutting out the ribcage. Understanding and practicing this sort of balance, without the paddle as a crutch, is the first step to less power flips on eddy lines.

Next is the issue of how long to keep the boat tilted when entering the current from an eddy. I have diagnosed an amazing number of self-taught paddlers who have developed the habit of trying to lean downstream all of the time. WRONG! Not only wrong, but really hard to do. The proper boat tilt downstream only applies to a few moments in the transition from eddy to current, and in a few miscellaneous instants, like floating into a hole sideways.

Imagine for a moment walking in an airport with a moving sidewalk. When you step from solid ground onto the sidewalk you need a few moments of balance, leaning, until you have adapted to the speed of the sidewalk. You would sure look funny leaning forward the entire length of the sidewalk.

The river is the same, except the look is tippy and awkward, and not as obvious. You only want to tilt the boat for a few moments as you make a peel out, gradually setting your boat flat as you adapt to the speed of the current.

KEEP THE BOAT STRAIGHT is a third oversimplification that beginning paddlers often hear, and follow to their own demise. It is the correct reaction for heading straight into a breaking ocean wave, but for a variety of reasons, rarely do white water paddlers keep the boat

pointed straight downstream.

Floating sideways is a valuable part of paddling. You can't get into eddies, or even avoid rocks, while keeping the boat pointed straight down river. In fact, many of the best instructors teach spinning circles in current to improve the comfort level of students. The ultimate comfort comes from developing boat control so it is easy to be perpendicular for curling breaking waves, or for ledges.

Next time you cheer for a friend bouncing through a rapid, try making noise. Pound on your boat and make a racket. You are more likely to be heard, and less likely to start bad habits.

- *From the Outdoorplay.com web site via "Bow Lines", newsletter of the Bluegrass Wildwater Association. Author Kent Ford recently released "The Kayaker's Play Book," a manual of stroke drills designed for recreational white water paddlers. This, and his video titles, are available through Outdoorplay.com.* ✂

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## CPR/Wilderness Medicine for Boaters

Joe Webb is again coordinating and teaching the American Heart Association CPR class and giving his insights on sensible equipment and procedures for medical emergencies boaters are likely to encounter. The class will be held Saturday, March 16, at St. Catherine's Episcopal Church, 681 Holt Road, Marietta, and will begin promptly at 10 and last 'til around 5.

Fee is \$25. Registration will be handled by Gina Johnson, gwminc@mindspring.com, 404.226.8363. Please make your checks out to GCA and send c/o Gina Johnson, 340 Clear Spring Court, Marietta, 30068. Space is limited and this class should fill quickly. ✂

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## From the Race Master

by Gina Johnson

Hello All. MARK YOUR CALENDARS!! We will be having our 34th Annual Southeastern Slalom and Wild Water Races at the Nantahala River on April 27 and 28. For those of you who are new to the club, or haven't volunteered, let me tell you what we are doing and why we are doing it.

The races started years ago as a way to help GCA members have a chance to practice their slalom and down river racing skills and get a chance to compete with other racers from the South. Over the years, the Southeasterns have become a regional race



with a national flare. In past races, we have enjoyed watching nationally ranked competitors racing C-boats, kayaks and open canoes.

The slalom race will begin just below the scouting take-out at Nantahala Falls and will end below the Falls, and above the commercial take-out on river right. There will be 20 slalom gates. The race is divided into two days. On Saturday we hold the championship classes in C-1, C-2, K-1, and open canoe for men, women, mixed, cadets and juniors.

On Sunday we have the cruising (or recreational) classes. The boats on Sunday will be those you are used to seeing on the river. The boats on Saturday will be

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fiberglass, Kevlar or other exotic lay-ups. This year former US Team member John Pinyerd and friends will be announcing the races on Saturday, and we hope to have announcers for the Sunday races as well. We hope to have lots of cadets and juniors from ACE to cheer both days!

This year we are adding a Novice Clinic on Saturday afternoon. This is being offered by the Nantahala Racing Club to those GCA members who are interested in learning how to run slalom gates. On Sunday after the cruising classes, we will have a novice Puppy Slalom race that will begin below Nantahala Falls and will have only a few gates. Anyone interested can register and experiment with this new form of white water fun.

The Southeastern Races are the big gift that the GCA gives to the ACA Dixie Division, and USACK racing participants. The races require lots of volunteers and we will be asking for your help. There is a sign-up form included in *The Eddy Line*. You do not need any experience. We will teach you what you need to know. We will have snacks, breakfast and lunch for volunteers.

We will have the awards dinner Saturday night at the NOC Base Camp Kitchen. In addition, we'll have a terrific raffle that gives away loads of prizes, including boats, PFDs, books, tapes and other things that no boater can live without.

We need your help — and we have your names and phone numbers! If you have questions, please contact:

Gina Johnson, Race Master  
404.226.8363

Email [gwminc@mindspring.com](mailto:gwminc@mindspring.com)

-or-

Virginia Balbona

Volunteer Chair and Assistant Race Master  
404.226.8579

Email [virginia\\_balbona@emoryhealthcare.org](mailto:virginia_balbona@emoryhealthcare.org) ✉

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## Jupiter Outdoor Center Race

Hi All! The 4th Annual Great Loxahatchee River Canoe and Kayak Race is March 3rd at High Noon! (High tide is at noon.) The 8-mile race around 3 mangrove islands in the Jupiter Inlet Aquatic Preserve, is open to sit-on-top kayaks, sea kayaks, surf skis, all outriggers, canoes, and K-1s. Also, for 2 weeks prior to the race, we will be hosting Corporate Team Challenges and Time Trials! Everyone from beginner to Olympic is welcome to enter, prizes along with a free barbecue at 3 o'clock at RiverFest by the Jupiter Lighthouse, all proceeds go to benefit Friends of the Loxahatchee River. Price is \$25 for singles, \$45 for tandems, and \$75 for outriggers. Happy Paddling!

For further information contact:

Rick Clegg

Jupiter Outdoor Center

18095 N. Ocean Blvd.

Jupiter, FL 33477

Ph: 561.747.9666

Email: [rick@jupiteroutdoorcenter.com](mailto:rick@jupiteroutdoorcenter.com)

[www.jupiteroutdoorcenter.com](http://www.jupiteroutdoorcenter.com) ✉

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## Race, Spectate or Volunteer

by Gabriella Schlidt

It's my favorite time of the year again — the racing season! I'm fresh in from the Alabama Cup Race Series, and the 34th Annual Southeastern US Slalom and Wild Water Races (what a mouth full!) are just around the corner. If you haven't guessed, I'm a confirmed racer head.

While talking to people about the sport and sharing with them my enthusiasm for racing, I have come to realize that many people have false preconceived notions about racing. "You need an expensive, fancy race boat to participate." "You have to be a really good boater to enter a race." "Racing requires a lot of practice and long, frequent work-outs." Blah, blah, blah....

You don't need a race boat to race. Almost all races have novice, cruising or recreational classes where you can enter your plastic kayak or ABS open boat. No, you don't need to be a racer head, a "hair boater" or possess extraordinary strength and stamina. To participate in the Southeasterns, you only need to be just skilled and comfortable enough to run Nantahala Falls. And for those of you who don't qualify in that regard, there's the Sunday Down River Fun Run and a new Puppy Slalom Race which will take place below the Falls.

It's not about making all the gates, or finishing in a remarkably short time, or being the top competitor. It's about having fun and gradually improving your paddling skills while enjoying the wonderful camaraderie that takes place among the "competitors". How do you think those really good racers you see out there became good? Every one of them was once a beginner. Every one of them had a (probably not very good) first race. And, I promise you, you'll get nothing but positive reinforcement and encouragement from the more experienced racers out there.

So, would you consider racing? Sign up for the Cruising Class at the Southeasterns in whatever type of boat you paddle — canoe, kayak or C-1. The racers are even very grateful if you come as spectators and cheer us on. And of course we need lots of people to join the Race

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Crew to put on a successful race. This is one of the major events that GCA hosts each year. A lot of time and volunteer work goes into making it a success. So come out

and race. Or come out and spectate. Or come out and help the Race Crew. Either way, you'll profit from the experience. ✂

## River Access

### **Update on the Lower Amicalola Take-out**

**by Julia Franks**

Anyone who has had the idea since the end of November to brave the low waters of the Amicalola has come across a dismaying fact. The old take-out road at Kelly Bridge has been gated. The State of Georgia's twenty year lease with the owner of that particular take-out has expired. December among the landlocked paddling community consisted of a flurry of emails on the GCA list serve: would paddlers have to go another 6 miles down river to take out (turning a 10 mile run into a 16 mile run)?

I finally got in touch with Linda Kelly, the owner of the Kelly Bridge take-out on the Amicalola River, which was previously leased to the state and is no longer. I think that she offered the best solution to the take-out problem that we have so far. Here is a report of that conversation:

Mrs. Kelly says that she wants to get something straight with the paddling community. According to her, the reason why the state is no longer leasing her land is because the state doesn't want to pay for it any more. The land was originally leased by her mother in 1982 for \$2000 for a 20 year period.

Linda Kelly says that the state doesn't "even want to pay that anymore," and that "land prices have gone up significantly since then and we have to pay our taxes, you know." She says that she even offered to trade boat access with some kind of horse access to Dawson Forest for her and her family, but that the state refused.

The upshot is that Mrs. Kelly is planning to open her property to paddlers for a fee, \$2.00 per person (not per car). Payment would be on the honor system, much like the fee demo system works on federal lands. The gate to the take-out would be shut, but not locked, during the day but would be locked at night.

No camping is allowed. Mrs. Kelly says that she has had trouble with "a lot of riff-raff selling drugs and camping" at the take-out. "We were spooked to drive down there," she said. "I have kids, you know." The Kellys, and the state, have put large rocks at points on the road to prevent people from driving off the road to set up camp. The only people permitted to camp are members of a local

gold-mining/panning club, apparently out of Acworth.

Mrs. Kelly says that the gate has been locked since the end of November (as we all know), but that she plans on opening it "in a few days." She's still working on getting the signs up and the fee box ready and has been busy with Christmas stuff. "We want to try to make this work," she told me. She is installing picnic tables and garbage cans. "We are going to try to fix it nice so that people will feel safe being there."

When Mrs. Kelly asked me what I thought about the system, I told her that I would pass the word on to the GCA and that I would exhort the paddling community to keep the area clean and to follow the fee system. I also told her that I didn't think paddlers necessarily needed camping rights or picnic tables, but that, truth be told, the typical price for parking on federal lands tended to be about \$2.00 per vehicle, not per person.

But paddlers, in the meantime, had suggested other possible solutions. One GCA member, Chad Spangler, chose to do his research on foot, bushwhacking his way through the area and around the river. He and other paddlers asked why we couldn't use the gated dirt roads snaking through the City of Atlanta property (the area once purchased to be a second airport) as take-out roads. Surely these roads (managed by Georgia Forestry Commission) could easily be opened to allow boat access.

Unfortunately Bill Fletcher, the regional supervisor of the Gainesville District Game Management Area, which oversees that entire area, did not agree. He felt that, in order to bear public traffic (which would include folks other than paddlers), the roads would have to be graveled (\$30,000 to \$100,000 was the cost he quoted me) and maintained. The game management was not willing to pay that and neither was the GCA.

Bill Fletcher says that he is "actively looking" for the state to buy a suitable property that is closer to a county road that could be used as a take-out. (The idea is that the county and the DOT could pay for road upkeep.) However, while my conversation with Mr. Fletcher was very amiable, he did say, "It's not our primary mission to provide canoe access. We're there primarily for hunters."

My distinct impression was that the act of finding land to buy would be a slow process. However, if you or anyone out there is aware of salable property in the area that meets the above criteria, SPEAK UP. It can't hurt.

Mr. Fletcher is open to suggestions. He might also be more motivated if he were to hear from more concerned

paddlers in the community. Please write him with your concerns and tell him that you are a paddler. His address is:

Gainesville District Game Management  
2150 Dawsonville Highway  
Gainesville, Georgia 30501



## Book Review

# **The Lost River: A Memoir of Life, Death and Transformation on Wild Water**

**by Richard Bangs, Sierra Club Books, 1999**  
**Reviewed by Kristen McDonald**



This book surprised me. I had expected something far more arrogant from one of the founders of Mountain Travel Sobek, "America's oldest and largest adventure travel firm." The acknowledgment of airlines, camera companies, and dozens of other multi-million dollar corporations that had helped outfit Bangs' expeditions did not help alleviate my initial concerns. But after the first few chapters, I found myself enchanted by Bangs' unique, vivid prose, and the growing sense that here was a guy who loved rivers maybe even more than I did.

Bangs developed an early passion for free-flowing water while on a fateful fishing trip with his father. The senior Bangs left his young son alone at the river's edge for a moment, warning him not to swim in the rapids. Young Richard promptly disobeyed and found himself exhilarated both by the rush of swift moving water and the rebelliousness of his act. Seeking similar thrills became the driving force behind many of Bangs' later adventures, from summer employment as a guide on the Grand Canyon on the Colorado, to founding a rafting company of his own.

Bangs' relatively simple motives create an unobtrusive background for the real meat of his story, the detailed accounting of not one, not two, but five incredible voyages down rivers flowing from the "roof of Africa," the last resting place of the Ark of the Covenant.

Comparisons to Indiana Jones are in order, as the Ark is indeed a part of this land's mystique for Bangs. In one typical village adventure, Bangs manages to anger a whole quorum of priests by offering a phenomenal sum of money to gaze upon the contents of a chamber that presumably holds the Ark, or possibly one of thousands of replicas. But Bang's western probing of such mysteries manages to seem forgivable, as his inquisitiveness brings many rewards for the unsuspecting reader.

Bangs' rich, spicy writing allows even non-history aficionados to yearn for a glimpse of Ethiopia's temples almost as much as we yearn for a taste of its white water.

This book is also about Bangs' coming to terms with the loss of his close friend in a foiled first descent of one of Africa's wildest rivers, the Tekeze. It asks the deeper question of why certain people crave that taste of white water, and reminds us that despite our fancy technology and increasing skill, the river may still have her way with us.

The book ends with a successful reunion voyage down the Tekeze, funded in part through Bangs' latest venture, the Mungo Park web site. I became somewhat bored of Bangs' musings on the growth in the on line adventure phenomenon; I would have preferred less on the "wilderness" debate and more on the intricacies of Ethiopian coffee. But perhaps leaving the reader a little hungry is exactly what a book like this is supposed to do. - *From American Rivers, Fall 2001. Buy a book, save a river. Powell's Books, the largest new and used bookstore in the world, offers American Rivers' members and supporters great deals on thousands of new and used books. In addition, Powell's will donate 10% of every purchase to American Rivers' conservation efforts when customers use the search engine or links on American Rivers' web site [www.americanrivers.org](http://www.americanrivers.org).*



## **Attention GCA Members!!!!**

Be a hero and sign up your friends as GCA members. Not only will you be helping to grow the club, but starting in February, MTI Adventurewear will be giving away two PFDs to new members every month. That's right, MTI will send out PFDs (white water or touring) for 2 lucky new members each month throughout the 2002 year. Names of winners of this random drawing will be published each month in the newsletter. You can check out MTI's line of products at [www.mtiadventurewear.com](http://www.mtiadventurewear.com).



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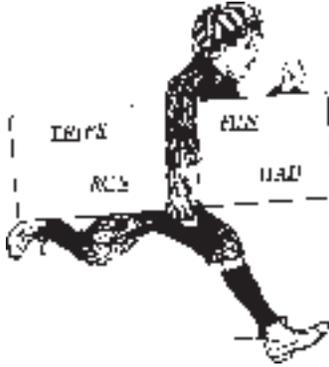
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## Broad River

by Jeff Engel

December 8, 2001. Broad River. I was hesitant to lead this trip, due to the combination of low water levels and high river bottom levels. More the latter, since there was barely enough water to cover most of the bottom. We saw rocks few had ever seen before. But there was enough water to get down the river, and nobody had to get out of their boat and walk until we reached the mud flats adjacent to the take-out.

Once again, it was better to scrape accumulated dust off the bottoms of our boats than to rake leaves or do other fall things around the house. So we all had a good time, even if surfing opportunities were minimal. Our lone kayak was paddled by Bonnie Semora, the rest of the crew canoed: Doug Ackerman, Connie Venuso, Dennis Coldtitz, and me, Jeff Engel, trip un-coordinator. ✂



Davis, Jack Taylor and I paddled open canoes.

December 29th was my last scheduled trip for this year, and the level in the Upper Chattahoochee was marginal. The Cartecay was running 1.7, so the GCA members who had the time between holidays for a little paddling enjoyed a beautiful day on the Cartecay. It didn't get cold until after this trip! William "Buck" James paddled his kayak and Edward Stockman, John McCorvey and I paddled open boats. We originally planned to take out at Mulkey Road (Blackberry Mountain) but a quick re-shuttle of the cars allowed us to bump and grind all the way to the DNR take-out. There was just enough water at 1.7 to be more fun than work in this less-paddled part of the river. ✂

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## New Year's Resolution: Real-time Trip Reports

by Doug Ackerman

The end of the year is the time everyone looks back to things they've done in the past year. Unfortunately there were a few things I didn't do this year. I didn't write a trip report on the Upper Chattahoochee trip I was scheduled to lead on July 21, nor did I report on the trip I coordinated on the Cartecay River on August 11. Since it's never too late to remember "trips run — fun had", I'll just add them to my December 29 report and try harder to keep trip reports timely in 2002.

After a great spring where near-normal rains kept rivers flowing most of the way through June, July was a dry month and the Upper Chattahoochee suffered sooner than most other rivers. On Monday, July 16, the Helen gauge was a very scratchy 0.31. Showers predicted for later in the week didn't help the Upper Chattahoochee at all, but the Cartecay was a respectable 1.9 on Saturday. There was enough water in the Cartecay to carry Wayne Nacher (K-1), Mike Lewis, Edward Stockman, and myself (all OC-1) all the way to the DNR take-out.

My August trip was scheduled on the Cartecay, and while there wasn't enough water for the DNR section, we had a great trip down to Stegall's Mill (Blackberry). Several had never paddled the Cartecay before, but had more than adequate skills to enjoy the river. Barbara Barrett, Jamie Higgins and Luke Bradshaw were in kayaks, while Paul Meinersmann, Gerard Aberson, Craik

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## Taking in the Toccoa

by Marvin Cole

When the holiday madness just gets to be too much, take off for the river. That's just what several of us did on December 15. Jack Taylor, Tom Martin and Allen Hedden were in open canoes, Knox Worde and Tom Bishop paddled kayak, and I was in my C-1.

While everyone else ran shuttle, I watched a small stick re-circulate in the very low head dam in the stream joining the river just below the put-in at the Toccoa Valley Campground. It was warm and sunny, and I could almost forget it was December. The stick came up, slipped around, and was pulled back under, only to repeat its fate over and over. I wondered what the water force would do to me if I were in the stick's place. Would I feel it? Would it pull me under like it did the stick? How deep was the hole? What would it feel like? Fortunately, or unfortunately, the shuttlers arrived and I was delivered from my Zen-like trance.

How could anyone expect such a beautiful day in the middle of winter? No one had. We were all dressed warmly, expecting the worst, and I think most of us were quite warm quite soon. A little playing on some small waves, and I was ready for a dunking, but I knew better than to make that foolish mistake.

We made our way down the peaceful river, just enjoying the sun and the nature around us. Tom and Jack both commented on the more beautiful upper Toccoa, but it apparently needs a bit more water than the section we were on.

We looked for every possible play spot on the river, and found a few good ones. I tried to practice 360s on the

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tiniest of waves, but mostly just had a blast messing around in my boat. I successfully completed a rock roll — you know, the kind where you push off the bottom with your hand because you missed your proper roll. Hey,

whatever works.

It was a perfect trip. Just warm enough, just long enough, just enough play spots for a winter paddle, and just the right company. ✂

## Three Women River-Board Grand Canyon

Newsire — Grand Canyon, AZ, December 18, 2001.

On December 15, 2001, three women walked out of the Colorado River at Pierce Ferry Bay at the headwaters of Lake Mead, each carrying over 80 pounds of personal gear. The three had just completed the first ever 300 mile traverse of the Colorado River from the base of Glen Canyon Dam to Pierce Ferry using river boards. Thirty nine year old Julie Munger, the trip leader, was ecstatic.

"The journey took us 19 days, and we really had a good time." Ms. Munger is a swift water rescue instructor from Colombia, CA. She was joined by 20 year veteran river guide Kelly Kalafatich, 40, of Coloma, CA. Ms. Kalafatich was Meryl Streep's stunt double in the popular film "The River Wild". Rebecca Rusch, 33, of Truckee, CA, rounded out the team. Ms. Rusch has participated in 20 Eco Challenge endurance competitions. All three are members of the US Women's Rafting Team.

The group had no raft support, but used two Carlson River Boards each. "A river board is 3 feet wide, 5 feet long and 4 inches thick. It's a stiff foam board with hand grips. River boards are United States Coast Guard approved water craft. We used one board for our Watershed river bags containing all our gear, while the second board provided each of us with 165 pounds of flotation.

We followed all the Park's non-commercial river runner permit requirements, including using a canister system to remove all our solid human waste. We even brought along a fire pan and an extra life jacket, as required in the regulations," noted Munger, who went on to note, "We received no special consideration from the Park, but found the rangers to be very helpful and friendly."

The women wore polypropylene lined wet suits under an outer dry suit, along with a life jacket, to stay warm in the 48 degree water. Munger said there was a learning curve to their journey. "It took us a little experimenting to sort out how to rig our gear on the river boards without having them turn over when we swam out of eddies. We would let our gear float free in the big rapids, swim through, then catch up with our gear."

Munger noted that at the canyon's three biggest rapids, Hance, Granite and Lava, the trio lined their gear down the shore of the rapid, then the women walked back up and floated through the rapids.

"I applied for a non-commercial river running permit 10 years ago, and finally received a launch permit from officials at Grand Canyon National Park for the November 28, 2001 launch" Munger added. "We wanted to go in the winter when the trip would be more of an adventure. It was really fun seeing the river from the eyes of a duck." - *From the GCPBA NEWSWIRE email list.* ✂

## Why Support the 2002 National Paddling Film Festival?

by Carl Bolyard — West Virginia Rivers Coalition

Here is some background on an event with a great deal of history that benefits many of us beyond an entertaining weekend. This festival is about providing critical funding to paddling nonprofit groups such as West Virginia Rivers Coalition and American Whitewater and viewing some of the best work in river related film. This year is also a special year for the festival as the Saturday evening reception will be a tribute to William Nealy, boater and

author, who died this summer.

The National Paddling Film Festival will be this coming February 22 & 23 in Lexington, Kentucky. It is a production of the Bluegrass Wildwater Association, a nonprofit organization devoted to canoeing, kayaking, and conservation of water resources. These folks pull out all the stops to host a great event. There are categories for both professional and amateur artists. The entries may cover any paddling topic, as long as they only feature human powered activities. Last years event raised over \$8000 for groups working toward river issues and conservation. The NPFF staff is entirely volunteer and



all proceeds are donated to benefit water resource conservation efforts in West Virginia and across the country.

Friday evening films start at 7:30 PM and feature the highlights of the 2001 festival. This year's competition begins Saturday at 10:30 AM and the tribute party starts at 8 PM at the Kentucky Horse Park's barn north of town. There are also vendors present and two bands for the evening's fun. Start your trip planning by visiting <http://www.surfbwa.org/npff/>. Discounted tickets are now on sale at last year's prices of \$10 for the festival, \$5 for the party if purchased on-line at <http://www.presaleticketing.com>

before February 9, 2002.

Plan to stay Sunday because American Whitewater is offering a River Stewards training seminar on Feb. 24th. The one-day workshop will provide a number of tools for folks to work on local river issues. Conservation, hydropower licensing, events and access will be discussed. Limited space can be reserved for this training by contacting Nick Lipkowski at 301.589.9453. Come on out to this year's event to see great film, learn something, support conservation and dance your backside off in honor of kayaking's greatest humorist.

## Shoulder Strengthening Exercises

by Dagger Kayaks

So what is the most heart-breaking thing a paddler can experience? Your significant other leaving you for your best friend and taking your dog, too? Not even!!! Everyone knows one of the most heinous things that can happen to a boater is injuring that oh so important joint, the shoulder.

Sports are always plagued by shoulder injuries, and paddling is no exception. Considering the positions that the joint is put in during common practices such as rolling, it is no surprise paddling is potentially dangerous for the shoulder. Official Dagger Doctor, Robin Dodd, states that the shoulder is in its most vulnerable position when it is externally rotated and abducted away from the body.

If you are like me, you're probably thinking "what does that mean?" Well, think of the position your arm is in when you are throwing a baseball. Now think of the position your arm is in when you are rolling. Pretty similar, huh? And it is not just rolling that can be dangerous. Poor technique, high bracing and hitting those hard little boogers we call rocks the wrong way can do an awful lot of damage as well.

The key to avoiding injury on the water is staying in shape. The stronger your tendons and muscles are, the less open you are to strain or dislocation. I'm sure that for your entire



paddling life people have told you to stretch, but how many people have told you that you need to work out to avoid injury? Well it's true. You can use the same exercises to prevent an injury that you would to rehabilitate one.

So what if you do dislocate your shoulder? Does it mean you should sell all of your gear, invest in a Sony Play Station and spend the rest of your life bound to the sofa drinking Diet Mountain Dew? As fulfilling as that sounds, it doesn't have to be that way.

There is life after dislocation. Six to eight weeks of recovery time is needed immediately following the injury. During this period your life probably will consist of little more than cable and video games, but you're on the road to recovery. Just remember that patience is crucial.

Robin says that although athletes are usually in good shape and tend to do their rehab exercises, they rarely take enough time off and end up hurting themselves again. When asked about the possibility of surgery to correct the problem, Robin said that it is an option, but "The best surgery is only as good as the rehab."

- From the *Outdoorplay.com* web site



Louie Boulanger surfing - New River, 2001.

- Submitted by Geoff Kohl.

# CLASSIFIED ADS

**TO PLACE AN AD** - Want ads of a non-business nature are free to dues-paid GCA members. Business-related ads are \$5.00 for up to 50 words, \$10.00 for larger. Send your type-written ad to: Allen Hedden, 2923 Piedmont Dr., Marietta, Ga. 30066, or email to gacanoe@mindspring.com. PLEASE, NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.

**FOR SALE** - Canoe, Mad River Outrage OC-1. Must sell for \$625 OBO in order to pay for a new boat. Price includes practically new air bags, foam saddle, 2 painters, thigh straps, and webbing skirt over the air bags. This is a great beginner and advanced paddling boat. It is easily rolled and super for SE rivers including the Ocoee, Nantahala, etc. Color is Turquoise or light green. It only weights 42 lbs, so it is easy to handle and carry. I've had it about 2 years. If interested, email whoward@chartern.com or call 706.694.3557.

**FOR SALE** - Canoe, Mohawk XL-15, red, fully outfitted, set up for solo or tandem, a few battle scars but in good condition, kept inside, \$600, 706.355.8506.

**FOR SALE** - Canoe, Whitesell Piranha, red. Set up as a solo ww boat but makes a super tandem ww boat also. Great condition. Very stable. No holes or thru hull patches, just normal scratches and dings. Perception saddle with storage. (2) 60" float bags. Always stored inside. Length: 14' 3". Rocker: 4" standard measure, 18" on pivot position. Sells new for \$1500+, first \$900 takes it, or \$800 without saddle. Will consider delivery in Southeast. Located in NW FL. Call Elliott at 850.729.1992.

**FOR SALE** - Canoes & equipment. Blue Hole Sunburst, ABS, excellent condition, fully outfitted with saddle, air bags, knee pads, etc., \$550. Blue Hole Sunburst, Kevlar, near new condition, set up solo, but with eqpt. to set up tandem, small nylon end bags, \$850. Canoe paddles: 1 Sea-1 wood paddle, 1 Davey Hearn spoon blade composite paddle, 2 Carlisle aluminum/plastic paddles, 2 child's wood paddles. Other gear: 1 throw rope w/ bag, 2 mesh gear bags, 3 helmets, Teva booties, rescue vest with throw rope, tow line, river knife & scabbard. Call for prices or to make offers. Ron - 770.435.0903.

**FOR SALE** - Canoe & kayak. Dagger Caper canoe, blue, wood gunnels \$400. Kayak, Piranha Mountain 300, red, \$300. Call Barney or Sherry Spurr at 770.486.9685.

**FOR SALE** - 2 sea kayaks. (1) Like-new fiberglass Dagger Meridien. 16'x22". Kayaksport hatches. Red over yellow. 46#. Very maneuverable, plenty of room for 3-4 day trip, not an expedition boat. More secondary stability than primary. Rolls effortlessly. Best for a person under 185#. No rudder or skeg. \$1595. (2) Perception Sea Lion in plastic. 17'2"x22". Granite color. Kept indoors. Tons of hatch space. Flip-down rudder. A good starter boat that you can stay with a long time. \$850. One day of free private or small group instruction with purchase. Email for pics (cramer@coe.uga.edu) Steve Cramer 706.208.8382.

**FOR SALE** - Kayaks and accessories. Perception Ultra Clean, red/yellow, used four times, \$550. Perception Stikine, red/yellow, used eight times, \$475. Also available two Palm dry tops, large and xlarge; two helmets xlarge; Werner sidekick paddle; Perception paddle, two sets booties size twelve and fourteen; one Bomber pant large; two Lotus PFDs large and xlarge. All equipment is near new. Call Tod at 770.674.1801 or email tpowers2001@mediaone.net.

**FOR SALE** - Kayak and gear. Perception Pirouette Kayak, black, \$300. Two front and two rear float bags, \$20 per set. Carlisle Au Sable two piece kayak paddle, 110cm - ideal for inflatable or sea kayak, \$15. Lady's size medium Stohlquist two piece red dry suit. Needs waist and feet gaskets. Neck and wrist gaskets good. \$35. Dry bag, yellow, size 15" X 24" - \$5. Call Hank Klausman 770.587.0499.

**FOR SALE** - Kayak, Dagger Freefall LT. Sub-10' creek boat, fits a wide variety of paddlers and styles, from beginner to big drops. Stored out of sun, good condition -- 5 years old, only 3 seasons of use. Includes back band and flotation. \$275 OBO. Also for sale: Silver Creek ww paddle, ProTec helmet, LC-1 kayak skirt, Lotus Rio life jacket, neoprene booties, dry top (needs new neck gasket) and more. Geoff, 404.457.3517, or gskohl@hotmail.com.

**HELP WANTED** - Premier southeastern paddling club looking for fun-loving, creative individual to chair the club's Recreation Committee. Filling this position is critical to the success of the club's social events calendar for this year. If you are able to help out, please contact Marvine Cole at 770.475.3022, email mcspatnik@aol.com.

**POSITION AVAILABLE** - Start immediately - set your own hours - create an event to be remembered THIS SPRING! If you

can help out with GCA's Spring Extravaganza as event coordinator or in any other capacity, please contact Marvine Cole at 770.475.3022, email mcspatnik@aol.com.

**HELP WANTED** - Yes, the GCA needs your help. We need volunteers to serve on committees, label and mail newsletters, etc. Call 770.421.9729 and leave a message.

**WANTED** - Coordinators for GCA club trips. Do you plan to go paddling this year? Can you take a few GCA members with you? We need coordinators for all levels of trips from flat water to advanced white water. Please call Cruise Master Mike Winchester at 770.319.8969 if you can help out. Also, if you can help Mike out with calling potential trip coordinators, let him know. ✂

**Check Us Out!**



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**6" x 8" D-Log  
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Starting at \$4.35/ft**

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**Call today  
for your quote!**

**800-296-LOGS**

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**www.applog.com**

# **GCA SPRING EXTRAVAGANZA 2002**

**April 12, 13, 14,  
Diamond Lure Campground  
Ellijay, Georgia(9 miles from Ellijay)**

## **EXCLUSIVELY RESERVED FOR GCA MEMBERS**

**Hot Showers, Club House  
Fishing and Boating Lake  
Mountain Biking at M.O.E.**

### **CAMPING**

**\$6.00/site (2 persons)/night  
\$2.00/night for each additional person in campsite**

**PLEASE, ALL DOGS MUST BE ON LEASH!!**

### **FRIDAY EVENING:**

**Friday Night at the Movies — 8:30 p.m. at the club house — Bring your favorite video to share**

## **SATURDAY NIGHT CATERED DINNER AND BONFIRE FUN AND GAMES TO BE ANNOUNCED!!**

**Best Bar-B-Que in North Georgia**

**Pork, ribs and all the fixings**

**New this year — meatless dinner available — see registration form**

**Price \$10.00 (Children 12 & under \$6.00)**

**Homemade sausage & biscuits available Sat. & Sun. morning - \$1.00 each**

**Register early — late fee applies after April 5**

### **BOATING SATURDAY & SUNDAY**

**Meet at Club House at 8:30 a.m. to organize trips**

**Rivers (water level permitting): Ocoee, Nantahala, Cartecey, Toccoa, Amicalola,  
Tuckasegee, Chestatee, Etowah and Upper Chattahoochee**

**For further information, contact:**

**Marvine Cole 770.475.3022 or email [mcsputnik@aol.com](mailto:mcsputnik@aol.com)**

## GCA SPRING EXTRAVAGANZA 2002 Registration Form

**TO REGISTER** — Fill out registration form below and mail QUICKLY (notice late fee below) with your check made out to "GCA" to:

Marvine Cole  
625 Glendalough Court  
Alpharetta, GA 30004  
For questions, call 770.475.3022

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

**Camping:**

Number of tents @ \$6.00 (Incl. 2 people)    Fri \_\_\_\_\_ Sat \_\_\_\_\_  
Extra people @ \$2.00 ea. (Over 2 people)    Fri \_\_\_\_\_ Sat \_\_\_\_\_ Total \$ \_\_\_\_\_

**Saturday dinner:**

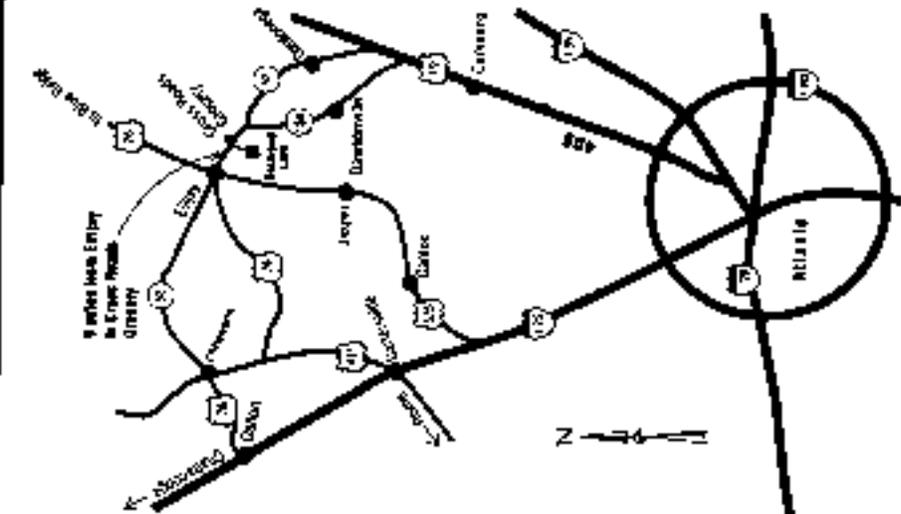
No. of barbeque meals                    @ \$10.00 \_\_\_\_\_ @ \$6.00 \_\_\_\_\_ Total \$ \_\_\_\_\_  
No. of meatless meals                    @ \$10.00 \_\_\_\_\_ @ \$6.00 \_\_\_\_\_ Total \$ \_\_\_\_\_  
**Sausage & biscuits @ \$1.00 ea.**                    Sat \_\_\_\_\_ Sun \_\_\_\_\_ Total \$ \_\_\_\_\_

**\$5.00 LATE FEE IF POST MARKED AFTER APRIL 5** ..... \$ \_\_\_\_\_  
(Per registration form)

**Make check payable to GCA for total of:** Total \$ \_\_\_\_\_

**Willing to lead a trip Saturday or Sunday on:**

Cartecay \_\_\_\_\_ Etowah \_\_\_\_\_ Upper Amicalola \_\_\_\_\_ Chestatee \_\_\_\_\_  
Lower Amicalola \_\_\_\_\_ Upper Hooch \_\_\_\_\_ Ocoee \_\_\_\_\_ Tuckaseegee \_\_\_\_\_  
Other \_\_\_\_\_



Reservations - Information  
J.H. Hefner, Mgr.  
706-273-3075

Harold Hefner, Owner  
706-276-3841

Route 2  
Ellijay, Georgia 30540

# GCA Southeastern Championships, April 27-28, 2002

## Sign up for the Race Crew, Order Awards Banquet Dinner Tickets and Raffle Tickets

See the race article elsewhere in *The Eddy Line* for additional information.

Name(s): \_\_\_\_\_  
Phone: \_\_\_\_\_

I volunteer to be part of the RACE CREW in one or more of the following areas:  
(Check ALL areas that you would be willing to work in):

- Race Headquarters set up (Thursday and Friday). Pitch the tents, hang the banners.
- Race Course set up (Thursday and Friday). Get the slalom gates set just right.
- Slalom Race Gate Judging (Saturday and/or Sunday). Did the racer make a gate? Touch a pole?
- Slalom Race Timing (Saturday and/or Sunday). Can you keep four stop watches running at once?
- Wild Water Race Timing (Saturday). You only have to operate one stop watch.
- Down River Fun Run Timing (Sunday). You only have to operate one stop watch.
- Slalom Race Scoring (Saturday and/or Sunday). Can you talk and write at the same time?
- Slalom Race Safety (Saturday and/or Sunday). Good aim with a throw rope is a plus.
- Wild Water Race Safety (Saturday). Paddle with the Wild Water crowd.
- Down River Fun Run Safety (Sunday). Paddle with the Down River crowd.
- Hospitality (Saturday). Serving breakfast, lunch and the Awards Banquet Dinner.
- Hospitality (Sunday morning). Serving just breakfast and lunch.
- Race Course and Race Headquarters take down (Sunday). Take it all down.

All Race Crew members are encouraged to attend the AWARDS BANQUET DINNER, Saturday, April 27, 6:30 PM, Nantahala Outdoor Center, Base Camp Dining Room. Lasagna Dinner by Rivers End (Regular and Veggie) Tea or Coffee. Cheer as the Race Winners receive their medals. Listen for your name in the Raffle Drawing.

Number of Adult Dinners: \_\_\_\_\_ @ \$10.00 = \$ \_\_\_\_\_  
Number of Children 12 and under: \_\_\_\_\_ @ \$5.00 = \$ \_\_\_\_\_  
Total Amount Enclosed for Awards Banquet Dinner = \$ \_\_\_\_\_  
**RAFFLE TICKETS AT \$1.00 PER TICKET:** \$ \_\_\_\_\_

Dinner & raffle tickets ordered here can be picked up at the Hospitality Tent on April 27. Seating capacity at the Awards Banquet Dinner is limited. Dinner Tickets can be purchased at the door on an as-available basis for \$12 for Adults and \$6 for Children.

Mail this form and your check (payable to GCA) for the Awards Banquet and Raffle Tickets to:  
Virginia Balbona  
1441 Clifton Road NE, Suite 215  
Atlanta, GA 30322



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\$5 donation to the GCA on purchases over \$50 when you mention this ad

# MID-WINTER THULE EVENT



Thule Hull-a-Port



Thule Evolution Cargo Box

After freezin' your butt off in the Cartecay (or wherever) stop by for some **FREE** hot chocolate and a **HOT** deal on **COOL THULE** equipment. **15%** off boating accessories with purchase of a **THULE** rack system.

**Full selection of bike, ski, cargo and boat accessories in stock.**



Mon-Fri 10-5:30 Sat 10-5

9425 Hwy 92 Suite 124 Woodstock GA (770) 924-1028 [www.racktheworld.com](http://www.racktheworld.com)

Member: GCA, SORBA, Atlanta Ski Club, Cherokee Chamber of Commerce

\* on in house purchases. Other racks installed at reasonable rates.