

## Summer Roll Practice

Joint AWC / GCA Summer Roll Practice will be held at Stone Mountain Lake this year beginning in May and running through the end of daylight savings time in October. Sessions are scheduled for Wednesdays at 6:00 (or earlier). Admission is free once you enter the park (a season pass is highly recommended if you plan to attend multiple sessions).

To get there, enter the park from the Stone Mountain Freeway (East Entrance) and take the first left. Continue about a mile until the road crosses the dam and take the first right into the parking lot. The boat ramp is on the right.

Use the area around the ramp to load and unload boats only. There is a fair amount of power boat traffic putting in and taking out at the ramp. Once in the water, try to stay clear of the ramp for the same reason.

Note: Park regulations do not allow "swimming" at this location, so if you are in the water spotting for someone, an explanation to the park officials may be in order. So far no one has been cited for a violation there.

Volunteers are needed to help with kayak, canoe and C-1 rolling. Your help is appreciated!



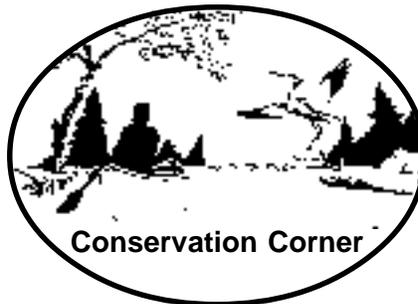
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## Nation's Most Endangered Rivers of 2002

American Rivers' Most Endangered Rivers Report of 2002 tells the story of 11 rivers under threat across the country and an agency that has played a role in 60% of our Most Endangered Rivers over the years: the Army Corps of Engineers.

1. Missouri River (MT, ND, SD, NE, IA, KS, MO)
2. Big Sunflower River (MS)
3. Klamath River (OR, CA)
4. Kansas River (KS)
5. White River (AR)
6. Powder River (WY)
7. Altamaha River (GA)
8. Allagash Wilderness Waterway (ME)

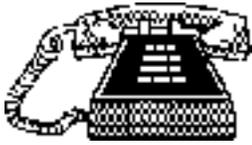


Need paddling equipment? Want to get a jump on the other members? Come to an *Eddy Line* Mailing Party and check out the Want Ads early!! Call Rachel at 404.296.4480 to volunteer.



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(Continued on page 7)



## 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 [gacanoec@mindspring.com](mailto:gacanoec@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. ✂

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## UPCOMING ACTIVITIES

<b>May</b>			
4-5 Nantahala (Note 4)	Class 2-3 Intermediate	Randy Smith	770.518.1542
4 Nolichucky	Class 3-4 Advanced	Chuck Bradley	828.883.2924
11 Hiwassee	Class 1-2 Trained Beginner	Bill Convis	770.751.9258
11 Cartecay	Class 2-3 Intermediate	Brannen Proctor	770.822.2545
11 Upper Chattahoochee	Class 2-3 Intermediate	Debra Berry	404.320.6148
11 Chattooga Section 3	Class 3-4 Advanced	Roger Toebben	770.804.9416
12 Chattahoochee Nacoochee Section	Class 1-2 Trained Beginner	Connie Venuso	404.633.8038
18 Sequatchie (TN)	Smooth Water	Buddy Goolsby	770.425.9517
18 Toccoa (Note 2)	Class 1-2 Trained Beginner	Jack Taylor	770.998.0350
18 Upper Chattahoochee	Class 2-3 Intermediate	Charlie Pirtle	770.938.5892
19 Cartecay	Class 2-3 Intermediate	Edward Stockman	770.441.9767
19 Upper Chattahoochee	Class 2-3 Intermediate	Pat Hagan	770.393.1420
25 Hiwassee	Class 1-2 Trained Beginner	William Gatling	770.516.0852
25 Cartecay	Class 2-3 Intermediate	Luke Bradshaw	770.748.9282
25 Upper Chattahoochee (Note 3)	Class 2-3 Intermediate	John McCorvey	770.921.5116
26 Leader's Choice (Note 1)	Class 2-3 Intermediate	Marvine Cole	770.475.3022
26 Upper Chattahoochee	Class 2-3 Intermediate	Douglas Ackerman	770.503.0365
27 Nantahala	Class 2-3 Intermediate	Mike McDonough	770.988.0717
<b>June</b>			
6 Board of Directors Meeting — Members Invited — New location. Call Marvine Cole for directions			770.475.3022
8 Coosawattee	Class 1-2 Trained Beginner	Dave Chaney	770.973.7910
14 Ocoee	Class 3-4 Advanced	Allen Hedden	770.426.4318
15 Chattahoochee (Note 2&5)	Class 1-2 Trained Beginner	Jack Taylor	770.998.0350
15 Hiwassee	Class 1-2 Trained Beginner	Brannen Proctor	770.664.7384
15 Upper Chattahoochee	Class 2-3 Intermediate	Charlie Pirtle	770.938.5892
16 Cartecay	Class 2-3 Intermediate	Edward Stockman	770.441.9767
21 Metro Chattahoochee (Note 3)	Class 1-2 Trained Beginner	John McCorvey	770.921.5116
22 Chattahoochee (Note 2&6)	Class 1-2 Trained Beginner	Jack Taylor	770.998.0350
<b>July</b>			
4-6 New River Gorge (WV) (Note 4)	Class 3-4+ Advanced	Louis Boulanger	404.373.4775
11 Ocoee	Class 3-4 Advanced	Allen Hedden	770.426.4318
14 Cartecay (Note 7)	Class 2-3 Intermediate	Edward Stockman	770.441.9767
20 Leader's Choice (Note 3)	Class 2-3 Intermediate	John McCorvey	770.921.5116

Note 1: Paddle with the Prez.

Note 2: Trained Beginners Especially Welcome

Note 3: Full Moon Paddle

Note 4: Camping

Note 5: Put in at Buford Dam

Note 6: Put in at Settles Bridge

Note 7: Clean Up

**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:** Wednesday evenings from 6:00 PM 'til dark May thru end of Daylight Savings Time in October at Stone Mountain Lake. 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

Godforsaken Sea: Racing the World's Most Dangerous Waters  
Happy Isles of Oceana: Paddling the Pacific  
Homelands: Kayaking the Inside Passage  
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 South 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 gacanoef

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 — gacanoec@mindspring.com — for us to receive the proper credit. Thanks for your help!

### Canoe Outfitting & Repair

Featuring Voyageur™ Products  
Custom outfitting of your open canoe or C-1  
Saddles, thigh straps, air bags, knee pads, skid plates  
and more  
ABS repair for worn, cracked or broken hulls

### Canoe Instruction

Beginner, Intermediate and Advanced levels  
Call Allen Hedden 770.426.4318  
Email canoeist@mindspring.com

## Weekday Paddlers

Did you know that GCA has a list of paddlers available to paddle during the week? We now have 70+ entries on the weekday paddlers list, including members who are retired persons, those with variable or non-standard work schedules, those available to paddle weekdays when school is out (students and teachers), and even those who have a lot of vacation time to burn and want to take vacation days for paddling. The list includes members who paddle smooth water as well as all classes of white water

If you would like to be included in the list, please call Allen Hedden at 770.426.4318 and leave your name, phone number, days of the week you are available to paddle, and class of water (flat, I thru V) that you are interested in paddling. You will then receive an up-to-date copy of the list. The list will be re-published quarterly (January, April, July, October). Updates are available by request through the GCA phone line. If you received your copy of the list more than 3 months ago, you should request an updated copy (the April update is out). There have been considerable changes to the list. To receive an up-to-date copy, call the GCA phone line at 770.421.9729 and leave your name and address with a request for the updated list. ✂

## 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

May 25 — Altamaha Wilderness Adventure Challenge — Hazelhurst, GA, Charlie Ford, 912.379.1371, cjford@altamaha.net.

June 1 — Lanier Canoe & Kayak Club Regatta — Lake Lanier Olympic Center, Gainesville, GA, Connie Hagler, 770.287.7888, ConHagler@aol.com.

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

## 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).



PO Box 890178  
Weymouth MA 02189  
Email: [info@mtiadventurewear.com](mailto:info@mtiadventurewear.com)

Ph: 781.340.5380  
Fax: 781.340.5382

Oct 10-13 — Ocoee Festival and Rodeo — Ocoee River, TN.

December 7-8 — Tuckaseegee Jiffy Slalom & Wild Water Race — Bryson City, NC, NRC 828.488.2175 ext. 108, www.nrcrhinos.com.

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

## And the Winners Are....

The lucky winners of the new PFDs from MTI Adventurewear in the New Member Drawing for the month of March 2002 are Robert Black of Lilburn and Bert Cohen of Roswell. Congratulations, Robert and Bert!! Membership Chair Cameron Pach will contact you regarding your choices of PFD type.

Watch for the April winner announcement in the next *Eddy Line*. ✂

## From the Board Room

by **Lindsay Meeks, Secretary**  
**Georgia Canoeing Association, Inc**  
**Board of Directors Meeting**

**April 4, 2002**

### Minutes

In attendance:

Tom Bishop  
Marvine Cole  
Julia Franks  
Allen Hedden  
Gina Johnson  
Dan MacIntyre  
Lindsay Meeks  
Mary Ann Pruitt  
Gabiella Schlidt  
Ed Schultz



Review of minutes of December 7, 2001 meeting tabled until available.

Treasurer's Report — Ed Schultz

- + March Financial Statement reviewed.
- + 2001 tax return reviewed.
- + Discussion on possible locations of board meetings in 2002.

Member Services Committee Report — Mary Ann Pruitt

- + T-shirts will be available at the Extravaganza
- + New vendor for printing *The Eddy Line* has corrected minor problems. Turn around time has improved.
- + Discussion on advertising for *The Eddy Line*.

River Protection Committee Report — Marvine Cole/

Julia Franks

+ Wildlife Resources Division of the Georgia Department of Natural Resources has requested GCA participation in developing their next long term plan. Issues include access, increased green space, and water quality. Dan MacIntyre will represent the GCA.

+ Ocoee and Hiwassee — The TVA is in the planning process for water releases on these rivers. The GCA will be participating.

+ Hiwassee Scenic River Stake Holders, which is working on gaining regular releases, will be supported by the GCA.

+ Fee Demo — There is a national protest scheduled for June 15th that needs a Georgia presence. An organizing activist is needed.

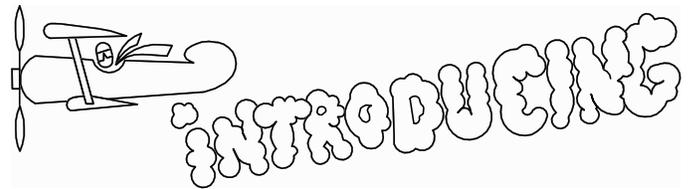
The Southeasterns Race Review — Gina Johnson

+ Communications, course design, logistics, judging, and hospitality, are all proceeding toward a great race on April 27th and 28th.

Recreation Committee Report — Marvine Cole for Open Position

+ Extravaganza report.

+ Discussion on activity/trip list. ✂



## 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!!

### March

Steve Ball	Athens GA
Robert S. Black	Lilburn GA
Peter Blichfeldt	Windermere FL
Richard & Steven Clark	Dublin GA
Bert Cohen	Roswell GA
Rowena Cromer	Macon GA
Forrest Denney	Atlanta GA
Kathryn Enniss	Decatur GA
Philip & Philip, II Gastall	Marietta GA
Nancee McGraw	Dallas GA
Erik Peddle	Lilburn GA
Dow Scoggins	Kennesaw GA
Charles D. Spornick	Lilburn GA

 ✂



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that will scrape the heart out of the Mississippi's Big Sunflower River and drain its surrounding wetlands. The Corps is proposing to spend more than \$250 million to construct two destructive projects: a dredging project and pumping project, both for flood control purposes.

**#3 The Klamath River** (Oregon, California)

**Threat: Water Withdrawal and Pollution**

The Klamath River once saw salmon runs numbering in the hundreds of thousands that supported a vibrant commercial fishery and the treaty rights of several Native American tribes. The upper Klamath basin in Oregon hosts the largest winter population of bald eagles in the lower 48 states, and millions of birds migrating along the Pacific Flyway still rest in the network of lakes and wetlands in the upper Klamath basin. Despite its enduring beauty, the Klamath suffers greatly from excessive water diversions for agriculture and polluted runoff in the upper basin. Today, four Klamath fish species are listed as endangered or threatened under the Endangered Species Act, the down river commercial salmon fishery has been closed for decades, and the headwaters, Upper Klamath Lake, is the most polluted body of water in Oregon.

To restore the water quality and salmon runs that fishing communities and Native American tribes depend on, federal agencies must develop a new operating plan for the Klamath. To encourage responsible stewardship, we must stop legislation that would override the Endangered Species Act and guarantee water to unsustainable agriculture at the expense of endangered fish, Native Americans and water quality.

**#4 The Kansas River** (Kansas)

**Threat: Pollution, Removal of Clean Water Act Protections**

The Kansas legislature has abandoned the responsibility to maintain clean water in its namesake Kansas River as required by the Clean Water Act. Instead of cleaning up waters polluted by agricultural runoff and aggressively working to restore water quality to basic standards for human use, the state passed a "Dirty Water Law" in 2001 — a sweeping withdrawal of Clean Water Act protections from many State waters.

The EPA has the power and responsibility to correct this problem. Tell the EPA Region 7 Administrator you expect him to prevent permanent degradation of the Kansas River and to fulfill the promises made to all Americans thirty years ago when the Clean Water Act was born — promises of safe, useable streams.

**#5 The White River** (Arkansas)

**Threat: Navigation and Irrigation Projects**

The White River in Arkansas, a tributary of the

**Conservation Corner — Endangered** *(Continued from page 1)*

- 9. Canning River (Arctic Refuge, AK)
- 10. Guadalupe River (TX)
- 11. Apalachicola River (FL)

**#1 The Missouri River** (Montana, North Dakota, South Dakota, Nebraska, Iowa, Kansas, Missouri)

**Threat: Dam Operations**

The Army Corps of Engineers will soon decide on a new plan for operating six dams on the Missouri River. To save the river's endangered fish and wildlife, the Corps must adopt the "flexible flow alternative" for operation of the dams.

Currently, the Corps operates Missouri River dams for the convenience of a few barge owners, at the expense of wildlife and recreational opportunities that a more natural river flow would provide for everyone in the basin. These current dam operations are forcing at least three species — the interior least tern, the piping plover, and the pallid sturgeon — toward extinction, and many other native species are in trouble.

**#2 The Big Sunflower River** (Mississippi)

**Threat: Flood Reduction Projects**

The Corps will soon begin work on a pair of projects

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Mississippi River, supports two national wildlife refuges in a rich, bio-diverse region. However, two Army Corps of Engineers projects threaten to destroy the ecological functions of the White River's water-driven ecosystem. First, an enormous irrigation project would suck more than 100 billion gallons of water from the White each year. Plus the Corps is also proposing to construct hundreds of wing dikes to improve navigation for a handful of commercial barges.

Advocates of the irrigation project may attempt to insert language in the emergency supplemental bill that is intended to help America fight the war on terrorism. This shameless attempt to fund a project outside the normal process must not be allowed; we should not allow taxpayer dollars to be doled out for special interests under the banner of national security.

#### **#6 The Powder River** (Wyoming)

##### **Threat: Natural Gas Development**

The booming coal bed methane (CBM) industry in the Powder River Basin of Wyoming and Montana creates an unusual threat for western communities and rivers: the prospect of too much water. This relatively new form of energy development uses many shallow wells to tap natural gas deposits along coal seams. The water then is typically discarded in massive quantities onto the ground, into makeshift reservoirs, or into nearby creeks — degrading soils, accelerating erosion, and threatening the water quality of the Powder River and its tributaries.

The Bureau of Land Management (BLM) is preparing to release an Environmental Impact Statement this summer that will help determine whether CBM extraction proceeds in an environmentally responsible manner on an anticipated 51,000 CBM wells in the Powder River basin. Please urge President Bush, Vice President Cheney, and the BLM not to let runaway CBM drilling ruin the Powder River and its watershed.

#### **#7 The Altamaha River** (Georgia)

##### **Threat: Reservoir and Power Plant Construction**

Population growth is projected to top 300% for some communities in the ever-expanding Atlanta Metro area in the next 20 years. In response to this population explosion, decision-makers propose to increase water withdrawals from neighboring rivers by even greater amounts (one county's water use is predicted to grow over 400%). Instead of careful, region-wide planning, up-to-date efficiency measures, and simple restraint, the state of Georgia and the Metro region propose to allow the damming and destruction of vital headwaters streams, which nourish and sustain the precious Altamaha River — a surviving but threatened gem on the eastern seaboard.

These assaults on the river are compounded by

natural gas power plant proposals that are swarming the Southeast, particularly Georgia. The plants can take a devastating toll on streams: they suck up millions of gallons every day for cooling and return only a fraction of it to the river in a degraded condition. The Altamaha is under siege from a string of power plant proposals that would damage habitat, water flow and water quality. Cumulative impacts could be devastating to the uses the Altamaha River now supports — including its significant seafood industry, which provides over a third of Georgia's commercial catch.

#### **#8 The Allagash Wilderness Waterway** (Maine)

##### **Threat: Removal from the Wild and Scenic Rivers System; Loss of Wilderness Values**

The Allagash Wilderness Waterway was created in 1966 when the people of Maine voted to protect the river; they issued a \$1.5 million bond that would "develop the maximum wilderness character" of the Allagash River. In 1970, the Allagash became the first state-administered river under the National Wild and Scenic Rivers Act. It remains arguably the premier wilderness river experience in the Northeast.

Since 1970, however, the Allagash has lost much of its primitive character to neglectful management. A dam was built illegally, and several drive-up access points and boat ramps have expanded motorized impacts on a supposedly "wild" river. Now the Allagash faces possible de-designation by the state legislature — the first time a river would ever have been removed from the Wild and Scenic Rivers System.

#### **#9 The Canning River** (Arctic National Wildlife Refuge, Alaska)

##### **Threat: Oil and Gas Exploration and Development**

The Canning River, which forms the western boundary of the Arctic National Wildlife Refuge, is threatened by proposed oil and gas exploration and development. With its limited water supplies (the Refuge receives just 6 inches of rain each year) the Canning watershed could easily be destroyed by water withdrawals for ice roads and other development activities.

To protect the Canning and its native species of polar bear, caribou, migratory birds, and Arctic fish from water and gravel extraction, oil spills, and general disturbance from development activities, we must stop federal bills authorizing drilling for oil in the area and pass legislation to permanently protect the Canning and the Arctic National Wildlife Refuge.

#### **#10 The Guadalupe River** (Texas)

##### **Threat: Water Diversion**

The Texas state water plan proposes many dams, pipelines, and other diversion projects threatening river

flows and fresh water inflow to Texas bays — spelling harsh consequences for fish and wildlife. Included in the plan is a dramatic increase in water diversions to San Antonio from the Guadalupe River, endangering this fragile yet diverse ecosystem that is home to a variety of plants and aquatic life.

Taking a novel approach to saving rivers, the San Marcos River Foundation has filed an application for a water right to guarantee a reasonable amount of water for the river's instream flow. Should the Foundation secure the permit, it will donate the rights to a state water trust to ensure that the water stays in the river to reach the estuaries.

Unfortunately, the Guadalupe-Blanco River Authority, which has applied for new rights to divert water from the river to sell to other users, is trying to get the state agency to dismiss the Foundation's application in favor of

the Authority's later filing.

### #11 The Apalachicola River (Florida)

#### Threat: Dredging for Navigation

In a futile effort to maintain a commercial shipping channel that is barely used, the Corps of Engineers is steadily destroying Florida's Apalachicola River by scouring the river bottom, dumping the dredge material in sensitive habitat, and aggressively manipulating the flow. The Corps itself has conceded that its efforts are not "economically justified or environmentally defensible."

Rather than pour more money into this wasteful project, Congress should de-authorize it altogether in the Water Resources Development Act of 2002.

Thank you for helping to protect and restore America's rivers. To contact American Rivers, email Rebecca Sherman at outreach@amrivers.org or call 202.347.7550, ext. 3052.

## Accident at Baby Falls

On Saturday, March 30, while running 14' Baby Falls on the Tellico River in Tennessee, a kayaker suffered a compression fracture of his lumbar spine. He was paddling with a group from Indiana who were all members of the Hoosier Canoe Club. The injured kayaker had run the falls many times previously. Time of accident was approximately 4:30 PM and the river was running 3.71 feet on the USGS gauge. The temperature was in the mid 50s with a steady rain and low visibility.

The group was making their second run of the day and the kayaker in a play boat ran the right shoulder of the falls and landed flat in the green water at the eddy by the base of the falls. On impact, he uncharacteristically released his paddle and flipped over. He tried to initiate a hand roll and was able to right himself on the bow of a companion's boat.

It was immediately obvious he was in great pain. Two companions in the eddy stabilized his boat but he could not get out. They determined that he had feeling in his legs and he could move his toes.

The eddy is under an overhanging cliff below the falls, making access to an injured boater very difficult. The paddler made it across the river on his own power accompanied closely by his companions. This was a risky maneuver because of the turbulent outwash of the falls and Diaper Wiper Rapid below. However, this reduced evacuation time by several hours.

By this time a large group of boaters and bystanders had gathered and carefully lifted the injured paddler from his boat and stabilized him while help was being sum-



moned. It took approximately an hour for an ambulance to arrive with a backboard so the boater could be safely brought from river's edge to the road. He was taken to the hospital in Sweetwater, Tennessee, where x-rays showed he had a compression fracture of his L-2 vertebra. He was then transferred to UT Medical Center in Knoxville.

Baby Falls is considered a relatively safe waterfall to run and is very popular with paddlers, but it is clear that an improper landing from this short drop can be very hazardous. The extremely flat planing hull of the play boat was likely a contributing factor.

Many local paddlers assisted the HCC members in aiding their injured companion and we are grateful for their help. We also would like to thank the Forest Ranger, the Tellico Fire Dept., the Sheriff's Dept., and the EMTs that responded to our call.

- From Boater Talk, submitted by Chuck Evans, Hoosier Canoe Club.



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## **Instruction / Training**

### **Your Friend, the Brace**

**by Chris Joosse**

*[Editor's note — the following article applies to kayaking, not canoeing.]*

Bracing is one of those things we tend to learn early and then forget exactly how we're doing it — it's sort of like the roll in that respect, but it's very much like the roll in more ways than that. In fact, the high brace uses the same stroke we use on a roll, the body mechanics are very much the same, and there are ways to do it right and ways to do it horribly wrong.

There's also a certain aspect of counter-intuitiveness to it — if we're sitting normally and happen to be pushed over, often we'll respond by either moving our legs independently of each other, (something we can't really do in a kayak) or else by bracing against something solid with our hands and using strength and/or a counter-balancing leg to bring us back to our normal position. Neither of these 'natural' responses are very available to us in a kayak on moving water, so we're forced to apply different principles in order to stay upright.

We brace in order to avoid capsizing, or at least in order to recover from being off balance. It is important to recognize that some situations on the river are dynamic and the forces involved can be intense — enough to strain or hurt your shoulders or to make a brace at best a wasted effort. In this article we'll discuss proper physical form to protect those shoulders, and also situations where a brace is inadvisable.

#### **2 Braces — High and Low:**

Actually, this is a misnomer — there are all sorts of strokes you can use in order to brace, and in this sense you could categorize a dozen or more — you can do a high or low brace using a front or back sweep stroke or on a traveling draw or even a scull, and you can use variations of these braces when vertical on your bow and stern in order to control what you're doing in just about any position — but in general there are two kinds — the high brace and the low brace.

#### **The Two Braces Have a Lot in Common:**

The strokes they employ are an expression of the torso, rather than of the arms — that is, your arms more or less just hold the paddle and control the way it feathers, your torso is doing the moving.

It pays to keep your elbows in front of your torso and below your shoulders when using them. Improper bracing can lead to stress injuries and, in some cases, shoulder dislocations.

It pays to bring your head up last (very much in the same way that it does when you're rolling).

They both bring you to a position in your boat that is low over either the bow or stern (some people will argue with this, and that's fine — there's room for disagreement).

They both follow a set sequence of events: The paddler begins to tip, they commit weight to the paddle, they right the boat (by snapping the hips), and then they recover into the boat.

#### **They Also Have Their Differences:**

The High Brace uses the power face of the paddle (the one you engage when doing a forward stroke) and is performed with the wrists higher than the elbows. It is generally used in situations where you've capsized pretty far over and/or didn't have time to get to a low brace. If done incorrectly, the high brace can be exceedingly dangerous to your shoulder — specifically, if you capsize dynamically and land on a high brace stroke with a straight elbow, you transmit tremendous force against your shoulder. If your arm is over your head, your shoulder is in a position in which it is not particularly mechanically stable.

The Low Brace uses the back face of the paddle (the one you engage when doing a backward stroke) and is performed with the wrists lower than the elbows. It is generally used in situations for which you are already positioned to brace, and is generally of limited use if you've tipped over too far. It is a powerful stroke, but poses certain risks, and if done incorrectly, can expose the user to shoulder injury — specifically, if you perform a dynamic low brace with your elbow high and your shoulder lower than it, you risk an external rotation scenario that could be very painful and very bad.

#### **When (Not) to Do Them:**

Bracing can be done pretty much in any situation, with these exceptions, so really it's easier to remember the ones to avoid:

Upstream when surfing — especially in a shallow situation. If you brace upstream, your paddle will probably paste against your boat and over you'll go. A worse scenario could be if your upstream edge catches and you high brace upstream.... and your paddle catches on the bottom. If you're lucky your grip will slip from the paddle or the paddle will break — the other alternative is that your shoulder undergoes serious and hateful trauma. If you're surfing on fast water and you flip upstream, there is virtually no way you'll brace upstream successfully, so go for the roll on the downstream side instead.

Bracing against the bottom is inadvisable — it's difficult to brace against an object that is moving, and

there is a significant risk that your paddle could 'chock' and be ripped out of your hands. We all do it on occasion, whether on purpose or by accident — but it's not really the best idea in the world. Even if the water is shallow, bracing against the surface of the water is generally your best bet.

### **How to Do Them**

#### **The High Brace:**

As mentioned before, the high brace uses the same stroke and body mechanics as whatever roll you're familiar with. I will use a sweep stroke as an example, and note that just about any stroke will do. As with either brace, we begin by losing our balance — some force has acted on the boat in such a way that your head is now over the water rather than over the boat, and what's more, we didn't have time to set up a low brace stroke, so we're about to get wet.

**STEP ONE:** Get to the water as fast as you can. Yes, that's right. You're going over and into the water, because once you get over far enough that a high brace is needed, it's actually less work to let the water slow your rotation, and also to support you.

What I mean by 'getting to the water fast' is twofold: First, if you move your torso and head towards the water, you begin the process of righting the boat. To put it another way, if you try to move your head up and over the boat, all you will succeed in doing is to pull the boat over on top of you, requiring you to roll.

Second, by moving your torso and head towards the water, you also speed up the process of the brace.... by waiting for the right moment to begin. The idea is that if you're capsizing, you've got a couple of options — fight it all the way down, and then struggle all the way up, or to use the time in which you're falling into the water as an opportunity to establish your sweep stroke, and to take advantage of the fact that in the water you'll weigh less — and you won't be fighting all that falling inertia.

You'll want the first part of your body in the water to be the back of whichever shoulder is on the downward side — this means that you'll be turning your torso away from the downward side — winding your body up for the stroke. Remember, keep your elbow in towards your ribs and as low and bent as possible — you're about to take some force against that paddle blade, and the more bend your elbows have in them, the more shock absorption they can offer to protect your shoulders.

**STEP TWO:** Establish your sweep stroke. Actually, you should begin doing this right away, while you're capsizing, so perhaps describing it as a distinct step is misleading. The stroke is identical to that of a sweep roll — you begin somewhere near the bow, and keeping your elbows in towards your torso and below your shoulders,

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describe a flat sweep that goes wide and away from the boat.

Beginning the sweep near the bow does a few things: First, it requires you to wind up your torso, so that your stroke has power and you don't try doing it all with your arms. Second, it keeps you from fighting your fall with a lot of leverage, which can hurt you, and third, it allows you to get a good grab on the water when it comes time to recover into the boat — the wider part of the sweep (where you have good leverage against the rotational axis of the boat) is saved for later, when you'll weigh less and be moving downward much more slowly.

**STEP THREE:** Commit your weight to the water while you right the boat. You'll right the boat by snapping your hips, but in order to do that you have to trust your paddle and body to the water for an instant — if you attempt to lift your head and torso out of the water by moving your legs, you'll merely succeed in pulling the boat over on top of you.

#### **Helpful Techniques Include:**

Reach wide with your paddle — the farther away from the boat you reach, the more leverage you'll have against rotating it.

'Push down' with not just your head, but with your entire torso — in reality, pushing down against the water with your head will achieve very little, but this will encourage you to avoid raising it prematurely, which will

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pull the boat over on top of you.

Think of your paddle as an extension of your torso, rather than a tool in your arms. Your arms should be placing the paddle and articulating it in terms of feathering, but most of the heavy lifting should be done by the more powerful torso muscles as they unwind from their initial 'wound up' position.

**STEP FOUR:** Recover low into the boat. At this point the boat should be righted, and your task is to use the last of your sweep (and perhaps the beginning of a sweep the opposite direction, towards the bow) to bring your body up on top of the boat.

Here are a couple of ideas to think about: Your body should 'stack up' into the boat — that is, you want your head to come in over the gunwales last. It's easiest if you lift yourself as little as possible, which means that you want to get your head over the gunwale first, and then sit up. Recovering to the front or back deck makes this process easier. Use your torso to bring the boat under you, rather than your arms to 'lift' yourself into the boat. As you do this, your wide paddle stroke will turn into a shallow, traveling draw toward the boat — generating lift as you gather yourself into the boat.

That's the high brace. A lot of details, but fortunately once you get the movement into your muscles you can forget them and just get on with paddling.:-)

### **The Low Brace:**

Unlike the high brace, where getting wet is inevitable, the object here is to avoid going into the drink. The fundamental principles, however, remain the same — you must establish your stroke and commit your weight to the brace, right the boat, and then recover into it. Because the object of this brace is to stay dry, we won't have a 'step one', at least not in the same way.... but a very similar principle is exercised, in that we don't want to try to correct the boat until we've got a stroke in place, and also in that the head should be the last thing to come up.

**STEP ONE:** Establish your stroke and get your weight on it immediately. So you've begun to tip a bit, and your head is outside the gunwales of the boat, and you must either brace or capsize — but you were able to get a low brace stroke in place quickly, excellent.

Although a lot of people teach the low brace as a 'slap' stroke, the slapping part is not necessary, nor is it the point. I often see beginners 'cocking' their arms in order to deliver a powerful slap to the water, but this cocking motion wastes time and also tends to put the elbow out high and wide, an inadvisable position for the shoulder.

Until you've got an active brace stroke working in the water, it is pointless to try to stop capsizing — put another way, you will continue to capsize until you have

a stroke to brace against, and you've committed your weight to it. If you attempt to lead 'up' with your head, you will simply continue to capsize, while pulling the boat upside down on top of you.

**STEP TWO:** Commit your weight to the water while you right the boat. Again, you must first right the boat before bringing your head up and over it.

Tips for success include: The stroke should begin wide and move inwards, like the recovery phase of the high brace, except that you'll be using the back face of the paddle. You want to keep your elbows as close to your hips (internally rotated, below the shoulders) as is practicable with this stroke. (If you must raise your elbow higher than your shoulder, it's probably advisable to forget the low brace and switch to a high brace.)

**STEP THREE:** Recover low into the boat. In this respect, the low and high braces are nearly identical. Your body should 'swing up' into the boat — that is, you want your head to come in over the gunwales last. It's easiest if you hold yourself up as little as possible, which means that you want to get your head over the gunwale first, and then sit up. Recovering low over the front deck makes this process easier.

Use your torso to bring the boat under you, rather than your arms to 'push' the water away. As you do this, your wide paddle stroke will turn into a shallow, traveling draw toward the boat — generating lift as you gather yourself into the boat.

**SAFETY CONSIDERATIONS:** For the low brace, where your wrists will be lower than your elbows and you use the back face of the blade, avoid a situation where you put your elbow in a high exterior rotation — that is, where your elbow is pointed straight up relative to your torso. This sort of articulation puts you near the edge of your rotator cuff's functional range and it also primes you, should you be overloaded with some impact force (like your paddle hitting a rock in this position), for terribly bad things to happen to your shoulder.

I recommend instead a low brace with an interior rotation, with your elbow pointed as 'down' as possible — this is pretty much designed to keep you from pushing down with your outboard arm. Instead, think about your arms and paddle forming a triangle — and the job of your outboard arm is to stay more or less straight, as your inboard arm stabilizes the triangle and bears a lot of the weight (this wouldn't work if your paddle shaft were stretchy), and your torso does the lifting and pulling the boat underneath you.

Thus, instead of pushing 'down' with your outboard hand (hard on your shoulders), you're pushing away — while pulling across your torso with your other hand and

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the net sum is that altogether you do the same thing, but without exposing your shoulder to scary consequences as much. Internally rotating your elbow (pointing it towards your hip) is significantly easier if your paddle has a bent shaft, by the way — lines up your wrists a bit better.

A solid brace is an important skill — not only does it

allow you to keep from having to roll all the time (and there are times where flipping will be inadvisable, yessirree), but it also makes playing a lot more fun, as you can be a lot more aggressive if you're warmer and getting more air.

- From "Viking Views", newsletter of the Viking Canoe Club, Louisville, Kentucky. ✂

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## **River Access**

### **GCA Opposes Recreation Fees**

by **Lindsay Meeks**

What is the Recreation Fee Demonstration Program? The fee demonstration program was instituted in 1996 for a three year period as a test. It has been extended for one year periods and it has been extended again as a rider on the 2001 Interior Appropriations Bill. There have been bills introduced to make it permanent (last year's S2817).

The program imposed fees on certain recreation users of lands managed by the National Park Service, the United States Fish and Wildlife Service, the Bureau of Land Management, the Bureau of Reclamation, and the Forest Service. This is the fee you pay at the Nantahala, the Metro Chattahoochee, and a portion of what you pay to the Okefenokee Swamp to paddle there. Up to 80% of the fees collected are to be spent within the area where they were collected. Sounds good, huh?

Not Really. Fee Demo unjustly targets a small minority of the population for these double taxes. This is not an entrance fee but a user fee for simply walking, paddling, or biking on public lands. Without exception, the group targeted to pay the fees is the group that it is easiest to collect from. River put-ons, trail heads, and bike trails are particularly subject. (Most fee sites are on rivers

because of the limited access.) Those that simply drive through, or stop and gawk, are generally not charged. But the fees are being used to build areas that these tourists will use the most.

This is a very slippery slope. Fee Demo is the first step in the attempt to commercialize our national lands. It is being pushed most by the American Recreation Coalition, a group consisting of Disney, KOA, Exxon, and Yamaha among others. The logical conclusion to these fees is concessionaires in all of our national lands.

If you think this is a little far-fetched, just take a look at our own Stone Mountain. After the State of Georgia instituted fees on its state parks, a concessionaire was brought in to manage the park. Fees went up, amenities were cut, and now there is talk of building amusement park type attractions [*These are now under construction in the park. -Editor!*]. Our national lands have been conserved for all of us by removing the possibility of personal gain. These fees are diametrically opposed to that goal. They would turn them from areas to be preserved to profit centers.

The Georgia Canoeing Association has taken a firm stance against these fees. We have met with and written Representatives in Congress and have supported other organizations in this fight. We will continue to work toward eliminating these fees. Want to help? Call or email me and I'll tell you how. 404.872.5211 or [lindsay@the-river.com](mailto:lindsay@the-river.com). ✂

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## **Book Review**

### **River Chasers**

by **Susan L. Taft: 375 pp, \$34.95, Flowing Rivers Press: [www.alpenbooks.com](http://www.alpenbooks.com)**

**Reviewed by Jay Kenney**

One of my major laments about paddling is the paucity of really good writing on the subject. The climbing community produces reams of brilliant writing; in comparison, our tribe is a bunch of, well, slackers. So what else is new!

We've produced some great accounts of death and near-disasters (Charlie Walbridge's River Safety Task



Force Reports), and guidebooks in which the authors' personalities blaze through (Banks and Eckhardt's CRC2 and Fletcher Anderson's Rivers of the Southwest), but no Joe Taskers or Peter Boardmans, no Messners, no Krakauer. Why!

Climbing is rooted in European universities and the grand Victorian traditions; boating has humbler origins. Climbers can aspire to conquer the highest peaks, the triumph of man over mountain. White water boating rarely allows that kind of fantasy — the river is always in charge. Climbers may spend days tent-bound on a high peak with pen and journal in hand; our trips are more often day affairs that end in bars, rather



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than holed up scribbling in our journals.

Into this void steps Susan L. Taft, author of River Chasers, A History of American White Water Paddling. The book is a comprehensive survey of American boating since 1945. Taft's story begins in the years after World War II, as new materials and boat construction made exploration possible, and white water clubs were founded. She writes about the divergence of competition from cruising in the '60s, the golden age of the '70s, the plastic and play boating revolution of the '80s, and the next generation of paddlers in the '90s and beyond. She writes, of these changes:

"In the mid-seventies, if you wanted to paddle white water, you joined a club, bought a used boat or built a boat and much of your gear, learned to roll at winter pool sessions, and learned to paddle by getting on the rivers

with other club members.... Now you buy your boat and all your gear at a store, buy your instruction from a certified instructor or school, check the internet to see what river is up and make arrangements to paddle with someone.... you can just show up at a put-in because there are so many other paddlers around to give you a ride."

The book is well researched and documented, and nicely illustrated with black and white photos. Taft has built on her research background to combine thorough research with a readable and interesting narrative. Every aspect of our sport is included and no geographic region is ignored, though I thought the coverage of western boating was skimpier — a reflection, no doubt, of Taft's own roots with the Ohio Keel Haulers club.

- From "*The Spray*", newsletter of the Colorado White Water Association. 

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## Going for Wood

by Randy Cunningham

We made camp on the larger of the three islands on Lake Kokoko in the Temagami region of Ontario. The canoes were unloaded, packs were hauled up next to the fire pit, and we staked out our tent sites for the night. The final chore was to go for firewood. The fire pit had some odds and ends left from the previous campers, but these would not be enough for dinner or the rest of the night. I volunteered to take one of the canoes for this errand.

I choose a far side of the lake just off the point of one of the islands. I paddled around the end of our island to the windward side. I enjoyed being alone for once. It was slow going without the added power of another paddle, but it was a sunny beautiful late afternoon. There was no hurry. The trip was to be enjoyed. I chose as my destination a small cove behind some boulders where I could land the canoe like a boat in a slip.

Open crossings can be the stuff of drama. You are totally exposed to the wind, with no shore or tree line to protect you. I had made my share on this trip. Crossings where the waves were starting to white cap, and broke half way up on the curve of the bow. But this was a small lake in comparison to where I had experienced those thrills.

I forgot two important points. First, this was late afternoon. If weather was going to happen, it was going to happen now. Second, though the lake was small, and the sun was bright, it was shining through a very nasty looking thunderhead that was heading in my direction. In front of any thunderhead is the wind.

The first burst caught the canoe broadside. It spun it around like a top. It played with the canoe. One burst

would blow it toward my destination. The next would blow it back towards camp.

Being ricocheted around the lake was not something I was interested in. I kneeled as low as I could for stability. All niceties of correction strokes and other such fair weather techniques were forgotten. I used all my strength to bring the bow around to face the wind and end the danger of being capsized.

Then I began to switch paddle. Power and speed were my only concerns. All the while I was conscious of my whistle, and recited what to do if I did not make it. Stay with the canoe, blow the whistle, and wait for help. I did not know that our guide was a witness to my travail, and was already putting on his PFD in anticipation of a rescue.

The cause of my emergency planning disappeared as quickly as it had come. With a few departing slaps, the front passed. I found an opening in the rocks and trees, and pulled the canoe on to the bank.

I began the work at hand. First the kindling. On the forest floor were tubes of birch bark, which I fashioned into binders to hold the dead dry branches of spruce and hemlock. I gathered about three bundles, and threw them in the bow of the canoe, followed by thicker branches, and topped off with several dead saplings. This would be plenty. The canoe was filled as far back as the thwart ahead of the stern seat. With this ballast, I shoved off.

As I pulled away from the bank, I was on my guard, looking towards the sky for another thunderhead bent on mischief. The weather had had its fun with me however, and allowed a peaceful passage.

My trip for wood was a minor incident. It gave me a sense of satisfaction entirely out of proportion to the event. That, however, is the whole point to such journeys. They are not so much journeys, as meditations through

motion.

Going for wood was not a task at all. It was an excuse to be alone in a canoe, on the water, experiencing the glide, movement, beauty, and opportunity for contemplation — and fear — unique to such moments. Going for wood was

just the excuse I told the rest of my party and myself. They knew better. So did I.

- *Randy Cunningham is a Cleveland, Ohio, essayist. He has been published in Canoe & Kayak, Nastawgan, and The Eddy Line.* ✂

## How to Patch a White Water Canoe — Advanced Technique

by M. J. Smith

Any patch must ALWAYS start with duct tape. This is always applied first because it is cheap and easy. After a few weeks, whatever duct tape has not gone floating off down the river will have become permanently attached to your boat. When the area to be patched becomes REALLY bad (you can tell when it is really bad when you can push on the bad area and water comes oozing out, even after being out of the water for two weeks) you have to break down and buy something a little more expensive.

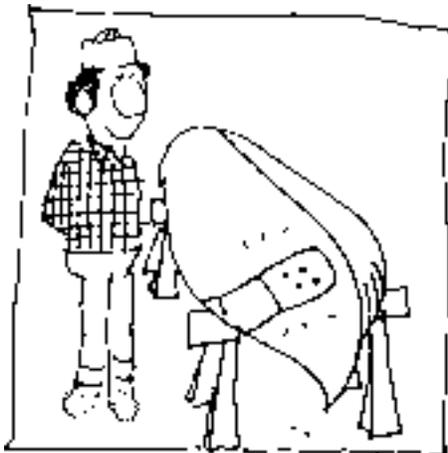
This is where the fiberglass patch layer comes in. You checked the prices of the REAL patch stuff at the paddle store and it is too expensive. Home Depot has fiberglass kits for next to nothing. Follow the directions on the box of the fiberglass kit and put it directly over the duct tape because you can't get the duct tape off, even with a belt sander that is now all gummed up from the duct tape. You can spend the rest of the week trying to remove the fiberglass resin from all the door knobs and faucets you have made sticky.

After several trips on the river you notice the fiberglass patch is not working so well. The patch is cracking, the bad spot is still wet and seems to be getting larger. NOW is when you break down and buy the expensive stuff.

The expensive stuff comes in two varieties: The REAL expensive stuff which is black after you mix it up, and the SORT OF expensive stuff which is white after you mix it up. You know not to cut corners now, so you get the REAL expensive stuff and slop it over the old patch. After several trips on the river, you notice the black stuff is cracking and water runs out of the cracks for several days now after being off the river.

The next step is to try the SORT OF expensive stuff to see if it is any better. Simply apply over the old patch and after several trips on the river, watch the cracks start again.

Now for the FINAL AND MOST IMPORTANT STEP.



Using a screw driver, pliers, chisels, a knife, tin snips and a tire iron, remove the 4 or 5 layers of patching clear down to the hull. (The next step should not be read by the faint of heart!) You must now remove all the outer hull material that has separated from the foam layer underneath. This is an extremely painful and traumatic experience but it MUST be done. Use the same exact tools you used to remove the old patch.

Let the poor thing dry out for a few days. Make sure to keep your boat comfortable and dry, as it is now going through a very rough time. Next, take some sand paper and rough up the plastic around the wound. Put down a good layer of the SORT OF expensive stuff. After it dries, sand it smooth. Now, take your left over fiberglass patch kit and put a good layer or two over the whole thing. I am still waiting for a few trips on the river to see how this one holds.

Footnote: There are actually a few individuals who think the FINAL AND MOST IMPORTANT step should have been done the first time, omitting all the others. However... a study done by the Harvard Business School showed a noticeable improvement in the nation's economy when the "Advanced Technique" was used by the majority of boaters.

The one small advantage to using the FINAL AND MOST IMPORTANT step as soon as a bad spot is noticed is that you may keep a bad spot the size of a quarter, the size of a quarter. Using the Advanced Technique can turn a quarter sized bad spot into a beach hall size bad spot when all the steps have been followed properly.

- *From the Tennessee Valley Canoe Club newsletter.* ✂

"Some people hear the song in the quiet mist of a cold morning; others hear it in the middle of a roaring rapids. Sometimes the excitement drowns out the song. The thrills become all that matter as we seek one rapid after another. But for other people the song is loudest in the evening when they are sitting in front of the tent, basking in the camp fire's warmth. This is when I hear it loudest, after I have paddled and portaged for many miles to some distant, hidden place."

- *Bill Mason, Song of the Paddle.*

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## Common River Courtesy

by Carroll Viera

Before getting on a river:

- 1) Patronize local merchants. Buy gas and groceries from businesses near the rivers. Doing so will help create good will between paddlers and the local population.
- 2) If using a put-in on private property, ask permission from the landowner before getting on the river.
- 3) Help with the shuttle. If someone else takes your boat to the put-in, shuttle the driver back to the put-in after the trip, pay any parking fee (at the Hiwassee, for example), or give the driver a dollar or two for gas.
- 4) Shuttle drivers: Be sure that other drivers know where you're going. All drivers should always keep the car behind them in sight. If a caravan gets separated at a traffic light, those who get through should turn off at the first convenient spot to wait for others to catch up.

At the put-in:

Keep your boat out of the way of the launch site until you're ready to get on the water. Once on the water, move away from the launch site so that other boaters can get on the river.

On the river:

- 1) After entering an eddy, back up and leave room for the next boater. If the eddy is small, exit the eddy so that the next boat can get in.
- 2) Remember that traffic moving downstream has the right of way, so it's a river rule
  - a) not to pull out of an eddy in front of traffic coming downstream.
  - b) to exit a play spot (such as a surfing wave) for downstream traffic.This rule applies whether the down stream traffic is created by a kayak, canoe, raft, tube, or any other river craft. Remember this rule particularly at crowded play spots such as Bigney's Rock (the Hiwassee) or Surfing Rapid (the Nantahala). Don't assume that the paddler coming from upstream has the expertise to avoid you and can choose another route.
- 3) Line up for play spots. Don't barge in front of someone waiting to enter a play spot and don't re-enter a play spot until everyone in line has had a turn. It is sometimes easy for a kayaker to maneuver in front of canoes waiting for a turn, so advanced kayakers may need to caution beginners about this practice.
- 4) Don't be a hole hog. If there is a line at play spots, exit the spot after a short turn and get back in line.
- 5) Don't tailgate, especially in rapids. An easy way to slow down before getting into a rapid is to back ferry or to turn around and ferry for a few strokes upstream.

6) Pack out all trash. Cigarette butts and peanuts shells are trash, too. And, if you pack out a little more trash than you brought in, our river clean-up days will be easier.

7) Stay between the lead and sweep boats on an organized trip.

8) On an organized trip, keep the boat behind you in sight.

9) Share the river. Give fishermen plenty of room (and don't ask if they're catching anything!). Respect rafters too; some good paddlers had their first river experience on a commercial raft trip.

10) If another paddler gets into trouble, help him or her as long as you can do so without jeopardizing your own safety.

After a trip:

1) Be sure that people who drove to the put-in have a ride back to their cars. Always offer to shuttle drivers back if they have taken you to the put-in. One trip leader announces that no one leaves until everyone has a ride.

2) Return any gear (such as ropes) you may have borrowed.

3) At clinics and other club functions held in campgrounds, respect other campers. Observe quiet hours. Even slamming car doors can wake up someone who's asleep.

Obviously, many rules of river courtesy are also rules of river safety. Pulling out of an eddy in front of another boat, for instance, can cause a collision. Also, we need to remember that discourteous paddlers do exist. Sometimes it's safer to yield the right of way to such a paddler. Maybe he or she is unaware of rules of courtesy rather than just ignoring them.

Trip leaders can help by reviewing a few rules of courtesy at the beginning of a trip or by mentioning them as the need for them arises on the river. In the end, river courtesy is mostly a matter of common sense: treat other boaters the way you'd like to be treated.

- From "The Watershed", newsletter of the Tennessee Scenic Rivers Association. ✂



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## Paddler's Poison

It's lurking along the riverbanks, camouflaged in green, a seemingly harmless plant. You probably don't even notice it. Until you brush up against it, then you are a goner. The most common ailment that plagues paddlers seems to be poison ivy and oak. If you share space with these plants, which thrive along riverbanks, you have probably dealt with the annoying itch (unless you are one of those lucky 15 percent who aren't allergic).

Some riverbanks are so dense that paddlers may choose to run an ugly drop rather than portage through the ugly ivy. The portage in the Black Canyon of the Gunnison River in Colorado is so strewn with poison ivy that paddlers wear special suits to protect themselves during the portage.

The nasty rash is caused by urushiol (oo-roo-shee-ohl), the chemical sap of poison ivy, oak, and sumac. It can stick to pets, boats, paddling gear, or anything else it comes into contact with. Urushiol is also released when the plant is burned, which could be very dangerous if it is inhaled. A simple washing will remove the urushiol, however, if it is not removed, it could remain potent for years!

To avoid a latent outbreak, wash immediately upon coming into contact with poison. Urushiol only takes a few minutes to penetrate the skin. Experts also recommend that you take a shower. Do not use soap because it may pick up some of the urushiol and move it around. Clothes, shoes, paddling gear, or anything else that has come into contact with the poison should be washed immediately and handled carefully.

If you don't wash it off fast enough, the first signs of rash will appear within 12 - 48 hours. Contrary to popular belief, the oozing blisters are not contagious, nor do they cause further spread on the body. The rash may appear as if it spreads because of the rate that the urushiol is absorbed through the skin. Different parts of the body will absorb at different rates. Do not scratch! Scratching is only a temporary relief and can cause a secondary skin infection.

If left untreated, the rash normally disappears within two weeks. But few can tolerate the itch without some help. Wet, cold compresses can help control the itch. Oral antihistamines can also relieve itching, but may make you sleepy. Over the counter creams, painting yourself pink with calamine lotion, are minimally effective on a severe rash. If the rash becomes severe, see a doctor. They may prescribe a corticosteroid shot or pill.

The best way to prevent a nasty, itchy rash is to avoid contact with the plant. Being able to recognize poison ivy,

oak and sumac is essential. The saying "leaves of three, let it be," is a nice little rhyme; except, the plants may have leaves in groups of five to nine.

### Know how to recognize the plant.

Poison ivy grows around lakes and streams in the Midwest and East (though it has been spotted around the West). It can appear as a woody, rope-like vine, a trailing shrub on the ground, or a freestanding shrub. Normally it appears as three shiny leaflets, but may vary from five to nine. Leaves are green in the summer and red in the fall. It may have yellow or green flowers and white berries.

Poison Oak grows as a low shrub in the East (from New Jersey to Texas). In the West, along the Pacific coast, it grows to six-foot-tall clumps or vines up to 30 feet long. The shiny, oak-like leaves usually grow in clusters of three and may have yellow berries. Poison oak only grows below 1,500 feet.

Poison Sumac grows in boggy areas, especially in the Southeast. The shrub grows up to 15 feet tall with seven to 13 smooth-edged leaflets. May have pale yellow or cream-colored berries.

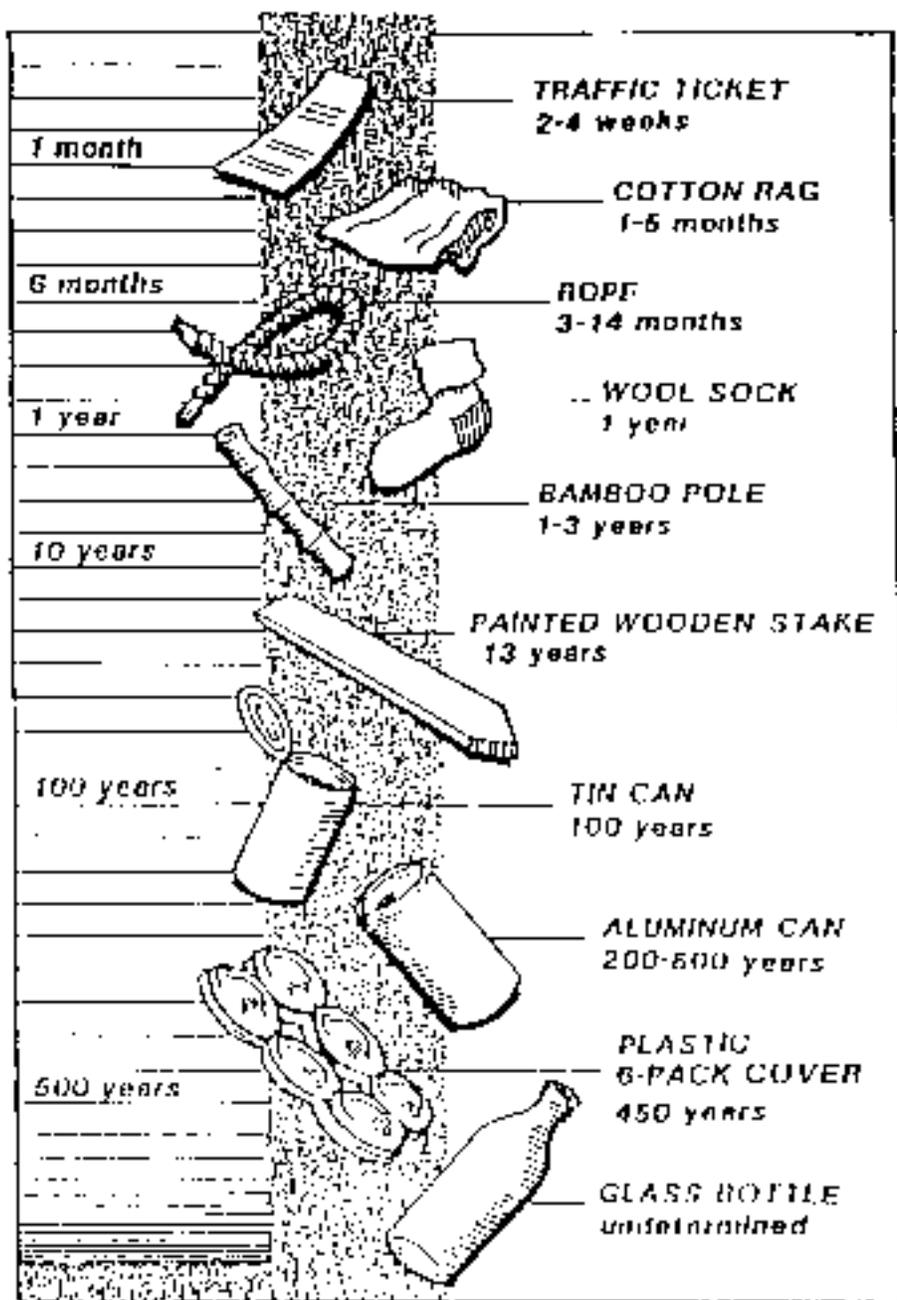
- From the *Outdoorplay* web site [www.outdoorplay.com](http://www.outdoorplay.com),  
authored by Dena Foltz. ✂

## Rivers Hardly Ever

by James Dillet Freeman

Rivers hardly ever run in a straight line.  
Rivers are willing to take ten thousand meanders  
And enjoy every one  
And grow from every one —  
When they leave a meander  
They are always more  
Than when they entered it.  
When rivers meet an obstacle,  
They do not try to run over it;  
They merely go around —  
But they always get to the other side.  
Rivers accept things as they are,  
Conform to the shape they find the world in —  
Yet nothing changes things more than rivers;  
Rivers move even mountains into the sea.  
Rivers hardly ever are in a hurry —  
Yet is there anything more likely  
To reach the point it sets out for  
Than a river?

# Litter Lasts



"As long as I live, I'll hear waterfalls and birds and winds sing. I'll interpret the rocks, learn the language of flood, storm and the avalanche. I'll acquaint myself with the glaciers and wild gardens, and get as near to the heart of the world as I can."  
 - John Muir.

# 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 gacanoec@mindspring.com. PLEASE, NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.

**FOR SALE** - Canoe, Blue Hole Sunburst, Kevlar lay-up, nearly new condition, set up solo but with eqpt to set up tandem, small nylon end bags, \$850. Also assorted paddling gear. Ron 770.435.0903.

**FOR SALE** - Canoe, Mohawk XL-15, red, nylon bags, expertly outfitted for tandem/solo. Set up with tandem paddling on the Ocoee in mind! Good condition, \$500. Call Robert 770.772.9808, or email rweather@attbi.com.

**FOR SALE** - Canoe, Mohawk Probe 12-2, teal, fully outfitted. Used but still in good condition. Stored hanging from the ceiling of my garage. \$450 or best reasonable offer. Call David at 803.278.0971 or email at corsicaprobe@aol.com.

**FOR SALE** - Canoe, Blue Hole Sunburst, excellent condition, fully outfitted with saddle, air bags, knee pads, etc. \$550. Also assorted paddling gear. Ron 770.435.0903.

**FOR SALE** - Canoe, Whitesell Pyranha, red, perception saddle, nylon bags. Plows through waves and is very stable! Excellent condition, \$800. Call Robert 770.772.9808, or email rweather@attbi.com.

**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 & 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** - Kayak. Wilderness Systems PUNGO recreational kayak. Very good condition, yellow color, stored indoors. Great add-ons: extended seat back, extra rigging, security bar, and

full nylon skirt. Retail value of boat is \$579 and extras at \$110. Exceptionally comfortable, large cockpit, large capacity boat. Very stable, tracks like a touring kayak on lakes and bays, yet maneuvers rivers very well. Easy to car-top by one person, 12' long. \$495. Atlanta metro area. 404.325.5549.

**FOR SALE** - Kayak, Necky Bliss. Good stable river running/play boat for smaller person. Yellow, great condition. \$400. Call Joane Farrell 404.634.9294 or joanefarrell@hotmail.com.

**FOR SALE** - Kayak, Perception Corsica S Proline, granite color with floatation bags, used sparingly, kept indoors, in excellent condition, with spray skirt - \$250. Color coordinated Perception Harmony paddle 206CM - \$50. Color coordinated PFD - \$10 w/kayak, \$15 separately. Call Bill Capp at 770.977.1245 or e-mail jcapp1@attbi.com.

**FOR SALE** - Kayak, Riot Trickster, yellow with red stripe. X-beam installed and outfitting foam included. \$400 OBO. Call Harvey at 770.227.5407 or email hjrush@hotmail.com.

**FOR SALE** - Kayak, Pyranha H2 Zone/245. Excellent all round river running, creekin' and play boat. Nearly new, yellow. \$550 Super Deal!!!! Hot boat. Hard to come by used. Must sell. Joane Farrell 404.634.9294 or joanefarrell@hotmail.com.

**FOR SALE** - Kayak, Perception Pirouette, black, \$300. Two front and two rear float bags also available @ \$10 per set. Carlisle Ausable two piece kayak paddle, 110 cm. Ideal for sea kayak or inflatable kayak, \$20. Ladies size medium Stohlquist two piece dry suit. Needs waist and feet gaskets. Neck and wrist gaskets good. Red. \$40. Dry bag, yellow, size 15" X 24". \$5. Call Hank Klausman 770.587.0499.

**FOR SALE** - Land. Interested in a private take-out on the Upper Chattahoochee? Picturesque riverfront and river accessible property located in White County only a few miles downstream from Duncan Bridge Road. Beautifully wooded lots (1 to 23 acres) and a log cabin are available. Call Mark at 404.216.5621, or email merler@mdhodes

.com.

**FOR SALE** - Log cabin, 2bdm, 1 large bath, full basement, carport area, mountain view and other extras in southern end of Dahlonega — one mile from 400 — \$128,000 — call 706.864.2449.

**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** - White water canoe, Mad River Outrage or Mohawk Probe 12. Call Kelly at 404.667.8140 or email synth\_ace@yahoo.com.

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# CANOEING & KAYAKING INSTRUCTION

## PADDLING CLINIC INFORMATION

Clinics will be taught by ACA-certified instructors and qualified assistants. In order to provide individual attention, the maximum student-to-instructor ratio is 4:1. Space is limited.

### COURSE DESCRIPTIONS

#### **BEGINNING FLAT/MOVING WATER:**

For people who have never had a boat on moving water or want to improve their skills in a basic course. Full day Saturday flat water session emphasizing strokes, safety, self-rescues. Full day Sunday session on moving water river. No white water.

#### **BEGINNING WHITE WATER:**

For people who have never had a boat on moving water. Three-hour evening classroom session with videos and lectures covering equipment, safety, river features and paddling techniques for tandem and solo boaters. You must attend both the dry and flat water sessions to participate in the white water river portions of the course.

#### **BEGINNING YOUTH WHITE WATER:**

Same course as above, but designed for youths ages 16 and under.

#### **TRAINED BEGINNER WHITE WATER:**

Participants should have had recent beginner level instruction or 5 days of white water experience. Polish-up beginner skills, plus bracing and rolling (kayaks).

#### **INTERMEDIATE WHITE WATER:**

Intermediate clinic participants should be comfortable paddling class II-III white water such as the Nantahala, wish to master the roll in rapids (kayaks), and learn how to play confidently in Nantahala-type waves and holes. Intermediate kayakers should have a 100% flat water roll and a 50% reliable combat roll in class II rapids. Saturday morning lake session working on strokes and rolls (kayaks) and an afternoon session on the Nantahala working on turns, surfing, eddy hopping, etc. Full day Sunday trip on a class II-III river.

### ENROLLMENT GUIDELINES

#### **GCA MEMBERSHIP:**

All participants must be current GCA members. To join the GCA, call the GCA at 770.421.9729 or go to the GCA web page [www.georgiacanoe.org](http://www.georgiacanoe.org) for a membership application. Dues are \$25 per year.

#### **REGISTRATION:**

Call the coordinator of the clinic you want to take for more information. You will NOT be registered, however, until the coordinator receives a check for \$50.00 per person payable to GCA. Please don't wait to register. All classes are subject to being closed due to student limits or being rescheduled or canceled if there are insufficient students registered. Registration closes ten days before each class due to insurance and planning considerations.

#### **CANCELLATIONS AND REFUNDS:**

If you wish to cancel or switch to another date, please notify the Clinic Coordinator as soon as possible. If you cancel at least 10 days before the first class session your fees will be refunded. After that, refunds will be made only if a replacement is found. Clinics will be conducted rain or shine. No-shows and those not completing the full course are ineligible for refunds.

#### **AGE:**

If you are under 18, all liability releases must be signed by a parent or guardian, who must also provide suitable power-of-attorney for medical care. Except for youth clinics, pre-teens will not be enrolled unless they have had suitable paddling experience in the Training Director's judgment.

#### **SWIMMING ABILITY:**

You must be able to swim and should not panic with your head under water. Beginning kayak clinic participants will spend a lot of time upside down inside their kayaks on the lake. All students will practice swimming & self-rescue skills in rapids.

#### **PHYSICAL CONDITION:**

White water paddling is a physically and mentally challenging activity that requires fitness, flexibility, and a positive attitude in stressful situations. Kayaking is a high-risk activity for individuals with a history of shoulder dislocations. Applicants should discuss potential physical limitations with the Coordinator before signing up.

#### **EQUIPMENT:**

You must furnish all of your own equipment. You will receive a detailed list of required and recommended equipment well in advance of the clinic.

INSTRUCTIONS & REGISTRATION FORM ON REVERSE SIDE

# GCA INSTRUCTION

SPRING AND SUMMER 2002

## Canoe

### Flat/Moving Water Canoe

**Coordinator: Jim Albert (770.414.1521)**

- + Beginner Family (children welcome)  
July/August TBA
- + Beginner  
July/August TBA
- + Canoe/Sea Kayak Camping Trip (& low key clinic)  
June 22, 23

### White Water Canoe

+ Beginner  
**Coordinator: Steve Cramer (706.208.8382)**  
June 4 (evening), June 8, 9

+ Trained Beginner  
**Coordinator: Jim Albert (770.414.1521)**

May 11, 12  
August TBA

+ Intermediate  
**Coordinator: Haynes Johnson (770.971.1542)**

May 18, 19  
September TBA

## Safety

+ Basic White Water Safety (Formerly "1st Three Minutes")

**Coordinator: Brannen Proctor (770.664.7384)**  
July 27 (1 day - \$25)

## Sea Kayak

**Coordinator: Steve Cramer (706.208.8382)**

- + May 25, 26 (call for class fees)  
Charleston, SC
- + Sea Kayak Rescue Skills (call for class fees)  
July 13 (1-Day)  
Lanier Canoe and Kayak Club

## White Water Kayak

**Coordinator: Knox Worde (770.475.3022)**

- + Beginner  
June 17 (evening), 22, 23  
Lead Instructor: Knox Worde (770.475.3022)
- + Trained Beginner  
June 8, 9  
Lead Instructor: Carol Meyhoefer (770.479.9478)
- + Intermediate  
May 18, 19  
Lead Instructor: David Stubblefield (706.864.0901)

**Registration:** to register for one of these clinics you must be a member of the Georgia Canoeing Association. To join the GCA or for an application call 404.421.9729. Dues are \$25. To register for a clinic, call the coordinator of the clinic for more information. You will NOT be registered until the coordinator receives this completed form and a check for \$50.00 per person. Please don't wait to register. All classes are subject to being closed due to student limits or being rescheduled or canceled if there are insufficient students registered. Registration closes ten days before each class due to insurance and planning considerations.

CLINIC \_\_\_\_\_

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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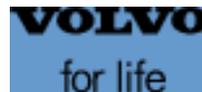
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