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770.421.9729

www.georgiacanoe.org

January 2003

## 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 21) 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!!

## What's Inside...

|                                |    |
|--------------------------------|----|
| Activity Schedule .....        | 3  |
| Announcements .....            | 4  |
| Canoe Camping .....            | 13 |
| Club Information .....         | 2  |
| Cold Night on the Lumber ..... | 18 |
| In the Realm of Power .....    | 14 |
| Instruction / Training .....   | 10 |
| Library Info .....             | 4  |
| Ocmulgee .....                 | 16 |
| Race Watch .....               | 11 |
| River Access .....             | 12 |
| Safety .....                   | 8  |
| Touring Kayaking .....         | 12 |
| Two's Company .....            | 16 |
| Want Ads .....                 | 22 |
| Welcome New Members .....      | 8  |

## GCA Spring Extravaganza

The 2003 GCA Spring Extravaganza is on schedule for Friday, Saturday and Sunday, April 11-13. 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. At this writing, we have no commitment from our friends at the Diamond Lure Campground, traditional hosts of the event, but we're hoping they'll have us back again this year. Watch for more information and registration forms in upcoming issues of *The Eddy Line*.



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# HAPPY NEW YEAR!!!





## 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 at the Atlanta Botanical Garden, located on Piedmont Road at the Prado, next to Piedmont Park. 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 .....                  | Tom Bishop       |
| Treasurer .....                  | Ed Schultz       |
| Member Services Chair .....      | Vacant           |
| Recreation Chair .....           | Gretchen Mallins |
| Resource Development Chair ..... | Cameron Pach     |
| River Protection Chair .....     | Jim Tibbetts     |
| 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 [gacanoem@mindspring.com](mailto:gacanoem@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

### January

|  |                        |                 |              |
|--|------------------------|-----------------|--------------|
| 18-20 Ichetucknee Springs/Crystal River (FL) | Smooth Water           | Morris Friedman | 770.469.8414 |
| 18 Upper Tallulah                            | Class 3-4 Advanced     | Roger Nott      | 770.536.6923 |
| 20 Little River Canyon (AL)(Note 1)          | Class 3+ & 4- Advanced | Dane White      | 256.435.3827 |
| 21 Little Manatee River (FL)                 | Smooth Water           | Susan Oehler    | 828.298.0315 |
| 22 Myakka River (FL)                         | Smooth Water           | Susan Oehler    | 828.298.0315 |
| 23 Peace River (FL)                          | Smooth Water           | Susan Oehler    | 828.298.0315 |
| 24 Wekiva/Rock Springs Run (FL)              | Smooth Water           | Susan Oehler    | 828.298.0315 |
| 25 Leaders Choice (Note 2)                   | Class 2-3 Intermediate | Marvine Cole    | 770.475.3022 |

### February

|                    |                    |            |              |
|--------------------|--------------------|------------|--------------|
| 8 Lower Amicalola  | Class 3-4 Advanced | Roger Nott | 770.536.6923 |
| 17 Town Creek (AL) | Class 3+ Advanced  | Dane White | 256.435.3827 |

### March

|   |                        |            |              |
|---|------------------------|------------|--------------|
| 6 Board of Directors Meeting — Members invited — Atlanta Botanical Gardens                  |                        |            | 770.475.3022 |
| 8 South Sauty (AL)  | Class 4 Advanced       | Dane White | 256.435.3827 |
| 8 War Woman Creek   | Class 3-4 Advanced     | Roger Nott | 770.536.6923 |
| 21 Club Meeting — Spring Covered Dish Dinner — Garden Hills Community Center — Marvine Cole |                        |            | 770.475.3022 |
| 22 Cataloochee Creek (NC)   | Class 2-3(4)           | Roger Nott | 770.536.6923 |
| 23 Oconaluftee (NC)   | Class 2-3 Intermediate | Roger Nott | 770.536.6923 |

Note 1: Upper II & Chair Lift sections.

Note 2: Paddle with the Prez.

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**Signing Up:** Call the trip coordinator listed to sign up for trips. Most trip coordinators will move a trip to an alternate venue if the water levels and conditions for a particular trip are not favorable. 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 was learned in the clinic and expanding skill levels.

**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 Warren Memorial Boys' & Girls' Club pool. See announcement in this issue of *The Eddy Line*.

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## 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

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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 for providing software and server space for the GCA email list.



Here's how the list works:

By sending an email to "gacanoelists.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 "gacanoelists.kapcom.com" and in the BODY of the message type:

subscribe gacanoelists.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 gacanoelists.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 "subscribe" your new one. ✂

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## GCA Web Page

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

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## 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 January 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. ✂

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## New Discount Available

GCA members are now eligible for a 15% discount at the web retailer Outdoorplay. All you need to do is place your order at their web site [www.outdoorplay.com](http://www.outdoorplay.com) and enter the club code CLB-1000 to receive the discount. Look for Outdoorplay's upcoming ads in *The Eddy Line* starting in March. ✂

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## And the Winners Are....

The lucky winners of the new PFDs from MTI Adventurewear in the New Member Drawing for the month of November 2002 are Pete Denicke & Rick Shepherd. Congratulations, Pete & Rick!! Membership Chair Cameron Pach will contact you regarding your choices of PFD type.

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

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## Support Our GCA Supporters

A new feature of the GCA web site will be a GCA Supporters page with links to the companies that support GCA financially by advertising with us. Help out those

who help us out — patronize our financial supporters!! Thanks! ✂

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## 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. ✂

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## Overdue Library Items

Hi folks! We have several books/videos that have been checked out by members and that are past due. If you have a video or book you borrowed from the GCA Library and have had it for over thirty (30) days, please return it. I have a waiting list for a few of the videos and some people have been waiting a while. Please mail them to:

Denise Colquitt  
3794 Glenloch Road  
Franklin, GA 30217

Thanks and I hope you enjoyed the videos or books!  
Happy Holidays!!

Denise Colquitt ✂

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## GCA Trip Sign-up Guidelines

Some considerations to be made when signing up for GCA trips and activities:

Be considerate of our trip coordinators (TCs). Avoid calling late at night, or at the last minute, to sign up for a club trip. Many of the more popular trips fill up very quickly. Calling early in the week, or even earlier, helps to ensure you get a spot on the trip and helps the TC to make plans. We do not have an easy time getting people to coordinate trips, and these little annoyances help to discourage the few we get from repeating their favor.

Please do not attempt to sign up for a trip via email. Many potential trip participants may not be aware that participation in club trips is not guaranteed. Two major reasons for this are that trip sizes may be limited because of many factors, and there is a de facto screening process

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that takes place when someone calls to sign up for a club trip. Boaters are allowed to participate in a club trip solely at the discretion of the trip coordinator.

Trip size limitations may take place due to river conditions, river characteristics, safety considerations, governmental agency regulations, permit systems, parking availability at put-ins & take-outs, or trip coordinator preference (not wanting to deal with the logistics of a 40 person trip). Again, we don't want to do anything to discourage these TCs from repeating their favor, so try to cooperate with these limitations.

For the same reasons, avoid just showing up for a club trip without signing up with the trip coordinator. Calling and leaving a voice mail message or sending an email does not constitute signing up. TCs often do not get last minute messages or emails before leaving for their trips. And if the trip is already maxed out, you may get to the river and not be able to go on the trip.

The screening process for potential trip participants is a tool to help avoid putting TCs and other trip participants, and indeed the callers themselves, in the awkward and often unsafe position of dealing with trip participants who may unnecessarily get into trouble on a club trip. Other than because of trips being full, TCs may decline to have a caller participate in a trip and gently suggest that perhaps she/he should consider not participating, or signing up for a trip of a lower difficulty level, if they suspect that the caller may not have the necessary skills, experience, proper type of boat or outfitting, adequate paddling or rescue equipment, proper protective clothing, or any number of other things that may affect the caller's ability to participate in the trip without placing him- or herself in an unsafe position. This avoids affecting the quality of the trip experience for the TC and the other participants, as well as not jeopardizing the safety of the screenee.

As a potential trip participant, if you find yourself "screened out" of a trip, try to ascertain why, so you can work toward remedying the conditions that cast doubts on your ability to participate safely. Ask for suggestions that may help you prepare for future trips of a particular difficulty level. As a trip coordinator, try to be honest but tactful when screening potential participants for your trips. Paddlers' egos bruise very easily — we are mostly a proud and independent lot. If it comes down to it, though, a bruised ego is better than a lost or broken boat, a severe injury, or worse. And no one wants their ego to cause problems for an entire group.

One thing that should NEVER be done — Don't sign up for a trip and then invite / allow other people to come with you on the trip. The correct protocol is to have the other people individually contact the trip coordinator

directly to sign up for the trip. Again, we want to be considerate of the TCs so they will continue to coordinate trips, and "surprises" are not a good way to do this.

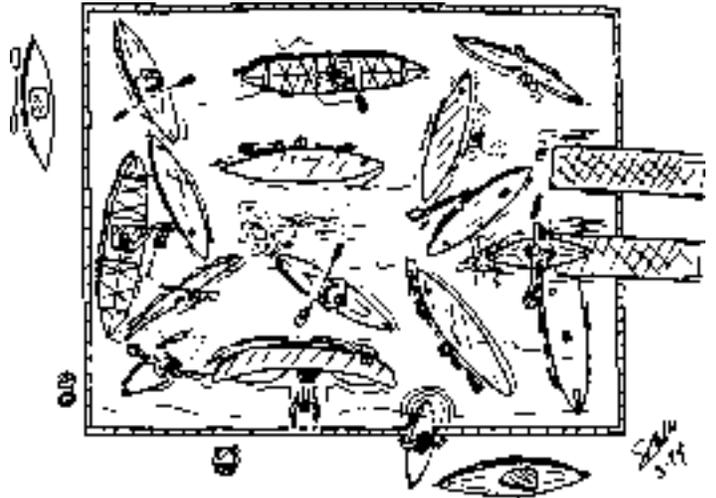
Lastly, please try to be on time at the designated meeting place. The club has a 15 minute rule regarding waiting for late-comers for any club event, so if you show up late and miss the group, PLEASE don't get huffy with the trip coordinator.

Your cooperation and understanding in adhering to these guidelines are very much appreciated. ✂

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## Winter Roll Practice

Joint GCA / AWC winter roll practice is back! Indoor pool roll sessions will be held Mondays from 7:00 to 9:00 PM beginning the first Monday in January and running 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.

**NEW LOCATION:** Due to scheduling problems at the old location, we will be going back to the Warren Memorial Boys' & Girls' Club. The club is located at the corner of Berne and Marion Streets near Grant Park. To get there, exit I-20 at the Boulevard / Grant Park / Cyclorama exit southbound. Go about 1/2 mile to the traffic light at Berne Street — turn left. Go about another 1/2 mile and you'll see a large brick building on the left at the corner of Berne & Marion Streets. Turn left. You are at the Warren Club building. The pool entrance is in the rear. Enter through the gate on the far end of the building

to unload boats.

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 volunteer to help, either with instruction or with keeping track of money and waivers, call Revel at 404.261.8572.

BE SURE YOUR BOAT IS CLEAN. A hose is available at the door to rinse out river mud, old bird's nests or cobwebs. ✂

## Upcoming Events of Interest

January 1 — Cartecay Chili Run — Cartecay River, Ellijay, GA, Jay Srymanske, 706.635.2524.

February 8 — Locust Fork Invitational Canoe & Kayak Races — Cleveland, AL, Tim Rogers, 205.274.0006.

March 1-2 — Mulberry Fork Canoe & Kayak Races — Garden City, AL.

March 22 — Locust Fork Classic Canoe & Kayak Races — Cleveland, AL, Tim Rogers, 205.274.0006.

April 11-13 — GCA Spring Extravaganza — Ellijay, GA, Gretchen Mallins, 770.423.9455.

April 11-13 — East Coast Canoe & Kayak Festival — Charleston, SC.

April 26-27 — Southeastern Slalom & Wild Water Championships — Nantahala River, Wesser, NC, Knox Worde 770.475.3022.

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

## National Paddling Film Festival

by David Margavage, NPFF Director  
OverflowXL@aol.com

The Bluegrass Wildwater Association invites you to attend the 2003 NPFF, featuring the joy, challenge, and beauty of paddling in a competition of video, film and computer images, both still and motion. Each year the festival has grown and this year is no different as we continue to look at



new ways to have fun, entertain and contribute more to river conservation. Please join with the volunteers of the National Paddling Film Festival and help contribute to water resource conservation efforts across the country. All proceeds from the NPFF go to American Whitewater, American Canoe Association, and other water conservation efforts.

It's the 20th Anniversary of the NPFF and it's building up to be the biggest ever. The big show is coming together and there are some BIG changes that should benefit all. The biggest change is the location. It has moved from the University to the spectacular 800 seat "Kentucky Theater" on Main Street, Lexington, Kentucky!

The completely restored 1920's theater with its plush seating, marquee and theater concessions, including beer & wine, will provide the perfect atmosphere deserving of the film makers and viewers alike for this special event. The NEW Kentucky Theater location will provide more exposure then ever before for our rivers causes.

We are also excited to announce that Scott Lindgren will be our special guest host. His expedition team was the first to complete the Upper Tsangpo Gorge in Tibet. It is considered to be the "Mt. Everest" of rivers. The deepest gorge on earth, it is 5 times steeper and 5 times more volume than the Grand Canyon. We will be showing Scott's movie as a non-competitive feature at this year's event. It is more than just a paddling movie. It appeals to paddlers, climbers, hikers and travelers. It has plenty of drama and excitement that includes their portage (and you thought Panther Creek was bad), finding the Hidden Falls and Porter Riot. It is a must see film!

A few of the past features at the NPFF have been filmed in locations like Canada, Africa, Dominican Republic, Costa Rica, Guatemala, Europe, Asia and throughout the USA, from Florida to Alaska. In 2003 the NPFF will continue to look for more exciting paddle sport action and awesome scenery combined with genius, satire, silliness, insight, instruction, humor, tragedy, drama and passion. This is a visual paddle sport feast that shouldn't be missed.

### 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

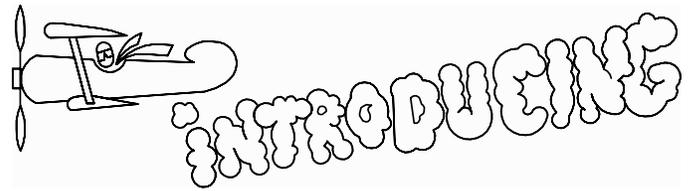
Beginner, Intermediate and Advanced levels  
Call Allen Hedden 770.426.4318  
Email canoeist@mindspring.com

In addition the NPF is a competition with talented paddle sport artists entering to see who is the best and to compete for the coveted audience-voted "Paddlers' Choice Award". Other awards for entries include Best of Show in Amateur, Accomplished and Professional divisions. So get out your cameras and get to work on that 1 minute or 20 minute video you have in your dreams and enter.

The NPF has contributed over \$70,000 to our rivers! And the NPF is on its way to being the largest fundraiser for river conservation in the USA. If you are interested in entering, attending or volunteering, please visit our web site [www.surfbwa.org/npff/](http://www.surfbwa.org/npff/)

Bring your friends, have some fun and at the same time support the rivers. Mark the NPF down on your calendar, February 21 & 22, 2003.

We hope to see you there!



## 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!!

### November 2002:

|               |            |
|---------------|------------|
| Matthew Wells | Athens GA  |
| Pete Denicke  | Suwanee GA |
| James Guyton  | Atlanta GA |
| Rick Shepherd | Rome GA    |

## Shocking News About Cold Water Paddling

As the weather cools and we start dreaming of tropical vacations for this winter, there is still lots of great cold weather paddling. With summer crowds gone we have the opportunity to enjoy our time on the water in a more quiet and intimate manner. In addition to great delights, fall and winter paddling also provides greater dangers, particularly for those unprepared for up close and personal contact with chilling waters.

Cold water and its effects are involved in virtually all kayaking and recreational boating deaths. For example, between 1985 and 1995, of the 182 deaths in the waters of the Pacific Northwest, only 2 occurred above 70 degrees, with 133 involving water between 40 & 60 degrees.

This article will review some information which helps explain what makes cold water exposure so potentially risky, review some strategies to minimize that risk, and raise a few hairs with some stories of tragic, and mostly preventable, cold water deaths.

### Some Stories and Some Statistics

- An 18 year old canoeist capsized into 50 degree lake water, and sank to the bottom before a rescuer towing the canoe could rescue him. He was wearing jeans, a shirt and no PFD.
- Nine elite marines, water survival instructors, capsized in 36 degree water wearing sweat suits and no PFDs. None of them survived the attempted 100 yard swim to shore.
- Sixteen Danish fishermen jumped into the icy waters of the North Sea when their trawler sank in a storm. They were in the water for 2 - 3 hours before being rescued.



They walked across the deck of the rescue vessel and went down into the galley to warm up. Each and every one collapsed and died in the galley.

- An average adult person has a 50/50 chance of surviving a 50 yard swim in 50 degree F. water.
- A 50 year old person in 50 degree F. water has a 50/50 chance of surviving for 50 minutes.

### What does it all mean?

Cold water can kill in three ways. The canoeist probably suffered cold shock resulting in ineffective breathing, rapid onset of panic, confusion, and ineffective swimming, struggling briefly at the surface and then sinking. The marines may have managed the initial cold shock, but the cold water rendered their extremities neuromuscularly dysfunctional within several minutes, causing death by drowning. The fishermen were a more classic case of severe hypothermia, with body chemistry dysfunction causing cardiovascular collapse and death.

The vast majority of kayaking deaths in cold water occur well before body core temperature has fallen to the point of being dangerous. Even an unclothed person in 34 degree water will maintain core temperature for at least 20-30 minutes, so in this article I will concentrate on understanding and preventing cold shock and drowning.

### Cold Shock

Cold shock occurs when rapid cooling of the skin triggers a cluster of heart and breathing responses. The cardiac responses include an increase in heart rate of 40-50%, and an increase in cardiac output of 60-100%, which combined with vasoconstriction of the extremities, results in an average blood pressure increase to 175/93.

Although a substantial strain on the heart, these changes are not likely to be a problem for a healthy, fit

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person but may be dangerous for those with underlying heart disease or hypertension (there have been cases of apparently near instant cardiac arrest on cold water immersion).

The respiratory effects of cold shock have been estimated to account for a third of cold water deaths, including many extremely fit and healthy people. Review of reports of kayaking deaths by Charles Sutherland and others suggests to me that a much higher percentage of paddle craft deaths are caused by cold shock.

This has not been a favored topic of medical research, but study of work done by Dr. Michael Tipton and others makes it easy to understand the high level of risk that cold waters bring to the unprepared in our sport (details below).

### **!!Gasp!!**

Sudden immersion in cold water results in an involuntary (that means you can not stop it, and yes, that means all of us) gasp, followed by 1-3 minutes of involuntary (yes, that still means all of us) hyperventilation. Specific data are: 2.0 liter gasp in 82 degree water and 3.0 liter gasp in 50 degree water (i.e. nearly your entire lung volume), and in 50 degree water a 600-1,000 percent increase in ventilation (air in and out) in the first minute.

This hyperventilation results in a profound lowering of blood carbon dioxide levels and raising of blood pH levels, which causes a large risk of ventricular fibrillation ("cardiac arrest"), muscular tetany (cramps), and cerebral vasoconstriction, which starves the brain of oxygen, causing disorientation and confusion. These effects, coupled with changes in lung mechanics caused by the pressure of water on the abdomen and chest, result in subjective feelings of inability to breathe and panic typically lasting 1-3 minutes.

Most importantly for survival of a capsized kayaker is a sharp reduction of maximal breath holding, for example — in one study from a mean of 45 seconds pre-immersion to a mean of 9.5 seconds on immersion in 41 degree water, with one subject averaging less than one second breath holding upon immersion.

It is easy to see how these effects of gasp, hyperventilation, and impaired breath holding would result in prompt catastrophe upon a fall into choppy water or a capsized.

### **How Cold Is Cold Water?**

Not, apparently, all that cold. The maximal hyperventilation response is reached at 50 degrees, and near maximal gasp was reached at 52 degrees. These are summertime water temperatures in some of the Northeast, and in most of it by November.

This information is not meant to scare people away

from cold water paddling, but certainly to caution them. Wonderful experiences may be had paddling in these conditions, but if we wish not to become Coast Guard statistics, we must understand the risks and take measures to protect ourselves.

### **First, Buy Some Protection**

No, not THAT protection, this is about Safe Paddling, not Safe S\*x, but wearing the right stuff can still make a big difference. That means a wet suit or dry suit. Protecting the front of the torso and back of the chest will have the most profound effect on moderating the respiratory responses, while protecting the extremities has the greatest benefit in moderating the cardiac responses.

Most of these responses are worsened by head immersion, which also markedly hastens the progression of hypothermia (if you manage to survive the cold shock), so head protection is important. Since both cold shock and later hypothermia inhibit effective swimming, wearing a PFD is essential to keeping the head out of water and prolonging survival.

### **Does Practice Make Perfect?**

A definite maybe. It does appear that repetitive immersions in cold water will allow the body to adapt and moderate the cold shock response. After 6-8 immersions (daily, each time long enough for core temperature to drop > 2 degrees), the cardiac responses are substantially reduced. The breathing problems unfortunately are much less responsive to such efforts at training.

A more important type of practice is to actually try out your cold water clothing in a variety of conditions. The studies referenced in this article seem to show a fairly consistent set of responses across a range of water temperatures from 30 degrees to as high as 60 degrees. There is individual variation, though, and gear that works for your paddling partner may not be adequate for you. Most people find it very revealing to try floating in 30, 40, or even 50 degree water.

### **Make Mine Dry, Very Dry**

In the wet suit / dry suit debate I readily admit that I am a dry suit chauvinist, finding a dry suit much more comfortable. For the prevention of cold shock a well fitting wet suit will be more than adequate, provided it is truly well fitting and substantially slows the contact of cold water with your torso. If loosely fitting, with overgenerous neck and arm openings, there may still be a sufficient gush of frigid water to trigger these cold shock responses.

Even with a well fitted wet suit many find that first cold water flush unpleasant, and for long term survival in cold water a dry suit with appropriate insulation can be 2-3 times more effective in staving off hypothermia. The newer Lycra / fleece wet suits can however be a very

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comfortable, moderate cost, no-excuse-for-not-wearing-it form of protection if you are confident that your paddling does not put you at risk of prolonged immersion.

### **What About Hypothermia?**

There are many excellent resources on prevention, recognition and management of hypothermia. Some internet resources are listed below so just a few points. Recognize and manage hypothermia early — thought processes become quickly impaired and can rapidly lead to decision making which turns an unpleasant situation into a dangerous one.

In a non-immersion situation, the greatest heat loss is through the head and neck. Insulation for these areas is most important. In maintaining extremity function, good head protection has been shown to be more useful than better gloves or socks.

Get out of the water! Water will cool 20-30 times faster than air. Movement in the water, such as swimming, will make this even worse. Severe hypothermia is a medical crisis. The victim must be handled gently and knowledgeably. "No previously healthy person should die of hypothermia after he has been rescued and treatment has been started." (Cameron C. Bangs, M.D.)

### **Cold Water Safety Links:**

(with thanks to Richard Clifford)

Search and Rescue Society of British Columbia (lots of info here):

<http://www.sarbc.org/hypo.html>

<http://www.sarbc.org/andrew1.html>

And here:

<http://www.hypothermia.org/index.html>

<http://www.hypothermia.org/protocol.htm> (STATE OF ALASKA Cold Injuries & Cold Water Near Drowning Guidelines)

And here:

<http://www.hypothermia-ca.com/main.htm>

Chuck Sutherland's info:

<http://www.enter.net/~skimmer/coldwater.html>

Outside Magazine article (remarkable victim's mind view of nearly freezing to death):

<http://www.outsidemag.com/magazine/0197/9701fefreez.html>

Another cold water near death experience:

<http://www.anbg.gov.au/jrc/kayak/wave/0047.html>

Princeton University Center for Outdoor Activity:

<http://www.princeton.edu/~oa/hypocold.html>

The National Outdoor Leadership School First Aid Handbook, section on cold injuries:

<http://www.nols.edu/School/Pubs/FirstAid/EX9Cold>

<http://www.dnr.state.oh.us/odnr/watercraft/laws/opsguide/hypo.html>

For a compilation of hypothermia information and instructions on repairing a dry suit gasket, visit:

<http://www.mindspring.com/~inukshuk/>

University of Minnesota Sea Grant Program: "Survival in Cold Water:

Hypothermia Prevention", by Chad P. Dawson

<http://www.d.umn.edu/seagr/tourism/hypothermia.html>

Check out the ocean water temperatures going from New England to Florida:

<http://iwin.nws.noaa.gov/iwin/images/seatemp.gif>

- *From the Northcountry Kayak web site.* 

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## **Instruction / Training**

### **River Courtesy — Must Reading for All Paddlers**

by Carroll Viera

In our paddling clinics we add quite a few new people to the boating community. New paddlers have so much information to absorb that sometimes it's hard to keep it all in mind. It might be helpful to review some common river courtesy rules and to ask if we've been observing them. Here are some important ones:

#### **Before getting on a river:**

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.

If using a put-in on private property, ask permission from the land owner before getting on the river.

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.

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 water.

#### **On the river:**

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.

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 or hole) for downstream traffic.

This rule applies whether the downstream traffic consists of a kayak, canoe, raft, tube or any other river craft. Remember this rule particularly at crowded play spots. Don't assume that the paddler coming from upstream has the expertise to avoid you and can choose another route. (Alternatively, if you ARE the downstream traffic, don't assume that the person in a hole has the expertise to get out of the hole and thus out of your way.)

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.

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.

Don't tailgate, especially in rapids. An easy way to slow down before going into a rapid is to back ferry or to turn around and ferry for a few strokes upstream.

Pack out all trash. Cigarette butts and peanut shells are trash, too. And, if you pack out a little more trash than

you brought in, our river cleanup days will be easier.

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

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

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.

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

#### **After a trip:**

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.

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

At schools 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 / she is unaware of rules of courtesy rather than just ignoring them.

Trip coordinators can help by reviewing a few rules of river courtesy at the beginning of a trip or by mentioning them as the need 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 Tennessee Valley Canoe Club newsletter.* ✂

Kaplan Communications ad not available in .pdf format.

## **Flushing Meadows White Water Center**

New York City has bid for the 2012 Olympic Summer Games. The bid includes a proposed white water slalom venue, as described below.

The Fountain of the Planets, built for the 1964 World's Fair, will be transformed into New York's first center for white water canoeing. Modeled on the highly acclaimed venue created for the 2000 Olympic Games in Sydney, a 400-meter course in Flushing Meadows — Corona Park



Race Watch

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will provide challenging conditions for Olympic athletes within the city limits, where the sport will be readily accessible to a broad spectator base.

A C-shaped artificial waterway will wind its way down from the top of a dramatic berm, which will provide a 20-foot drop from start to finish. A system of moveable obstacles will allow the course to be fine-tuned for Olympic competition.

### Legacy

Creating a permanent world-class facility in Flushing Meadows — Corona Park will establish New York City

as a national center for white water canoeing training and competition. Varying the speed of the water will make the course accessible to recreational users, too.

Three boathouses will house a kayaking center that rents boats and provides instruction. In place of today's worn terrain, four new soccer fields will be constructed to meet the intense needs of the vibrant international community in Queens, with the berm providing seating for the many fans who come to this area.

- *From a submission to the Carolina Canoe Club email list by Laura Evans.* ✂

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## River Access

### Our Tax Dollars at Work — Close the Hooch at Dark

by John Pinyerd

I took advantage of picture perfect full moon conditions after work the other night in order to get in a flat water workout. I made it back to the Boat Ramp Area next to Atlanta Rowing Club to see an officer with his blue lights on in front of my car. Unfortunately, I was breaking the law, as a very polite and sincere Roswell Parks & Rec officer sternly warned me.

Not only does the River Park close an hour after dark, but the river closes at dark, he went on to explain to me. Since I was also very polite (yes it does work), he listened to me, bought the fact that I was an ex-US team member trying to make a comeback, and just let me off with a verbal

warning.

He was also impressed that I was wearing a life jacket (hey, it was a little cool). His fear was that the Hooch Recreation Officer, who was on his way to the scene, would arrive before I could get out of there.... because he said the fine is \$600 for using the Hooch after dark. With his help, I departed quickly.

Going forward, I'll use private property for the put-in and avoid any contact with enforcement. I'm also going to explore getting a "permit" to use our God-given river at night like some of the rowing clubs have. Yep, it's these type of overzealous regulations and the ensuing enforcement that makes me feel that I'm better off without any services.

The funny thing is that I kept wondering where the funding for a park enforcement officer on night shift is coming from. Knowing our luck, it's probably from Fee Demo:-)

- *From a posting to the GCA email list.* ✂

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## Touring Kayaking

### Georgia Coast

by Steve Cramer

November 16, 2002. I did manage to get out a little bit on Saturday on my trip to Tybee Island, in spite of the weather forecast. I put in at the Back River boat ramp, which is a misnomer now, since the paved part ends about 5' above the water at high tide. Anyone who tries to back a boat down that sand better have serious 4WD and some knobby tires. The weather was cloudy and warm. I was wearing a long-sleeved poly shirt and added a breathable nylon shell over it, because I knew I'd get rained on at some point.

Into the water and across the river toward Little Tybee Island. The tide was in the last 1-1/2 hours of ebb, so the sand banks were coming out. In the bone yard at the northern side of Myrtle Island (the NE corner of Little



Tybee) a group of cormorants was hanging out on a skeletal tree.

The whole scene was backlit by the low gray clouds, so they showed up as stark silhouettes. The Georgia Coast never has pretty water inshore, since it drains the marsh over sand and mud

bottoms. Total overcast above, brownish grayish water below. An now it's starting to spit rain. Lovely day for a paddle.

Coming out of the river mouth and into the ocean and bending south to paddle across the front of Myrtle, I felt the wind on my back out of the north blowing straight down along the coast. There was the usual bunch of breaking waves offshore on the sandbar, which merged into the beach break so that the only way to head down the coast was to go way out into the ocean or paddle through the white stuff taking waves on the left side.

Always one to take the shortest route, I headed into

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the waves. They weren't very big, but since it was a dark and stormy (well, predicted to be) day and I was alone and it had started to rain, I decided not to push it too much, and tried to quarter them as much as possible rather than relying on an edge and a brace. After playing a while, I surfed onto the beach for a pee break. I contemplated heading on south, but the wind was picking up and I wasn't keen on paddling back into it, so I punched back out into the waves, surfed some more, then headed back for the estuary.

In the distance I could see a sandbar about to uncover, with waves breaking over it and also refracting around to hit from the side. Can you say clapotis? I changed course to paddle into the heart of it, and hung out for a while in the confusion. The waves were surprisingly gentle, which is nice when they're breaking over your bow and shoulder at the same time.

After a while I realized that the wind was no longer from the north. It was no stronger, but it was now coming from the southeast. I wasn't sure where the front was, but it's usually a sign when the wind swings around like that, so I thought I'd mosey on.

Until I got to the entrance to Jack's Cut, a creek draining the interior of Little Tybee. The local outfitter (Sea Kayak Georgia) had told me that there probably wouldn't be enough water to get in, but there was, so I had to explore a little. The creek entrance was heavily silted with sand, but there was a narrow channel. Once past that, there was a lot more room.

Paddling twisty creeks is one of my favorite things.

It's cool to just keep a gentle forward stroke going and steer with boat heels. As the creek got narrower, my heels got more pronounced. Hmm, egret ahead to the left, heron to the right. Relax, guys, and let me drift on past.

The GPS (Magellan Meridian Marine) knew all of the creeks down around Bluffton, but it's clueless here. Just a \$300 compass. Oh, and it's also dropping electronic breadcrumbs in case I get confused on the way out.

Nice sandbar here coming up on the right, with a feeder creek alongside. Let's take a break and practice with the cast net. I've been trying to learn to throw this thing, but so far it's one good round toss out of five. Martin does it really well; I should have paid more attention to what he was doing. But, Hey! Look! There are some shrimp in the net. Well, OK, two shrimp. So if I kept this up for an hour, I'd have dinner for one. And a hell of a sore shoulder.

Back out of the creek now, and the crossing to the boat ramp. Tide is an hour past dead low, so it's still pretty slack. As I lined up on the house beside the boat ramp I saw a fin out in the river. Doll fin. As I watched, I heard a "Pooosh!" off to the right. Two more dolphins heading up the river, surfacing in tandem. I subtly altered course a little to stay with them, and then stopped paddling when I figured I was in their track. "Poosh! Poosh!" Fifty feet out and closing. Then "Poosh-Poosh!" as they surfaced a paddle length off my beam, glanced at me, and swam on under my kayak. Cool.

I was just barely off the water and loaded up when the rain started in earnest. Lovely day on the water. 

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## Canoe Camping Needs You!!!!

by Dick Hurd

When the Strategic Planning Committee conducted a member survey in 2001, the most frequently requested "new" club activity was canoe camping trips (46% of respondents), with 25% expressing interest in canoe camping clinics. The complete results of this survey were published in the July, 2001, issue of *The Eddy Line*. For a variety of reasons, including chronic low water levels from drought, and not much information on rivers suitable for this activity, not much has been done, although a few trip write-ups have been published in *The Eddy Line*.

I propose to spearhead an effort to change this, and am requesting help from those of you who indicated an interest in canoe camping, and from any of you who have actually done some camping along Georgia's rivers. We need to assimilate information we already have; target suitable rivers; conduct some exploratory scouting trips and report findings in *The Eddy Line*.

Once we have an inventory of suitable rivers and some individuals who can coordinate canoe camping trips, we can begin listing them in our monthly activity list. If enough people get involved, I think we could get the first part done by mid-summer of 2003, with regular trips thereafter.

Canoe camping is a hybrid between car camping, where there are no constraints on equipment and weight, and backpacking, where such constraints are extreme and every ounce counts. My camping canoe is rated for 800 pounds of cargo, which means that two 200 pound paddlers could still haul 400 pounds of gear if so inclined.

As a practical matter, it is unlikely you would carry over 100 pounds per person, including water. In general, a canoe on a canoe camping trip would need to be able to hold 300-400 pounds of gear and paddlers, a bit unwieldy for white water unless you happen to be of the Lewis and Clark school of canoe camping.

Specific issues for canoe camping include the following:

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1. **The River:** Proximity to Atlanta is desirable unless a multi-day trip is anticipated. A drive to south Georgia or Alabama, or to Florida, ends up taking a lot of time on the road both ways. Getting started, I think we need to focus on rivers near Atlanta so that a weekend overnight trip is easily feasible. We also will need to focus on more sedate rivers — flat water or class I or II — because taking on water in a boat loaded with gear, or flipping in rapids, will not make for a good experience.

2. **The Boat:** In my experience, a tandem canoe is best. Out with the airbags, in with the camping gear. With the total weight involved, the boat is best propelled and steered with two paddlers. On flat water, a slight keel may be beneficial.

3. **Gear:** Besides all the usual paddling gear, you will need camping gear, and some waterproof way to carry it. If you have camping experience, you probably have all the gear, otherwise you will need to acquire the right equipment, and this is where a canoe camping clinic may be helpful. One item that is a must is water — for drinking and cooking, at least 1 gallon per person per day. I do not consider any of the rivers we paddle potable, but filters and chemical purifiers offer a light weight alternative.

Once in camp, you will want a folding chair. A large ice chest is a good item for storing food and cooking equipment, and it doubles as a table in camp. In case of rain you will want a large tarp to cover your work area in camp. All this, plus tent, sleep gear, clothing, and a variety of other necessities.

4. **Parking and Shuttle:** Unlike our traditional trips, the

cars will have to be left at the put-in or take-out overnight, and security is a real concern. Establishing a relationship with an adjacent landowner, whom we would be willing to pay a small fee for safe parking, would be useful. If there is an outfitter in the area, you may be able to park at their business location and let them shuttle you to and from the river. These are issues that will take some leg work as part of establishing a river as suitable for canoe camping.

5. **Camping:** Property rights are an issue, because we are doing more than passing through an area. The boundary between what we can and cannot access is the 'ordinary high water line', which is the delineation between land that is regularly affected by water, and that which is not. This means we can camp on sandbars, but not up on the banks, of a river. In general we can camp in any National Forest land, but everything else is owned by someone. If a scouting trip determines that the best camping site is on private land, we will need to identify the landowner and seek permission. Here is more leg work: take a map on the trip, mark suitable sites, and take a trip to the courthouse later to determine ownership.

Items 4 and 5 are our biggest challenges, but with a few dedicated people, I think we can quickly reach a goal of 6 rivers for this purpose. If we need to hold a clinic on camping, that can be done in the Spring, and then we are in business. If you wish to help in this effort, or already have information about rivers that will fulfill these requirements, please contact me at 770.664.4770, or send me an e-mail at [alphahurd@mindspring.com](mailto:alphahurd@mindspring.com). I look forward to hearing from you. 

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## In the Realm of Power

by Randy Cunningham

Every summer my wife and I take our vacation in the Adirondacks. She likes the scenery and the peace and quiet. I take full advantage of one of the premier canoeing areas of the country. This past summer we took along our nieces. One liked to kick back and relax with my wife. For the other, every mountain was to be climbed, and every lake was to be paddled.

We made reservations for a cabin on a major body of water not far from Lake Placid. We thought we would be able to go canoeing right off our porch in the morning and sit outside in the evenings. Instead, our location offered us a ceaseless racket that could compete with the best the big city had to offer. The lake was a virtual interstate highway for power boats and jet skis. Only the fearlessness of youth could explain my niece's decision to paddle in this frantic body of water.

Hoping to escape this chaos for at least a day, we

paddlers went to the St. Regis Canoe Area for a day of canoeing and — we hoped — the elusive peace and quiet. We made a circuit of lakes, and we were never out of range of the din of power boats.

For my niece this was a bitter lesson. It doesn't take long for a paddler to recognize his or her position in the food chain of the waterways. We live in a Jurassic Park like world where cigarette "babe boats" are T. Rex, and jet skis are Velociraptors. We paddlers are the shy, ever cautious pre-mammals, living in logs, eating insects and dreaming of the liberating asteroid.

In order to complete our circuit, we paddled a larger lake where power boats were allowed. There we observed the one particular boat that we had been hearing for the past two hours. It was a cigarette boat in a cove off the main body of the lake. It was spinning around in circles at full power. That is all. Like a fly with one wing.

It would be easy to draw from this example a direct correlation between powerboats and mental illness. That

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would be a mistake. What we are dealing with in the conflict between the paddle and the motor is not between sanity and insanity. We are dealing with two fundamentally different philosophies of how to move through, and relate to, the world.

First, we should examine the realm of power.

The realm of power is about just that — power. The cigarette boat spinning around in circles and the jet skis doing the same on the lakes in the Adirondacks were their own self-contained experiences. It did not really matter where they were. The point was the experience of power itself. Look at the photo displays in the major magazines on motorized craft. You will find no testaments to communing or connecting with nature. This activity is not about contemplation. It is about conquest.

Power obliterates nature as a limiting force for human activity. People who powerboat are not "wind bound" like paddlers frequently are. Except for small boat advisories on major bodies of water, the threat of lightning, or the onset of ice, power enables them to travel the waters at will.

The motor boat is but one example of the reach of power. For most of the century, the auto, the powerboat and the airplane have been used to reach the out of doors. These pioneers have now spawned a new generation of vehicles. Mechanized divisions of all terrain vehicles, SUVs, jet skis, and snowmobiles are now blitzing across territories heretofore only accessible by foot, horse, dogsled, or canoe. If you think you are escaping them with a visit to an allegedly natural area, think again.

The realm of power intrudes into our lives in a thousand ways. Try to imagine what it would be like to spend just one hour without the sound of a passing car, airliner, truck or motorcycle, either close by or in the background. Most of us can't. We who invented the automobile now feel like the sorcerer's apprentice.

We cannot control what we created. We are liberated and tyrannized by it. Our tool has become a weapon directed at us. We wall off our communities from its noise. We wonder what has happened to the quality of life, not realizing that our communities are alien to us because they were not designed for us. They were designed for machines.

It is hard to find any countryside that hasn't been subdivided, gated, malled or big boxed. Technology that has always promised the expansion of freedom is delivering a world that is closing in on itself. It is a world that is not only hostile to people and other living things. It is a world that is lethal to peace, beauty, and one of the greatest gifts of the out of doors — the opportunity for contemplation and reflection.

What geographer Bret Wallach said about conservation in America might help us understand our situation. "Conservation has been our way of doing what cannot be done. It has been our way of saying what must not be said. It has been the way for us to resist." Perhaps this resistance is the true target of the realm of power — what it really wants to conquer.

Disconnecting with the human dominated world, be it a paddling trip far into the bush, or a weekend of hunting or fishing, affords us the opportunity to reflect upon our lives and the wider world, and gives us the space to think. Thinking can be dangerous. It frequently results in saying what must not be said, doing what cannot be done, and resisting what cannot be resisted.

Now we consider the paddle.

Paddling is about time. Motorized craft developed with an industrial age that harnessed humanity to the tyranny of the clock and obliterated older traditions of time, season and the rhythm of life. Paddlers follow this older sense of time.

The voyageurs timed their breaks according to the time it would take to smoke a pipe. When you trip in a canoe or kayak, the premium is to get onto the water early in the morning, and then paddle until the weather hits you in mid-afternoon. Then your day is over. This may be why so many find paddling so relaxing. It returns us to a sense of time that we evolved with — not the sense that was imposed on our long vanished ancestors as they left the fields, forests and waters for the factory and office.

Paddlers have an intimate relation with the watery world they are traversing. They do not set the terms of the relationship. They accept them. The canoe and kayak were developed by peoples who had the great good sense to recognize that they weren't gods separate from nature, but were part of nature. The canoeist and kayaker are compelled to relate differently to the natural world. The relationship is built into the very design of their craft.

Most of us do our paddling in very civilized surroundings. However, our avocation was born in the wild and its fate is still tied to the wild. Paddling could exist in a world only made up of malls, freeways, gated subdivisions and theme parks — but its soul would be dead. There really would be no point to it.

The canoe has been called the poor man's yacht. This continues to be the case despite the heroic efforts of the paddling industry to produce an ever expanding array of clothing, accessories, hi tech navigational aids, packaged tours to paddle in ever more exotic locations, and to refine, redefine and recreate the canoe and kayak.

This is a pursuit that is cheaply provisioned. You can purchase all you need for a pittance of what powerboats

---

and sailboats run you. There is something subtly subversive about this when you consider that the purpose of your life on earth as an American is to buy stuff — especially expensive stuff.

Canoes and kayaks are models of simplicity, efficiency, and functional design. They can go anywhere there is water, carry much more than their own weight, and can be maneuvered with the slightest movement of a paddle. They accomplish all of this with silence and grace. They are a rebuttal to everything our society values in our Mad Max transportation system

Implicit in the craft we paddle is an ethic of connection with, and acceptance of, the natural world we are traversing. It is in conflict with the ruling market as god ethic of our time, which rejects as an impediment to commerce any connection with, or responsibility for, other people or the earth.

What is ignored is the truth that we are bound up with each other and the non-human world in a million ways. Our survival will depend on recognizing and repairing these connections which we have broken. Our doom will be guaranteed by our current quest to become gods in our own individual universes.

In reconnecting with each other and the world that created us, we will have to rethink the technology that will provide us with the needed tools of the future. We should

aspire to a technology that recognizes our place within nature and nature's place within us. The canoe and the kayak, ancient yet modern, evolving through the interaction of humanity and nature, can serve as examples for a new technology inspired by a new ethic of interconnectedness. With such an ethic and technology, we can find a way out of the realm of power, and enter a new realm where we live with, and not at the expense of, each other and the natural world of which we are a part. - *Notes: At Odds with Progress: Americans and Conservation* by Bret Wallach, *The University of Arizona Press*. 1991.

- *Randy Cunningham is an essayist in Cleveland, Ohio. An avid canoeist, he looks upon canoeing as being much more than just a form of recreation, but also as a way of relating to and commenting on the world around us. His essays have appeared in Canoe & Kayak, Nastawgan: the Journal of the Wilderness Canoe Association (Canada), The Eddy Line, Earth Island Journal, Big Muddy: A Journal of the Mississippi River Valley, and the internet literary journals BigCityLit, and Wired Art From Wired Hearts. For more information and other essays, visit Randy's web site at [www.lastmammothbarbqessays.com](http://www.lastmammothbarbqessays.com).*

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## Two's Company

A canoe is the most temperamental of all the craft that float. If it knows you and likes you well, it will do anything for you, go anywhere with you, and ride out a sea that looks like sudden death. It will refuse to upset under the most aggravated provocation, will let you climb in again out of deep water if for any reason that might seem desirable, and will open to you more waterways to happiness than all the yachts of all the millionaires.

A canoe that really likes you in spite of all your faults is close second to a perfect wife. But there's nothing more

sensitive than a canoe, and never let yourself forget it. Any evidence of ill temper on your part it will instantly recognize and resent.

Never speak harshly to your canoe, lest the next minute find you swimming. Address it urbanely and with deliberation, and it will eat out of your hand. Rub it, as it were, gently between the ears, scratch it beneath the chin, keep your weight in the middle, and it will purr through the water like a kitten under a stove.

A canoe and one is company.  
- *Gifford Pinchot, Just Fishing Talk, 1936.* ✂

## Ocmulgee River

by William C. Reeves (The Hawk)

"Flat water is for Sissies" reads a Saluda Fest sticker on the back window of my Jeep. I can't remove it, because that concept is too deeply rooted in the reptilian center of my brain. As I boogie down a steep undercut technical creek, try to catch the last micro-eddy above a big drop, and then (pucker gluing me to the saddle) launch off the thing, I know I'm alive. However, there's more to it than that. You are on your own in with nature and she's

overwhelmingly spectacular.

For most GCAers getting out into the woods constitutes at least as important a reason for paddling as class IV adrenalin. With this in mind, Barbara and I have begun to explore a new frontier (for us), southeastern rivers downstream of the Piedmont below the Brevard Fault.

It was about 11:00 a.m. Sunday, I was burned-out on the Ocoee, the Chattooga was about 0.6', the Hiawassee was just too far to drive to, and the Upper Hooch was barely trickling. So, we loaded the Chesapeake tandem onto the jeep and drove south to try the Ocmulgee below

Macon. Since we had gotten a late start and there were only 2 of us, we put in at James Dykes Memorial Park, leisurely paddled about 3 miles downstream through the Ocmulgee Wildlife Management Area to Big Indian Creek, and then, not quite so leisurely, paddled back up-river to the car.

We did it in a tandem sea kayak so returning was no biggie. The return would be slightly more strenuous in a canoe, but should not present a major challenge. If you have more time, and are not into attainment as a diversion, consider going the full 15 miles to Hawkinsville. If you have an entire weekend, load up some gear, spend Saturday night camping on one of the sandbars, and take out at Abbeville or the Oconee. If you're really interested in something different, pole.

The Ocmulgee is worth it. It runs through a rela-



The root structures typical of tupelo, cypress, and water oak, which help to stabilize the dike.



Typical heavy Spanish moss encrusted cypress and black willow growth that border the Ocmulgee River.

tively isolated (we saw only one john boat) heavily wooded wilderness corridor (miles wide in places) and the setting is not unimpressive. The Ocmulgee is a typical alluvial Coastal Plain river that serpentine through a bottom wetland forest. The river is contained by a dike, or raised bank. The dike is formed by a combination of continuous silting from slow moving water at the river's edge and heavier silting during periodic flooding as gunky water spills over it. Trapped floodwater behind the dike creates a shallow body of water, which will become a marsh.

A marsh forms because forest vegetation cannot survive in waterlogged soil, and as the original hardwood trees die, rushes, cattails, and other sun-loving plants fill in. However, marshes do not last long because the emergent vegetation allows soil to accumulate from erosion of the surrounding watershed during subsequent floods.

Marshes transition into swamps, which support water-tolerant trees such as cypress, birch, willow, water oak, overcup oak, sweet gum, red maple, tupelo gum, and swamp black gum. The dike protects both marshes and swamps from flooding, and as dead plants, deposits from surface runoff, and flood sediments accumulate, a swamp will evolve to a wet meadow transition zone. These contain pioneer grasses, coneflowers, blackberry and trumpet vines. Well-drained transition zone soils, which are rarely flooded, contain new tree species (sycamore, persimmon, and tulip poplar). Transition zones require about 150 years to eventually become hardwood forests. All of these zones exist along the Ocmulgee, and can vary in size from a few feet wide to several acres across.

The Ocmulgee corridor also supports a cornucopia of wildlife (we saw turtles, woodpeckers, egrets, owls, osprey, deer, and pigs) and if you take the time, you'll find much



One of the numerous sandbars for camping. In the background is typical riparian hardwood forest. It's on the high side of the river above rather substantial and impressive rock banks.

more. Many animals depend on the flood plain's security for their nurseries because marsh and swamp's shallow water and tangled plants limit aquatic predation by larger fish and turtles.

At the same time, marshes and swamps provide an ideal hunting environment for diurnal predators such as great blue and green herons, kingfishers, and osprey, and nocturnal predators such as raccoons (look for their human-like footprints in the mud and their characteristic scat littered with the orange carapaces of digested crayfish), water snakes (they are not moccasins, are not poisonous, and should not be killed), mink, and the cray-

## Cold Night on the Lumber

by D. L. Pardue

While out driving on the byways of the Sandhills this afternoon, trying to get some wheel time for my 16 year old Luke, who is on his graduated learner's permit, we passed over my favorite black water river in North Carolina, the Lumber. Where we passed was the transition area where the waterway goes from being Drowning Creek to transform into the Lumber River.

Last time I and a friend had paddled this particular stretch of beautiful river we had lain awake during that March night and listened to pellets of sleet play their midnight tempo on our dome tent roof. But this evening I wasn't paddling, and when I spied a solitary figure down by the put-in upstream of the bridge, I had Luke drive us over by him and his canoe so as to have a word or two.

With his retriever tied to a tree by the riverbank, this

fish-eating barred owl.

Flood plain amphibians include bullfrogs, green frogs, cricket frogs, and salamanders. Mammals include beavers (look for their dams, cuttings, and characteristic trails), marsh rabbits, muskrats, fox, and otters. There are also many large migratory birds such as Canada geese, wood ducks, mallards and herons.

The Ocmulgee has several substantial side streams, and if the river's recently flooded you can explore the marshes and swamps from your boat. Finally, there are several large sandbars for picnicking, camping, or just hanging out and engaging in extracurricular activities. If you camp (or even if you don't), consider hiking off and seeing just what you encounter. It's particularly rewarding at twilight and early evening, when nocturnal activity picks-up.

To get there take I-75 south for an hour or so to Macon. In Macon, exit on I-16 east towards Savannah. Follow I-16 for a ways until you reach SR 96 where you'll exit and head south. Take a left onto Hwy 23 and continue through Traversville. Turn right onto Red Dog Farm Rd. (if you go through the metropolis of Royal, you've gone too far and need to go back).

Stay on Red Dog until it ends on Magnolia Road and turn left. Magnolia will cross a railroad and South Shellstone Creek. Then, just past Magnolia Church (on your left) turn right onto Dykes Park Road (left goes to Cochran). If you're going to take out at Hawkinsville, continue south another 10 miles or so on Magnolia and look for some sort of access. If you plan on a more extended trip (e.g., to Abbeville or the Oconee), get a Georgia Gazetteer 'cause you're on you own. 

intrepid paddler was putting the finishing touches on his canoe and it's contents. His well worn wooden paddles told me I was looking at an experienced river man. Garbage bags holding his 'to stay dry stuff' and a carabiner or two spread about let me know this man wasn't about impressing anyone with shiny whistles and toys; he was a paddler, tried and true. His wool pants and shirt had the look of years of useful service, with even more to come. But the one thing that really let me know he knew exactly what he was embarking on was his answer to my inquiry of how familiar with that stretch of the river he was.

"Son," he spoke softly, with the economy of words that old paddlers are (sometimes) known for, "I've paddled this river since 1976. I know her." Hey, that was enough for me. So I bade farewell and good speed on his way.

But tonight as I lie in my warm water bed, with my wife cuddled up against my back and our Chihuahua trying to nestle at out feet, I'll probably have a moment or

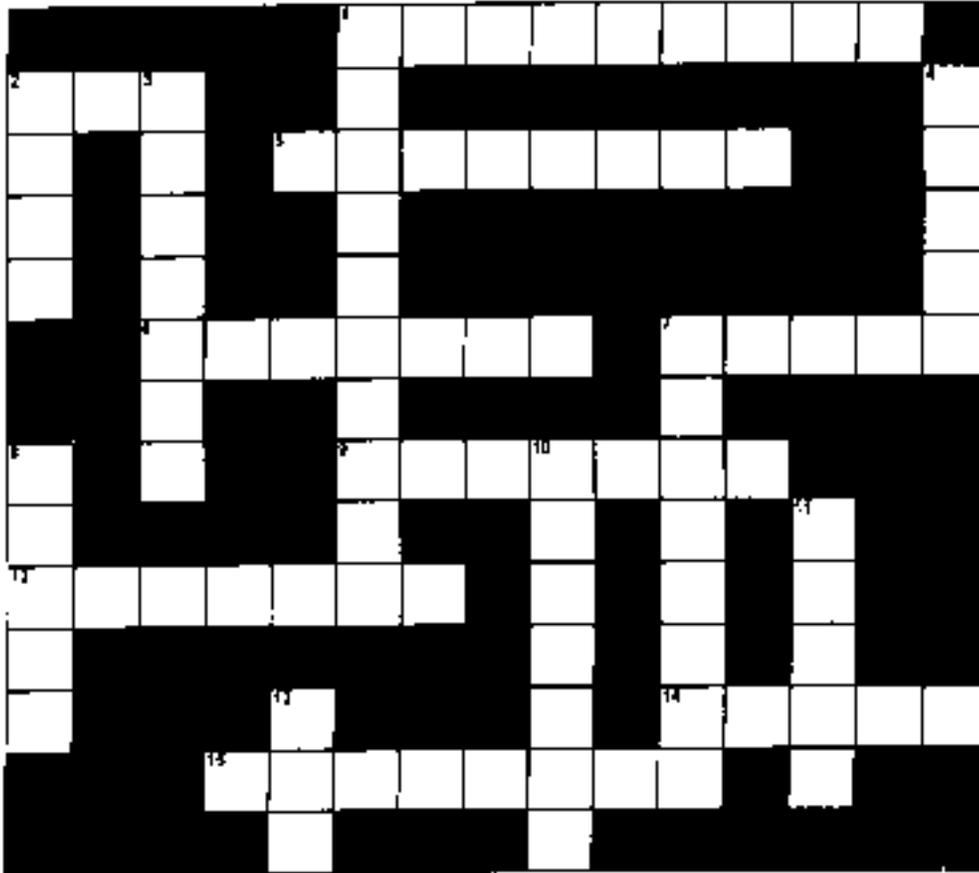
two during the night when the wind blows through the adjacent woodlot, laughing through the tall pines. I'll probably lie there and wonder which of the two of us will

most enjoy this night passage. I think I know the answer. Paddle Safe!

- From a post to the Carolina Canoe Club email list. ✂

## TERMS

(Answers on page 20)

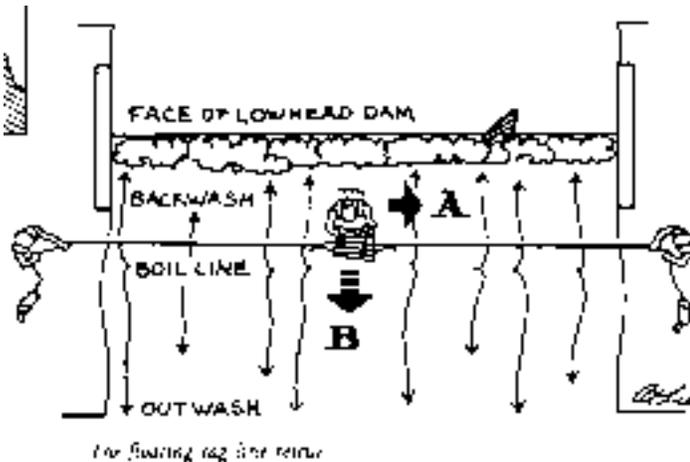
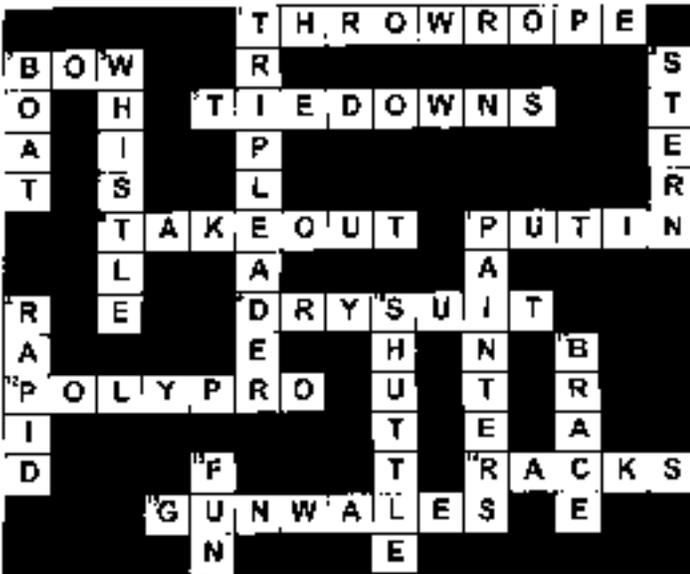


| Across                  | Down                   |
|-------------------------|------------------------|
| 1. USED IN RIVER RESCUE | 1. PERSON IN CHARGE    |
| 2. FRONT OF BOAT        | 2. RIVER VEHICLE       |
| 5. ATTACHES BOAT TO CAR | 3. ATTENTION GETTER    |
| 6. END OF TRIP          | 4. BACK OF BOAT        |
| 7. PLACE TO LAUNCH      | 7. ROPE ON BOAT        |
| 9. USED IN WINTER       | 8. FAST WATER          |
| 12. INSULATION          | 10. SET-UP OF VEHICLES |
| 14. HOLDS BOAT ON CAR   | 11. SAFE YOUR ___ MOVE |
| 15. DON'T GRAB          | 13. A DAY ON THE RIVER |

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

## ANSWERS TO TERMS PUZZLE

(From Page 19)



"So pray tell, O Wise One," the eager young bow ballast called over his shoulder to the wizened water wizard in the stern. "How many boats does a well-equipped paddler really need?"  
 "Just one more, my son, always just one more."  
 - George Knotek, Minnesota Canoe Club President.

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## Light Show

*When out in the canyons,  
 There is something that happens in the bottoms  
 That happens nowhere else.*

*The light show.*

*The light show happens at sunrise and sunset.  
 The sun at sunset begins creeping up the canyon walls  
 While the sky begins to redden.  
 Each layer of rock changes hue, brightens, deepens  
 As the last rays of the sun rise up the wall,  
 Leaving darkness in its wake.  
 The last rays hitting the rimrock  
 Appear to set the pines, junipers, rimrock afire with orange light.*

*The intensity of the light depends on the individual intensity  
 of the colors of each rock layer, of course.  
 All the while,  
 The colors of the sky and clouds are increasing in intensity,  
 Until, at last, everything is dark.*

*Until the full moon rises above the opposite rim.  
 The effect is mirrored in moonlight.*

*The sunrise is the reverse of the sunset progression.  
 Only the light of sunrise has a different hue than that of the sunset.  
 The rays of light progress from rim to wash bottom  
 Illuminating the rock,  
 Dissipating the darkness before it.*

*The light show.*

*Once on the banks of the Colorado in the Grand Canyon,  
 I saw the last rays of sun setting on the rim  
 As the first rays of the rising full moon hit the opposite rim.*

*- by abbeyroadhome*

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**FOR SALE** - Dry suit, Kokotat women's size S, \$80. 423.510.1959.

**FOR SALE** - Kayak, Dagger Animas, purple, used, but still has plenty of river trips left in it, great beginner kayak and big water boat. Flotation bags included. \$250. Call Jackie 404

.622.6825.

**FOR SALE** - Touring kayaks: Dagger Baja \$750 (great boat for smaller people), Dagger Atlantis \$850 (this is the one for larger types or carrying more gear), Current Designs Fiberglass Gulfstream \$2,100. All stored inside and in good to excellent condition. Boats are located in Chattanooga, TN. Call Gary at 423.344.5772 or email at gwhflyer@aol.com.

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

**WANTED** - Canoe, flat water. Tired of imposing on friends. Mohawk Solo 14 preferred. I would settle for a Bell

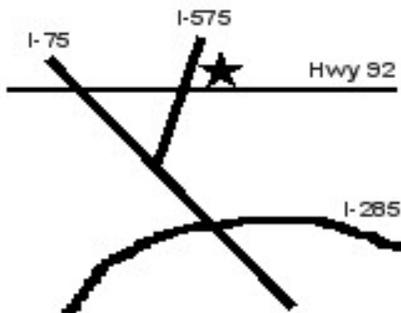
or Mad River solo canoe since I know how Mohawk owners love their boats and would rather sell one of their kids. Call Wade (one of your Florida flatlander members) at 850.433.1889 (home), 850.572.3662 (cell) or 850.983.1955 (work) or email at w.burroughs@worldnet.att.net. ✈



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