



Volume 38, No. 3

770.421.9729

www.georgiacanoe.org

March 2003

## 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.

THE PROGRAM for the meeting will include a slide show and talk by Jim Tibbetts and Julia Franks on their recent paddling trip to South America. This promises to be a great evening of entertainment!

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

See you there!!



## GCA Spring Extravaganza

Mark your calendars! The 2003 GCA Spring Extravaganza is scheduled for Friday, Saturday and Sunday, April 11-13. The Extravaganza is a weekend of paddling and camping, featuring a catered dinner on Saturday evening (barbeque or meatless meals), club-sponsored trips on Saturday and Sunday, and the fine company of many, many GCA members. The event will be headquartered at Nelson's Nantahala Hideaway, nestled in the heart of the Nantahala Forest in Topton, NC. The registration form is included in this issue of *The Eddy Line*.



## 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.



## Board of Directors Meeting Schedule Changed

Meetings are now held quarterly in March, June, September and December. See the message from the Prez inside.



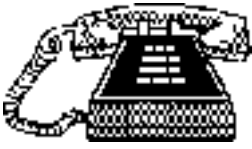
## What's Inside...

|                                  |    |
|----------------------------------|----|
| Activity Schedule .....          | 3  |
| Announcements .....              | 4  |
| Club Information .....           | 2  |
| Cold Weather Canoe Camping ..... | 15 |
| From the Prez .....              | 8  |
| Instruction / Training .....     | 9  |
| Library Info .....               | 4  |
| Race Watch .....                 | 12 |
| River Access .....               | 13 |
| Safety .....                     | 9  |
| Trip Reports .....               | 14 |
| Want Ads .....                   | 20 |
| Welcome New Members .....        | 9  |

Venice of the woods...  
 Highways are rivers  
 Paths are streams  
 Carriages are boats.  
 - W. H. H. "Adirondack"  
 Murray, c. 1870.



Printed on recycled paper



## 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 quarterly on the first Thursday of the last month of the quarter (March, June, September, December) 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 [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 3-1/2 inch IBM/DOS formatted disk as an ASCII text file labeled with a ".txt" file extension, or as a text file on a 3-1/2 inch high density MacIntosh formatted disk, and include a printed copy (Disks returned only if requested). To submit material via U.S. MAIL, send to: **Allen Hedden, 2923 Piedmont Drive, Marietta, GA 30066**. All classified ads will be run for two months unless otherwise requested. Hand-written or phoned in material CANNOT be accepted. Contact Newsletter Editor **Allen Hedden at 770.426.4318** for questions. Thanks for your cooperation. ✂

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

Copyright © 2003 by the Georgia Canoeing Association, Inc. Views and opinions expressed in articles and editorials are those of the writer and do not necessarily represent the official views and policies of the club. Articles and trip reports are edited only for grammar, punctuation, spelling, vulgar or obscene language, and to fit in allocated space. No substantive changes are made in any material published herein. *Eddy Line* material published herein and not individually designated as copyrighted by other than the GCA may be copied, reprinted, republished or otherwise disseminated to other paddling organizations having a newsletter exchange agreement with GCA. Proper credit should be given. Publication of paid advertisements herein does not constitute an endorsement of the products or services advertised, or the advertiser.

---

## UPCOMING ACTIVITIES

### March

|    |                                                                                          |                                       |                            |
|----|------------------------------------------------------------------------------------------|---------------------------------------|----------------------------|
| 6  | Board of Directors Meeting — Members invited — Atlanta Botanical Gardens — Marvine Cole  |                                       | 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    |
| 9  | Coosawattee                                                                              | Class 1-2 Trained Beginner            | Tom Martin 770.662.0058    |
| 15 | Nacoochee Chattahoochee                                                                  | Class 1-2 Trained Beginner            | Connie Venuso 404.633.8038 |
| 15 | Nantahala (Note 1)                                                                       | Class 2-3 Intermediate                | Luke Bradshaw 770.748.9282 |
| 15 | Leaders Choice (Note 2)                                                                  | Class 1-2 Trained Beginner            | Tom Welander 404.874.6156  |
| 16 | Nantahala                                                                                | Class 2-3 Intermediate                | Luke Bradshaw 770.748.9282 |
| 16 | Upper Chattahoochee                                                                      | Class 2-3 Intermediate                | Dave Chaney 770.973.7910   |
| 21 | Club Meeting — Spring Covered Dish Dinner — Garden Hills Community Center — Marvine Cole |                                       | 770.475.3022               |
| 22 | Toccoa                                                                                   | Class 1-2 Trained Beginner            | Jack Taylor 770.998.0350   |
| 22 | Leaders Choice                                                                           | Class 2-3 Intermediate                | Ray Channell 404.636.5944  |
| 22 | Cataloochee Creek (NC)                                                                   | Class 2-3 (4) Intermediate (Advanced) | Roger Nott 770.536.6923    |
| 23 | Oconaluftee (NC)                                                                         | Class 2-3 Intermediate                | Roger Nott 770.536.6923    |
| 29 | Chattooga Section 3                                                                      | Class 3-4 Advanced                    | Roger Toeppen 770.804.9416 |
| 30 | Conasauga                                                                                | Class 1-2 Trained Beginner            | Dan MacIntyre 404.252.9513 |

### April

|       |                                                                                   |                            |                            |
|-------|-----------------------------------------------------------------------------------|----------------------------|----------------------------|
| 11-14 | Spring Extravaganza — Nelson's Nantahala Hideaway                                 |                            | Joan Hutton 770.917.1866   |
| 12    | Nacoochee Chattahoochee                                                           | Class 1-2 Trained Beginner | Connie Venuso 404.633.8038 |
| 19    | Toccoa                                                                            | Class 1-2 Trained Beginner | Jack Taylor 770.998.0350   |
| 20    | Leaders Choice                                                                    | Class 2-3 Intermediate     | Dave Chaney 770.993.7910   |
| 26-27 | Southeastern Slalom & Wild Water Championships — Nantahala River, NC — Knox Worde |                            | 770.475.3022               |

### May

|    |                       |                        |                           |
|----|-----------------------|------------------------|---------------------------|
| 25 | French Broad (Note 3) | Class 2-3 Intermediate | Susan Oehler 828.298.0315 |
| 26 | French Broad (Note 3) | Class 2-3 Intermediate | Susan Oehler 828.298.0315 |

Note 1: Camping.

Note 2: Possible rivers are: Ocmulgee, Flint, Amicalola, Conasauga, Etowah, South, Yellow, Alcovy etc.

Note 3: Take out @ Stackhouse.

---

**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*.

---

## 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  
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  
ACanoeing 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 & Kayanning 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 Proteeting 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  
Youghioghenny-Appalachian River  
**Maps:**  
The Big South Fork

---

## Announcements

### GCA Email List

The GCA email list has at this printing about 300 subscribers. Here's how the list works:

By sending an email to "gcalist@yahoogroups.com" you automatically reach all subscribers to the list with the message. Only those subscribed to the list can send email to the list.

To subscribe to the list, send an email to "gcalist-subscribe@yahoogroups.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 gcalist@yahoogroups.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. ✂

---

### GCA Web Page

Check it out at <http://www.georgiacanoe.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. ✂

---

### Mail Failure Notices

Each month the *Electronic Eddy Line* receives numerous mail failure notices against members' email IDs. 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 number of mail failure notices against an email ID on the GCA Email List, that ID is automatically unsubscribed by the listserv software. 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 all volunteer staff. ✂

## 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. ✂

## Upcoming Events of Interest

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

March 21-23 — La Louisiane Free Style Symposium — Mandeville, LA, John Steib, 225.654.5224, jsteib@cox.net.

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

March 28-30 — NOC Spring Splash — Nantahala River, Wesser, NC, 800.232.7238 ext. 600.

April 11-13 — GCA Spring Extravaganza — Topton, NC, Joan Hutton, 770.917.1866.

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

April 26-27 — Southeastern Slalom & Wild Water Cham-

pionships — 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.

October 31 - November 2 — NOC GAF — Nantahala River, Wesser, NC, 800.232.7238 ext. 600. ✂

## 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! ✂

## Missing Library Items

Hi folks!

A few months ago, I asked anyone who has GCA library items that have been in their possession for more than 30 days to please return them. Some of you checked your shelves and discovered some library items and returned them promptly. A great big THANKS goes out to you.

However, there are still several items missing from the library. Please check your video and book shelves to see if you have any GCA library items. They will have an address label on them with GCA handwritten across it. If you find any of these items, please, please return them to:

B. Denise Colquitt  
3794 Glenloch Road  
Franklin, GA 30217

Remember, they are there for all the members to enjoy and learn from.

Thanks,  
Denise ✂

---

**Never test the depth of the water with both feet.**

### 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

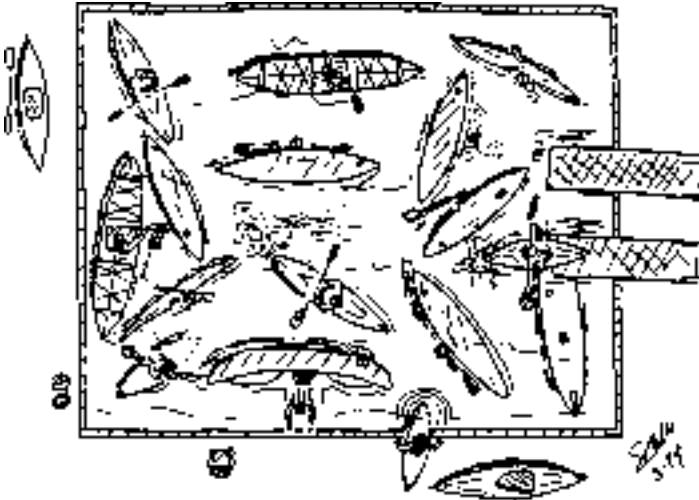
---

**[Ocoee Schedule information shown on this page in the paper copy would not print in .pdf file]**

---

## 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. ✂

---

## Boat Demo at Roll Practice

Endless River Adventures is planning a boat demo at roll practice scheduled for March 10, 2003. ERA will provide 2 kayak instructors who will be available to assist paddlers. They will bring the Siren (ladies boat), the EZ series (EZ, Big EZ, Super EZ), the Mutant & Y (creek boats), and the Transformer series. If anyone has a special request for any other Wave Sport boat, please email [bmitchel@niac.usra.edu](mailto:bmitchel@niac.usra.edu), and ERA will try to bring that as well. ✂

---

## In Memoriam

### A Tragic Loss for the Paddling Community

We just received word that long-time GCA member Cathy Overby-Dyche died this morning, February 12. She passed away in the ambulance on the way to the hospital; she went into respiratory arrest. Her husband Marty was following in his car and she died before he could speak to her again. Funeral plans are incomplete as Marty is still in shock.

As some of you know, Cathy had two surgeries last year for spinal cancer; the doctors were hopeful that they had gotten it all, but she had a recurrence about a month ago in her left lung and her liver. She was to have begun aggressive chemo on 1/29 — I don't know if that was done or not.

Obviously, this is a terrible blow to Marty. He and Cathy were a very close and loving couple — he will take this very hard. If you would like to send condolences, his address is as follows:

Marty Dyche  
503 Cana of Galilee Court  
Tucker, GA 30084

We will miss her tremendously. Georgia, Florida, Alabama, Mississippi, Louisiana, Texas.... so many people and rivers have been blessed by Cathy's beautiful presence.... Rest in Peace Cathy! We will miss you! ✂

---

"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book."  
- Groucho Marx (1890-1977).

## Free Style Canoeing Symposium

by Morris Friedman

La Louisiane, an annual free style canoeing symposium, will be held March 21-23, 2003, at Fontainebleu State Park in Mandeville, LA. Six different levels of instruction \$85.00 ea. are available from Introductory to Advanced and Competition Level. A free style exhibition is also part of the program. La Lou is known for exceptional cuisine, and world class instructors, including the Men and Women's World Champions, Bob Foote and Karen Knight, have taught there in the past. Contact John Steib, 225.654.5224, jsteib@cox.net for registration form.

The setting is near Lake Pontchartrain. Steve Cramer and I attended this event in 2001. It's a highly organized 9 hours of instruction, divided into three sessions. Opportunities for hiking, biking, and paddling are abundant. We paddled Cane Bayou in the Big Branch Marsh NWR. A three mile round trip takes you through mixed hardwoods, willow and cypress, then enters Lake Pontchartrain. We stopped for lunch on a sand bar during low tide. The size

of this lake is awesome.

I highly recommend this event for those interested in improving paddling skills, as well as those interested in learning about free style canoeing. It's a lot of fun and everyone knows that's my major pursuit! ✂

### From the Prez

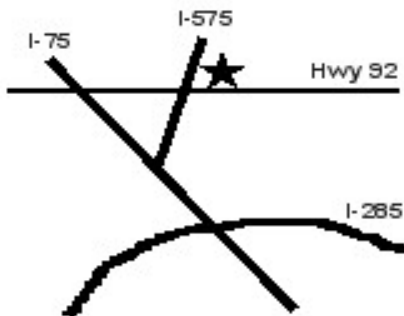
## Board of Directors to Meet Quarterly

At our last meeting in December, the Board voted to meet quarterly instead of bi-monthly. The Board's role is to make policy decisions, while the Executive Committee (officers and chairpersons) administers the day-to-day activities of the club. Since few policy decisions are made on a regular basis, it was determined that it would be more efficient to have the Board meet quarterly. After several quarterly meetings, we will again evaluate the meeting frequency. Under the by laws, a special Board

**Atlanta's Only Rack System Store**

**Rack & Roll**

**We Make Fit Happen**



**(770) 924-1028**

**WWW.RACKTHEWORLD.COM**

**At the corner of I-75 & Hwy 92 Woodstock, GA**

- Car Rack Systems by Yakima and Thule
- Rack Accessories for Boat, Bike, Ski, Luggage
- Ladder Racks, general purpose or Commercial by TracRac, Rail-N-Rack, System One
- Cargo Boxes by Thule and Yakima in stock
- Custom Installations (Drill into rooftops/ campershells)



---

meeting may be called at any time if the need arises.

Remember that all members are welcome at the Board meetings. If you have something you'd like presented at either a Board meeting or an Executive Committee meeting, feel free to email or call Marvine Cole.

## Meeting Coordinator Needed

The GCA needs you! We're looking for someone willing to organize the three social meetings each year (March, October and December). The job entails picking up the key (down the street from the Community Center), opening the building and getting the coffee and drinks started and laid out, helping whoever's there set up the tables, etc., and then having fun socializing with everyone. It's a pretty easy job, considering that there's always someone there to help set up and take down the tables.

You're responsible for keeping the supplies stocked (you get reimbursed, of course). Also, if you're inclined, it's always great to have a speaker or some form of entertainment, which usually draws a larger crowd. (I can help with ideas.) It's a great way to meet other members and get to know a larger group of paddlers.

Keep in mind that you need a bit of space to store the GCA equipment (a couple of plastic bins and three coffee pots).

## Safety

### River Hazards

A couple of people have reported numerous strainers and dead falls left on the Upper Amicalola in the aftermath of a possible tornado that cut through the area a couple of

## Instruction/Training

### Playing the River

by Michael Stephenson

I had the occasion to join up with the crew running the Nanty on Super Bowl Sunday, kind of, and I wanted to share some thoughts with the group.

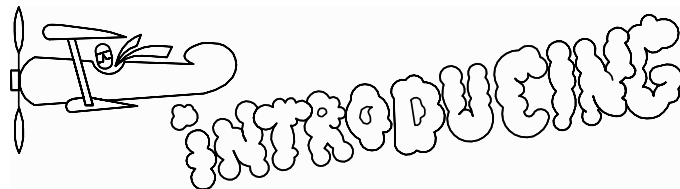
Part of the reason I wanted to go was to see what the Nanty was like with a little bit more water. In my humble opinion, it rocks! The whole river was more fun; I might even do some paddling there this year. Quarry is now a stickier but kinder and gentler play hole. The wave at Whirlpool isn't much fun, but it never was. The eddy is even squirrellier, a good place to practice bracing and rolling.

There were a lot of small surfing waves strewn

If this sounds like something you could do, or if you want further information, call me at 404.828.7865 (days), or 770.475.3022 evenings. Please consider helping out -- it would certainly be appreciated.

Thanks.

Marvine Cole



## 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!!

### January:

Elvin R. Eshleman

Richard Fullerton

Andre Hegyesi

Lamar Phillips

Linwood Doty

Malcolm D. Young, Jr.

Shady Dale GA

Atlanta GA

Lawrenceville GA

Decatur GA

Lawrenceville GA

Atlanta GA

months ago. At lower water levels, the blockages can be dealt with by pulling over, taking out and dragging your boat over and through the trees. The process is said to take about an hour and is reportedly quite strenuous. At higher water, it may not be as easy to stop before being swept into the trees.

Be safe!!!

throughout, many of them in the middle of the river. I thought Surfers was more fun. The hole below the Bump looks like it might be quite a nice little play hole. The Falls are slightly changed but more fun. I will say that I think the Falls are as pushy as just about any rapid on the Ocoee, just maybe a little less complicated. I forgot to check out the wave below NOC, but it's probably better too. All in all, I'd say the old Nanty is much improved. Now I can call myself an old schooler: "Aaayep, I 'member back in the days before they redid the turbine...."

I said that I "kind of" joined up with the group because I hardly saw any of them the whole day, except when there was a swim and I would catch up to them. That was just about the fastest speed run down the Nanty that I've ever seen, probably around two hours or not much more, though I could be wrong (it was definitely less than two hours for me, having put in at Ferebee).

---

I could have spent about 2-3 hours at Quarry and been happy, especially with no one else on the river and no waiting in line).

I was chatting with Joan Hutton from about Surfers down to the take-out. At one point she asked me, "So how does one get to where you can run harder rivers?" Good question. My initial answer was that you just have to take the plunge, and then you gain from the experience and become a better boater.

But on second thought, I qualified that with this: You should paddle the hell out of a river that you're safe on, by which I mean work the river, catch eddies all over the place, make ferries across pushy current, try to take different lines from what you're used to (and definitely try something other than right down the middle in every rapid). You should work that river you're safe on until you feel totally comfortable, and then you're ready to try something a bit harder without putting yourself in undue danger or being totally scared.

That's an important word: scared. Seems that's the one thing that limits most people from progressing: they're scared. Seems that's also what often gets people swimming: they flip and they're scared, so they punch right out. There were some swims on the Nanty this weekend from people that I have seen roll reliably and with pretty good form in the pool at roll practice, but from what I heard, pretty much as soon as they flipped: bam, punch out and swim. There were even two swims from a guy that I've paddled Section IV with. If you can roll in the pool, you can roll in current; you just have to stay calm and believe that you can, or at least give it a try — better yet, a few tries — before you give up and punch out.

I know all about being scared. Truth is, I'm a huge scaredy cat myself. It took me about 3-4 months of paddling before I ever learned to roll. A big part of that was that I was always too scared to try it much, even after I had been able to do it in a pool.

One day, a few weeks after I finally did learn to roll in a pool, I must have been feeling good because I went to the Nanty that day and probably rolled 20-30 times because I was doing my best imitation of playing anywhere I could and trying to learn how to stern squirt, which basically meant roll practice. But, I also pulled off a lot of combat rolls that day at Whirlpool and in various other rapids as I flipped trying to ferry or catch eddies or just because I hit some rock and flipped.

Each time I made it up, my confidence grew. Sometimes it took me 3, 4, or 5 tries to make it up, and one time I had to get a bow rescue after many failed roll attempts in Whirlpool, but I did not swim that day, and I was proud of it. Sometimes after a couple of tries, I had to just sit and

relax upside down for a sec, then try to do a good setup, etc., before I would make it up. A lot of those rolls may not have been pretty, but that was a turning point for me, "the day I learned to roll", and from then on my confidence has steadily increased.

There are a lot of skills involved with paddling white water: edge control, balance, reading water, bracing, ferrying, catching eddies, and yes, rolling, to name a few. Of all of these, I think rolling is probably the one skill that opens the door to everything else. If you believe that you can roll, then you don't panic every time you flip. Then it's a lot easier to try new things, go for ferries or eddies or other moves that you might not otherwise attempt if you're always afraid that you'll swim.

And it's a vicious cycle (but in a good way): the more you play, the more you try new things, the more you flip, and the more you roll, and the better you get at rolling in different situations, and ultimately the better you get, period, so the more and more you play, and so on...

I know the Nanty is not the best place to practice things like rolling, because it's cold, but I just wanted to try to encourage everyone who is trying to step up a little this year to really try working on your roll and getting confident with it. This means doing it in current (not shallow places with rocks!) and getting used to the idea that you're not going to die or anything just because the water is moving, and if you could roll in the pool, you can still roll in current.

You just need to slow it down, do your set up, sweep, and then hip snap (or just set up and sweep for you sweep rollers). The more you practice it, the less panic will sink in, and eventually rolling back up will become an automatic response. That's the goal, but it won't happen without practice.

There are a lot of good, safe places on the Nanty to work on combat rolls, and the same is true of the Cartecay, the Tuck, the Hiwassee, or the Upper Hooch, just about anywhere with some current. One of the best places is the Stinky Wave here in Atlanta, because it has a whole lot of current, but of course the water quality is an issue.

Even in a pool, there are things you can try, such as flipping and hanging out while counting to 5 or 10 before you set up for your roll, flipping with only one hand on the paddle, flipping and passing the paddle up over your boat from one hand to the other, and also taking some strokes to get some speed before you flip.

The important thing is to get confident in your roll so that you don't immediately panic when you flip over. On a river, your best friends are a good measure of confidence mixed with responsible concern. Your worst enemy is unbridled panic.

---

So much of paddling is about "muscle memory" and "intuitiveness." One of the things that makes paddling so much harder to learn than many other sports is that many of those things, those natural responses that you've learned your whole life, don't apply, and often they are opposite of what you really should be doing in a kayak.

Some examples: lean into rocks, not away from them; put your head down when you're trying to roll up; throw your weight and your paddle down into the water when bracing if you want to brace back up; do a stern draw on your right if you want to point your boat left; sometimes the best way to get out of a hole is to flip over on purpose in the hole and see if you can wash out; etc.

Often gaining skill paddling a kayak or an open boat (I would imagine it's the same concept) amounts to gaining a new intuitiveness so that those strange concepts I just mentioned start to become second nature. The only way to get to that state is to practice them, and only through experience will you progress. Some of those simple skills, like leaning into rocks, may even save your life one day.

I often find that I'm on "autopilot" when I've flipped or am in some other kind of dicey situation, like getting worked in Sock 'em Dog, being upside down in Oceana, etc. I often couldn't really tell you after it's over exactly what happened, and I probably had my eyes closed most of the time. But that autopilot kicks in because I've put myself in those situations little by little, and through inquisitiveness and through those experiences, something must have sunk in.

I don't know exactly what, but my best guess would be to call it "intuition" at this point. My point is that it's the experiences that help you grow your skill and get better, and you don't get the same experience running down the middle of every rapid on a river as you do if you work the river and push your limits a little bit.

I'm here to tell you that if you're swimming on the Nanty today, you can still be paddling the Ocoee in a couple of months, or at least sometime this year, if you paddle a lot and really paddle the river, not just "make it down". Of course, if you are content just "making it down" (nothing wrong with that), you could also still be swimming at the Nanty 10 years from now.

It was about a month and a half after the "day I learned to roll" on the Nanty before I went to the Ocoee my first time. I flipped all over the place that day, and I was scared or at least nervous most of the day, but I almost didn't swim. I say almost because after we had paddled past Hell's Hole, I got all excited and said to my gracious friends who had taken me down, "Damn, I didn't swim my first time on the Ocoee!"

Of course, I then proceeded to flip at the bottom of

Powerhouse and then swam after several failed roll attempts in the flat water below. There's definitely a lesson there about karma and river gods, but that's another story.

I've also had periods of crisis where my roll is concerned too. After a trip to the Ottawa last summer, during which I swam the same rapid 3 days in a row, I lost all confidence in my roll. I had started to panic when I flipped. Why? Because I had no confidence that I was going to make it back up. That made rapids like Broken Nose and just about everything on Section IV start to look terrifying.

"What if I flip and can't roll and swim? Yikes!" There are some rapids where swimming can be a very bad idea. The final blow was swimming on the Ocoee two weekends in a row soon after I got back from Ottawa, once in the hole at the bottom of Broken Nose and then at Table Saw of all places. That was it, I had had enough of this crap.


The only solution was to try to get back to basics, in the pool, outside my house on the Hooch, at the Stinky Wave, and practice, and practice, and practice rolling until it came back. Truth is, I think that I never really lost my roll, I just lost my belief in myself that I could roll, and that meant when I would flip I would panic, not set up properly, not get a good sweep, and lift my head in panic when snapping. It's kind of like a self-fulfilling prophecy.

Funny thing is, from all that practice, and from losing confidence in my roll, I had started to go to my previously practically nonexistent offside roll. As I worked on getting my onside roll back, my offside also came along, and eventually I noticed one day, after the fact, that I had rolled up on my offside out of instinct (intuitiveness).

It's almost always easiest to roll up on the opposite side from the side that you flipped on, because you're already headed in the right direction (momentum-wise). Also, if you're in pushy current, most likely you'll flip on the upstream side because the pushy current caught your upstream edge, and it's much easier to roll up on the downstream side because the current is helping you, as opposed to the upstream side where you end up fighting the current (rolling on the downstream side in current is actually much easier than rolling in flat water).

Often in a hole, you have only one choice as to which side to roll on: downstream. Sometimes that might not be your onside roll, so it's good to have a roll on both sides. So, my rolling crisis actually turned into a blessing through a little perseverance and a lot of practice.

Okay, I'll shut up. Sorry for preachin', just felt like sharing. Peace!

- From a posting to the Atlanta Whitewater Club email list. 

---

Timing has an awful lot to do with the outcome of a rain dance.

---

## 35th Annual Southeastern Races

The 35th Annual Southeastern U. S. Slalom and Wild Water Championships will be held on Saturday and Sunday, April 26-27, 2003, on the Nantahala River near Bryson City, North Carolina. The races also include the American Canoe Association Dixie Division Decked Boat Championships. The event is sponsored by the Georgia Canoeing Association with the assistance of the Nantahala Outdoor Center and the Nantahala Racing Club. Race headquarters will be at the Nantahala Outdoor Center.



The slalom course will take racers through the class III Nantahala Falls. The wild water runs are 8 miles and include class III rapids Patton's Run and Nantahala Falls. There is also a 5-mile Down River Fun Race, from Ferebee Park to above Nantahala Falls, which does not include any rapids above class II.

Skill levels of competitors typically range from persons making their racing debut in the Fun Race to nationally ranked paddlers honing their techniques in the slalom or wild water races. There are separate classes for: men, women and mixed (tandem); adults, juniors and masters; kayaks, decked and open canoes; and championship (racing) and cruising (recreational) designs.

The slalom championship classes for both decked and open boats will be held on Saturday on a challenging course, and the cruising/recreational classes for both decked and open boats will be held on Sunday on a "toned down" course.

Awards will be presented in ceremonies at the end of Saturday's Championship races for the top three finishers in each class. The Southeastern Cup will be awarded to the paddling club whose members accumulate the most race points. On Sunday we will present awards when the Slalom classes end (hopefully before lunch). The awards for the down river races will be awarded separately. We hope to have more recreational racers if we can help the racers get on the road earlier on Sunday!

In addition, there are three special awards in the wild water race. The Charlie Patton Award is presented to the fastest canoe racer in the wild water race. The Julie Wilson Award is presented to the fastest female competitor in the wild water race. And the Ramone Eaton Award is presented to the tandem team turning in the fastest OC-2 wild water time.

The Southeastern Championships provide a weekend of fun and excitement for competitors, race crew and

spectators alike against the backdrop of the Nantahala National Forest. All racers and race crew receive a race T-shirt. In addition, there will be a raffle with lots of paddling prizes. We traditionally have a kayak as a grand prize. This year we will have a canoe as well. There will be a pasta dinner at base camp at NOC on Saturday evening. Dinner reservations and tickets are necessary.

Racers may register by mail or in person on the afternoon before the race. There will be no late registration on the day of the race. If you register by mail, you will receive a race registration package, which contains an entry form, description of fees, waivers and other race information. To register, send your name and mailing address to Knox Worde, Race Registrar, 625 Glendalough Court, Alpharetta GA 30004, or e-mail your request to playboatn@aol.com.

Race volunteers are needed to help with course construction, judging, safety, scoring, timing and hospitality. We start on Thursday morning (April 24) with course construction and race headquarters set up and will end on Sunday afternoon (April 27) with course breakdown.

The GCA provides breakfast and lunch for the volunteers on Race Days. **NO EXPERIENCE NEEDED!!** We will have phone numbers for several campgrounds that the volunteers can use. To register as a volunteer, please call Virginia Balbona at 404.636.5944 or e-mail her at Virginia\_balbona@emory.org. You can also reach me at 404.226.8363 or gwminc@mindspring.com.

We look forward to seeing all of you.

- Gina Johnson, Race Master.



---

## Race Crew Volunteers Needed!!

This year's Southeastern Championship Races are scheduled for April 26 and 27 at the Nantahala River. We need volunteers for the race crew to run this race! As many of you know, last year's race was a terrific success and we're ready to do it again this year, but we need the help of the GCA members.

We need help with the following: Judging, timing, scoring, course construction, hospitality and safety. You do not need any experience. We can provide all the training you will need. We can give you information about campgrounds in the area. The club provides breakfast and lunch for the volunteers on race days.

There is also an awards dinner Saturday night — this year it will be a lasagna dinner at 'Relia's Garden' (\$12.00 per person paid in advance — see the order form in back of the newsletter. Medals will be presented for the Championship classes at the dinner, and the annual Race Raffle will be held. Among the raffle prizes this year are

---

a recreational kayak and a solo canoe. See the order form in back of the newsletter to get your raffle tickets. They will also be available at other GCA events and at the race.

This is an opportunity to be of service and see some terrific paddling in the process. Come cheer for your racing club members! Please call Virginia Balbona at 404.636.5944 to sign up to help, or send in the race crew

sign up sheet in back of the newsletter.

If you have questions, you can e-mail me at gwminc@mindspring.com or call me at 404.226.8363. The GCA has sponsored this race for the last 34 years. That is a tremendous accomplishment for a volunteer organization. We ask for your support. Thank you, Gina Johnson, Race Master



## River Access

### **\$12.50 a Head on the Upper Ocoee**

*I urge you to support American Whitewater in their efforts to obtain \$133,000 worth of H2O annually from the TVA (budget: \$7 billion, including your taxes). The positive economic impact to Polk Co. far outweighs the TVA cost. It is time that the TVA was reminded that providing Positive Economic Impact to the Ocoee Watershed was one of their chartered missions. - Mike Cowan.*

#### **From the American Whitewater web site:**

Re: Upper Ocoee River (TN) Access.

Issue: TVA plans a total of two (2) free releases on the Upper Ocoee for 2003. None (0) for 2004 and beyond. They will charge ALL commercial / private boaters for water.

Goal: To secure 74 free recreational releases annually on the Upper Ocoee.

Current Status: The Upper Ocoee continues to be an issue that American Whitewater considers a top priority. It is a challenging project for us to work on; butting heads with a massive archaic political organization like the Tennessee Valley Authority (TVA) is no easy task! American Whitewater is attempting to work with the TVA as the formal representative for downstream recreationalists in TVA's Reservoir Operations Study (ROS).

AW is also working to educate our members, regional business owners and citizens, and politicians about the importance of recreation on the Ocoee and all that we stand to gain through the ROS. We are advocating for free recreational releases at monthly meetings that will wrap up with the completion of the ROS late in 2003.

This being said, the TVA continues to state that the Upper Ocoee is simply not an important issue for them, and that releases there will cease unless boaters and outfitters pay for them. American Whitewater is continuing to assert that the TVA has a legal and social obligation to share the Ocoee River with the public, free of charge.

The TVA is not subject to federal regulations, so we must use creative approaches to affect change within TVA (not to mention the Army Corps of Engineers, Bureau of Reclamation and other similarly exempt organizations). If

TVA refuses to address our concerns through the ROS, then they will be proving to the world that they are taking advantage of the public, and we will seek to reform TVA.

There are several proposals being made in the Ocoee Community that are considering cost sharing with TVA to provide releases. AW will take part in these discussions while working to convince the TVA to do the right thing and provide the water free of charge.

The TEVA National Freestyle Championships on the Upper Ocoee last October will be the last event on the Upper Ocoee that the TVA intends to provide water for without charging exorbitant prices for the water. Your chance to help save the Upper Ocoee will come early next spring with the opportunity to comment on the final phase of the ROS. Let AW lead the way, and support us in our quest for an Upper Ocoee River that supports the regional economy and the growing paddling community of the Southeast!

Precedent: TVA has little to no oversight and is not ethically managing their rivers. Their answer to a public process is their Reservoir Operations Study, which may or may not fairly address the needs of the public.

- Posted by Kevin Coburn.



### **Fee Demo Funds Spraying in Arizona**

#### **Submitted by Scott Silver**

*The Recreation Fee Demonstration program is, so we are told, supposed to provide direct benefit to those recreational users of public lands who pay the fees. Below is an article describing how \$70,000 of fee demo money has recently been used in Arizona to pay for the spraying of pine bark beetle infested trees.*

*Perhaps this is a legally permissible use of fee-demo money... I can not say. It, however, strikes me as wrong that recreational users of public lands are now being forced to pay for such things as insect control.*

*This example does not stand in isolation. One of the most vocal proponents of recreation user fees is Senator Daniel Akaka (D-HI) whose primary (perhaps sole) interest in fee demo is to use these fees to fund protection of Hawaii's National Parks from invasive weeds.*

---

*Are these the kind of programs that should be funded by user fees? If so, then what about using recreation fee demo money to patrol the Mexican border in National Parks or to thin (or clear cut) forests in accordance with the President's forest health initiative???*

*Is it possible that the forest visitors who paid these \$70,000 in "user fees" in reality paid \$70,000 in extra "user taxes" simply to offset federal tax reductions that have cut forest budgets?*

- Scott.

### **Forest Service Will Spray Selected Trees, Beetle Infestation Prompts Unusual Action** **by Joanna Dodder, The Daily Courier**

PRESCOTT - Prescott National Forest officials rarely use insecticides in the forest, but in the coming months they are taking extreme measures to deal with an extreme situation.

The unprecedented pine bark beetle epidemic that is sweeping through the forest has killed an estimated half-million ponderosa pine trees, totaling from 30 percent to 50 percent of the trees over 75,000 acres. The Prescott Basin is among the hardest-hit areas of the Southwest. Some of the most prized trees in the forest — those that shade campers and picnickers — are among the dead. One side of the Thumb Butte picnic area near Prescott, for example, has hardly any shade trees left after a contractor recently finished cutting down the dead ones.

Now the U.S. Forest Service plans to spray insecticide on about 5,000 trees that are still alive in 22 campgrounds, picnic areas, recreation areas and trailheads in the Prescott, Crown King and Mingus Mountain areas. They base the estimate on an average of 10 trees per campsite in campgrounds, and five trees per site in day use areas.

"To be effective, we need to spray in February and March before over-wintering beetles become active again, usually in April," said Malcolm Hamilton, recreation team leader on the forest. The spray should last for a year.

Officials won't have a schedule of which areas they will spray until they hire a contractor, but will post closure signs during the spraying and for five days thereafter, project leader Ian Fox said.

Forest Service officials had hoped to get \$140,000 worth of forest health special project money for the spraying as well as for cutting dead trees in popular recreation sites, but Congress still hasn't approved a budget for the year that began in October.

Luckily, the regional Forest Service office has chipped in about \$70,000 so that the spray project can get going. The \$70,000 comes from fees that the Forest Service charges at developed recreation sites. Some people who live near the spray areas have called Forest Service officials to express concerns. But officials believe that the restrictions they will place on the contractor will keep any of the insecticide Carbaryl from leaving the forest, and make the forest sites safe to re-open within five days after spraying, regional entomologist John Anhold said.

The restrictions include a ban against spraying if the wind is blowing more than 10 miles per hour, if it's raining, or if snow is on the ground. The contractor can't spray it within 50 feet of water sources. The Forest Service will cover picnic tables before the spraying and wipe them off afterward.

Carbaryl is widely used on a variety of crops. Its trade name is Sevin. It is toxic to all kinds of insects, as well as aquatic invertebrates and honey bees. However, it won't kill small mammals and birds, Anhold said.

Contact Joanna Dodder at [jdodder@prescottaz.com](mailto:jdodder@prescottaz.com) or 445.8179, ext. 2035.

Contact Scott Silver at:

*Wild Wilderness*

248 NW Wilmington Ave.

Bend, OR 97701

phone: 541.385.5261

e-mail: [ssilver@wildwilderness.org](mailto:ssilver@wildwilderness.org)

Internet: <http://www.wildwilderness.org>



---

## **The Stream Less Traveled**

### **Smooth Water Paddling on the Ichetucknee, Crystal, and Chassahowitzka Rivers**

#### **by Morris Friedman, The Vagabond**

I was introduced to paddling these rivers by Walter Howard and Liz Carter. I'm eternally grateful. The Ichetucknee River begins as a spring called Blue Hole in Ichetucknee Springs State Park located near



Fort White, Florida, not far from I-75 and Lake City. 233 million gallons of water flow daily from the spring through hammock and swamp on a six mile journey to the Santa Fe River.

The river starts out as a 72 degree, crystal clear narrow stream, then opens and broadens as other springs add volume. Continuing downstream the scenery changes to prairie then cypress bordered banks. The water begins to take on a deeper tint from

---

the tannin leached from plants. Wildlife includes egrets, herons, ducks, hawks, turtles, deer, etc. Alligator gar are abundant.

The run to the take-out at the south entrance of the park takes no more than a couple of hours. Late fall and winter are the best times to paddle the Ichetucknee as it is open to tubers late spring through summer. After the river leaves the park it joins the Santa Fe River, winding it's way to the Suwannee, and eventually to the west coast near Cedar Key, Florida. A \$4.25 per person fee is required for entering the park.

It was 32 degrees at the put-in when we paddled the Ichetucknee. We had 11 boats, including canoes, sit-on-top kayaks, sea kayaks, recreational and white water kayaks. The wind and temp dictated that we hightail it to Crystal River after reaching the take-out, rather than stopping for lunch. Dinner for 8 was at Charlie's Fish House and Sea Food Market.

We generally put-in at King's Bay on the Crystal River. Pete's Pier provides free parking and ramp access for vehicles without trailers. We delayed the planned 7:00 a.m. put-in at Pete's Pier until 9:00 a.m. It was a good decision. Although chilly at the start, the temp warmed to the mid to high 50s.

Plenty of Manatee. One of them came up under Hans Lang's Liquid Logic kayak and almost dumped him. Several people who experienced Manatees for the first time were amazed, of course! My daughter, Alisa, describes these large lumbering mammals as cute. I guess they are,

## Cold Weather Canoe Camping

by John Henderson

*"This canoe camping trip during freezing weather (January 26-30, 2003) proves once again that there is no bad time for a trip on the beautiful Suwannee River"*

As Mr. Foster's song intimates, the Suwannee is a rather easy lifestyle. Or it would be in warmer weather. Today however is January 26, 2003, and it is cold on the Suwannee banks and all the old folks are most likely huddling in their homes enjoying indoor heating and plumbing. Jacques Artley, longtime canoeing friend, and I launched the old 17' Grumman canoe at Highway 41 bridge near White Springs (mile marker #171) at 3 pm. Earlier we visited a canoe outfitter and arranged a shuttle to leave a vehicle at the take-out spot, Suwannee River State Park, 44 river miles and four days away. We were set.

The canoe was loaded and the weather, although a cold 45 degrees, was agreeably sunny and without a cloud in sight. However, the next two nights' forecast was below


in a homely sort of way.

That afternoon we paddled the Chassahowitzka River. A manatee was feeding at the put-in and we gave it some sea salad, then explored some springheads. One channel led us to a deep springhead chasm with fish enjoying the flow of warm water.

This springhead formed a pond which was bordered by a Buddhist Temple. They were having a ceremony right next to the water, dressed in colorful robes, and prayer flags like the ones hung outside the temples in Tibet adorned the outside as well.

It's always an adventure when you paddle a stream for the first time, not knowing what's around the bend. Exploring enhances the total paddling experience. Manatee, herons, egrets, brown pelicans, turtles, and buzzards roosting at the put-in highlight the river wildlife.

Happy hour at Cody's Roadhouse and a good meal was enjoyed by all. BTW, staying at the Days Inn and Motel 6 sure beat fighting the shivering elements. The Days Inn at Crystal River had a great shower, 24 hour coffee and tea, and free internet access.

My thanks to the paddlers on this trip for their companionship and spirit, including Allen Hedden, Alisa Friedman, Robert McGraw III, Robert McGraw Jr., Mathew and Madeline McGraw, Hans Lang, Kelly Harbac, Carol Winters, Wade Burroughs, John Williams, Chris Sanor and Beth Wallace. Looks like I've been tagged with carrying on the annual trip to these rivers, so plan on joining us next year! 

---

freezing and the third and fourth nights' prediction was low thirties but hopefully not freezing.

Black and running 1-2 mph, the Suwannee River is beautiful. Limestone walls, sandy banks and the thick tangle of cypress knees and trees form a deep trough in which this river flows. You'll have to listen to Stephen Foster's song for a just depiction of its beauty and enchantment.

As we paddled along, we were aptly enthralled for about three miles then stopped around 4 pm at an attractive campsite, a wooded flat spot just beyond a sandy bank with the prospect of morning sunshine. Firewood was plentiful and a newly created camp fire offered needed heat as the temperatures plunged with the setting sun. Shortly a beef and noodle dish with biscuits baked in a reflector oven satisfied our appetites. But the bitter cold drove us into our tents at 7:30 pm. It would be a long, cold night.

Water jugs were frozen during the night, so coffee water came from the river. The camp fire and morning sunshine brought some relief, while a breakfast of hot



Left: Packed and Ready for a second day on the Suwannee River.  
Right: John Henderson (author) at the helm of a loaded canoe.



oatmeal, coffee and bagels toasted in the reflector oven properly charged us for the day. We packed and launched at 10 am. The sun was shining — it had become a blue bird day!

After paddling about five miles, we stopped at Louise Springs. This tremendous volume of rushing, crystal clear water has cut an impressive gap in the earth as it pours into the Suwannee. Upon contact with the main stream however, those clear rapids become a black and slow moving part of the bigger river.

The second night's campsite would suit the most discriminating camper's taste. Around river mile marker #158, we found a high and level sand bar that was open to the morning sun. After pitching the tents and erecting a wind break with the tarp, we enjoyed the camp fire and a fine supper of chicken with pasta and buttered toast from the RO. Extreme cold once again forced us into the tents before 8 pm.

Many animal sounds pierced that freezing night — but the loudest and most annoying (read shocking and alarming) was a repetitive series of very heavy grunt like woofs that circled near the campsite three times from three different directions. I was glad to finally hear those sounds fade into the distance. With chemical hand warm-

ers in each of my socks and the sleeping bag hood tightly cinched over my head, I somehow found nirvana: good sleep.

Another morning camp fire, hot oatmeal, coffee, RO toasted bagels with cream cheese and the morning sun jump started the third day. The Suwannee can flow over 2 mph while at the same moment appear to be completely calm with a mirror surface. This mirror feature reflects images of everything you see along the river and creates picturesque scenes throughout its length. The limestone walls reflecting on the smooth surface in a bend of the river gives the distinct impression that one is in a small, completely calm crater lake and not a flowing river.

The third campsite was a large sand bar in the bend of the river with limestone walls along the opposite bank (mm #147). It was the best yet! We set up camp and rigged a lean to tarp near the fire with the conviction to stay up and listen to the President's State of the Union Speech. The canoe was pulled onto the beach and turned over to provide an additional wind break.

After tuna with noodles, more toasted bagels and cinnamon rolls from the RO, we piled up fire wood and hunkered down with the radio near the fire. And three times for three nights, the bitter cold took control. We



headed for the sleeping bags.

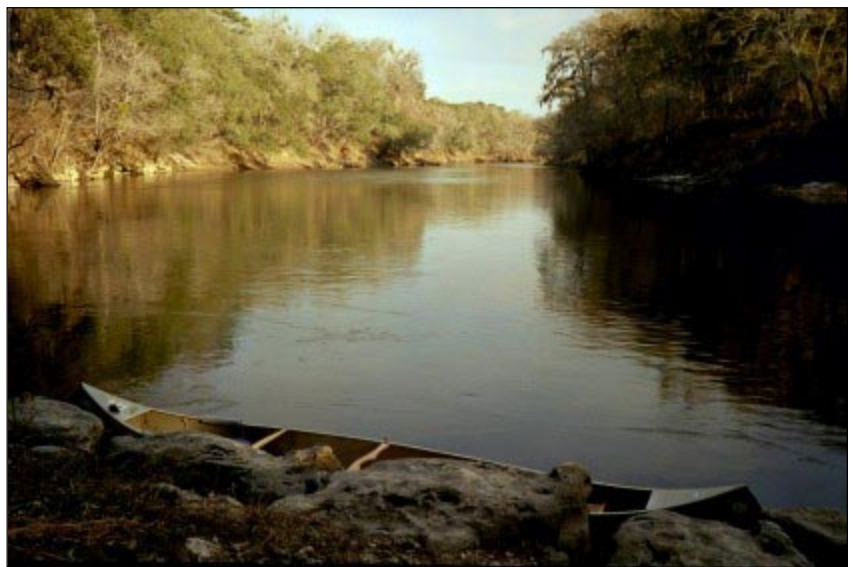
I turned the radio up loud so Jacques could hear it in his tent about 30 feet away. Later sounds that night included a beaver's distinctive splash, a group of coyotes conducting a hunt and some mysterious big, loud swooshes in the water that we had also heard on previous nights.

Our usual breakfast and late start kept us ashore until 10:30, but we committed to a 15 mile day in order to be near the take-out by noon on the fifth and final day. Peanut butter and jelly sandwiches with an apple comprised our lunch for the fourth consecutive day — that PB&J never gets old on a river trip.

Small groups of buzzards were prevalent throughout the trip, but this day a massive group (60+) of these great birds were circling low over the river just ahead of us. We paddled fast beneath the aerial display, since we were without protective umbrellas.

Our fourth campsite was a small level spot just above a rocky bank. The view was even

Below: Louise Springs, about mile marker 162.  
Top right: Lunch stop with luxury chairs and table.  
Bottom right: Gorgeous view from the fourth's night campsite.



claws and walked on land — and that makes a big difference to an unarmed human in a tent on a totally black and freezing night bound tightly in a body bag.

Driving home, we were already planning the next adventure on the upper Suwannee (40 miles from Fargo to White Springs) but in somewhat warmer weather. ✂

## How to Launch a PWC



1. Load your PWC in the back of the SUV, and drive to the nearest launch ramp. Open the back doors of the SUV and back into the water. The PWC should float out into the water.



2. Once the PWC is afloat and the SUV is half filled with water, drive the SUV back onto the ramp. It helps to have someone stand on the walkway and point toward shore.



3. If at any point the SUV starts to disappear from view, you may be fairly certain that the operation is not going as planned. However, this is a viable alternative to crowded parking conditions at most ramps.



4. With your craft safely launched and engine revved, you're now ready for a great day on the lake.

*Here's a little distraction from a daily winter paddler.  
February 11, 2003  
- Maury Eldridge*

### Flight from Hunger

The hawk swooped  
To take the Merganser  
Out of the air  
Scarcely in flight  
Off the ice-narrowed river  
Talons struck feathers  
Not deeply enough  
To hold a feast  
Wings beat a flight after all

The muskrat remain hidden  
Wisely in view of the bold  
New red-tailed neighbor

A solitary goose  
Stands its ground  
Day after day  
Too winter-weakened  
To move on

*Maury Eldridge paddles and writes on the Charles River in Massachusetts.*





## 10% Discount!

Shop NOC for the best selection of paddling gear anywhere, with whitewater and flatwater canoes, kayaks, and accessories. As always, club members receive a 10% discount from NOC Mail Order. Give us a call or check out our website for the latest boats and gear, outfitting and repair tips, advice, and special sales. Stock up on the latest paddling gear, available from the paddling experts at NOC.

## rapidprogressions™

Learn to paddle, guaranteed.™

The Nantahala Outdoor Center would like to welcome our Rapid Progressions™ participants to the GCA. As a Rapid Progressions™ club partner, the GCA offers you great opportunities for lots of fun and further practice on the river with a wonderful group of experienced paddlers.

### *Learn to Paddle, Guaranteed*

Join us as we launch the newest offering in our legendary instruction program. Unlike any other whitewater program, Rapid Progressions™ guarantees your success. We provide a comfortable and supportive learning environment, and you'll thrive in 2- to 14-day courses with the industry's top instructors.

### *The Guarantee*

If, by the end of your class, you haven't accomplished each skill on your Rapid Progressions™ course checklist, we'll provide you with further instruction—for FREE—until you do. (Not including meals and lodging.)



**3 Restaurants • Outfitter's Store • Ropes Course  
Mountain Bike Rentals • Whitewater Instruction  
Whitewater Rafting on 6 Southeastern Rivers**

*(800)232-7238 • [www.noc.com](http://www.noc.com)*

# CLASSIFIED ADS

**TO PLACE AN AD** - Want ads of a non-business nature are free to dues-paid GCA members. Business-related and non-member 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 [gacanoem@mindspring.com](mailto:gacanoem@mindspring.com). PLEASE, NO PHONED-IN OR HAND-WRITTEN ADS. All ads will be run for two issues unless otherwise requested.

**FOR RENT** - Secluded NC mountain home with great views, furnished - 4 bedrooms, 3 baths, swimming (& rolling) pond, mountain trails, waterfalls. Easy drive to Nantahala or Chattooga. Available May thru August. \$1000/month plus phone, electricity & mowing, or \$1,200/month all included. References required. Call Trish or Doug at 828.369.6491.

**FOR SALE** - Canoe, Mad River Lamoille. 18 foot expedition or family canoe. In excellent condition. Some gel coat damage repaired. Photos and specs at <http://boat.riverzone.net>. List \$2499. Asking \$1850. Lindsay 404.872.5211.

**FOR SALE** - Canoe. Mohawk Odyssey 14'. Green. 3 yrs old, used about 15 times. Fully rigged for solo WW. Mohawk thigh retainer & pedestal, air bags, Xtra D-rings & tie-downs. Xtra seat to convert to tandem. Asking \$850. I'd throw in Mohawk's best paddle & a PFD. Thule canoe rack for Volvo/Saab is negotiable. [Robertarnett@hotmail.com](mailto:Robertarnett@hotmail.com) or 678.587.0482.

**FOR SALE** - Canoe, 17' Alumacraft with paddles, perfect condition, 1984, lake keel. \$450, call Jerry or Sil Schell at 706.636.3830.

**FOR SALE** - Canoe & kayak. Old Town Discovery 15'8" canoe. \$250. Kayak, Perception Corsica, a great kayak for beginners. \$200. Connie 404.633.8038.

**FOR SALE** - Kayak, Perception Arc. I have a red/multi Perception Arc for Sale. "A well proportioned, forgiving kayak designed for the river. Comfort,

maneuverability and stability are key features of this user friendly design that is popular with paddlers starting out on white water and surf through to advanced boaters looking for a kayak to instruct from. With a mid volume bow that boofs sweetly and sits up on waves for a more controllable ride. Lower volume in the stern and soft, yet pronounced rails will carve turns accurately as you relax in the stability of the combined hull." This boat is designed for the med/large paddler. Paddled less than a dozen times and now sits in the garage unused. (I went to the dark side and bought a canoe.) Would like to sell boat, flotation, spray skirt (large) and Perception River Passage paddle for \$600 OBO. If interested, call Cathy Smith 404.639.1376 (work) or 770.925.3621 (home).

**FOR SALE** - Kayak, Wave Sport, brand new -- won in Pepsi Cola contest. Retail value \$899, will sell for \$650. Please call 770.722.1525 days and leave name and telephone number. Joe Griffin.

**FOR SALE** - Kayaks. Dagger Redline, \$400. Perception Corsica, \$200. Call Jim at 404.257.9866.

**FOR SALE** - Kayak. 1980s fiberglass Lettmann Mark IV white water kayak in good condition. Has foot pegs and ethafoam walls and two rear air bags. I am 5' 8" 140 lbs. and it fits me perfectly. \$50. 229.686.2138.

**FOR SALE OR TRADE** - Kayak, Riot Disco Comp Weight (ultra-light), blue, brand new, but stored for 2 years, fully outfitted, paddled ONCE only, perfect hull, stored inside. Spray Skirt included. Retail \$1200 (comp weight), will sell for \$625. OR Will trade for Wave Sport Big EZ in excellent condition. 770.321.4728, email [mahoyle@mindspring.com](mailto:mahoyle@mindspring.com).

**FOR SALE** - Mountain Bike. Mon-goose DX 5.0, 21 speed, Rock Shox Indie S front shocks, good condition, \$175. 770.321.4728, e-mail [mahoyle@mindspring.com](mailto:mahoyle@mindspring.com).

**FOR SALE** - Paddling pants. Moun-

tain Surf Monsoon pants, size XL. Brand new with store tags. Retail price at NOC store was \$94.95. Will sell for \$55. 404.636.9339.


**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, Mad River Outrage, used. Please contact: Michael Houchins, phone 770.328.8618, email [houchins.mike@fcboe.org](mailto:houchins.mike@fcboe.org).

**WANTED** - Canoe, 2 person. 678.574.6395.

**WANTED** - Spray skirt, large, that fits a 'Z' model wave sport kayak, paddle, and helmet for size 7-1/4. Please call 678.362.5106 or email Andre at [ahegyesi@jjg.com](mailto:ahegyesi@jjg.com).

**Check Us Out!**



**APPALACHIAN**  
LOG STRUCTURES

and

Appalachian Log Homes

---

Log Home  
Building Components

---

Quality Precut  
or Linear Foot

---

6" x 8" D-Log  
Graded, Borate  
Pressure Treated  
Starting at \$4.35/ft

---

Call today  
for your quote!

**800-296-LOGS**

---

[www.applog.com](http://www.applog.com)

# Need Paddling Gear?

shop with



## and SAVE!

club members receive a

# 15% Discount

coupon code: CLB-1000

### how to shop:



**visit us online:** at [www.outdoorplay.com](http://www.outdoorplay.com)

once you are done shopping, simply enter your coupon code to receive the 15% off club discount.



**give us a call:** at **800.994.4327**

we'd be happy to help you place an order over the phone.

We ship to anywhere in the US. Coupon does not apply to boats or sale items.

# GCA's 35th Annual Southeastern Races

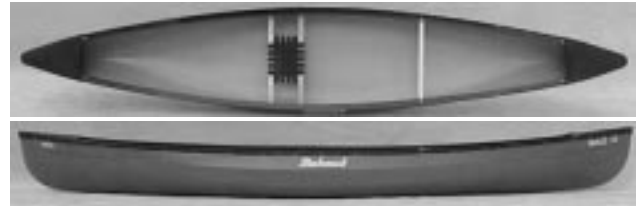
Last year The Southern attracted over 100 competitors, including a large number of everyday paddlers in their first competition. Without your support this great event would not be possible -- the GCA helps fund this event through the sale of raffle tickets.

This years prizes include:

## By Go With The Flow

## Necky Gannet recreational kayak

## By Mohawk Canoes



### Mohawk Solo 14 canoe

Compact, light a joy on small twisty creeks — yet with flared bow and sides, easily handles light white water and choppy lakes.

---

## Raffle Ticket Order Form

Your name: \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Confirm tickets by e-mail only

Number of tickets \_\_\_\_\_ x \$1.00 = \$ \_\_\_\_\_ (send checks only)

Make check payable to GCA & Mail to :

GCA  
Attn: Chris Bilello  
2209 Ranch Trail  
Norcross, Ga. 30071

---

[For GCA use]

Ticket numbers \_\_\_\_\_

e-mail response date \_\_\_\_\_ mailed ticket stubs \_\_\_\_\_

# GCA SPRING EXTRAVAGANZA 2003

## APRIL 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>

**Nelson's Nantahala Hideaway, Topton, NC**

[www.nantahalacampground.com](http://www.nantahalacampground.com)

**Reserved for GCA Members**

Hot Showers, Meeting Room, Fishing, Biking Trails,  
Hiking Trails, Horseback Riding Nearby

**Use Reverse Side to Make Your Reservations**

Register Early – Late Fee Applies After April 4<sup>th</sup>

**CAMPSITES:** \$12.00/site/night for first 2 people; \$2.00/night for each additional person

**CABINS:** \$45.00/night (sleeps 4, bathroom, cable TV)

**BUNKHOUSES:** \$5.00/bed/night (sleeps 12 people with easy access to large bathrooms)

***No pets allowed in cabins or bunkhouses – Must be on leash in camping areas***

### **FRIDAY NIGHT:**

Trip Coordinator Mini-Clinic 7:00 PM at Main House – All Invited!  
River videos afterwards: Bring your favorite river videos to share!

### **SATURDAY NIGHT:**

6:30 PM

Barbeque Dinner catered by Williamson Brothers

Chicken and Pork

And all the accompaniments!

Almost All-U-Can-Eat

Price: \$10.00 (Children 12 & Under \$6.00)

7:30 PM

**Slide Show – Endless River's Adventures in Costa Rica**

With Ken and Juliet Kastorff

**Bonfire** – Please Bring Logs!

Pinata for the Kids

### **BREAKFAST & BOATING SATURDAY & SUNDAY:**

7:30 - 9:00 AM – Breakfast

8:30 AM – Meet at Main House to Organize Trips

**Rivers:** Cartecay, Nantahala, Tuckeseige, Pigeon, Ocoee, Upper Chattahoochee, Chattooga, and more

**Lakes:** Nantahala, Fontana

**Canoe & Kayak Demo** – Saturday, 12:00 PM to 3:00 PM at Surfing Rapid on the Nantahala

**For further information, contact:**

Joan Hutton, 770.917.1866 / [hutton\\_joan@yahoo.com](mailto:hutton_joan@yahoo.com)

# GCA SPRING EXTRAVAGANZA

## Registration Form

To Register – Fill out registration form below and mail QUICKLY (first come, first serve) with your check made out to “GCA” to:

Joan Hutton  
3898 Mountain View Road  
Kennesaw, GA 30152  
770.917.1866

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

No. in Party: \_\_\_\_\_ Email: \_\_\_\_\_

Address \_\_\_\_\_

### Camping:

Number of tents @ \$12.00/night (includes 2 people) Fri. \_\_\_\_\_ Sat. \_\_\_\_\_ \$ \_\_\_\_\_

Extra people @ \$2.00 each/night Fri. \_\_\_\_\_ Sat. \_\_\_\_\_ \$ \_\_\_\_\_

### Cabins:

(Kitchen, bathroom, cable TV) \$45.00/cabin/night Fri. \_\_\_\_\_ Sat. \_\_\_\_\_ \$ \_\_\_\_\_

### Bunkhouse:

(Each sleeps 12) \$5.00/person/night Fri. \_\_\_\_\_ Sat. \_\_\_\_\_ \$ \_\_\_\_\_

**R/V Hookups:** (contact Joan Hutton for information)

### Saturday Dinner:

# of Meals (Adult) @ \$10.00

Barbeque meals \_\_\_\_\_ Meatless meals \_\_\_\_\_ = \_\_\_\_\_ X \$10.00 \$ \_\_\_\_\_

# of Meals (12 & Under)

Barbeque meals \_\_\_\_\_ Meatless meals \_\_\_\_\_ = \_\_\_\_\_ X \$6.00 \$ \_\_\_\_\_

### Saturday and Sunday Breakfasts:

Assorted bagels, pastries, muffins, coffee, tea, juice: Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ X \$2.50/meal \$ \_\_\_\_\_

\$5.00 LATE FEE if post-marked after April 4: \$ \_\_\_\_\_

Make check payable to GCA

**Grand Total** \$ \_\_\_\_\_

### Trip Coordinators Needed! Willing to lead a trip Saturday or Sunday on:

Cartecay: \_\_\_\_\_ Nantahala: \_\_\_\_\_ Tuckaseegee: \_\_\_\_\_ Pigeon: \_\_\_\_\_ Ocoee: \_\_\_\_\_ Upper

Chattahoochee: \_\_\_\_\_ Chattooga: \_\_\_\_\_ Other: \_\_\_\_\_

Lake(s): \_\_\_\_\_

NELSON'S NANTAHALA HIDEAWAY — TOPTON, NC

[www.nantahalacampground.com](http://www.nantahalacampground.com)

See website for a map/directions/cabin pictures/hiking trails/area information and more.



## 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.

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

For younger paddlers 8 to 14 years old who are either just starting out in white water or have paddled before but are still at the novice level. This is a one-day class with a morning lake session followed by an afternoon river session at a difficulty level well within the experience and capabilities of the participants.

##### **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.

##### **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 a class II-III river 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.

# GCA INSTRUCTION 2003

## Canoe

### White Water Canoe

- + Beginner  
**Coordinator: Steve Cramer (706.208.8382)**  
June 17 (evening), June 21,22  
August 19 (evening), August 23,24
- + Trained Beginner  
May 17, 18  
**Coordinator: Pat Hagan (770.393.1420)**  
August 9, 10  
**Coordinator: Jim Albert (770.414.1521)**
- + Intermediate  
May 3, 4  
**Coordinator: Marvine Cole (770.475.3022)**  
September 13, 14  
**Coordinators: Gina & Haynes Johnson (770.971.1542)**

### Flat/Moving Water Canoe

- Coordinator: Jim Albert (770.414.1521)**
- + Beginner  
July 12, 13

## Safety

- Coordinator: Brannen Proctor (770.664.7384)**
- + Basic White Water Safety  
July 26 (1 day - \$25)

## Sea Kayak

- Coordinator: Steve Cramer (706.208.8382)**
- + Introduction - Charleston, SC  
May 24, 25 (call for class fees)
- + Safety & Rescue Clinic - local  
June 28 (Conservation organization fundraiser)

## White Water Kayak

- + Beginner  
June 17 (evening), 21,22  
**Coordinator: Knox Worde (770.475.3022)**
- + Trained Beginner  
June 14, 15  
**Coordinator: Knox Worde (770.475.3022)**
- + Intermediate  
June 7, 8  
**Coordinator: David Stubblefield (706.864.0901)**
- + Beginning Youth White Water  
May/June TBD (class fee \$25)  
**Facilitator: Allen Sinquefield (770.642.1898)**

**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 \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

ALLERGIES OR PRESCRIPTION MEDICINES \_\_\_\_\_

DISABILITIES OR PHYSICAL PROBLEMS \_\_\_\_\_

# GCA Southeastern Championships, April 26-27

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

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I volunteer to be part of the RACE CREW in one or more of the following areas:

(Check ALL areas that you would be willing to work in):

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

All Race Crew members are encouraged to attend the AWARDS BANQUET DINNER, Saturday, April 26, 6:30 PM, Nantahala Outdoor Center, 'Relia's Garden, Lasagna Dinner (Regular and Veggie) Tea or Coffee. Cheer as the Race Winners receive their medals. Listen for your name in the Raffle Drawing.

Number of Adult Dinners: \_\_\_\_\_ @ \$12.00 = \$ \_\_\_\_\_  
Number of Children 12 and under: \_\_\_\_\_ @ \$6.00 = \$ \_\_\_\_\_  
Total Amount Enclosed for Awards Banquet Dinner = \$ \_\_\_\_\_  
RAFFLE TICKETS AT \$1.00 PER TICKET: \$ \_\_\_\_\_

Dinner & raffle tickets ordered here can be picked up at the Hospitality Tent on April 26. Seating capacity at the Awards Banquet Dinner is limited. Dinner Tickets may be purchased at the door on an as-available basis, depending on seating and food availability.

Mail this form and your check (payable to GCA) for the Awards Banquet and Raffle Tickets to:

GCA  
Attn: Gina Johnson  
340 Clear Springs Ct  
Marietta, Ga. 30068



THE SOUTHEAST'S LARGEST AND WIDEST SELECTION  
**CANOEES KAYAKS & SEA KAYAKS**

Please ask about our  
**Member Discounts**  
**Low Price Guarantee**

**(770) 992-3200**  
**gowiththeflow.com**  
**M-F 10-7 Sat 10-6 Sun 12-5**

