

Summer Roll Practice

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

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

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

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

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



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New Board of Directors Members

The GCA Board of Directors now has three new Members at Large:
 Matthew Crawford
 Lamar Phillips
 Jay Manalo

When you see these folks, thank them for stepping up to take a leadership role and helping to guide the club's direction. ✂

Flat Water / Smooth Water Safety Day

Hi, Everyone. We are holding a one day safety class for lake and smooth water river paddlers on June 3. We don't have a location firmed up yet, but plan on being on Lake Lanier or Lake Allatoona. We will focus on rescue techniques, loading and securing boats, wet exits and re-entries and "wind, waves and weather." This class is open to recreational kayaks and canoes. Please email me at haynesandgina@alltel.net or call me at 404.512.0832.

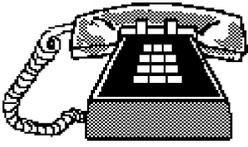
Thank you, Gina Johnson. ✂

"In the confrontation between the stream and the rock, the stream always wins; not through strength, but through persistence."

- Jackson Brown.



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Who Ya Gonna Call?

The following list is provided for your convenience:

For general information about the club — Call the club telephone

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

To volunteer to help with club activities — Call President Vincent Payne at 770.834.8263 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 Cruise Master Steve Reach at 770.760.7357.

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 Gina Johnson at 404.512.0832.

For information on winter roll practice — Call Louis Boulanger at 404.373.2907.

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 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 generally are held quarterly the first Thursday of the last month of the quarter (March, June, September, December) at 7 PM at the Carl E. Sanders Family YMCA in Buckhead, 1160 Moores Mill Road, Atlanta, Georgia 30327. All GCA members are encouraged to attend. If you have an item for discussion, please call GCA President Vincent Payne at 770.834.8263 so he 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	Vincent Payne
Vice President	Tom Bishop
Secretary	Jamie Higgins
Treasurer	Ed Schultz
Member Services Chair	Gabriella Schlidt
Recreation Chair	Denise Keller
Resource Development Chair	Debbie Dargis
River Protection Chair	Don Kinser
Training Chair	Gina Johnson

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. 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, 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

May

4	Executive Committee Meeting	Carl E. Sanders Family YMCA	Vincent Payne	770.834.8263
6	Big Cedar Creek (Note 5)	Class 1-2 Trained Beginner	Vincent Payne	770.834.8263
7	Terrapin Creek (AL) (Note 5)	Class 1-2 Trained Beginner	Vincent Payne	770.834.8263
13	Nantahala	Class 2-3 Intermediate	John Scott	770.421.2451
13	Chattahoochee (Note 1)	Class 1-2 Trained Beginner	Jack Taylor	770.998.0350
14	Broad	Class 1-2 Trained Beginner	Steve Reach	404.579.3166
14	Upper Amicalola (Note 4)	Class 1-2 Trained Beginner	Edward Stockman	770.441.9767
14	Nantahala	Class 2-3 Intermediate	Jackie Pickett	404.622.6825
20	Broad	Class 1-2 Trained Beginner	Connie Venuso	404.633.8038
20	Ocoee	Class 3-4 Advanced	Jodi Kaufmann	706.759.3857
20-21	Upper Chattahoochee Cleanup (Note 2)	Class 2-3 Intermediate	Carl Kirkpatrick	706.878.7284
27	Hiwassee	Class 1-2 Trained Beginner	Jack Taylor	770.998.0350
27	Flint - Yellow Jacket Shoals	Class 1-2(3) Trained Beginner (Intermediate)	John Holley	478.972.2771
27-29	BSF Cumberland (TN) (Note 3)	Class 1-2 Trained Beginner	Lois Newton	706.398.3069
28	Hiwassee	Class 1-2 Trained Beginner	Jack Taylor	770.998.0350

June

1	Board of Directors Meeting	Carl E. Sanders Family YMCA	Vincent Payne	770.834.8263
3	Flat / Smooth Water Safety Day	TBA	Gina Johnson	404.512.0832
5	Ocoee	Class 3-4 Advanced	Allen Hedden	770.426.4318
18	Cartecay	Class 2-3 Intermediate	Edward Stockman	770.441.9767

Note 1: Buford Dam to Settles Bridge. Beginners especially welcome as well as all others.

Note 2: Wildwood will furnish free shuttle and free canoes for volunteers who assist with the cleanup.

Note 3: Station Camp to Blue Heron, wilderness overnight canoe camping. 3 day camping cruise.

Note 4: Remaining strainers on this section may raise effective rating to Class 2-3 Intermediate depending on water level.

Note 5: Paddle with the Prez. Possible camp-out for those who want to paddle Big Cedar & Terrapin Creeks. See announcement in this issue of *The Eddy Line*.

Your Trip Could Be Listed in This Space — Call the Cruise Master and Sign Up Now!!

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 Cruise Master, Steve Reach at 770.760.7357. As usual, we need trip coordinators for all types of trips, from flat water to class 5 white water. Our excellent trip schedule depends on the efforts of volunteers, so get involved and sign up to coordinate a trip on your favorite river today! The GCA needs YOU!

Chattooga Trips are limited to 12 boats on ANY section on ANY trip, club trip or private (USFS regulation). Your cooperation in protecting this National Wild and Scenic River is appreciated.

Roll Practice: Wednesday evenings 6:00 PM 'til dark, May thru the end of Daylight Saving Time in October at Stone Mountain Lake. See the 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)
I Said Left, Stupid: A Video Guide to the Chattooga River (Sect. 2 & 3)
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
The Middle Fork of the Salmon River (Idaho) — by Photographic Expeditions
Trailside: White Water Canoeing the Chattooga River
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 & Kayaking Guide to Georgia
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

Announcements

GCA Email List

The GCA email list has at this printing about 400 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 the GCA web committee at gcaweb@gmail.com. Membership applications, GCA waivers and other forms for use by members are posted on 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 listserve 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. ✂

Support Our GCA Supporters

The GCA web site now features a GCA Supporters web 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! ✂

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



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& flat water, solo & tandem

Call Allen Hedden 770.426.4318

Email canoeist@mindspring.com

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. 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

May 5 — Cheat River Canyon Down River Race — Albright, WV, (class III-V) www.cheat.org, foc@cheat.org.

May 6 — Coosa River Basin Initiative Canoe-a-Thon Race & Environmental Fair — OostanaulaRiver, Rome, GA, www.coosa.org.

May 6 — Cheat River Festival — Albright WVA, www.cheat.org, foc@cheat.org.

May 13 — South Yadkin USCA & Rec Canoe & Kayak, USCA C-1 & C-2 Race, 6-miles, flat, Salisbury, NC, Sam Bonds, 704.633.8020.

May 13 — Chattahoochee River Challenger Series — The Moonlight Paddle — Chattahoochee River, Richard Grove: regroeatl@adelphia.net.

May 20 — HeffFest on the Nolichucky — Riverpark Campground near Erwin, TN, Rebekah Morrow at rfdotson@hotmail.com.

May 27 — Chattahoochee River Challenger Series — The 17 Mile Paddle — Chattahoochee River, Buford Dam to Medlock Bridge, Richard Grove: regroeatl@adelphia.net.

June 3 — Chattahoochee River Challenger Series — The 14 Mile Paddle — Chattahoochee River, Medlock Bridge to Roswell Park, Richard Grove: regroeatl@adelphia.net.

June 3-4 — Neuse River Day Canoe & Kayak Race — New

Bern, NC, 8 mile & 4 mile races, info@neuseriver.org
Dave McCracken.

June 10 — 4th Annual Back to the Chattahoochee Canoe Races & Festival — class I-II down river, Upper Chattahoochee River Keeper, 404.352.9828, www.chattahoochee.org.

June 17 — Chattahoochee River Challenger Series — The 13-1/2 Mile Paddle — Chattahoochee River, Roswell Park to Paces Mill, Richard Grove: regroveatl@adelphia.net.

June 24-25 — NRC Junior Olympic Qualifier — Nantahala River, Bryson City, NC, 828.488.2176 ext. 108, email rhino@main.nc.us, www.nrcrhinos.com.

July 5-9 — ACA White Water Open Canoe Down River National Championships — Practice Day Down River & Sprint (class I-III) Deerfield River at Zoar Gap, Charlemont, MA., Charlie Brackett 603.585.7167 or www.acanet.org.

July 8 — Chattahoochee River Challenger Series — The 31 mile Paddle — Chattahoochee River, Buford Dam to Roswell Park, Richard Grove: regroveatl@adelphia.net.

July 15 — Chattahoochee River Challenger Series — The Moonlight Paddle — Chattahoochee River, Richard Grove: regroveatl@adelphia.net.

July 29 — Chattahoochee River Challenger Series — The 27 mile Paddle — Chattahoochee River, Medlock Bridge to Paces Mill, Richard Grove: regroveatl@adelphia.net.

August 12 — Chattahoochee River Challenger Series — The 24 Hour Paddle — "Paddle Mania" — Chattahoochee River, Buford Dam to 24 Hours Later, Richard Grove: regroveatl@adelphia.net.

August 18-20 — ACA Open Canoe Slalom National Championships — U.S. National White Water Center, Charlotte, NC <http://users.bestweb.net/~keech/oc-2006i.htm>.

August 19 — Essentials of River Safety: Paddling Clinic & Float on Terrapin Creek — Terrapin Creek Outdoor Center, Piedmont, AL, <http://epic.jsu.edu/lrcfs/august.htm>.

August 26-27 — 8th Annual AWW Ohiopyle Over the Falls Festival — Ohiopyle Falls Race — Youghiogeny River, Ohiopyle, PA, www.americanwhitewater.org.

September 9 — Chattahoochee River Challenger Series — The Moonlight Paddle — Chattahoochee River, Richard Grove: regroveatl@adelphia.net.

September 9-10 — Tsali Challenge Triathlon — 3.5-mile lake paddle, 4.5 mile trail run, 12-mile Mtn Bike at Tsali Recreational Area, Bryson City, NC, 800.232.7238, www.noc.com.

September 22-24 — Gauley River Festival — Summerville, WV, www.americanwhitewater.org.

September 23-24 — 31st Annual Outdoorsman Triathlon, swim 1-mile, run 4-mile, canoe 8-mile class II, Wesser, NC, Kirk Havens 804.785.2107, kirk@vims.edu, Ed Sharp, e.sharp@att.net, 540.752.5400.

September 29-30 — NOC 30 Hour Adventure Race — Wesser, NC, USARA qualifier, 800.232.7238 x600, www.noc.com, Kathy Allison x485.

September 30 — Mountain Island Challenge — Mountain Island Lake, Charlotte, NC, Racing and Recreational kayaks only, Contact Rick Garcia 704.588.8221, rigarcia222@aol.com.

October 7 — Lumber River Challenge — Lumberton, NC, 10 miles for Rec Canoe & Kayak, 40-miles for USCA C-1, C-2 and kayak, William McDuffie wlrmduffie@nctconnect.com, 910.948.3238.

October 27-29 — NOC Guest Appreciation Festival — Nantahala River, Wesser, NC, 828.488.2176, www.noc.com. ✕

GCA Volunteers Needed for Paddle Georgia

by Jamie Higgins

Paddle Georgia is around the corner again and I'm making a call for GCA members to volunteer. Paddle Georgia is a 7 day, 120 mile paddling trip on the Etowah. Last year over 200 folks participated and this year we already have 180 thru paddlers for the week.

So far, I and two others have committed to be volunteer sweep/safety boaters for the entire week of Paddle GA. I'll need at least one or two more people to volunteer for the entire week of June 24-30. The \$185 event's week long registration fee will be waived for GCA volunteers who sign up to paddle the entire week. I will also need safety boaters to help out at a couple small class 1+ rapids on Sat and Sun June 24 and 25.

We are paddling the Etowah River starting just above Dawson Forest and will be taking out at Rome. Each day we will put on the river and take off and spend the night camping either at a high school or park. It is both challenging and fun at the same time. Plus, all the logistics and planning are done and you get to experience the beauty and wonder of a week long river trip.

Other one day GCA volunteer opportunities include:
-staffing rest stops
-serving food
-assisting in loading and unloading boats at put-in and take-outs

This is a great way to help GCA and a wonderful way to give back to the river. The money generated from Paddle GA will be split between the Georgia River Network and the Coosa River Basin Initiative, which are both excellent advocates for the Georgia Rivers that we all enjoy.

Below is the web site:

<http://www.garivers.org/paddlegeorgia/pghome.html>

Send me an email (jmhiggins_99@yahoo.com) or call (404.508.0761) if you are interested in finding out more or volunteering.

Thanks!



Camping & Canoeing

May 6th and 7th, we will have a GCA camping & canoeing trip at the Big Cedar Campground, between Cave Springs and Rome, GA. We may camp Friday night but for sure I will camp Saturday night. On Saturday we will paddle a section of Big Cedar Creek. This is a class 1-2 run with only a couple of class two drops. On Sunday we will break camp and travel an hour into Alabama for an afternoon run on Terrapin Creek, another class 1-2 run.

Both rivers have abundant fish and wildlife. Bring a rod and a license if you want to fish. Camping for tents is available with easy access to showers and flushing toilets. There are also full hookups for campers. This is a good plan for beginners, those wanting a relaxing weekend or those wanting to see a new river.

General plan for meals on Saturday is brown bag for lunch and something to grill for supper. Breakfast and lunch Sunday is whatever suits you. Sunday evening I plan to eat at the Creek Side Restaurant, an old mill turned eatery. Vincent Payne, 770.834.8263.



Nationally Recognized Rescue Course

In 2005 this Rescue Course attracted 85 students in its first year — it was nationally recognized by ACA — the brainchild of OC-1, K-1, SK-1, GCA Lifetime Member Fred Couch — check it out at Little River Canyon Field School or the site below — volunteer to be an instructor — get your ACA update from Gordon Black at a pre-weekend event. <http://epic.jsu.edu/lrcfs/august.htm>



Heff-Fest 2006

This year's Heff-Fest on the Nolichucky will be held Saturday, May 20, at Riverpark Campground near Erwin, TN. Devoted to fun in, on and next to the river, this year's festival is lining up to be a great time! Planned events include: paddling instruction by certified teachers; kayak, canoe, and rafting opportunities for paddlers of all levels; paddler's flea market; silent auction; vendor booths; boat demos; boat raffle for a kayak of choice; fabulous food, T-shirts and souvenirs; live music, and more.

For those interested in paddling the Nolichucky

Gorge, shuttles will be available from Chestoa on Saturday for \$5. Additionally, there will again be a memorial paddle down the gorge in John Heffernan's memory on Sunday that will begin at the Poplar, NC, put-in at 11:00 AM. A portion of the proceeds from Heff-Fest will go to benefit American Whitewater. Come on out and be a part of this very special event!!

For more info, contact Rebekah Morrow at rfdotson@hotmail.com or visit <http://apeswhitewater.org/HeffFest/index.html>.



Coosa River Basin Initiative Canoe-a-thon, Race & Environmental Fair

May 6, 2006

Join dozens of fellow paddlers on a 13-mile flat water course down the Oostanaula River from Armuchee to Ridge Ferry Park in Rome to raise money for the Coosa River Basin Initiative. In addition to competing for fastest time trophies and prizes, paddlers can win a new Dagger recreational kayak from Terrapin Outdoor Center in Pied-

roswellpaddle@yahoo.com'." data-bbox="508 460 945 884"/>

mont, AL, a two-night stay at Snowbird Mountain Lodge in Robbinsville, NC and more by soliciting Canoe-a-thon donations from friends, family, co-workers and neighbors. Individuals raising the most money with the prizes and anyone raising more than \$150 may have their registration fees reimbursed. For more information and to register online, visit www.coosa.org. ✂

American Whitewater April Volunteer of the Month

Each fall and spring paddlers from around the country flock to the southeast for the opportunity to run the

Tallulah River in northern Georgia. Joan Hutton makes these Tallulah releases possible by working with local river clubs to organize amazing volunteers to help the park administer these releases.

Last fall Joan stepped forward to work with AW's affiliate clubs in the Southeast to make sure that Tallulah Gorge State Park had the necessary manpower to run the recreational releases. Each release day requires about 15 people to volunteer their time so that boaters and other park attendees have a great day at the Tallulah.

Joan will be organizing volunteers for the 2006 releases and is American Whitewater's April volunteer of the month. ✂



Welcome New Members — Directory Additions

The following is a list of all members who have joined the club since the last update. We will try to include this information on an on-going basis so you can add new members to your Directory. New members are the life blood and the future of the club. Thank you for joining us!!

Parent, Charlotte & Donald
4020 Merritt Drive
Cumming GA 30041
H: 678-947-4148
O: 770-844-1113
Email: charlparent@hotmail.com
Email: skippertparent@hotmail.com

SanSoucie, Michael
15840 Elaine Court
Harvest AL 35749
H: 256-348-8640

O: 256-771-0050
Email: souce55@gmail.com
Email: souce55@comcast.net

Kelly, Jane &
Vandyke, Tiernan
3522 Evans Ridge Trail
Atlanta GA 30340
H: 770-934-0387
O: 770-633-9536
Email: jkelly@cdc.gov

Likos, Bill
109 Huntington Chase Circle
Warner Robins GA 31088
H: 478-714-4695
Email: wclikos@hotmail.com

Rodgers, Thomas
385 Saint George Drive
Athens GA 30606
H: 706-224-0034
Email: roddgers@fcs.uga.edu ✂

Water Planning Meeting Report

by Jamie Higgins

State Comprehensive Water Planning Meeting Statewide Advisory Committee (SAC)

The first planning goal task to be evaluated and discussed by the Statewide Advisory Committee (SAC) was "Minimizing Water Withdrawals" and



the first meeting was held on March 23rd. Most people don't really understand that our water resources are finite and that continued growth in the state will continue to stress this limited source of water. As paddlers, it's important that we have water and lots of it. Remember the last drought and how horrible the paddling was. We had to travel to dam release rivers like the Nantahala, Hiwassee or Ocoee just to get our fix of white water. The Flint

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River became dismal and there were even concerns that the river would dry up.

Ensuring we have plentiful water in our rivers and waterways is not just important to us paddlers, but it is imperative to have reliable water for maintaining a healthy aquatic ecosystem as well as continued economic growth. Minimizing withdrawals, managing our water withdrawals efficiently and water conservation are all good start to ensuring our rivers and lakes are sustainable for present and future generations.

The state proposed to do this by establishing the following principals:

- * Policies, practices, measures, and tools should support the management objective of minimizing water withdrawals.

- * Certain policies and management tools can apply state-wide.

- * Water conservation approaches should reflect local conditions and the stress/sensitivity of the water resource. For example, additional tools should be applied to areas where water resources are very limited or in areas that support habitat for sensitive species.

- * All water use sectors must be addressed, but no two water use sectors are alike and no two water users are

identical.

- * There are many lessons to be learned from examples within and outside of the state.

Before the meeting, EPD and the Technical Advisory Committee reviewed other states' water conservation measures. They also referred to a recent study conducted by UGA's Carl Vinson Institute for Public Policy, which is a very prestigious public policy think tank in Athens. The Carl Vinson Institute researched various state and community water resource programs. They assimilated these different approaches and came up with something called a Resource-based Tiered Water Conservation Approach.

The idea is that as the water resource becomes stressed (like in times of drought) then more aggressive water conservation measures will be adopted. In other words, as stresses on the resource increases, then the water conservation measures increase.

There would be three tiers of water conservation that would cover most water uses. These categories are golf courses, agriculture, public/private water utilities, and industry. There would be mandatory and voluntary conservation measures for each water use category.

Many folks questioned what constituted resource stress. EPD responded that the specifics would be further

studied and more guidance would be developed. I made the point that the public and stakeholders should be given an opportunity to provide input on this guidance. EPD acknowledged that this would happen despite some concerns voiced that the material might be too technical for the public to understand.

After the initial EPD briefing, we broke out into resource user groups that fit into the following: golf courses, agriculture, private/public water utilities and industry. They were asked to provide feedback on the voluntary and mandatory measures.

I participated in the private/public water utilities user groups. I thought many of the measures were very reasonable, but the folks representing the public utilities thought that some mandatory steps were too expensive or unreasonable. I agreed with some points while I disagreed on other points. For me, the simple truth is that we must limit our water consumption and usage if we want to ensure a healthy aquatic ecosystem and continued economic growth.

After the breakout session, we came together in one group and were asked more questions. Someone from the public water utilities thought that minimizing withdrawals should be re-named to maximizing efficiencies in withdrawals. Lindsey Thomas, former Georgia Congressman and Federal Commissioner for the ACF/ACT Water Wars, spoke up.

He made the point that we (State of Georgia) are engaged in litigation with Alabama and Florida. It is now in the hands of the courts to decide what will happen. He said that if we do not make an honest effort to limit our water withdrawals and look at the state's water resource planning in a holistic manner, then the court will not look favorably upon our current planning efforts.

Of course, I'm paraphrasing and his words were much more eloquent than my written words. I thought

Lindsey was right on the money and most the folks in the room nodded with agreement.

I thought the first meeting was very well organized. I was also impressed with the diversity of groups represented and their knowledge of water resource issues within the state. I think I was expecting much more dissention from the various stakeholders, and more resistance to spending money and resources toward water conservation. What I learned was most of the user groups were already doing a lot toward water conservation. I also sensed that all the various stakeholders understood the urgency in conducting proper and thoughtful water resource planning.

I left the meeting a little early. Ironically, I was meeting a fellow at Lake Lanier to look at a boat. I'm getting into flat water kayak racing and there was a sprint boat retailer down from Canada conducting a racing clinic on Lake Lanier. I figured he might let go of some of his demo boats because beginner sprint boats are a rare commodity in Georgia.

The slough where I demoed the boat was very serene as the mist was coming off the water. He commented on how beautiful the lake was and how lucky we in Georgia are to have Lake Lanier to paddle year round. Needless to say, I added another boat to my fleet. As I drove off with my new, sleek kayak on my car, I thought about the Canadians words and the water conservation discussions of the day. We are lucky in Georgia to have such beautiful, wonderful rivers and waterways. We just need to keep them that way.

More info regarding the planning process can be found on the EPD web site at:

<http://www.gadnr.org/gswp/index.html>

Please don't hesitate to email me with questions or comments. Jamie Higgins Jmhiggins_99@yahoo.com

Thanks!



Safety

River Hazards

There's a new log sticking up out of the water just past Mr. Twister on the Cartecay river. It's a foot or two

upstream of the log that's been lurking just under the surface for the past year, but this one sticks out more (6" above the surface at 2.2'), so it's easier to see.

If you miss the new one, you'll miss the lurker behind it.

- Doug Ackerman.



Training / Instruction

Technique Tip: The Forward Stroke

The primary stroke for propelling a kayak forward

with a paddle.

First: Sit up straight. Slouching forward or backwards limits your upper body's ability to move. You can get more power by using your upper body than by using just your arms.

Second: Don't apply power to the paddle until the

paddle blade is completely submerged. Don't use just the tip of the blade. If the paddle is making gurgling noises, you are wasting your effort. If you are pulling a lot of air down into the water you are wasting your effort.

Third: Push with your upper arm at the same time you pull with your lower arm. Rotate your torso to follow the paddle. You should feel like you are pulling the boat past the paddle. You may push your upper hand across the centerline of the boat.

Fourth: Don't pull your lower hand past your hip. If you rotate your torso, this point may be a little farther back than if you don't rotate.

Fifth: Don't lift water at the end of the stroke. If you are splashing a lot, you are wasting your effort.

To read an excellent in-depth description of this technique, check out "The Five Immutable Rules of the Kayak Forward Stroke" by Brent Reitz on the USAWildwater Web site <http://www.usawildwater.com/training/fwdstroke.htm>.

To see a demonstration of the forward stroke, go to <http://www.slalomtechnique.co.uk/k1/index.php>. And for those of you who like books, look for a copy of "Every Crushing Stroke: The Book of Performance Kayaking" by Scott Shipley. (The KayakWiki Web site is located at <http://www.kayakforum.com/cgi-bin/wiki.pl?HomePage>.)

- From the KayakWiki web site via "The Cruiser" — newsletter of the Canoe Cruisers Association of Washington, DC. ✂

Southeasterns — One of the Most Fun Races Ever

by John Pinyerd, Chairman —USA Wildwater

April 15, 2006 — Nantahala River, Bryson City, NC. 38th Annual Southeastern US White Water Championships.

The Southeastern US Wild Water Championships remains intact as one of the longest continuously held white water races in North America. It's truly exciting to look over the race results from 20 or 30 years ago and see all of the world-class competitors that have taken part in the event.

In the '70s, David Jones was one of the racers that "owned the river" and followed closely by his USA Teammate Bern Collins. One of the remarkable things about this year's event is that both Jones and Collins were back and racing very well. Remarkably, Bern Collins (who is now 67) was only a few seconds slower in the 2006 event than his 1974 race time.



Race Watch

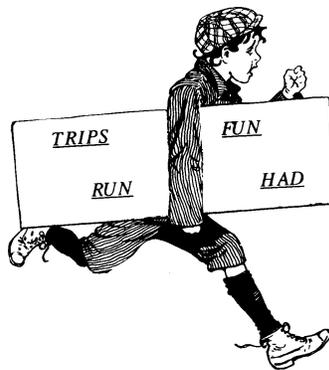
But it was the mass start that really brought out the competition in the men's kayak classes. Chris Hipgrave sprinted out the start and was followed closely by Maurizio Tognacci, Rob Murphy, Chan Jones, Casey Jones, Terry Smith, David Jones and Lincoln Williams. In the end, Hipgrave was the winner on his home river, and was followed closely by Tognacci and Murphy. Perhaps the biggest winners of the weekend were Chan and Casey Jones, and Terry Smith, who all took 4 minutes off of their times.

Roger Nott carried on the tradition of the Georgia Canoeing Association by racing and winning the open canoe class. John Pinyerd paced his way to an uncontested C-1 win. Tierney O'Sullivan won the K-1W Jr class and was also the fastest woman down the river.

We are truly grateful to our volunteers. Maggie Collins provided the medals. Susan Jones was the times. Michael Collier helped with whatever he could do. The event also raised \$80 in much needed donations to USAWildwater and a couple of pledges. ✂

March Membership Meeting

On the surface, it looked like a perfect day for the semi-annual membership meeting. The calendar stated that we were about to close on the first week of spring. The skies were completely clear and missing all hints of clouds. The sun was bright and welcoming. The temperatures of previous weekends hinted that this one would be as comfortable as the past few. However, reality was a little different as we prepared for the gathering. It was clear and sunny, however, the thermometer



revealed the true temperature with its low 50s reading and there was a wicked wind that visited us throughout the day.

That being said, it was still a wonderful day for a get together on the shores of Lake Acworth. Everyone was prepared for the cold and dressed appropriately. Most attendees arrived promptly around the start time of 1:00 with plenty of food in hand. After the decision was made to pick a spot in the sun for maximum warmth, views of the lake and close proximity to the boat launch, we were quickly set up and ready for lunch. Hot dishes of jambalaya and gumbo fought off the wind and were accompanied by

great potato salad, hot baked beans, Asian salad, fresh bread and a variety of fruits, veggies and cheeses. We also had pies and chocolate cakes to finish things off.

We spent time nibbling and catching up with paddling adventures. Many of us had not paddled over the long winter and enjoyed hearing the stories of those who were brave enough to venture out. It was clear that everyone was clearly in the mood to come out of hibernation.

The GCA store even made a long anticipated re-appearance and sales were brisk. The new store manager unveiled the preliminary design of the new GCA 40th anniversary t-shirt (Yes -- the GCA is 40 years old this year!) and (shameless plug) plans are to have it available at the Extravaganza.

Perhaps it was just that judgments were clouded due to stomachs full of hot food, but as we continued to talk about paddling and the upcoming Spring Extravaganza (April 28 - 30), the weather seemed to get warmer. Whatever the reason, people began to pull boats off of cars and prepare for some warm-up. Few were cold blooded enough

to actually practice rolling, but the contours of the lake did lend itself to exploration and both kayaks and canoes were off. Jamie showed off her skills with her racing boat despite the occasional whitecaps on the lake (we won't mention the unpleasantness) and others were testing the handling of potential new boats. Meanwhile, more members arrived and the quantity of food continued to grow despite all the consumption.

Towards the end of the afternoon, people began to pull off the lake. After loading boats and a change to dry clothes (the wind picked up again and the temp had dropped) we were back to eating and socializing. People reluctantly began to leave as the start of the work week and needed preparations called them home. There was talk of everyone's up coming paddling plans and an exchange of email addresses as we began to clean-up and load the leftovers into our cars.

Overall, it was a great start to what we all hope will be a happy and safe paddling season for everyone. Thank you, Denise Keller for all your planning and work. We really look forward to the Extravaganza in April! ✂

Trip Report for Dummies - v a1.0

by Shari Heinz

Insert title: Tallulah Gorge 2006 Dam release

The day was (insert descriptive word). The spring weather brought early morning temps into the (insert number here). The buds on the trees were no match to the colors that were in the leaves just a short 5 months earlier. You see, I know that because I was here that first weekend of November at my first dam release. So again I made the time to volunteer so others more adventurous than I may have the great thrill.

Here is my April 1 dam release report. The sun was shining as the snow was being shoveled from the paved parking lots. This year the Parks Department installed an escalator at the south rim entrance. The valets removed the boats and baggage handlers hired from ATL airport were able to move them with ease to the put-in. After tagging and ID-ing each boater so there would be no misplaced boat or gear, they were loaded up and moved.

The registration process was streamlined with the 20 page all inquisitive permission slips being mailed to all boaters that participated in prior years. If you did not receive your paperwork it was to do several issues: 1 - you did not provide your email address. 2 - we did not include your email address in the mass mailing. 3 - you marked our mailing as SPAM and your system auto deleted it.

Those boaters that did not complete that form had to read and sign the normal 1 page sheet and hand deliver it

at the check in table. This is a free event as long as you do not go further than the swing bridge, two armed trolls live under the bridge, OOPS, the wonderful volunteers are there to protect the boaters and insure the park's policies allowing only those that signed their forms and paid the parking and shuttle fees to advance further, boat included.

OK — as you may have already figured, "April fool's". But it was a grand day to run the gorge. The release filled the gorge with fog that could be seen as you approached the 441 bridges. We had wonderful weather, sunny sky, fewer boaters than the first release in November, still awesome. This time I brought my digital camera and was able to take more pictures. My station was the swing bridge, where I was able to greet many of the park visitors that wanted to see this event first hand. Hey Guys, the only way to see it is to run it and if you are not able to do that then next best is to volunteer so you can get right there — next to that boater as they drop into the water.

Here are the pictures <http://seamorelilfoot.smugmug.com/gallery/1325130> — if you can identify any of the persons in them let me know — I'll add names.

The buzzards were catching the thermals as well as the boaters were catching those eddies along the river. After my time at the bridge, I was able to stay a while at the put-in and watch as they surveyed the river and took time to rest from the trek down the stairs. Again those of you that have never visited Tallulah Gorge, there are over 650 steps down into the gorge floor. Figure that a boat weighs about 35-50 plus pounds, you are in your PFD,

helmet and what ever other splash or cold water gear you are using, by the time you get to the swing bridge you are dripping with sweat and a little tired. I know I was and I only had a 5 pound backpack with me. Many of the boaters are use to this as several rivers in the area are a little off the trails and you have to hike in and hike out. They know what to expect.

My pictures are only of the sites I viewed from the put-in and from the lookout that is on the south rim trail that is above Oceana. I watched as one boater surveyed the slide and waited until they were ready to run it. For what ever reason, I was rooting for a successful run. There were

boaters sitting on the rocks below this first class 5 — watching out for others and were willing and able to assist should help be needed.

There are many tales about what events took place on that river that day. The park rangers had fun and many of those boaters will return in the fall or spring of another year to run it again.

I can not tell their stories. All in all, the day was great. Plan ahead and mark your calendar for November and get ready to either volunteer to help those that want to run the river or practice and get yourself ready.

Me — I'll be on the bridge again. ✂

Volunteering at the Tallulah Release

What Joan Doesn't Tell You

by Rick Bellows

For those of you who haven't already found out from their web site, our own Joan Hutton was named American Whitewater April Volunteer of the Month for her work coordinating volunteers for Tallulah release weekends. If you've ever been one of "Joan's people" at the Tallulah, you know how much that honor is deserved.

Saturday, April 1, was my first and so far only experience volunteering at a Tallulah release. I didn't work the Top of the Stairs (formerly known as Boater Registration) and I didn't even visit the launch platform, so I can't say anything about those assignments. I spent the morning working Boater Parking (where the job description is to deal with the Rangers and the boaters) and the afternoon working the foot bridge (where the job consists of dealing with the non-boaters who are curious about the kayakers, ticked that they can't use the south stairs to either go up to the rim or down to the river, or both).

The first thing Joan doesn't tell you is that if Joan wants you at the release, you will be at the release. Five minutes of listening to the Rangers (no, they're not all Rangers — they actually come from several different divisions of DNR — but Rangers seems like a good general term) makes it clear that they LOVE Joan. That makes sense, since she co-ordinates the volunteers for all the release days from all the participating organizations, not just GCA, and makes release days "run like a well-oiled

machine." Be warned: if you don't respond to her *Eddy Line* notice and Joan decides she really wants you there, I have no doubt she could make one call and have a band of men in green/tan/brown uniforms at your door about 5:00 a.m.

Joan doesn't tell you that Boater Parking requires more diplomacy than serving as ambassador to the UN. The Rangers tend to be an orderly lot, and are understandably concerned that the parking lot may not be big enough for the number of boaters, so they want to save space. That means they'd like to see the earliest boater vehicles parked nose-up to the fence and the rest in nose-to-nose double lines.

You may be surprised to read this, but white water paddlers are really not park-in-straight-lines kind of folks. Fortunately, when they ask why its necessary, there's a ready-made answer: because the Rangers want them to. The result, haphazard lines with large open areas of boats, equipment, dogs and mingling boaters worked fine for the fairly small crowd of about



Joan on the Chattooga.

150 boaters.

Actually, the Rangers were all very pleasant. When they're not telling you how much they love Joan, they're talking about how much they like the release days. When you hear their chatter on the radio (the old, large, heavy, hard-to-comprehend-anything government-issue radio, not to be confused with Joan's newer, smaller, lighter and even-harder-to-comprehend-anything units), they certainly sound like they're enjoying the day. They also obviously think white water boaters are a little crazy, but they're hardly alone in that.

What I didn't know about white water boaters — at

least those experienced and dedicated enough to run the gorge — is how prone they are to talking about paddling as opposed to actually paddling. A few boaters arrived before the parking lot officially opened at 9:00, and several shortly after 9:00.

The most common question was "When can we paddle?" (to which the response was "Not until Georgia Power and the Rangers determine the river level is stabilized"). The river was ready to go about 9:25, but a lot of the earliest arrivals — including some who asked when they could start — hadn't made a move towards the stairs by 11:00.

Another surprise was the questions from boaters walking from parked vehicles to the port-a-potties. "Are they clean?" "Do they smell okay?" "Are some 'men's' and some 'women's.'" "Is there paper in them?" "Is there enough paper to last the day/weekend?" "Do the locks work?" All from people who routinely relieve themselves in the woods and change clothes in the open.

Joan does tell you that Hurricane Falls, right below the foot bridge, is LOUD. Unlike the Boater Parking area, the "conversations" at the bridge — which actually consist of yelling back and forth from a distance of three feet or less — are mostly with non-boater park visitors. The boaters mostly just pass the bridge on the way down the stairs to the river, though a few stop to look from the bridge at the huge foam, crazy criss-cross hole, 90 degree right turn to avoid the massive rock wall Hurricane Falls and feel compelled to mention "I could run that."

Joan doesn't tell you that answering the questions from the non-paddlers at the foot bridge would require a complete understanding of dams, the gorge itself, both rims, Northeast Georgia geography and Deliverance. Most want to know why they can't use the south stairs, and some of those say they can avoid the boaters coming down, but they usually understand when they see boaters with kayaks blocking half their field of vision or spanning the rails from side to side.

Another question is how the release level compares with the usual level. One to two minutes of yelling to them about the nearly non-existent normal "flow," the 500-on-Saturday vs. 700-on-Sunday release level and the effect of

such a difference on the rapids and the boaters was usually enough to cause their eyes to glaze over and make them decide they have to leave before my limited supply of knowledge was exhausted.

Joan doesn't tell you the "miscellaneous" questions would be a challenge for a reference librarian. "How do I get to the end of the Panther Creek Trail?" (I can drive it, but I can't describe it: drive to Toccoa and find a cop to ask.) "Would the bridge be under water if the dam were blown up?" (I dunno, but you might want to ask the men from Homeland Security who will meet you at the top of the stairs.) "How do you pronounce 'L' Eau d' Or Falls' and what does it mean?" (Ich weiss nicht; ich spreche nur Deutsch.) "Are the north stairs or the south stairs longer?" (I dunno that one either: the south stairs have 327 risers (lowerers?) between the rim and where they pass the bridge. You climb the north stairs and then come back down and let me know how many on that side.)

Joan also doesn't tell you that ALL the non-boater tourists, including the older couple who looked and sounded Japanese, know Deliverance was partly filmed in the gorge. Folks want to know where Jon Voight hung from the cliff, where the canoe got broken, where the "piggy" scene was filmed and where the boy with the banjo sat. (The best I could tell them was that I thought most of the filming was done on the Chattooga rather than in the gorge.) Joan won't tell you, but if you volunteer for the foot bridge, you should make sure to at least read "Filming Deliverance" in Welander, Sehlinger and Otey's "A Canoeing and Kayaking and Guide to Georgia".

One other thing Joan will tell you — correctly — is that volunteering for a Tallulah release is a great way to spend a pleasant day while serving the sport and the community. Remember that when she advertises for volunteers for the November release days. And get there a little early: its worth it to see the river come alive when they open the dam.

One last thing: congratulations to Ashley Bowen of Chattanooga or thereabouts, who made her maiden Tallulah Gorge run after working Boater Parking all day. Way to go, girl. (Joan promised to make her maiden gorge run on a release Saturday in November.) ✂

The Nymph and The Ka Yaker

by Debra L. Berry

Dear Gia,

I'm writing this in hope that you will intercede on Mia's behalf. The council is furious and there is talk that she will be banned. They will listen to you. Rafe will wait for your answer and, if you agree, accompany you here.

You must hurry though; the council can be called at any time.

Your loving sister,
Magdalene.

Gia had been expecting the letter. Little happened within The River that she was not aware of. She fingered the words carved on the driftwood. It was abundant at

Wood All where Mia and her family lived with a small clan of nymphs, but was precious none the less. Magdalene's clan was known for their elegance and way with words. They were ardent tellers of tales and scribes who adorned undercut rocks with glyphs and snippets of songs. A Gathering never officially began until they arrived and their stories and songs were celebrated and toasted with carefully hoarded Dew Drop Wine.

Any member of the clan could tell any story, sing any song and decorate the undercuts as they wished without limitation. Very little was actually limited or forbidden, because it was not necessary. Youngsters were given respect and responsibility at a very early age and taught to be One with All and listen to their SpiritSong.

It was, however, forbidden for any but the Priests of Water to scribe and sing at The Narro Ros or decorate the undercuts at The Narro Ros. While it was not strictly forbidden for clan members to go to The Narro Ros, few did. For as long as Gia could remember, The Narro Ros were set apart as a place of reverence. It was an ancient and sacred site, so old in fact that it was in none of the Chronicles of Our Time that hold records of Rivers.

It was also forbidden for any of the clan to have any contact with the Ka Yakers. It has been impressed upon them since the beginning of the end of the Wilder Times that Ka Yakers, those half man, half beasties that inhabited the surface of Rivers, were dangerous. They were dangerous, it was told, because they destroyed what they feared and destroyed what they most loved. Mia had been accused of freeing a Ka Yaker who had gotten stuck under one of the undercuts at The Narro Ros. If Mia was anything like her mother, Gia thought with chagrin, she had freed him in more ways than one.

Gia looked at Rafe, who waited with deep peace and contentment, traits that were honored among the nymphs. His sister, who had little of either, seemed to be a throw back to The Wilder Time.

Gia smiled. She remembered The Wilder Time fondly. She wondered what Rafe would think of his wise old auntie if he could see her as she had been. Jer Rey's songs and the throbbing power of Un Clejohn's Band surging through her and the other nymphs and creatures of Mother River, unlocking the deepest and most powerful of SpiritSongs. It was a good Time, passionate and vibrant when nymphs could be who they were and not have to slink and slither among the rocks and only come out at the Dark of the Moon.

It had been Prophesied that The Wilder Time would come again, but Gia had begun to think those times were truly past and gone and the Prophecy for naught. It seemed though that they might, once again, be blessedly

here, ushered in by Mia, of all nymphs.

Gia rose from The Throne of Stone, tucking the piece of Wood inside the folds of her robe.

"Your sister has stirred up a storm, has she not?"

"Are storms bad things, Auntie?"

"No, Rafe, storms are not bad things. The good or bad of something comes from the response to it. A wise Nymph chooses that response with the good of All in mind and after listening to their SpiritSong."

"Is the Council not wise then? Do they not listen to their SpiritSong?"

"It would appear not. Come on then, let's go and see what will be done about this."

Gia and Rafe reached the Village Gathering Place and discovered the council was already in session. Gia would not have been surprised if Mat Thew, the Elder in charge of council meetings, had known that she was coming and hurried to have the meeting before she arrived. Too bad he hadn't hurried when he should have. If he had, none of this would be happening.

She and Rafe slipped into the Cove where the currents met and swirled in chaos and order unseen and where clan council meetings, weddings and namings were held. The council session was in progress and had been for some time by the looks of things.

They had arrived in time to see Mia was boldly confronting the Elders. "I helped him because he was Fearing and we are taught, are we not, that the only evil is fear."

"Ka Yakers are not Us." One of the Elders scolded.

"Do they matter not then? They are of the river just as we are. I..."

Mia stopped, wisely keeping the whole of the story to herself for now. She looked across the room where her mother watched with tears in her eyes. Banning meant that she would live outside the clan, on her own. On her own, meaning without other nymphs, but nymphs were only one of Mother River's creatures. There were others, including Ka Yakers and yes, even the despicable River Snake, and even she was really just mischievous once you got to know her. The trouble, Mia thought was that they had forgotten what being All really meant. She saw her Auntie Gia and brother Rafe come in as silently as a whisper. It would be easier for everyone if she were more like her younger brother, but she wasn't, and more than likely would never be. She raked her hands through the tangle of her hair, setting loose a shower of small stones that clattered to the floor, then faced the council again.

"I choose... to believe what I know, not what is told for the telling of a tale. I will not substitute the wisdoms of

others for my own. Not even yours Auntie Gia. You have taught us to listen to our SpiritSongs. Mine tells me to go to the surface and dance and sing with the Moon's Glimmer." Mia paused thoughtfully, "And that Ka Yakers are goodly beings and part of All."

The voice of the council, normally, subdued, rose loudly with the noise of righteous outrage.

Gia stepped forward and stood beside Mia, putting a calming hand on her shoulder and raised the Palm of Silence to the council. "Of all the things that are most true it is this. We are only All when each of us is who they are Created to be, anything else is of fear." Gia said.

Mat Thew glared at Gia. "Are you sure she's not your daughter? She's enough like you."

Magdalene looked at Gia from across the room with concern, then lowered her eyes before anyone could notice the silent communication pass between the sisters.

"Mat Thew, you have forgotten the most old of ways, the ways of The Wilder Times."

"It is believed to be true that The Wilder Times ended with the presence of Ka Yakers. You can blame them for this," he snapped.

"What is believed is not always what is, as we both well know. We are here to seek the truth of SpiritSong, not to blame, that is for those nymphs lacking in imagination."

Gia grinned wickedly at him, then said in a seductive whisper that could only be heard by those close by, "And as a young nymph, you were never lacking in imagination."

"Enough! The council will decide this."

"No. The Laws of All have decided this with Mia's SpiritSong. She will go to the surface as she wishes, and if her SpiritSong will have her be with a Ka Yaker, then it will be, and it will be with Joy and All Well Being.

Mia stood before the council and waited, just barely avoiding tapping her foot in irritation and impatience.

"Fine, Gia! Have it your way. You always do." With that, Mat Thew and his entourage stormed out of the cove, his thin facade of peace undone by Gia, just as it had been undone when they were young during The Wilder Times.

Magdalene embraced her sister and murmured, "She is her mother all over again."

Gia watched Mia laughing and talking with her friends as if nothing out of the ordinary had happened. Her sense of herself and knowing ran deep. Gia heard her sister ask, "You'll take her up the first time, will you not?"

Gia continued to watch Mia and her friends. "It's not necessary. She is her mother's daughter after all."

With the council done, the sisters linked arms and went back to the family dwelling for a meal where they spoke of what had been and would be in the secret language of sisters. The happenings of the past rested between them, just below the surface of knowing, struggling to be free. The outcome of that knowing would be a Class V storm, as the Ka Yakers would say. Gia knew that it would come, but was hoping for more time, and with it, wisdom and balance. The one thing she was certain of was that it was out of her hands.

Mia spent much of her time on the surface after that. She was careful, but not so much so that she, herself, didn't take on mythical status among the Ka Yakers. They began telling stories about a seeing a nymph with laughing brown eyes who danced above the Bull when the moon was fully lit. The stories became more elaborate and farther from the truth with each telling. It did not go unnoticed that the Ka Yaker who went by the name of Topher left during the telling of these stories and that he began breaking a cardinal Ka Yak law by going out alone and always at night. But, because he was one of the River Gods that Ka Yakers set such store by, nothing was said, even when it should have been.

It was on one such night that Gia stood with The Bull and watched her daughter dance in the Moon's Glimmer, her Spirit strong with passion and purpose. And she watched the Ka Yaker, Topher, go to her with the familiar ease of love that is meant to be. This then, is as it will be, she thought. Time has passed and returned again, a new season of peace with All begins. ✂



Prison vs. Work vs. Kayaking

IN PRISON — you spend the majority of your time in an 8x10 cell.

AT WORK — you spend most of your time in a 6x8 cubicle.

IN A KAYAK — you spend most of your time in a 6x1 boat.

IN PRISON — you get three meals a day.

AT WORK — you only get a break for one meal and you have to pay for it.

IN A KAYAK — you survive on gorp, powerbars, and instant lentils.

IN PRISON — you get time off for good behavior.

AT WORK — you get rewarded for good behavior with more work.

IN A KAYAK — your reward for good behavior is the rocks quit hitting you on the head.

IN PRISON — a guard locks and unlocks all the doors for you.

AT WORK — you must carry around a security card and unlock and open all the doors yourself.

IN A KAYAK — you must keep your grab loop outside the skirt in order to open the door.

IN PRISON — you can watch TV and play games.

AT WORK — you get fired for watching TV and playing games.

IN A KAYAK — you fire the TV and life becomes a game.

IN PRISON — you get your own toilet.

AT WORK — you have to share.

IN A KAYAK — you just pee in your wet suit. If you're like me you do this above a class IV.

IN PRISON — they allow your family and friends to visit.

AT WORK — you cannot even speak to your family and friends.

IN A KAYAK — your family can't find you and your friends can't hear you over the river.

IN PRISON — all expenses are paid by taxpayers with no work required.

AT WORK — you get to pay all the expenses to go to work and then they deduct taxes from your salary to pay for prisoners.

IN A KAYAK — you pay your expenses by working the month that the river is down.

IN PRISON — you spend most of your life looking through bars from the inside wanting to get out.

AT WORK — you spend most of your time wanting to get out and go inside bars.

IN A KAYAK — you don't need to go to bars; rafters are more than willing to toss you a Bud.

IN PRISON — you are warm and dry.

AT WORK — you get wet and cold before getting warm and dry again.

IN A KAYAK — well... you will be wet and cold.

IN PRISON — there are wardens who are often sadistic.

AT WORK — they are called managers.

IN A KAYAK — they are called rapids.

- *From a posting to the Merrimac Valley Paddlers email list* ✂

The Hobbit on Boating Therapy

Hey Mr. Hobbit:

Occasionally when I boat, I have these voices in my head that tell me if I run the next rapid, I'm going to get trashed! Where do these voices come from and how do I make them stop???

- Mr. Bundy

Well. Mr. Bundy, those voices are the spoken and unspoken concerns of those who love you being expressed when your anxiety rises. To tame these voices, the following steps are required:

- Acknowledge your fears and concerns.

- Assess the situation and determine if a stroll to avoid getting trashed is warranted or that you can safely run the rapid.

- When in doubt, take a walk, because the river will be there another day.

- Every time you are on the river, work on the basics of boat control, edge control and vision.

Another useful tactic is to substitute positive reinforcement when your anxieties get unreasonable. Set a goal for yourself, such as catching a specific eddy, and praise yourself internally when you are successful. Pick the moves that you can make and celebrate each success. Do not dwell on moves you didn't make, rather focus on the ones that were successful. Be your own best critic.

A good navigational tactic is to realize that all rapids are mostly composed of class I and II moves: therefore, run every rapid by picking out the moves starting from where

you want to end up. Lessen your anxiety by picking the route that contains the moves well within your skill level. If you cannot see a route through a rapid that is composed of moves you can make, you need to consider walking. Remember that if you are unwilling to swim a rapid, you shouldn't be boatin' it.

Be a friend to your boating buddies. If you see someone having a stress filled day, say something supportive and lend an ear. Being on the water is about having fun and being with friends, not about being a perfectionist.

Also, when there is carnage, remember that we are all between swims and don't ridicule the person in the water. That person will be you one day and consider how you would feel. Furthermore, sometimes swimming is the better choice.

Every time you are on the water, pick out the moves and work the river. Remember that working the river by using its features — eddies, waves, and holes — can increase the class of the river and make it more interesting and fun to paddle. Work the river to work out.

- The Hobbit :)

- From "River Rumors" — newsletter of the Foothills Paddling Club. ✂

Hot Tips & Cool Ideas

Basic Fluid Recommendations

During Fall & Spring outdoor activity — 2-3 quarts of water is what an average person will need.

During Hot Weather outdoor activity — 3-4 quarts. In hot and humid weather you are losing additional fluid through sweating which must be replaced.

Winter outdoor activity — 3-4 quarts. As you are losing moisture through evaporation to the dry air and especially through respiration. Dry air entering the lungs heats up and is exhaled saturated with moisture.

Paddling Energy

For energy paddling, you need sugar and water and oxygen — really, that's it. Because of something called the "Glycemic Index," complex carbohydrates (starches) are better for the long haul than simple carbohydrates (sugars).

Some of the "Power Bar" type of stuff some athletes eat contain a lot of protein (or its building blocks — the amino acids). Unless you can drink large quantities of water, you are better off eating carbohydrates than protein. While you are actively exercising you are not building up muscle, that happens after the exercise. You will not break down muscle if you have enough carbohydrates in your system while you exercise.

Therefore, if you exercise for hours and eat proteins,

your body goes through a complex process to convert that nice protein into energy to burn (basically turning the protein into sugar) — and the process produces more waste than eating carbohydrates.

Your body can only store maybe 2 hours worth of carbohydrate energy, then if you have not been replacing it along the way, your body goes into catabolism — its starts breaking down protein and fat for fuel.

Now I can hear you saying, "Oh yeah!" — but you should know that the first target is the easier to burn protein, not the fat. That is why body builders trying to get huge eat from 6-8 small meals per day.

What fluid should you drink? Gatorade? Plain water? There is a large misunderstanding in this area. It comes from not knowing how we sweat. When one does

Canyon Perspective

Soaring sandstone walls
Humble me beneath.

Rocks from the bottom of time
Reduce the sweep of my worries
To the smallest of moments.

Mud mortared dwellings
Stand forty generations.
What worldly concerns have substance
After eight hundred seasons of corn?

Gazing into the cliffs' embrace
I am uplifted
Tensions dissolve in the river
Peace flows into their place.

A calm spirit
Acceptance, tolerance
Images of the ancient ones
Dwelling here in harmony
For our brief time.

- From a posting to the GCPBA email list
by Maury Eldridge.

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Directions from Clayton, GA: From Hwy 441, turn east on Hwy 76 and travel approximately 12 miles. On the right side of the road.
 Directions from Seneca, SC: Follow Hwy 123 to Hwy 76. Go west for approx. 25 miles. On the left side of the road.

Forget something
 you need
 at the put-in?

Come see us after the river for a delicious hand-tossed pizza at Humble Pie. Present this coupon for 10% off your bill.

light to moderate exercise (paddling or peddling a bike on level ground) in a cool to moderate climate (as we normally paddle in) then if you break out in a sweat, you are losing 5 mEq (milli-equivalents) of salt in your sweat. If you exercise heavily (football linemen, construction workers) in a high heat environment (temperature and humidity) then your sweat contains 120 mEq of salt.

That is why the former type of exercise never leaves salt rings on your clothing like the latter does! When the climate is comfortable and you exercise lightly, you can get away with water. But if you are pushing it on a hot, humid day, you will understand why they needed to invent that beverage if they were going to play football in Florida in the sun — (that's right, it was invented in place of lemonade for the Florida Gators in the Gator Bowl). By the way, the human is the only animal we know of that cannot rely on thirst to tell him when to drink. The average adult will have lost one to two pounds of water before becoming thirsty. Force fluids! Drink more than you think you need.

What causes fatigue? A lot of things, but one important one is not delivering enough oxygen and fuel to muscles. If you sprint, you can easily experience the fade out of power when you can't deliver enough oxygen to your muscles as fast as they burn it. Well, the same thing goes for fuel (carbohydrates). If the muscle runs out, fatigue

sets in.

But another big factor in fatigue is dehydration. As you sweat (or pee), you lose water. This results in your blood actually becoming thicker. It does not flow as fast, and will not supply fuel to your muscles as well. One of the signs of dehydration is having no appetite (and having a bad attitude). Ever "been there — done that?" How about a deck bag of grapes? If you are going to exercise for more than 15 minutes, you need to drink. If you are going to exercise for more than 2 hours, you need to replace fuel. You can drink it in a sport drink, killing the proverbial 2 birds, or you can bring along water and then have some sort of carbohydrate at hand to nibble on while paddling.

Adequate hydration and adequate food intake will make your paddling seem nicer, and less like an ordeal — it will even improve your attitude. It will also keep you safer — when you need that burst of energy to get yourself out of trouble.

The rule for hiking — never hike out farther than you want to (and are able to) hike back — probably applies to paddling also. Except that in paddling, add that the wind will turn and be blowing in your face on the way back. Don't ask me how the wind knows when to do that — it just does! - An excerpt from "Kayak YAK" — a publication of California Kayak Friends. ✂

Do The Wave

Surfing is a wonderful challenge and an exciting step to take in the metamorphosis from calm water paddler to sea kayaker.

by **Shelley Johnson**

The instinct for self-preservation makes most novice kayakers justifiably nervous around any water that looks more powerful than they are. However, once basic rescue and bracing skills have been attained, paddling in swells and surf can do more to build self-confidence and skills than years of placid-water paddling.

Obviously, no fledgling kayaker should venture into the surf without being comfortable with self- and assisted rescue techniques and bracing. You'll also need sturdy equipment that fits properly (including a helmet), a wet or dry suit, and the support of a more seasoned kayaker familiar with the chosen surf spot.

Rather than learning to surf through the crash-and-burn method, try a more measured approach. First, stand on the beach and observe the waves, looking for patterns and the timing between each break. Try to pick a launch spot through the gentlest of the break.

Get in your boat, attach your skirt (if using a decked boat). To launch, have a paddling partner give you a shove — a helping hand is invaluable for your first launch. Point your boat perpendicular to the waves, plan on a quick sequence of moves and paddle forward.

Once you launch, take short, rapid strokes to reach the speed you'll need to punch through the waves. If a wave is about to break on you directly, lean forward and keep your paddle low and alongside as you spear through the wave. Avoid taking a direct face hit or exposing your shoulder to a wrenching hit on a paddle blade held too high.

When you come out the other side, immediately begin

paddling through the next wave until you're finally outside all of the break. Relax and remove any water you took on during the launch. Caution: if you capsize and wet exit in the surf, never place yourself between your boat and the beach. A boat full of water in surf could mow you down and do serious harm. If you are unable to execute a reentry at that point, simply corral your boat in to shore for another try.

Stay outside the break and play around in the swells to get a feel for their size and timing. If you start to move down the face of a wave, paddle backward a few strokes and let it pass under you. Once you get comfortable with the idea of picking up speed as you move down the face of a wave, choose a small wave, pick up a little speed, and then bail out by back paddling at the last minute. You should remain pointing in to the beach and watching behind you to gauge approaching waves.

Now it's time to test your bracing skills. Catch a wave and try to keep the boat positioned down the face of the wave by using your paddle as a stern rudder on either side of the boat. At some point, your boat will swing to one side, or broach. Immediately lean your boat into the wave by lifting your downside knee so that the boat doesn't trip over its lower edge as it slides sideways down the breaking wave.

As you lift this lower side, you should also brace onto the top of the wave, keeping your shoulder well protected with your elbows tucked into your torso. You'll learn quickly that a brace is a very powerful thing in moving water, and, when combined with the correct boat lean, can enable you to stay right side up in water that would have been too intimidating only hours before. You've just surfed your first wave!

- From *www.canoe kayak.com* via the *Low Country Paddlers of Charleston, SC, newsletter*. 

Edward Denmarksen (1751-1798)

by **Ted Gearing**

May 31 is the birthday of famous Norwegian explorer Edward Denmarksen. In the year of 1781 — long before Lewis and Clark made their famous journey, Denmarksen and a crew of hearty men attempted to cross the North American Continent by canoe. Leaving in early spring, they expected to arrive at the Pacific coastline in something over 18 months. However, by June of '81 the expedition had fizzled out, having only reached the Ohio River.

Supplies had run out and progress had been excruciatingly slow. For though Denmarksen was a capable leader and organizer, he had terrible balance and was

clumsy besides. At the slightest rocking of the boat, Edward would tumble into the river. The rest of the party would have to pull in to shore and rescue him.

Though largely ignored by the world for his explorations, we remember him for his many swims, and the battle cry of his crew each time they had to help "Eddy out."

- From *"The Ozark Paddler"* — newsletter of *The Ozark Mountain Paddlers*. 

"A computer lets you make more mistakes faster than any invention in human history — with the possible exceptions of handguns and tequila."

- *Mitch Ratliffe*.

2006 GCA INSTRUCTION SCHEDULE & 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:

BASIC WHITE WATER SAFETY

This is not a Swift Water Rescue course, but rather a one-day safety course focusing on the skills needed to immediately effect a rescue after an incident has occurred. It follows the American Canoe Association's Basic White Water Safety curriculum and is a full day of learning and practicing simple safety concepts and rescue techniques. The morning is demonstration and land-based exercises including throw ropes. The afternoon is water-based exercises including self-rescue, rescue of others, and retrieval of boats and gear. If you've never taken a river safety course, or haven't taken one recently, this is an excellent first course or refresher course. The only prerequisite skills are basic paddling techniques such as those learned in a beginning paddling course.

ADVANCED SWIFT WATER RESCUE

OBJECTIVES: To teach effective skills for white water rescue, including self rescue techniques, rope handling skills, and approaches for dealing with boat pinning and entrapment. Special attention is given to teaching simple, effective skills that make good use of the limited gear that white water paddlers can carry. **PREREQUISITES:** All paddle craft are welcome. Students should be intermediate white water paddlers, capable of ferrying and catching eddies in class II white water. They should be in good physical condition, with strong swimming skills and no fear of going underwater. Students should dress for swimming and prolonged immersion. All appropriate personal river gear, plus a throw rope, two carabiners, and 15 feet of 1 inch tubular webbing, should be brought to class. The above are excerpts from the ACA outline <http://www.acanet.org/pdf/adv-rescue-6-18.pdf>

DUCKY DAY / BEGINNING WHITE WATER RECREATIONAL KAYAK:

This is primarily for 'other' kayaks that are suitable for class II white water (not based on an uninformed sales person). These are ones that are neither shorter white water kayaks with skirts nor longer sea kayaks with rudders or skegs. This class is intended for sturdier inflatable rubber kayaks and white water sit on tops (such as Torrents). Some don't know they have boats in this category until they call for white water or sea kayak classes. Ducky day is not appropriate for flat water touring kayaks (wider kayaks with skirts such as Swiftly and Acadia models). The course will follow the format of the American Canoe Association 'basic river kayak' course. See <http://www.acanet.org/sei-river-kayak.htm>

SEA KAYAK

These courses are for longer narrow kayaks with rudders or skegs. The beginner class is two days of basic strokes, maneuvers, and rescue skills. One day is on quiet water, the second is in mild surf. The level of instruction will be geared to the skill level of the participants. For more information see <http://webpages.charter.net/cramersec/skflyer.html> and <http://www.acanet.org/sei-coastal-kayak.htm>

BEGINNING FLAT/MOVING WATER CANOE:

For people who have never had a boat on moving water or want to improve their skills in a basic course. This is also for canoes that are not suitable for white water or those who want an easier class. Saturday flat water session emphasizing strokes, safety, self-rescues. Sunday session on moving water river. For more

information see the ACA 'basic river canoe' outline at <http://www.acanet.org/sei-river-canoe.htm>

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 KAYAK & CANOE:

For people who have minimal experience on moving water and/or have not had recent instruction. Three-hour evening classroom session with videos and lectures covering equipment, safety, river features and paddling techniques for tandem and solo boaters. Full day Saturday flat water session emphasizing strokes, safety, self-rescues. Full day Sunday session on moving water river. You must attend both the dry and flat water sessions to participate in the white water river portion of the course.

TRAINED BEGINNER WHITE WATER KAYAK & CANOE:

Participants should have had fairly recent beginner level instruction and at least 5 days of white water experience after the instruction. Participants should be able to do basic maneuvers on class II rivers (eddy turns, peel outs & ferries). Polish-up beginner skills, plus bracing and rolling (kayaks).

INTERMEDIATE WHITE WATER KAYAK & CANOE:

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:

See the registration form (reverse side) for information on GCA membership, registration, cancellations, refunds and age.

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.

GEORGIA CANOEING ASSOCIATION INSTRUCTION 2006

White Water Canoe

- + Beginner
May 3 (evening), May 6, 7
Coordinator: Steve Cramer (706.208.8382, cramersec@charter.net)
- + Trained Beginner
June 17, 18
Coordinator: Jim Albert (770.414.1521, jimalbert@gmail.com)
- + Intermediate
May 13, 14
Coordinator: Gina Johnson (706.579.1048)
October 1, 2
Coordinator: Gina Johnson (706.579.1048)

Sea Kayak (Call for class fees)

- Coordinator: Steve Cramer (706.208.8382)**
- + Introduction - Charleston, SC
May 28, 29 & optional trip May 30
September 30, October 1
- + Safety & Rescue Clinic -
June 11 (Local location TBD)
(Conservation organization fundraiser)

White Water Kayak

- + Beginner
June 7 (evening), 10, 11
Coordinator: Louis Boulanger (404.373.2907)
- + Trained Beginner
June 17, 18
Coordinator: Louis Boulanger (404.373.2907)
- + Intermediate
May 20, 21
Coordinator: Louis Boulanger (404.373.2907)
- + Nantahala Falls Kayaking
September 16, 17
Coordinator: Louis Boulanger (404.373.2907)

Ducky Day

- + One day class on the Tuckaseegee (class fee \$35)
June 24
Coordinator: Gina Johnson (706.579.1048)

Safety

- + Swift Water Rescue
Coordinator: Sam Fowlkes (whitewatersam@aol.com)
Sep 8, 9, 10 (Separate fees apply - contact coordinator)

Registration: To register for one of these clinics you must be a member of the Georgia Canoeing Association. For an application to join the GCA go to the GCA Web Site at <http://www.georgiacanoe.org/membership.htm> or call 404.421.9729. Dues are \$25. Classes are \$60 per person unless otherwise stated. To register for a clinic, call the coordinator of the clinic for more information, including questions on your skill level and/or course objectives. You will NOT be registered until the coordinator receives this completed form and a check for appropriate fees. 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 _____

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.



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

FOR SALE - Canoe, vintage 1980 16' Blue Hole OCA. Blue and in good shape. No skid plates but includes custom made, form fitting, period flotation (styrofoam, that is). Stored under a friend's deck. \$200. Lindsay 404.872.5211.

FOR SALE - Canoe, Mohawk XL-13, green, air bags, good condition.

\$750. Bill McLendon 770.973.5864.

FOR SALE - Canoe Paddles. Two Werner Paddles (white blade, yellow shaft) very good condition one 54" and one 60". \$50 each. Call Jack Taylor 770.998.0350 or email jdtxl13@mindspring.com.

FOR SALE OR TRADE - Kayak, Pyranha S:8 225. Old style boater wants to sell or trade Pyranha S:8 225 (smaller version) -VERY NEW CONDITION!! ONLY PADDLED TO CHURCH AND BACK BY OLD LADY! LIVES INDOORS! Will trade for new condition Crossfire, Necky Chronic or \$350. 770.479.9478.

FOR SALE - S.O.T Kayaks. 3 Cobra sea and touring sit-on-top kayaks: two solo, one tandem, each with back rest, leg straps, large dive tank well and additional hatches, paddles in-

cluded. Used only once, like new. Asking \$350 each or \$950 for all three. 770.531.1463 or 706.273.0638.

FOR SALE - Paddling vehicle. 1988 Isuzu Trooper LS, 4x4, 4 door, air, cruise, CD, (3) 78" Yakima racks with gunwale brackets, locks (4), Yakima Basketcases, Saris spare tire bike rack. Purchased from Isuzu Master Technician, almost new condition (Really!). Cleanest Trooper around! \$4900 with all accessories. 770.534.5857.

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, Mohawk Probe 11. Call Jack Taylor 770.998.0350 or email jdtxl13@mindspring.com. ✕

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