GCA Georgia Canoeing Association

The Eddy Line

Post Office Box 7023 Atlanta, GA 30357

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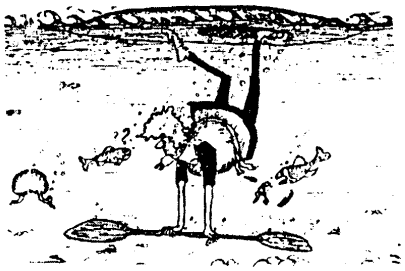
Summer Roll Practice

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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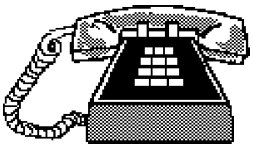
"Members Only" Ad Rates Available

Advertise your business in *The Eddy Line* at a special rate! Beginning with the July issue, GCA members will be able to purchase business card size ads in *The Eddy Line* at "Members Only" rates substantially lower than the rates for other advertisers. The "Members Only" ads may be grouped together on a page, or may be scattered throughout the newsletter, depending on how the layout works each month and how many ads appear. Ads are not limited to paddling related products and services, but will be subject to the usual standards of appropriateness. The discounted ads are subject to "space available" on a first come basis.

"Members Only" ad rates for business card size ads will be $90 for 12 months, $60 for six months, $36 for three months. The current rates for ads by non-members are $125/$90/$50. Ads will appear in both the online and print versions of *The Eddy Line*. Advertisers can submit new ad copy each month, run the same ad for the entire term, or anything in between. Advertisers are responsible for timely providing camera-ready ad copy for their ads, either on paper or in a digital format (.jpg, .tif, .eps, or .pdf files usually work). We can also scan your current business card (color or B/W) if it is a clear enough print to reproduce well. Standard size for card size ads is 2" H by 3-1/2" W.

For further information, contact Editor Allen Hedden at 770.426.4318, gacanoe@mindspring.com, or Advertising Manager Rick Bellows at 678.617.2546, rickbellows@bellsouth.net.

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 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 Advertising Manager Rick Bellows at 678.617.2546.

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 **gacanoe@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.

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

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UPCOMING ACTIVITIES

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
3	Nacoochee Chattahoochee	Class 1-2 Trained Beginner	Dick Hurd	770.664.4770
3	Nantahala	Class 2-3 Intermediate	Brannen Proctor	770.664.7384
3	Chattooga Section 3 or 3-1/2	Class 3-4 Advanced	Peter Elkon	404.314.3861
4	Etowah	Class 1-2 Trained Beginner	Steve Reach	404.579.3166
5	Ocoee	Class 3-4 Advanced	Allen Hedden	770.426.4318
10	Tuckaseigee	Class 1-2 Trained Beginner	Jack Taylor	770.998.0350
10	Nantahala	Class 2-3 Intermediate	Jackie Pickett	404.622.6825
11	Nantahala	Class 2-3 Intermediate	Matthew Crawford	770.573.3374
17	Metro Chattahoochee	Class 1-2 Trained Beginner	Steve Reach	404.579.3166
17	Nantahala	Class 2-3 Intermediate	John Scott	770.421.2451
18	Cartecay	Class 2-3 Intermediate	Edward Stockman	770.441.9767
18	Nantahala	Class 2-3 Intermediate	Jack Taylor	770.998.0350
24	Hiwassee	Class 1-2 Trained Beginner	William Gatling	770.529.7103
July				
1	Hiwassee	Class 1-2 Trained Beginner	Brannen Proctor	770.664.7384
6	Executive Committee Meeting	Carl E. Sanders Family YMCA	Vincent Payne	770.834.8263
13	Ocoee	Class 3-4 Advanced	Allen Hedden	770.426.4318
15	Nantahala	Class 2-3 Intermediate	John Hudgens	706.675.0749
16	Nantahala	Class 2-3 Intermediate	John Hudgens	706.675.0749
August				
3	Executive Committee Meeting	Carl E. Sanders Family YMCA	Vincent Payne	770.834.8263
25-27	Annual Chix Paddle (Note 1)	Class 1-2 Trained Beginner	Joy Scott	770.421.2451

Note 1: Weekend overnighter, women only. Call early to reserve lodging. See article in this issue.

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

Beginner Trips Available Upon Request
GCA Trip Coordinator Jackie Pickett has extended an open offer to all new GCA paddlers who would like to get some paddling practice in on the Metro Chattahoochee and Cartecay rivers. During the month of June, Jackie will coordinate these beginner trips on request. Call Jackie at 404.622.6825 to arrange your trip date.

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
Vortox -- low cost storm water sampler
Waterwalker (Bill Mason)
Whitewater Self Defense

Books:

A Canoeing and Kayakng 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 & Kayannng 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 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
Youghiogheny-Appalachian River

Maps:

The Big South Fork

Announcements

GCA Email List

The GCA email list has at this printing over 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!

Get *The Eddy Line* Via Email

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

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

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

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

Or you can email your request to Ed Schultz at heloeddy@mindspring.com.

Or on your annual renewal form, just check the block for the *Electronic Eddy Line* and INCLUDE YOUR EMAIL ADDRESS so we can send *The Eddy Line* to you electronically. You can also opt out of the paper version to save the trees, as well as printing and mailing expense.

Canoe Outfitting
Featuring Voyageur™ Products
Custom outfitting of your open canoe or C-1
Saddles, thigh straps, air bags, knee pads, skid plates and more

Canoe Instruction
Beginner, Intermediate and Advanced levels, white water & flat water, solo & tandem
Call Allen Hedden 770.426.4318
Email canoeist@mindspring.com

Upcoming Events of Interest

June 3 — Chattahoochee River Challenger Series — The 14 Mile Paddle — Chattahoochee River, Medlock Bridge to Roswell Park, Richard Grove: regroveatl@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 25-29 — 2006 USACK Flat Water Sprint National Championships — Lanier '96 Olympic Venue — site of the 1996 Olympic Games and Lanier Canoe 2003 ICF Flat Water World Championships, Gainesville, GA, Connie Hagler, 770.287.7888, conhagler@aol.com, http://www.lckc.org/.
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, Piedmint, AL, http://epic.jsu.edu/lrcfs/august.htm.
August 26-27 — 8th Annual AWW Ohiopyle Over the Falls Festival — Ohiopyle Falls Race — Youghiogheny 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 wlrmcduffie@nctconnect.com, 910.948.3238.
October 27-29 — NOC Guest Appreciation Festival — Nantahala River, Wesser, NC, 828.488.2176, www.noc.com.

Georgia Carolina Premier Properties

Let me help you find that perfect cabin in the northeast Georgia mountains/western North Carolina area - one that you can call your own and close to your favorite paddling spot!

Candace Lee
Georgia Carolina Premier Properties, Inc.
403 N. Main Street, Hiawassee, GA 30546
(706) 897-3637; candace@georgiacarolinarealty.com

Let's Do It Again!

Calling All Chicks!

by Joy Scott

The dates for the Second Annual Chick Paddle are set for August 25 - 27. The plan is the same as last year. We will begin gathering on Friday night and a cabin has already been reserved in the Ocoee / Hiwassee area.

We will paddle the Hiwassee, a scenic class I-II river which is appropriate for all paddling levels, on both Saturday and Sunday. If there is enough interest and we can convince enough of you to play hooky from work, we will even put something together for Friday, maybe another paddle down the H or we can arrange a raft trip with one of the commercial outfitters on the Ocoee. At night, we will hang around the cabin, munching on snacks, cooking on the grill and lounging in the hot tub (yes, the place has a hot tub). While you may not think that a hot tub would get much use in August, the nights up there are cool enough and a good soak is always appreciated after a day on the river.

The cost of paddling on the H is free, as with all club activities, with the only exception being shuttle costs. However, the there will be some cost with the cabin rental. Last year the cost per night was divided by the number of people per night so it was pretty minimal. The cabin itself it not luxurious, but it's convenient to the river, with plenty of parking and few neighbors.

If you are new to the club or boating, this is an excellent way to meet some other women and work on your paddling skills on a very scenic river. If you are an "old"

boater, this is a fun way to get out and paddle with your fellow chicks. Either way, this is just a plain old great time! There are still stories and talk about last year's event.

If you have any questions or need any additional information, please do not hesitate to call Joy Scott @ 770.367.2059. Of course, if you already plan on attending, I encourage you to contact me as soon as possible as we do have limited cabin space. I already have a number of chicks who have signed up and the dates were just confirmed a few weeks ago.

GCA Store Comes Out of Hiding

While you may appreciate the re-emergence of the GCA store, you'll probably think twice about the new "Store Guy" once you meet him. He was the one in the bad Elvis wig and glasses at the Extravaganza.

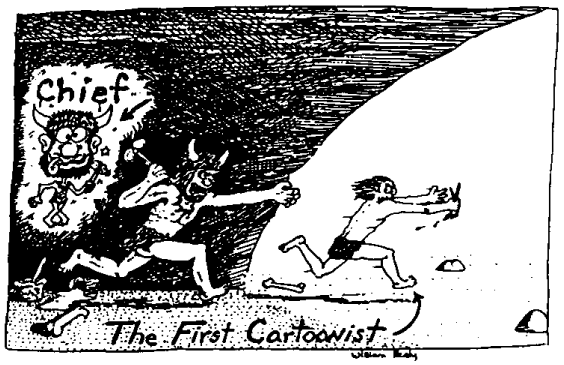
Anyway, the GCA store is again open for business. We have a variety of shirts and hats selling for the low price of $5. Additionally there are license plates, throw bags with rope, throw bags without rope, and for those on a budget, there is even a selection of $1 items for that special someone in your life. We also have a rather large quantity of pins commemorating the 30th anniversary of the GCA. Can you think of a better item to go with the 40th Anniversary T-shirt (see next paragraph)?

Of course, we have the new special edition GCA 40th anniversary T-shirts. Quantities of these are very limited. These premiered at the Spring Extravaganza and sales are brisk. We have less than 20 left so you may want to call if this is on your list to Santa.

The full store takes up so much room in our car, that we don't have space for paddle gear or even passengers so the next outing of the complete store will be at the Fall Gala. In the mean time, John Scott will carry a limited number of items with him. If you see him at a take-out or put-in and are interested in taking a peek (at the store) just ask to see his wares and he'll be glad to show you (store items). However, if there is a specific item that you are interested in, please give him a call at 770.421.2451 to check availability and make arrangements for sale.

New items will premier in the future, so if there is any new item or a design that you would like to see, please let John know. The self appointed store committee (i.e. his wife and friends) will be throwing in our two cents, so you might as well get a say, too!

A shopping frenzy at the grand re-opening of the GCA Store.
- Photo by John Scott.



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!!

Adamson, Louis
PMB 162, Ste F, 3070 Windward Plaza
Alpharetta GA 30005
678-234-1579
lou2kga@yahoo.com

Blondeau, Steven
305 Arizona Ave NE
Atlanta GA 30307
404-687-8468
678-907-5659
steven.blondeau@gmail.com

DeVita, Daniel R.
1581 Mt View Road
Conyers GA 30012
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404-386-3763
dandevita@gmail.com

Dodson, Penn
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706-254-8119
706-583-8663
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peter.gillespie@mckesson.com

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5943 Wills Orchard Road
Cumming GA 30040
770-521-9277
404-545-6633
regroveatl@adelphia.net

Karasek, Scott & Melissa
205 Roberts Road
Suwanee GA 30024
770-932-6560
melissajobuzz@yahoo.com

Lea, John &
Spoon, Donna
1992 Beeson Road
Kernersville NC 27284
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Most Endangered Rivers of 2006

by Rebecca R. Wodder, President, American Rivers

Each of the ten rivers on the list faces a critical crossroads in the next 12 months, but you can take action today to ensure that every river on the list takes a turn for the better.

America's Most Endangered Rivers of 2006 are:

1. Pajaro River (California)
2. Upper Yellowstone River (Montana)
3. Willamette River (Oregon)
4. Salmon Trout (Michigan)
5. Shenandoah River (Virginia, West Virginia)
6. Boise River (Idaho)
7. Caloosahatchee River (Florida)
8. Bristol Bay (Alaska)
9. San Jacinto River (Texas)
10. Verde River (Arizona)

You can play a critical role in helping to remove these rivers from the America's Most Endangered Rivers list. First, visit our web site to learn more about each of the rivers and the threats they face: http://www.americanrivers.org/site/

While there, please take a moment to contact important decision-makers who hold the future of these rivers in their hands; take the pledge to work toward protecting the

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rivers in the future; and help spread the word by telling your friends and family about America's Most Endangered Rivers.

This year's 10 most endangered rivers all face a specific and urgent threat. But action by citizens like you could make the difference for the health of each of these rivers.

Thank you for taking action.

THE RIVERS

1. Pajaro River (California)

Threat: Lack of a Comprehensive Flood Control Plan

Conservation Partners: Pajaro River Watershed Committee, Sierra Club

The Pajaro River, and the safety and well-being of people living nearby, are at a critical turning point. The U.S. Army Corps of Engineers is poised to recommend an old-style, over-engineered flood control project that will produce an ever-increasing risk of catastrophic flooding. To protect these communities and restore the health of the Pajaro, the Corps must adopt a modern and comprehensive flood control project that works with nature instead of against it.

2. Upper Yellowstone River (Montana)

Threat: Floodplain development

Conservation Partners: Greater Yellowstone Coalition

Dubbed "America's last best river" by National Geographic Magazine, the Yellowstone River is one of nature's most magnificent wild playgrounds. Today, the Upper Yellowstone is threatened by burgeoning riverside development, with much of the construction occurring in the river's floodplain. The U.S. Army Corps of Engineers must work with local residents to develop a watershed-level conservation plan to guide future development in a way that protects one of America's most scenic rivers and avoids putting people in harm's way.

3. Willamette River (Oregon)

Threat: Industrial and municipal toxic pollution

Conservation Partners: OSPIRG, Sierra Club

Along the Willamette River, a policy loophole allows factories and cities to dump millions of pounds of pollution into the river each year in areas known as "toxic mixing zones." This year, Oregon Governor Ted Kulongoski and state decision-makers have the opportunity to eliminate this loophole by directing the Oregon Department of Environmental Quality, the agency responsible for water quality, to phase out the use of toxic mixing zones. If polluters

convince lawmakers to oppose elimination of the loophole, toxic pollution will continue to threaten people and aquatic species who depend on a clean, healthy Willamette River.

4. Salmon Trout (Michigan)

Threat: Impending Sulfide Mining

Conservation Partners: Central Lake Superior Watershed Partnership, Yellow Dog Watershed Preserve, Keweenaw Bay Indian Community

Act now to save the pristine Salmon Trout River in the heart of one of Michigan's largest remaining wilderness areas from an intense mining project! A sulfide mining operation is poised to convert part of the Salmon Trout's headwaters into an industrial zone, creating a risk of acid mine drainage that could contaminate the river and seep into Lake Superior. This development threatens the health of an unspoiled river, and the only known breeding population of the native coaster brook trout on Lake Superior's south shore.

5. Shenandoah River (Virginia, West Virginia)

Threat: Runaway development

Conservation Partners: Potomac Conservancy, Valley Conservation Council, Friends of the Shenandoah

As the population of the greater Washington D.C. region continues to swell, rapid development threatens the health of the Shenandoah River. Flowing through Virginia and West Virginia, the Shenandoah is well-known for fishing and boating, and for the high quality of life it provides surrounding communities. Yet polluted runoff from urban and suburban areas is an increasing concern. Unless local governments plan responsibly for growth by recognizing the link between land use decisions and clean water, the very characteristics that make the Shenandoah Valley so attractive to its residents and visitors could be lost.

6. Boise River (Idaho)

Threat: Cyanide Gold Mine

Conservation Partners: Idaho Conservation League, Idaho Rivers United, Sierra Club

The Boise River's clean water and recreation opportunities are threatened by a massive cyanide gold mine, just 60 miles upstream from the City of Boise. A Canadian mining company wants to blast giant pits in the mountain headwaters of the Boise River and use a toxic cyanide solution to extract minute particles of gold. The threat posed by this mine to drinking water and the health and safety of downstream communities is simply unacceptable.

7. Caloosahatchee River (Florida)

Threat: Releases of toxic water

Conservation Partners: Caloosahatchee River Citizen's Association, Conservancy of Southwest Florida

The Caloosahatchee River has the potential to be southwest Florida's ecological centerfold but is instead being treated as its dumping ground. The U.S. Army Corps of Engineers regularly releases large quantities of polluted water from Lake Okeechobee into the headwaters of the Caloosahatchee, turning parts of this ecological jewel into a home for toxic algal blooms. This pollution threatens the drinking water supply for more than 40,000 residents and habitat for manatees and other native fish.

8. Bristol Bay (Alaska)

Threat: Impending largest open pit gold mine in North America

Conservation Partners: Alaskans for Responsible Mining, Nondalton Tribal Council, Alaska Independent Fisherman's Marketing Association, Alaska Sportsman's Lodge

Alaska Governor Frank Murkowski, the U.S. Bureau of Land Management, and a small group of mining companies plan to develop a major mining district including plans for North America's largest open pit gold and copper mine in the headwaters of the Kvichak and Nushagak rivers. These rivers form the heart of the Bristol Bay drainages, and support the largest and most productive wild salmon fishery in the world. The proposed mining district would produce a perpetual risk of toxic runoff threatening the health of nearby communities, potentially decimating the fishery, and poisoning wildlife.

9. San Jacinto (Texas)

Threat: Unregulated sand mining

Conservation Partners: San Jacinto Conservation Coalition, Legacy Land Trust

The San Jacinto River and the surrounding historic Big Thicket Forest face continued degradation from relentless sand mining operations. In the absence of state standards, sand mining companies excavate forests and wetlands adjacent to the San Jacinto riverbanks without restoring the land to a more natural state after mining is finished. These operations threaten the supply of drinking water for the Houston metropolitan area, natural flood controls, and an array of recreational opportunities.

10. Verde River (Arizona)

Threat: Groundwater pumping

Conservation Partners: Grand Canyon Chapter of the Sierra Club, Center for Biological Diversity

As a critical source of drinking and irrigation water for Phoenix and other communities, and a haven for boating, fishing and bird-watching, the Verde River is a jewel in the desert. Now the City of Prescott and the Town of Prescott Valley have plans to build a pipeline diverting

water from the aquifer that supports the Verde River to pave the way for more growth. This new pipeline — called the Big Chino Water Ranch Project — threatens to harm the Verde River and the wildlife it supports, as well as affect water supplies for downstream communities like Phoenix.

When Lightning Strikes

by Dick Hurd, MD

If a member of your party were struck by lightning while you are camping, hiking, or canoeing in the "wilderness" of north Georgia, would you know what to do that might save their life? Lighting has been much in the news lately. The Atlanta area has had a rash of house fires started by lightning, and a young girl was struck while in her house in her bed! In July, two Boy Scouts were killed by lightning in the high Sierra in California, and about two weeks later, a Boy Scout was killed while in a log shelter in Utah. I have heard a personal account of a man driving in Montana when his car was hit by lightning, striking his wife in the face. There is a documented case of a man hit by a bolt of lightning that came from a totally clear sky; it was later found to have originated as the ONLY bolt from a storm in a neighboring valley 10 miles away.

So, you get the idea — lightning can be nasty and unpredictable, and maybe no place is really safe, but when you are outdoors, hiking or camping in the woods, or paddling on a river or lake, you feel really vulnerable. The good news is that there are some things you can do to minimize your risk, and the better news is that a lightning strike may be survivable, especially if those with the victim know what steps to take.

At a recent meeting of The Wilderness Medical Society, the following facts were provided:

1. Lightning is 4 times hotter than the sun, and can travel up to 100,000 miles a second.
2. Voltages can be in the range of 10 million to 100 million volts.
3. Current can be as high as 50,000 amps.

So... how can a body possibly withstand this???? Because the duration is exceedingly short, in the range of 0.01 to 0.0001 seconds.

4. Lightning kills about 100 people per year in the US, and injures about 400, although actual numbers are probably higher.
5. Over 90% of casualties occur between May and September, with the peak in July; over 70% occur between noon and 7PM.
6. Most victims are males (84%).
7. Risky locations include mountain tops/ridges and trees (Colorado), and a location near water or trees (Florida). Open fields are also risky. Florida, by the way, leads the list with the most injuries and the most deaths.
8. A direct strike is the most dangerous injury, with ground current and "splash" or side flash injuries less so.

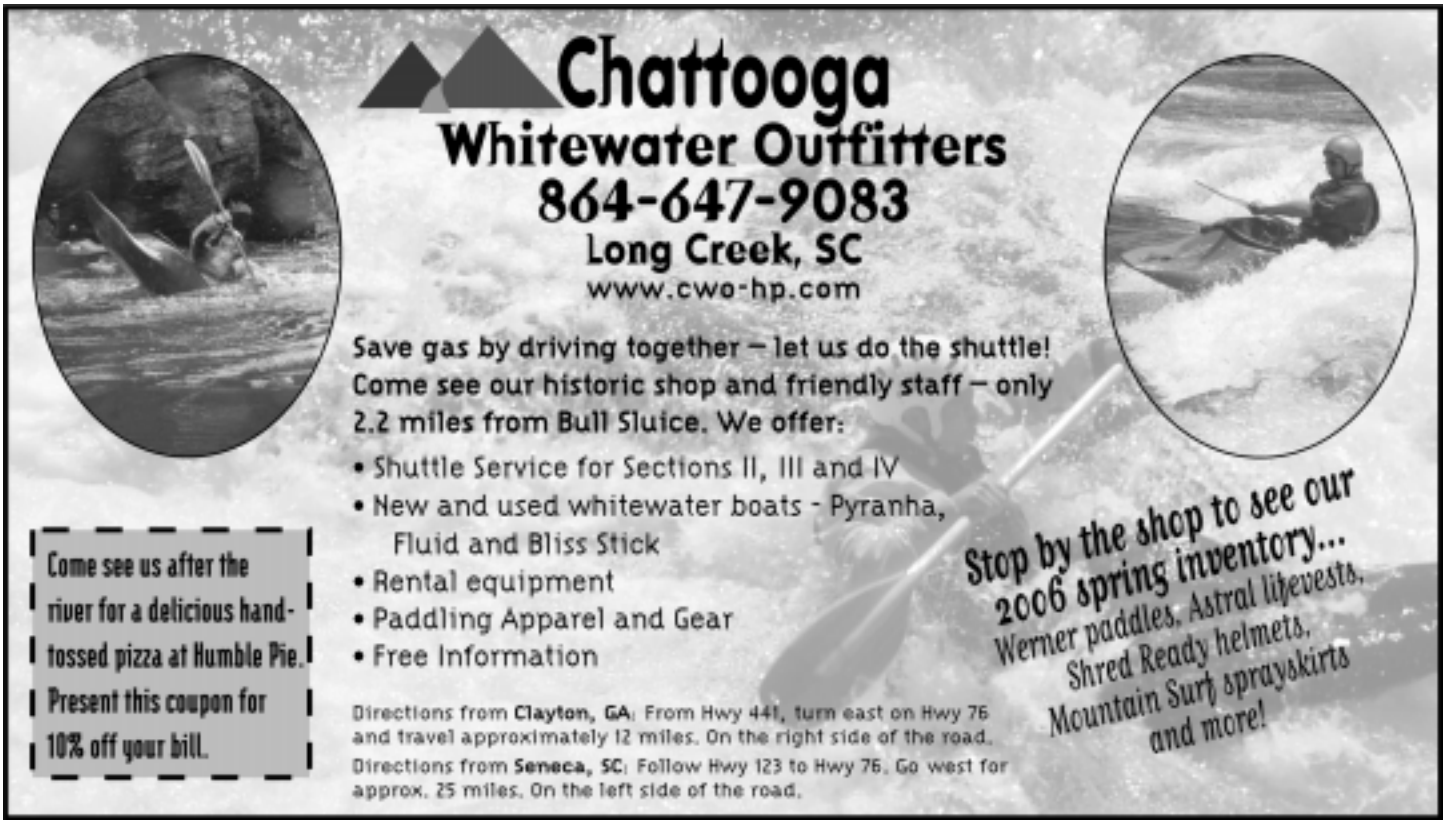
So, if you witness a person hit by lightning, this is an instance where CPR in the wilderness situation may be beneficial. The injured person may have sustained a cardiac arrest (not to be confused with a heart attack) as well as a respiratory arrest (not breathing). They may appear dead. Start CPR immediately if practical. This may be difficult in the midst of a thunderstorm with heavy rain and continued lightning; also be mindful of the dictum not to endanger your own life to rescue another.

Many bodily processes work with very small electrical currents — just like your computer. When lightning hits, it throws the switch and depolarizes everything, and the heart and breathing stop. But just like re-booting your computer, the heart has a pacemaker, and it may (not a guarantee) spontaneously restore a normal heartbeat. Spontaneous resumption of breathing may also occur, but may take up to 30 minutes. So start CPR immediately; if the pulse returns on its own, all you have to do is continue the breathing part of CPR and you may save a life!

After 30 minutes, if there is no heartbeat and no breathing, further efforts at resuscitation are probably futile. Time is of the essence! If the victim does not get assistance with breathing, the heart gets no oxygen, and will go into cardiac arrest again. Also, permanent brain damage occurs after three minutes of no oxygen. If the victim lives, they may have other injuries, and transport to a medical facility becomes your next order of business.

A word about CPR in the wilderness is appropriate, because it is much different from the situation you have at home or at the shopping mall. The biggest difference is that you don't have any backup: 911 is either not available at all, or is many hours or miles away. Since CPR is an expedient until the Medics arrive, and since they are not going to arrive in a timely fashion if at all, it is legitimate to question whether CPR in this setting is worthwhile.

I got the distinct impression at the WMS meeting that it is certainly worthwhile for lightning strike victims and near drownings (who have healthy hearts!) but perhaps not so for other conditions. I would feel compelled to go all out for a friend or familymember, but if you don't



have them back by 30 minutes, you're going to have to stop unless help is just around the bend. This is a difficult area that people should work through mentally before the situation ever arises.

Since there is no perfect strategy for preventing a lightning injury — even your home and car are not safe — the best option is to be aware of the risk factors, and be aware of the weather when you are out doors.

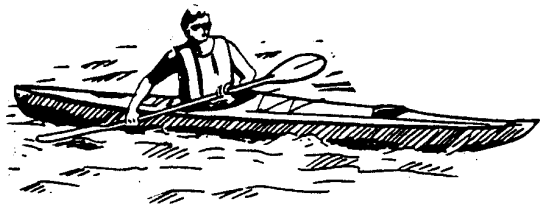
There is lightning detection equipment available, but for most of us a simple "rule of thumb" is more practical. The 30-30 Rule: If the time from flash to bang (thunder) is less than 30 seconds, seek shelter, and do not venture out until 30 minutes after the last thunder. You can estimate your distance from the strike by counting the flash to bang in seconds, and dividing by 5 to derive the distance in miles. If the strike is 3 miles or less from your location, you are in the hot zone!

If you are on a river or lake when this happens, get off the water onto shore, and get well away from the water (I'm not sure how far is far enough, because of ground surge and side splash, so let's say as far as practical). Avoid metal objects (metal gunwales on canoes or metal paddle shafts), isolated tall trees, shallow caves, and open fields (you don't want to be the tallest object). If you hair stands on end, or you hear a crackling noise or smell ozone, or objects develop a blue glow of St. Elmo's fire, this indicates a strike is imminent, and you should assume The Lightning Safety Position: Crouch on the balls of your feet, preferably on your PFD or some insulated pad, keeping your head down; do not touch the ground with your hands.

Personally, I am not aware of any studies as to how this was derived. Getting experimental subjects would likely be difficult. As a practical matter, I don't think maintaining my balance on the balls of my feet in a driving rainstorm with wind, hail, and lightning all about would be easy for more than a few minutes, but then again there would be strong motivation!

Having said all this, I am not aware of anyone in the GCA or anyone on a GCA trip having been hit by lighting, but the risk is always there, and if you are paddling with me, I want everyone on the trip to know what to do in case someone gets hit.

See you on the river!



"The Secrets" were designed by Fred Couch, after 35 years of white water paddling and 25 years of teaching beginners, to address the 8 major reasons (according to the fatality and accident reports of American Whitewater's data) people die or get hurt in canoes and kayaks. My desire is that all manufacturers of canoes, kayaks, SOT's, sea kayaks, throw ropes, PFDs, river knives, helmets, and similar equipment we use in our water sport will attach this label / tag to their products.

It is designed as a back-to-back piece that can be attached simply like a luggage tag, or permanately glued to the inside walls of our boats. It is also designed to evoke curiosity about what those terms mean to the neophyte, reinforce safety issues with the novice and advanced boater, and sell/see safety equipment become more prolific. The only references on it are to associations particularly involved with the furtherment of safety and water and tripping knowledge. I have already contacted those three associations seeking their official endorsements. I am seeking the feedback and input of my fellow GCA members on it's design, wording, appeal, spelling, and if you're a mind — telling manufacturers about it. Contact me with your feedback:

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P. O. Box 182
Choccolocco, AL 36254.

I used the same statistics to design the safety course that Jacksonville University and the American Canoe Association sponsored for me last year — we had over 80 students in one day — and we're repeating this year aiming for 100 students, August 19. GCA is invited to come be involved and take this idea back to my club — it will get you more members.

River Hazards

On Saturday, April 29, there was an almost river-wide tree strainer at the 2nd class III rapid below the bridge rapid on the Little River of the Smokies — the section from Elkmont to above the Sinks. You should get out and scout.

Catherine Thrash ✂

Always Wear Your Life Jacket

The 2004 U.S. Coast Guard accident statistics bear that out. They cataloged 484 drownings; 431 of them (89%) were not wearing life jackets. Numerous studies show that up to 90% of drowning victims could have been saved had they been wearing a life jacket.

The Oregon State Marine Board has gathered statistics for that state that are more clearly broken down by type of craft involved. From 1997 to 2005 they tabulated 71 fatalities of boaters in non-motorized craft — kayaks, rafts, canoes, etc. 76% of them were either not wearing a PFD or didn't have it properly fastened.

Those are the statistics. The cold, hard fact is that most of these people didn't have to die. A life jacket would have saved their lives and saved their family and friends the grief of their loss.

- From the NRS web site. ✂

Wind, Waves and the Paddler

Bad weather can strike with little or no warning, placing the paddler at the whim of wind and waves. It is imperative that the paddler be able to recognize the signs of impending windy weather and the danger it represents. If you are unable to avoid paddling in wind and waves, you must understand your options and recognize the factors that impact your ability to survive. These factors include the seaworthiness of your craft, your technical skill, and the strategies required for maneuvering a boat in wind and waves.

Weather Forecasting Strategies

The decision to start or not start your trip at the launch site takes precedence over the momentum of packing and planning for your trip. That decision is based on gathering and evaluating weather information from as many sources as possible.

Canadian and U.S. weather forecasts by weather stations or Coast Guard can be accessed by telephone, newspaper, television, or FM/AM radio. Battery operated weather band radios are available at Radio Shack and marine stores. They are inexpensive and provide access to constant weather reports from most areas of the United States and Canada with a range of approximately 40-60 miles.

Do not hesitate to ask the local people about the effects of their weather, but be prepared for many locals advising that they have the "worst weather in the world". From local conversations, broadcasts and news reports, you will hear about present conditions and trends such as flooding, drought, or unusually high winds.

If you are in a foreign country and cannot speak or understand the local language, observe the local people. How far are the fishermen venturing forth? Are the fishermen taking the day off? Meteorology, the study of weather, is more art than science in some geographical areas. In the United States, the accuracy of weather forecasts may be adversely affected by the influence of large bodies of water on the local weather atmospheric patterns.

Paddlers Weather Survival Checklist

(1) Check weather forecasts before leaving for the launch site.

(2) Check the current weather forecast on a weather radio on the way to the launch site.

(3) Carefully assess immediate conditions at the launch site that may not have been included in the weather radio forecast.

(4) Talk with or observe local fishermen or other boaters.

(5) Observe the clouds. If the sky is clear, partly cloudy, or partly cloudy with high clouds, then there is likely to be relative stability or a high pressure area present. High clouds forming layers on top of low midlevel clouds, and afternoon clouds forming anvil shapes colored ivory, gray or black, indicate atmospheric instability that may mean a weather front is approaching. An overcast day with a light drizzle can be a sign of stable conditions if no wind starts blowing.

(6) Check the air and water temperature. A drop in air temperature of ten degrees or more in an hour often indicates that a weather change is approaching. Low water temperatures increase the risk of hypothermia if you capsize.

(7) Steady wind direction for 20 minutes to half an hour with no gusts can be considered a sign of stable weather. Changing wind speeds usually indicate a change of pressure. Gusty and variable winds indicate that a change may be approaching.

(8) If waves are present but there is no wind on your cheek, you can assume that there is wind on the water somewhere. The wind may arrive at any moment. If the horizon line, where water and sky meet, is hump shaped,

there is wind blowing.

(9) Obtain a copy of the Beaufort Wind Scale. At approximately 10 knots of wind speed, paddlers must start to consider the effect of wind on progress. A 10 knot wind is indicated by the appearance of the first few isolated and scattered whitecaps if no current is flowing. Current flowing into the wind steepens the waves, forcing them to break easily into whitecaps. A current of 1 to 2 knots flowing into the wind will force the whitecaps to appear sooner at approximately 8 knots of wind.

Current flowing with the wind stretches the wave interval, thus requiring the wind to build to 12 knots before whitecaps are visible. A sustained wind of 20 knots will force whitecaps that are quickly observed. Individual whitecaps are larger and there are more of them. During the first few hours of wind, before the seas build, the water looks as if it is covered with speckled whitecaps with little if any spray. Nearby waves surfaces will display prominent streaks of ripples that look like fish scales and which indicate wind direction.

At 30 knots the wind blows conspicuous spray off the crests of whitecaps, and streaks of foam are visible. This strong wind does not provide many places to land if it persists for more than an hour. A sustained wind of 30 knots will likely contain gusts of 40 knots or more.

(10) A pocket barometer will indicate if atmospheric pressure is rising or falling.

(11) Study the climate and seasonal characteristics of any destination far from home. Climatological studies for most areas of the world are published in book form and found at book stores and libraries. Reports and special research papers can sometimes be obtained from local weather stations. Atmospheric occurrences in large areas over long periods of time are charted geographically. Climatic weather patterns indicate what usually occurs in a particular area, thus preventing surprises. Variations in temperature and geographic features can also affect weather in various parts of the same continent.

(12) The number of miles that you can paddle per day is primarily affected by current, wind, and water depth. Paddling at 2 knots into a 15 knot wind takes as much effort as paddling 4 knots in calm air. Paddling a craft with a draft of 6 inches in shallow water (one or two feet deep) will reduce your average cruising speed by one half due to the extra drag resulting from the interaction of the boat's turbulence and bow wave with the bottom of the waterway. This drag can be experienced in water as deep as 3 to 4 feet. It is not prudent to estimate that you can paddle at more than average effort for long periods of time.

(13) When possible, make all weather decisions in daylight. Assessing weather at night is significantly more difficult, especially when clouds, precipitation, and/or fog restrict visibility.

(14) Are your map and compass skills adequate to locate your destination if visibility decreases?

(15) Do not rush your weather forecasting. Take time to stand, watch, wait, and evaluate.

Launch Decision

When in doubt, do not depart. If you are uncertain, your survival depends on your decision to err on the side of caution. Time schedules, expectations, the purpose of the trip, equipment, craft seaworthiness, air and water temperature affect the launch decision. Helmet, wet suit, shore support, and an unloaded seaworthy craft would provide less risk than an expedition paddler in a heavily loaded craft far from civilization.

John Thompson

How to Handle Wind and Waves by Valerie Fons Kruger, Canoe Magazine, October 1990

Fundamentals of Kayak Navigation by David Burch, Pacific Search Press, 1987

Henry Jacocks, Weather Forecaster, USAF, Ret.

- From "The Cruiser" — newsletter of the Canoe Cruisers Association of Greater Washington, DC.

Instruction / Training

Common Kayak Rolling Problems

by Glen Davis

Head Up — This is the most common problem I see both in the Beginning Kayak Class and on the river. Instinct is to lift the head to get a breath of air, but when you lift your head at any point in the roll, you lose your ability to hip snap and kill any momentum that you had.

Doubters will often say "I lift my head and still roll!" That's true. You can complete the roll by muscling up with the paddle, but you watch these same people on the river and it will often take them two or three attempts to roll. The head should be the last thing to come up, and then only when the body is completely over the boat.

I always (almost always!) look at the tip of the paddle when I roll. This serves two purposes; it keeps my head in the proper orientation throughout the roll and helps me sweep with my body instead of my arms.

Poor Hip Snap — If the roll does not feel easy, then you probably don't have a good hip snap. A poor hip snap can be the result of many things; improper body position, being overly tense, or not being extended completely. The

hip snap is the most important part of the roll. Everything else is done just to get the body in the proper position to hip snap.

The best way to evaluate your hip snap is to practice off the bow of someone else's boat. Can you right your boat without rocking the other boat? Does it feel easy? If not, then try this drill. Put your hands on the tip of your partner's boat. Lay your head on your hands without flipping the boat. Keeping your head on your hands, flip the boat upside down. Your body should be curved around the boat as much as possible. Keep the boat perpendicular to your body.

Now, flip the boat upright with just your hips without moving the head off the hands. Stay relaxed as you can and keep doing this until you can flip the boat upright with very little effort. Then grab your paddle, set up, sweep out and once you are extended, just do same the hip snap you were doing off the front of the boat.

Arm Sweep — A good setup starts with your body lying on the front deck of your boat, arms holding the paddle parallel to the boat with the wrists near or in contact with the boat. When you are upside down, your hands and paddle need to be above the surface prior to beginning the sweep.

This is the point where many people get into trouble. Many people try to leave the body in the same position and sweep with their arms. The body will be close to the boat and the arms all twisted in an effort to extend the paddle. A proper sweep is done using the body with the paddle remaining in almost the same position relative to the body throughout the sweep.

I know I lost some people with that one, so let's try a little exercise in the living room in front of the TV. First, get into your boat. What! You mean you don't keep your boat in the living room? Hmm, some people! Anyway, get in your boat and lie forward on the deck, both arms extended to the bow. Now, roll your body out to the side staying as close to the cockpit rim as you can. You should finish at a position perpendicular to the boat, arms still extended out parallel to your body.

As you roll out along the cockpit, the body should rotate a quarter turn so that your side is pressing against the cockpit and your head is facing the wall or even looking toward the ceiling. This is what is considered the first C position. Once you are comfortable with this movement, try it in the water. The only difference is that you are holding the paddle.

Keep the paddle parallel to your body as you sweep out. The trick is to stay relaxed as you perform the sweep. You'll find that that roll is much easier because you are primarily using the large muscles in your body instead of the arm muscles.

- From "Afloat" — newsletter of the Birmingham Canoe Club.

Parallel Surfing in a Solo Canoe

by Jim Simmons and Walter Felton

For open boaters who may need assistance on surfing techniques, we wanted to offer some thoughts that may prove helpful. Initially, we'll suggest that by observing more experienced paddlers you can gain a clearer picture of how surfing works.

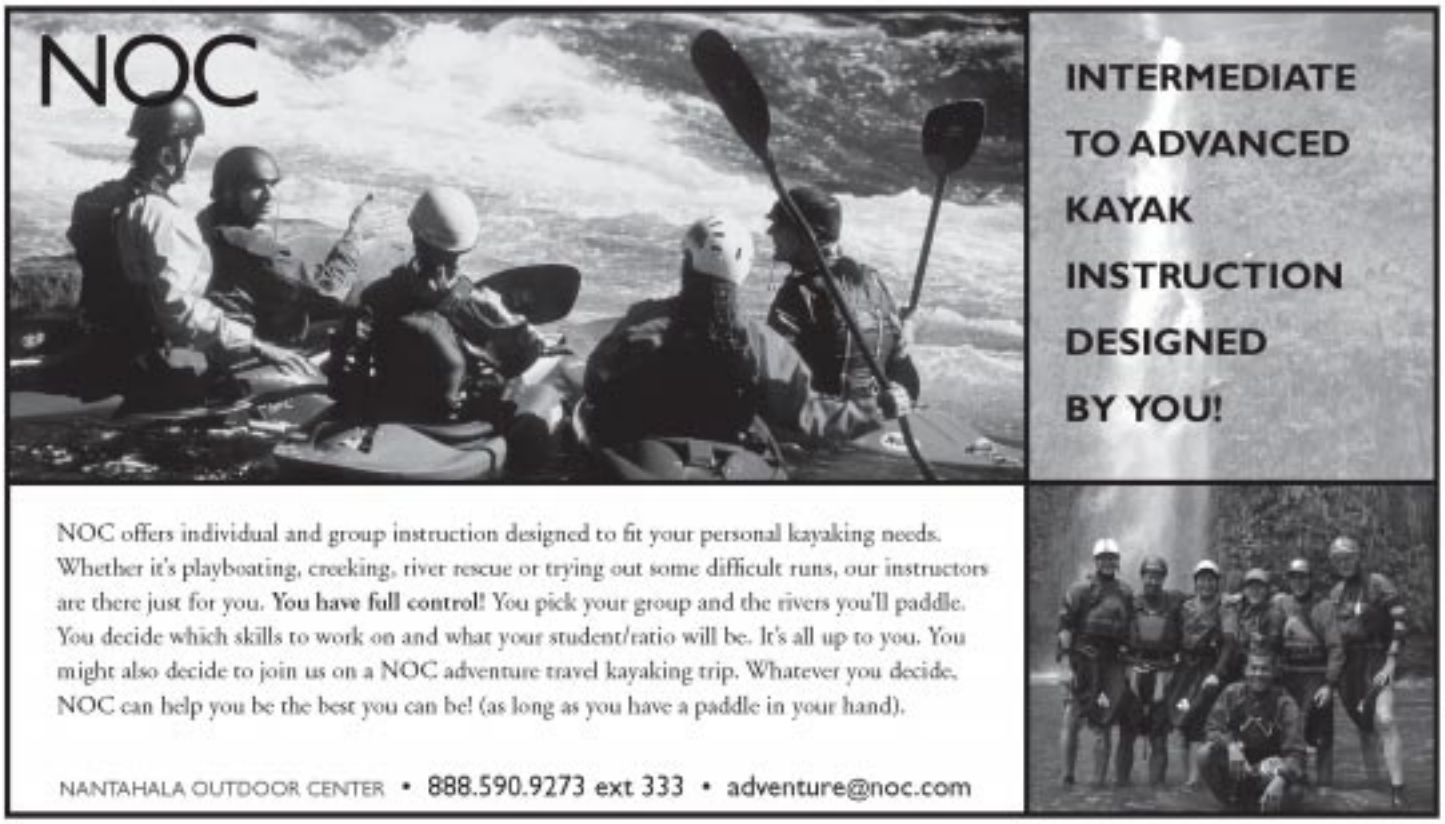
For bow, or parallel surfing, begin by leaving the eddy with a small angle to the eddy line. Position the bow (exactly at the bow waterline) in the depression just up stream of the wave crest and where the depression intersects the eddy line. Don't believe that you have to charge out to the middle portion of the wave; ease onto the wave and start surfing immediately. It is important to keep the gunwales of your boat steady, not allowing them to wiggle side to side. A "shaky" boat will permit the current to grab your hull and either toss you around or push you back off the wave.

As you make your corrections at the stern (corrections are executed at the downstream end of the boat because the upstream end is pinned in place by the current), the shaft and blade of your paddle should be in line with the boat, blade against the hull, and both hands out over the water. Maintain the shaft more horizontal for a stern pry rudder and more vertical for a stern draw position.

If the bow swings away from your paddle side use the stern pry rudder with the top edge of the blade angled away from the boat slightly. Do this by twisting the T-grip thumb away from you. At no point should you employ an active stern pry, because the current will catch against the blade and push you off the wave.

If the bow swings toward your on side, change the shaft to a more vertical posture with the blade in the stern draw ready position. Both the stern pry rudder and the stern draw are performed with the blade close to the hull in a stationary manner. If you should need one, an active stern draw is the last part of a forward quarter sweep.

With your legs tight in the thigh straps, allowing your body and boat to act as one unit, think about the stern of the boat. Use the leverage of this one unit to "wag the tail" back straight with the current by transferring the resistance on the paddle blade through your hands and arms to your lower body and then to the boat. This works especially well when the bow wants to swing to your on side and you need a stern draw correction. Move the T-grip hand out away from the boat as you change to the stern draw, all the



while wagging the stern back around.

By keeping the blade against the hull as you make corrections, you'll prevent the current from catching the blade, thereby pushing you off the wave. Also, keeping your arm low and elbow against your body, rather than letting it extend out, will call into play large muscle groups of your body. This arm and body posture will also protect your shoulder and reduce the strain on your arms. Remember, keep a quiet boat so that you can have a longer ride on the wave.

If you're firmly on the wave enjoying a good ride, experiment with your body position over the boat. If you lean back, you will un-weight the bow; this will affect the position of the boat on the wave. By leaning back you change the balance point of the boat in relation to the wave and trough that is holding you in place. If you lean too far back, the boat will slide further down in the trough and forward on the wave. This is due to gravity trying to pull the most weight to the bottom of the trough. Then lean forward and see what effect this has. This exercise will show you how the position of your weight over the wave will affect your correction strokes and where you will ride on the wave.

This all takes practice to be able to adjust the shaft and blade orientation with precise timing whenever the bow swings. It is vital to gain the feeling of maintaining a steady boat while allowing your lower body action to work in unison with your arms and paddle linkage.

Practice on easier waves (holes) until you have your timing and confidence, then gradually work up to more challenging surfs. Nothing is more fun the being glued to a wave like a magnet stuck to a refrigerator, with boiling white water rushing past your boat.

Surfing has added benefits besides fun. Learning to surf teaches you the boat's balancing points, improves edge stability and lean control. It is also a very useful skill in the event you get caught in a hole unexpectedly and need to surf your way out of danger. In addition, surfing improves forward ferry technique by permitting you to zip across current with less effort — "more with less".

- From "The Arkansas Paddler" — newsletter of the Arkansas Canoe Club. Both Jim and Walter paddle solo and tandem and look forward to seeing you on the river. ✂

"Let's not be too quick to blame the human race for everything. A great many species of animals became extinct before man ever appeared on Earth."

- Will Cuppy

From the Soggy Clipboard of the Cruise Master

by Steve Reach, GCA Cruise Master

It has been rather a whirlwind 6 weeks for the Cruise Master and Cruise Mistress, fraught with many wild flat water experiences in the southern reaches. First was the April Fool's Okefenokee run, a 2-night and 3-full-day wilderness marvel made all the more pleasant by gourmet groceries supplied by Rod and Susan Hardee. We enjoyed mild weather and a nearly bugless environment as we ate our blue corn chips, organic hummus, pita toast, asparagus and shrimp pasta, and iced beverages on the camping platforms.

The trip filled up on the very day I first posted it to the club email list, which makes me think it is something we should book more often. Mary Ann begged off, unattracted by the concept of camping overnight on wooden decks suspended inches above black water filled with alligators and snakes, so away I went with Lamar Phillips in the bow (he was not slack) of our tubby old Coleman. There is no dry land to speak of out there. The run is 32 flat water miles with only the occasional mild current and you must paddle every stroke. It is a great place if you don't mind a LOT of alligators, which every Southeastern paddler should try at least once in their lifetime.

I will be happy to supply logistics for anyone thinking about trying it; for now suffice it to say that you must phone in a reservation exactly 2 months ahead of your anticipated trip date, and competition for runs is fierce. Currently there is no way to reserve your slot over the web. The shuttle for the run was 95 miles each way. These difficulties, however, are far more than compensated for by the experience of extreme wilderness and seclusion of the deep swamp. Look at the Pictures tab on www.georgiacanoe.org for a few new photos. Many thanks again to Terry Neely, veteran swamper, for his guidance and organizational efforts.

Following the Okefenokee trip, and a very pleasant night's stay in the Folkston Inn, we were off to Florida to sample the paddling at Silver Springs. Mary Ann was inspired by the pictures of the monkeys in the trees in an earlier *Eddy Line*, and wanted to try the run. We saw no monkeys during the day, but late one night as we sat on the screen porch of our Silver River State Park cabin, with all lights out, the monkeys swept in from far away calling and hooting to each other in the trees, lingered awhile around our cabin, and just as quickly swept off to the west in search of campground goodies.

Silver River is a great paddle; the Park is working out the details for a shuttle service that will be available soon. In the meantime, you either carry boats 3/4 mile down a trail at the Park for put-in, or you do an out-and-back at the Oklawaha River bridge, a few miles east. The current is only a couple miles per hour, meaning you can paddle upstream all the way into the spring head without much difficulty. The crystal clear water is up to 70 feet deep in places; fish are clearly visible in multiple layers far below your boat. There is some minor powerboat traffic, but all the surrounding jungle is protected within the boundaries of the Park.

After a couple of weeks back in town to catch up with work, we headed down to southwest Florida. What a pit that place is. We started about 20 miles in from the coast, on the Myakka River, where we spent 4 days. There it's all wild jungle, snakes, spiders, gators, ticks, skeeters, some real serious rednecks, but the scrape-burn-and-build development is strongly underway. We found a wonderful old fish camp called Snook Haven with a restaurant that serves Old-Florida cuisine (think deep-fried breaded animal parts and beer), little rental cabins, and a canoe/kayak livery that rents for day tripping up and down the river.

This one has manatees, a billion birds, and overhanging palm forest jungle that broadens out to mangrove swamp in the lower reaches, very picturesque. Every type of heron in my Peterson's Guide made an appearance in a single day. Snook Haven has just recently been acquired by Sarasota County, and they are currently taking bids for the concessions; visit soon if you want to see it at its finest. It will be sanitized and commercialized before too long, I'm afraid.

As you progress westward from the river, southwest Florida turns into an eternal strip mall. Mile after mile of shopping, traffic and fast food interspersed with condos and swarms of little tacky houses. The real estate is unbelievably expensive; your $200,000 will buy you a double garage with a sleeping wing off to one side, smaller than a doublewide, out in the boonies, 40 years old, with cockroaches. A house like the one we own in Atlanta would go for an easy $1.5 million.

Further west, the infinite, eternal urban blight suddenly terminates in a strip of white sand barely a hundred feet wide, which then drops into a waveless, bathtub-warm sea, admittedly clearwatered blue and beautiful. Throngs of locals battle quietly over property rights. Saw one horror story in the local rag about a guy whose taxes have jumped 1000% (that's one THOUSAND percent) in the last six years. Nobody can buy homeowners insurance any more because of the last couple hurricane seasons.

Power boats of immense size and countless number fume and crisscross as they attempt to adhere to the no-wake zones, loaded to the scuppers with minimally-clothed

party boaters or overly-serious, baseball-capped, golf-shirted fisherpersons. All humans are never without sunglasses on their face during daylight hours. The sunset is monumental and spectacular.

They eat entirely too much grouper there. Not to mention the ubiquitous booze. And yet, there are still kayaks and canoes available to explore the undevelopable swampy areas on the backside of the barrier islands, as well as Hobie cats for the more adventurous. I'd like to say we did some boating there, but I'd be lying... irresponsibly extended sleeping and exploratory dining was all we accomplished before turning northwards for the long trip back.

And so ends my adventures below the fall line for this year.

Glad to be home. Let's go run something.

Spring Extravaganza Re-Visited

by Joy Scott

Well, months of planning and preparation were evident with the 2006 Spring Extravaganza. In the end, even the weather decided it would be best to cooperate.

Some participants were able to skip out of the world and slip in a paddle on Friday. Unfortunately, most people were not that lucky and could only leave after work and head straight up to Smoky Mountain Meadows campground, the site of this year's event. As temporary living quarters were built and campsites occupied, everyone began to fall into that laid back tempo which surrounds such events. Bands of paddlers wandered from tent to tent, visiting, saying hello to old padding partners and meeting new members. As night fell, we gathered around the campfire to relax in anticipation of Saturday's river running.

Surprisingly, everyone meet very close to the Saturday 8:00 a.m. river run down. Our numbers were a bit larger as several had slipped in under the cover of darkness. Tom Keller had current river level readings and Allen Hedden offered descriptions of some rivers unfamiliar. After all was said and done, there were a number of trips established.

We had the usual trips — two were on the Nantahala, set to meet at different times and locations, and there was a Tuckaseigee trip, which was split into two due to group

River lies and alibis around the bon fire -- scene at Smoky Mountain Meadows Saturday evening. Front: Debbie Dargis. Seated (L to R): Karen Saunders, Steve Cousins, Buddy Goolsby, Lamar Philips.

- Photo by John Scott.

size. Two other groups headed out for rivers that are usually beyond a reasonable distance for many GCAers. Trips on the Little River of the Smokes and the French Broad packed up and quickly departed. Other smaller groups headed out for the Ocoee.

As paddlers ventured out and began to return slowly but safely to camp on Saturday afternoon, preparations for dinner and the bonfire were well underway. We began the fire around 5:30, well before dark, but with enough time to get the coals hot as this was our cooking stove for dinner. The GCA Store was ready for business. People gathered and talked about the day's paddles and swims.

We were starving. The hot coals were spread and dinners of fresh trout, chicken and veggies wrapped in foil packets were thrown directly into the heat. In absolutely no time, dinner was served along with fresh salad, rice, more veggies and a desert of s'mores brownies. It was wonderful!

Now full, we settled in for a presentation by Marc Singleton of American Whitewater. He filled us in on the state of affairs with the Cheoah and other local issues, releases and answered questions. Afterwards, the air chilled a bit and the fire seemed to be warmer. There were a few spits of rain, but the weather remained dry until bedtime. There was still another day of paddling.

Sunday morning was breakfast, coffee, another river meeting and packing up. There were groups heading for the Nantahala, Tuckaseigee, Cartecay and Chattooga. The weather didn't look too good at the start, however by mid-morning the clouds broke. It was yet another fine day of paddling.

Please thank Denise Keller for all her planning and hard work on making the Spring Extravaganza a success. Through her efforts, we had over 75 people attend the dinner. If you were unable to make it, please try to attend the Fall Gala Canoeing Affair. It has a preliminary date in October. Denise has already begun preparations and more details will be released as known. ✂

Trip Planning

by Kevin Callan

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I'm so excited. It's that special time of the year now where my regular canoe mates gather on a regular basis to plan this coming season's trips. We call the meetings "Map and Flaps" and meet the same night my canoe partner's wife gathers together with her "Stitch and Bitch" club. It's usually held on a Wednesday evening and hosted by the proclaimed leader of the so-called expedition. It begins with a show-and-tell of all the new gear purchased for the upcoming season, with each item being heavily scrutinized and debated over. Then all the maps and relevant guide books are spread out or displayed on the kitchen table and route choices discussed. Arguments begin to erupt almost immediately of course, usually due to the fact that each member has a totally different reason for tagging along.

The squabbling continues when the host serves samples of new camp recipes, none of which taste as good as last years. By the time dessert is served, and washed down with a generous amount of rum, the route has been altered, the length has been changed, the scheduled date has been rescheduled, and somehow a couple of new members have been added on the list without the consent from half the group. It's obvious at this point that the trip is destined to fail.

My regular companions know this scenario all too well. For the last fourteen years we've met in mid-winter to plan our spring outing. For the first few years it was disastrous. We constantly argued over where we were going, how we were going to get there, who was going, and, most important, why we were going in the first place. However, we've now changed our ways. Our pre-trip planning party now has some strict rules applied to it, and we make darn sure they're seriously followed. Our trips, of course, still have their problems. But at least we can't blame poor planning.

Rules and Regulations:

* Who is going is definitely the first thing decided upon since everything else has a direct bearing on it. Group dynamics is number one. When choosing the crew, always lean toward skill and the ability to communicate with the other team members rather than going with the age-old friendship thing. Obviously, friendship is one of the reasons groups go out together in the first place. But not having the proper skills, friends or not, can get you into some real jams out there.
* The group should consist of at least four but no more than six people. Any less and it's not a safe trip. Any more and you're just asking for compatibility problems (not to mention being unable to find a large enough campsite).
* Selecting gear (who is bringing what) is carefully planned out. And remember, no belittling someone else's new gear during show-and-tell. If you do happen to make fun of the gear you are definitely not permitted to borrow it while out on the trip.
* Members are split up into small cooking groups (two or three). For each meal, the team leader taste-tests the individual recipes, and the group with the worst meal does the dishes and the group with the best meal gets to tease

the losers unmercifully while they're doing the dishes.
* Cooking groups share items such as a tent or a canoe. However, each member must be self sufficient when it comes to everything else. Borrowing items, such as toilet paper, is strictly forbidden.
* The route chosen best depicts, as much as possible, the group's general "trip philosophy." Are we going for a real adventure or just to relax? Do we want to fish along the way or travel as much as possible? Is there a rest day planned half way through or a side trip added on? Will it be a circular route or a linear trip which required a car shuttle? Having everyone agreeing is next too impossible of course. The important thing, however, is that you've tried to at least accommodate everyone's needs. This process will help control the frustration (and reduce the blame) when something goes wrong — and something will definitely go wrong.
* A trip leader is chosen and agreed upon by all members of the group, as well as the leader themselves. The voyageurs always had a trip leader, titled the "Bourgeois," who made all the important decisions and good judgment and fair consensus, especially between groups of friends, can be easily swayed by fatigue or bravado. A trip leader can quickly solve this issue. Or, at best, be the one to complain to.
* Each crew member is given a separate task or duty so the leader knows who to blame when it's not properly done, or not done at all.
* Once the date of departure is set, it's set. Period!

What makes a good trip leader?
* Well organized
* Honest but compassionate
* Decisive
* Can deal with stress under pressure
* Able to change with the conditions
* Excellent communication skills
* Excellent outdoor skills (but doesn't try to prove it all the time)
* A positive attitude
* Enthusiastic
* A great sense of humor

Key points on route planning:
* Attempt to have the route meet each member's objectives for the trip (good luck).
* Provide each member a copy of the route map.
* Create a contingency plan (what to do if something goes wrong).
* Make the first day the easiest so everyone can get used to carrying heavy loads.
* After estimating travel time, always add an extra hour or two per day for unexpected circumstances.
* Include a rest day every five days of the trip.
* Plan a few alternative routes to shorten or lengthen your trip.
* Make a list of possible side routes and make them a highlight of the trip.
* Make the last day the shortest so you have plenty of time to get home.

And don't forget to...
* Provide each member an estimate of the trip's cost.
* Provide each member a list of regulations which may be in place where you are going (i.e. can and bottle ban, group size, fire ban, fishing species in season, fish sanctuaries, restricted camping areas).

Best ways to start an argument out there:
* Not agreeing to pay fair share of trip costs.
* Being late at the pick-up point.
* Get up late, when everybody else gets up early.... or vice versa.
* Forget a 'very' important piece of group tripping gear.
* Never consulting with your partner(s) on any decision or consulting but never using any of the other person's ideas.
* Carrying less than everyone else but complain about the weight more than anyone else.
* Constantly stopping to collect items (rocks, unique driftwood, tree stumps, etc.), then you can't keep up because you are overloaded.
* Constantly compare gear choices and extol yours over everyone else's.
* Sneaking food and gear from someone else's pack.
* Using someone else's toothbrush and not tell them until the last day.
* Run out of toilet paper then use everyone else's, in generous amounts.
* Constantly critiquing your group members on how they; run rapids, start the fire, hang the food, make meals.
* Not doing your fair share of camp chores.
* Use a metal knife to cut the dessert baked in the outback oven.
* Going poop too close to camp.
* Complain about the weather.
* Talking all day and all night for the entire trip.
* Sing the same song over and over and over.
* Yelling "There's a moose" and watch it run away before the group photographer gets a chance to get a picture of it.
* Showing off, getting hurt, and then having everyone else take care of you.
* Stopping to fish every ten minutes when no one else bothered to bring fishing gear.
* Always being well ahead of the rest of the group.
* Always being well behind the rest of the group.
* Be obsessed about completing the route sooner than

later.

- From www.paddling.net. Kevin Callan is the author of eight books including 'The Happy Camper: An Essential Guide to Life Outdoors'. He is a recipient of the National Magazine Award and a regularly featured speaker at North America's largest paddling events. The above article is from the book "The Happy Camper" published by Firefly / Boston Mills Press.

420+ Years on the Ocoee

by Hank Klausman

The title doesn't refer to an Endless River Adventure, but rather to the total age of the trip participants....

There were just seven of us, the Magnificent Seven, but we could brag of totaling over 420 years. As you suspect, this turned out to be a senior's event comprised of mostly GCA members and many former officers, even Presidents. The only interesting river with enough water to start my paddling season was the Ocoee, so I sent out a "Start Your Paddles" email. Peter Elkon and Fred Stokes drove up with me. We passed Mark Levine on the way. Fred mouthed "Ocoee" and Mark nodded. We met him at the put-in. Also showing up were Evelyn Hopkins, Emily Hitchcock and John and Tee Brower. Tee was recovering from hip replacement, so she was shuttle bunny and I didn't count her in our total age. We decided not to allow anyone under 50 to join up (Not really).

The weather was great, clear and about 70 degrees. The water was surprisingly warm (just cool) for this time of year. But there was a breeze, so most of us wore dry tops and were glad. The river traffic seemed pretty busy for so early in the season, probably due to nice weather and available water. A lot of action with Fred, Peter and Evelyn all getting in their first combat rolls of the season. Mark and Emily decided to swim, but recoveries were quick. John and I stayed upright. He is good and I was lucky.

This group probably had more total river years of experience than I have ever seen. We chatted about our runs in the 1970s and places we had been together like Colorado and Maine. Fun reunion. Maybe we should make this a regular event.

- Editor's note: Well kept secret — GCA stands for Geriatric Canoeing Association ;-)

THE HOBBIT on Sacrifices to the River Gods

Hey Mr. Hobbit,

Occasionally when I boat, I find that the river gods are out to get me. What can I do to appease the river gods and keep the paddle snakes at bay? Should I bring a cold one and share it with the river at the end of the day???

Mr. Lambchop

Well, Mr. Lambchop, the river gods are probably after you because you haven't paid sufficient river dues to be on the river that you've selected for the day's recreation. The river gods keep an informal tally of what rivers you paddle, the level, and whether you worked the river by practicing skills or just used the day for lazy recreation.

If the river gods think that you haven't spent enough time working on skills and have become complacent, they use the tools at their disposal to teach you a lesson, even when you are on rivers within your skill level. Sometimes, they use the paddle snake to intervene and sometimes they let the river handle it

The other thing that angers the river gods is hopping on rivers without sufficient skills and without humility. The river gods can identify false humility by your posture in the boat and will wreak havoc on your day. The river gods demand no sacrifices except your attention to skill and technique when you are on the water. The river gods will treat you kindly if you approach boating with a desire to improve and a willingness to work.. Good work ethic on the river will make you a better boater.

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.

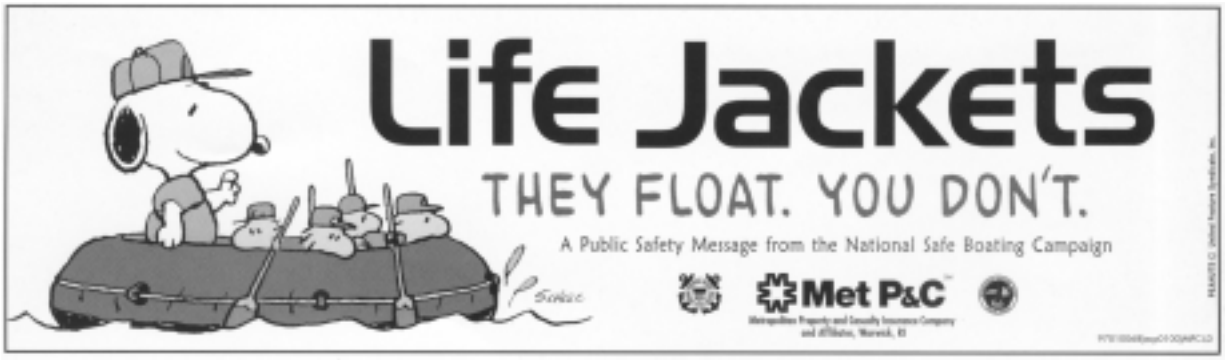
The Hobbit:)

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

Camping Tips

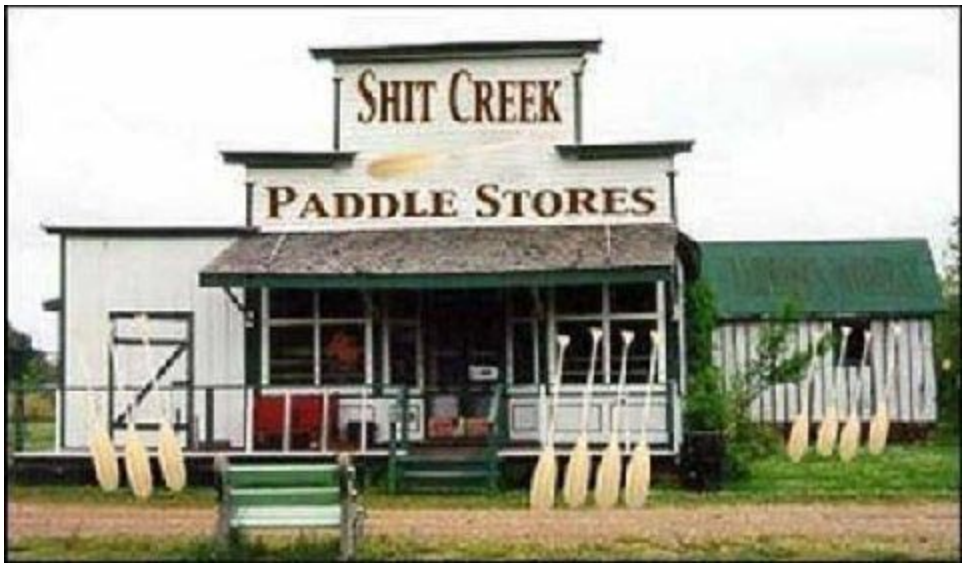
* When using a public campground, a tuba placed on your picnic table will keep the campsites on either side vacant.
* Get even with a bear who raided your food bag by kicking his favorite stump apart and eating all the ants.
* Old socks can be made into high fiber beef jerky by smoking them over an open fire.
* When smoking a fish, never inhale.
* A hot rock placed in your sleeping bag will keep your feet warm. A hot enchilada works almost as well, but the cheese sticks between your toes.
* While the Swiss Army Knife has been popular for years, the Swiss Navy Knife has remained largely unheralded. Its single blade functions as a tiny canoe paddle.
* Lint from your navel makes a handy fire starter. Warning: Remove lint from navel before applying the match.
* You can compress the diameter of your rolled up sleeping bag by running over it with your car.

- From the Joke du Jour web site http: / /www.jokedujour .com.



Right: For those who have been up there without one, finally there is help. I know, at one time or another, we have all needed one of these. I just never realized there was actually a place where they could be purchased. So, file this away for future reference.

Left: An old Courier & Ives canoeing print.



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

FOR SALE - Canoes & Kayak. Mad River Outrage $550 FIRM. Dagger Genesis $650 FIRM. Both in Very good condition and fully outfitted. Wave Sport EZ $350 OBO. In good condition. Call Mike @ 404.680.3508 or email mcollins@genwash.com.

FOR SALE - Canoe, Mohawk XL-13, green, air bags, good condition. $750. Bill McLendon 770.973.5864.

FOR SALE - Kayak. Red and White Medieval by Dagger. According to the Dagger product profile, it rates as being good for an intermediate paddler from 140 to 220 pounds. Length 7' 11", weight 42 pounds, volume 52 gallons. In good shape. $350. 404.255 .0368.

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

FOR SALE - Canoe saddle. Triple saddle by Mohawk, 60" long with 3 thigh retainers, Yakima foot braces, new, removed from a canoe that has never been used. This type saddle has been discontinued and is no longer available. I will also be including paperwork for installing. Cost over $400, selling for $325. 404.255.0368.

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.

***EDDY LINE* ADS WORK!**

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 Swifty 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.

COURSE SCHEDULE, INSTRUCTIONS & REGISTRATION FORM ON REVERSE SIDE

GEORGIA CANOEING ASSOCIATION INSTRUCTION 2006

White Water Canoe

+ Trained Beginner
  June 17, 18
  Coordinator: Jim Albert (770.414.1521, jimalbert@gmail.com)
+ Intermediate
  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

Coordinator: Louis Boulanger (404.373.2907, louis .boulanger@ece.gatech.edu)

+ Beginner
  June 7 (evening), 10, 11
+ Trained Beginner
  June 17, 18
+ Intermediate
  May 20, 21
+ Nantahala Falls Kayaking
  September 16, 17

Ducky Day

+ One day class on the Tuckaseigee (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/membship.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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