

Summer Roll Practice

GCA Summer Roll Practice will be held at Stone Mountain Park at 6:00 p.m. (or earlier) on Wednesdays from May through the end of Daylight Savings Time. Roll Practice is free, but participants will need to pay for entry to the park. A season pass is recommended for folks who plan to attend multiple sessions.



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

The boat ramp is very busy with power boats putting in and taking out, so use the ramp area to load and unload only and park away from the ramp. Once in the water, try to stay clear of the ramp for the same reason.

Please note that park rules prohibit "swimming" at this location. If you're in the water spotting for someone, be prepared to explain to park officials that you are not "swimming."

Roll practice is an informal arrangement that requires volunteers. If you can help with kayak, canoe or C-1 rolling, your assistance would be appreciated. ✂

Flat Water/Smooth Water Safety Class

Gina and Haynes Johnson will have a one-day safety class for lake and smooth water paddlers on Lake Lanier on Saturday, June 9. The class will focus on rescue techniques, loading and securing boats, wet exits and re-entries and "wind, waves and weather." The class will also include a section on stroke efficiency and body mechanics.

The class is open to recreational kayaks, touring kayaks and canoes. A limited number of canoes may be available to borrow if needed.

The class will be at Gainesville First United Methodist Church, north of Gainesville on Highway 60 (first driveway north of the bridge). For more information, contact Gina and Haynes at haynesandgina@alltel.net or 404-512-0832. ✂

Wilkerson Takes Over Member Services, Store

Kate Wilkerson of Marietta has agreed to serve as GCA's new member Services Chair, and to take over the GCA store.. A big THANK YOU to Kate, a fairly new member, for taking on these important jobs. ✂



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Who Ya Gonna Call?

GCA Contacts

For general GCA information:
Call 770.421.9729 and leave a message; your call will be returned as soon as possible.

To volunteer for club activities:

Contact GCA President Vincent Payne at 770. 834.8263 or the chairperson of the relevant committee.

For membership or dues info:

Call GCA Treasurer Ed Schultz at 404.266.3734.

To sign up for a club trip:

Call the trip leader at the number in the trip list.

To sign up to lead a club trip:

Call GCA Cruisemaster Steve Reach at 770.760.7357.

For information on GCA Clinics:

Call the coordinator listed on the clinic schedule or Training

Director Gina Johnson at 404.512.0832.

For information on winter roll practice:

Call Lous Boulanger at 404.373.2907.

For information on the GCA Library:

Call GCA Librarian Denise Colquitt at 770.854.6636

Eddy Line Contacts

To submit or send written materials:

Email to the_eddyline@yahoo.com or mail to *The Eddy Line*, P.O. Box 441, Gainesville, GA 30503-0441.

To contact an Editor:

Use the email or address above or contact Editor Rick Bellows at 678.617.2546.

For information on commercial or classified ads:

Contact Advertising Manager Rick Bellows at 678.617.2546 or by email at the_eddyline@yahoo.com.

For subscription information, to change your address or if you don't get your copy of the newsletter:

Contact GCA Treasurer Ed Schultz at 404.266.3734. ✂

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	Kate Wilkerson
Recreation Chair	Denise Keller
Resource Development Chair	William Gatling
River Protection Chair	Don Kinser
Training Chair	Gina Johnson

Submitting Eddy Line Material

Deadline for material to be submitted for publication is the fifth of the prior month, e.g. December 5 for the January issue. Material received after deadline MAY NOT BE PUBLISHED. GCA members are encouraged to submit articles, trip reports, editorials, photos, cartoon, etc. Letters to the Editor are also encouraged. **Submissions should be typed, single spaced and not indented: if possible, please prepare articles in "plain text" rather than in a word processing format.** Material may be submitted to the_eddyline@yahoo.com or to *The Eddy Line*, P.O. Box 441, Gainesville, GA 30503-0441. The text of an article can be placed in the body of an email or as an attachment: photo images can be attached files. If possible, please submit photos and other graphics in "jpg" or "tiff" format and specify the photographer of each picture. To submit material via disk, please contact us for information. Classified ads will run for two issues, but will be rerun at the advertisers request. Hand-written or phoned in material CANNOT be accepted. Contact Editor **Rick Bellows, 678.617.2546** or the_eddyline@yahoo.com if you have questions. Thank you.. ✂

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UPCOMING GCA TRIPS

May			
4-6	Spring Extravaganza	Multiple Rivers - All Levels	Denise Keller 770.591.0980
12	Chattooga Section 4	Class 3-4 Advanced	Roger Nott 770.536.6923
12-13	Toccoa (Note 1)	Class 1-2 Trained Beginner	Lois Newton 706.398.3069
13	Nantahala	Class 2-3 Intermediate	Matthew Crawford 770.573.3374
19	Broad	Class 1-2 Trained Beginner	Connie Venuso 404.633.8038
20	Leader's Choice (Note 2)	No Training Required	William Gatling 770.529.7103
20	Fightingtown Creek	Class 2-3 Intermediate	Edward Stockman 770.441.9767
20	Leader's Choice	Class 3-4 Advanced	Duncan Cottrell 678.493.7804
20	Leader's Choice	Class 3-4 Advanced	Peter Elkon 404.314.3861
26-28	Big South Fork (Note 3)	Class 2-3 Intermediate	Lois Newton 706.398.3069
26	Hiwassee	Class 1-2 Trained Beginner	Brannen Proctor 770.664.7384
27	Hiwassee	Class 1-2 Trained Beginner	Jack Taylor 770.998.0350
June			
1-3	Flint River (Note 4)	Class 1-2 Trained Beginner	Vincent Payne 770.834.8263
2	Tuckasegee	Class 1-2 Trained Beginner	Todd McGinnis 770.856.4489
9	Chattooga Cleanup (Note 5)	Class 3-4 Advanced	Roger Nott 770.536.6923
29-7/3	New River Gorge (Note 6)	Class 3-4 Advanced	Louis Boulanger 404.894.2957

Note 1: 1-night camp, Deep Hole to Shallowford Bridge or Party Rock. See page 8.

Note 2: For true "Beginners" - new paddlers especially welcome.

Note 3: 2-night camp, Station Camp to Blue Heron. See page 8.

Note 4: 2-night camp, Paddle With the Prez.

Note 5: Fall Creek to Woodall - cleanup from Thrift's Ferry to Bull Sluice.

Note 6: Class 4 - Cunard to Fayette Station.

Your Trip Could Be Listed in This Space — Call Cruisemaster Steve Reach at 770.760.7357!

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 for 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.

Canoe Camping Trips are multi-day trips, generally on flat or mild water, with at least one night of camping. For details on a scheduled trip, call the trip coordinator. To arrange a trip, call President Vincent Payne at 770.834.8263.

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 flatwater to class 5 whitewater. 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). Boating is prohibited above the Highway 28 bridge. Your cooperation in protecting this National Wild and Scenic River is appreciated.

Roll Practice: Wednesday evenings from 6:00 until dark, May through the end of Daylight Savings Time, at Stone Mountain Park. For more information, look for the announcement in *The Eddy Line*.

GCA Library Items

The GCA Library has many videotapes and books available to any GCA member. All you have to do is call GCA Librarian Denise Colquitt at 770.854.6636 to find out what is available. The cost is \$3.00 per tape or book for postage and handling.

Any / all donations or loans to the library are welcome. (Please, no bootleg video copies.) Send them to:

Denise Colquitt
3794 Glenloch Road
Franklin, GA 30217

The following items are currently available:

Videos:

Canoes by Whitesell
Cold, Wet & Alive
Expedition Earth
Faultline (Will Reeves)
First Descents (North Fork Payette)
Grace Under Pressure (learning the kayak roll)
I Said Left, Stupid: A Video Guide to the Chattooga River (Sect. 2 & 3)
In the Surf
Introduction to Canoeing
Mohawk Canoes (promotional w/detailed boat outfitting instructions)
Mohawk Whitewater Canoes (promotional w/ detailed outfitting instructions)
Only Nolan (Promotional, Canoe Technique)
Path of the Paddle: Quiet Water
Path of the Paddle: White Water
Performance Sea Kayaking (the basics & beyond)
Play Daze
Retendo
Solo Playboating!

The C-1 Challenge
The Middle Fork of the Salmon River (Idaho) — by Photographic Expeditions
Trailside: White Water Canoeing the Chattooga River
Vortex -- low cost storm water sampler
Waterwalker (Bill Mason)
Whitewater Self Defense

Books:

A Canoeing and Kayaking Guide to the Streams of Florida
A Canoeing & Kayaking Guide to the Streams of Kentucky
ACanoeing and Kayaking Guide to the Streams of Ohio, Vols I & II
A Canoeing & Kayaking Guide to the Streams of Tennessee-Vol I & II
A Hiking Guide to the Trails of Florida
A Paddler's Guide to the Obed Emory Watershed
ACA Canoeing & Kayanning Instructors Guide
Alabama Canoe Rides
AMC White Water Handbook
American Red Cross Canoeing & Kayaking
Arkansas information (assorted)
Basic River Canoeing
Brown's Guide to Georgia
Buyer's Guide 1993 (Canoe Magazine)
Buyer's Guide 1994 (Paddler Magazine)
Buyer's Guide 1996 (Paddler Magazine)
California Whitewater - A Guide to the Rivers
Canoe Racing (Marathon & Down River)
Canoeing & 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
Youghiogeny-Appalachian River
Maps:
The Big South Fork

Announcements

GCA Email List

By joining the GCA group email list, you can share information with over 400 members and others. 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.

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 posted on the GCA email list. If you want to receive any of this information, please subscribe.

The email list is intended to facilitate communication, so don't be shy about using it to invite others on paddling trips, to discuss paddling related issues or to disseminate or obtain



information about paddling related topics, rivers you're interested in, etc.

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.

When you change or lose your email ID, please take the time to "unsubscribe" your old ID and 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 also available on the site.



Mail Failure Notices

Each month the electronic version of *The Eddy Line* results in numerous mail failure notices from members with bad or discontinued email addresses. If email can't be delivered to your email address, you will be deleted from the recipient list for the electronic version until we get an updated email address from you.

When GCA receives a mail failure notice in response to an email to you on the GCA Email List, you will be automatically unsubscribed by the listserve software. You are responsible for keeping your email address current. Thank you — it makes less work for our all volunteer staff. ✂

Talking Trash

by **Bonny Putney, GCA "Trash Queen"**

Hope you all had a nice Easter holiday and are enjoying the rivers this spring.

Talking about trash, it seems we paddlers are being trashed in the press lately. Looks like non-paddlers equate us to beer guzzling, land trespassing, trash dumping, yard pooping tubers, and don't want anything to do us or our sport.

I have to admit I enjoy a beer now and then but as for the rest of it, I don't like people who disrespect the river or people's private property any more than they do. All of us should be ambassadors of the sport each and every time we go paddling, and for the most part all of you are.

One thing we can do that is easy and makes a huge impression on the sport, peoples' perception and the landscape is to organize or attend a clean up! If you have never done a clean up, it is easy and believe it or not a fun time and sometimes we even have beer after.

June 2-10 is National River Clean Up Week and this spring there are lots of events scheduled. The Upper Chattahoochee River clean up is June 2-3 and 9-10, the Gilmer County Earth Day Cartecay clean up is May 21 and Roger Nott is leading his spring clean up on the Chattooga June 9th from Thrift's Ferry to Bull Sluice.

We have also scheduled a river clean up day during Paddle Georgia on the Ocmulgee at the end of June and we almost always have something going on the Chattahoochee below Buford Dam, just pick a spot. Email me at bpputney@bellsouth.net if you want additional information and or need help setting up a clean up or visit www.riversalive.org.

The point is, even if you can't attend a scheduled clean up, grab a bag and go paddle somewhere and pick up what you can! Respect people's property, leave the river better than you found it and maybe we will find areas, rivers and runs open to paddle that we never had access to before. ✂



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 advertisers. Thanks! ✂

"Water is second nature to me and I don't know fear on the water. I respect water for its power and potential. I can not and do not try to overpower it. I go with it and do the best I can. I know I can never win. I just try and break even."
Richard Grove

New Directory Completed

Allen Hedden has announced that the 2007 GCA Directory is now complete. The print edition will be mailed out in the future, but the pdf version has already been distributed to those who receive the pdf version *The Eddy Line*.

The pdf version of the directory allows for searches based on first names, zip codes, email addresses, etc. If you get the pdf version of *The Eddy Line* but didn't receive a directory, or if you don't get the newsletter by pdf but would like the pdf version of the directory, contact Allen at gacanoe@mindspring.com. ✂

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Spring Extravaganza Update

by Denise Keller, GCA Social Chair

Greetings. Just a reminder of the club's next big social event of the year, The Spring Extravaganza, May 4-6. Please check out page 23 for details and a dinner order form, or e-mail me and I can forward it.

Here's some news and updates for the SE:

1. The new dinner order form includes a vegetarian entree option. If you ordered chicken or trout and would prefer the vegetarian option, let me know.

2. Endless River Adventures (ERA) wants to join us on Friday night (May 4th) for a talk and info about some of their plans for the 2007 season. Maggy, my contact person from ERA, has informed me that the Cheoah River will be releasing the weekend of the SE and if there are club members that want to raft this class 4-5 river, they are ready and willing to do so. Please check out their website www.endlessriveradventures.com for more information.

3. The GCA's favorite kayak instructor, Mr. Louis Boulanger, is having an intermediate clinic on the Nanty the weekend of the SE. Please check out pages 10-12 for more details on that or e-mail "LB" at Louis.boulanger@ece.gatech.edu. Note: Louis is just one of our club's many fabulous instructors.

4. I wanted to tell you all about Smokey Mountain Retreat Cabins that are located a field beyond Smoky Mountain Meadows Campground. Check out their website, www.virtualcities.com. These are great if you're not fond of camping and have a group of people to help with the cost. Call owner Miss Linda Parris at 828-488-6347 for information.

5. Smokey Mountain Meadows Campground is hopefully open as you read this. If not, you can e-mail Freda at smmcamp@yahoo.com to make camping reservations.

6. Doug Woodward, who joined us at the Spring Meeting for a talk and to sign his book, *Wherever Waters Flow*, is going to try and hook up with us that weekend if his schedule allows. We had a great time with him, I hope he can make it.

7. I'll need the dinner order forms back to me no later than April 30th so I can give counts to Monica Cook so she can order appropriately.

8. To all the new GCA members, I hope you can attend the SE. If there are questions of who, how, where or when, send me an e-mail or give me a call. There are plenty of members that will be glad to help out too. The SE is very social and there's always plenty of people to talk to and listen to and paddle with.

William Gatling, coordinator of the Georgia River Explorer Series, has offered to coordinate a run on the Tuckasegee the Saturday of the SE. This is a nice paddle for

those who are new to their boats, haven't paddled in a while or just want a leisurely paddle.

If there is anything else I failed to mention, let me know

at baloata@bellsouth.net or 770-591-0980. Otherwise, I hope to see you at Smokey Meadows Mountain Campground May 4 through 6. ✂

Spring Meeting Report Getting High

by Denise Keller, GCA Social Chair

Well, I'd like to let the GCA members in on a little secret: I found the true way of "getting high" at the membership meeting on Sunday, March 25th. You don't need any sort of drug to get it either. Here's how you do it:

5th day into Spring, a Sunday in Lent, mid-80 degree, sunny weather, Elvin and Nancy Hilyer, the Etowah river, Doug Woodward, tandem canoe trip, GCA members new and old, good food and drink, and fellowship. That's all you need!!

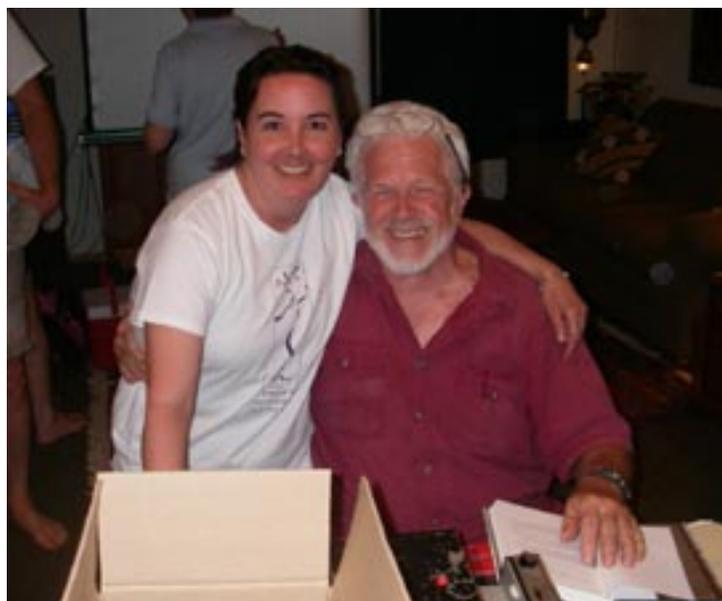
I had to take Monday the 26th off because I was still "zooming" from Sunday. I'm not sure where to begin the "thank you's" but let me start with fate. With Elvin and Nancy, Jamie Higgins, Doug Woodward, myself and fate, it all came together on Sunday as a day to remember for a long time.

Elvin and Nancy, on behalf of the GCA, Thank You for hosting the meeting at your beautiful home. Your place is about as close to Heaven as one can get. A little piece of paradise for sure. It was such a pleasure meeting you both. Words are beyond me to express the gratitude I feel, forgive me.

Jamie, Thanks to you for getting Doug to join us. As



Above: Spring Meeting attendees outside the Hilyers' home on the Etowah River. Below: Denise Keller and Doug Woodward. Photos by Tom Keller.



usual, you always come through.

Doug, Thank You for coming all the way from North Carolina to spend some time with us. We certainly appreciate it. Elvin and I have been talking for months about how excited we were for your book signing for *Wherever Waters Flow*. What wonderful stories you told to us and the slideshow was so interesting and funny! Thank You again.

I was delighted to see so many new faces at the meeting. Especially the new members, to all of you I say "Welcome to the GCA"!!

Thanks to all members who attended either for a paddle or to meet Doug or both. This is what it's all about. The galas and meetings are social events that only happen a few times during the year. It's a wonderful feeling when we all come together and show support for the club.

Thanks to all for the buffet table of goodies! WOW!! Everything was fabulous. What creative dishes there were.

My last Thank You is for myself for being so blessed to be part of such a special day. There were so many things happening that day, that I can't begin to tell you all without this turning into a 3 page article. (We all know the attention span of paddlers!!) I will tell you that I was very moved.

I end this by saying again, a huge THANK YOU!! to all. ✂

Upcoming Events of Interest

May 4-6 - GCA Spring Extravaganza - Paddling & camping weekend - Denise Keller, 770.591.0980.

May 4-6 - 10th Annual French Broad River Festival, Hot Springs, NC - www.frenchbroadriverfestival.com.

May 5 - Coosa River Basin Initiative Flatwater Race and Canoe-A-Thon - more info at www.coosa.org.

May 18-20 - PaddleFest 2007 (AW fundraiser), Buena Vista, CO - coloradokayak.com or 888.265.2925.

May 18-20 (tentative) - Noli Fest '07, Noli Gorge Campground - Wesley R. Bradley, dangerousdraftingman@hotmail.com

May 19 - 17 mile Chattahoochee paddle - Buford Dam to Medlock Bridge - www.ucriverkeeper.org/community4.html.

June 2 - 14 mile Chattahoochee paddle - Medlock Bridge to Azalea Park - www.ucriverkeeper.org/community4.html.

June 2 - Southeast Paddlers Charity Paddlethon, Stone Mountain Lake - <http://paddlethon.southeastpaddlers.org>.

June 2-3 - USACK Marathon Team Trials - Stone Mountain Lake - hosted by Southeast Paddlers - contact Barend Spies, barendspies@msn.com.

June 2-10 - National River Cleanup Week, sponsored by American Rivers - www.americanrivers.org.

June 8-10 - Wenatchee River Festival, Cashmere, WA - www.wenatcheeriver.com.

June 9 - Back to the Chattahoochee Flatwater Race and

Festival - more info at www.chattahoochee.org.

June 9 - NC Wildlife Federation Canoe and Kayak-athon, 8:30 a.m., Riverbend Stream Station on Mountain Island Lake near Charlotte - more info at 704.332.5696 or tim@ncwf.org.

June 16 - 13.5 mile Chattahoochee paddle - www.ucriverkeeper.org/community4.html.

June 23-29 - Paddle Georgia 2007 - Ocmulgee River, Monticello to Hawkinsville - more info at 706.549.4508 or www.garivers.org/paddlegeorgia/pghome.html.

July 7 - 31 mile Chattahoochee paddle - www.ucriverkeeper.org/community4.html.

July 10-15 - ACA Whitewater Open Canoe Downriver and Sprint National Championships - Youghiogheny River, Ohiopyle, PA - e.sharp@att.net or watson@telpage.net.

July 14 - Chattahoochee Evening Paddle - Morgan Falls Dam to Paces Mill - www.ucriverkeeper.org/community4.html.

July 15-21 - Junior Wild Water World Championships - Saluda River, Columbia, SC (Classic Race), Charlotte White Water Park (Sprint Race), John Pinyerd, 678.357.7843, email jpinyerd@cs.com.

July 21 - 27 mile Chattahoochee paddle - Azalea Park to Paces Mill - www.ucriverkeeper.org/community4.html.

July 28 - Overnight Chattahoochee paddle - www.ucriverkeeper.org/community4.html.

August 11 - Paddle Mania - Chattahoochee River, Medlock Bridge to Franklin, GA - 24 hours continuous paddling - www.ucriverkeeper.org/community4.html. 

Toccoa, Big South Fork Canoe Camping Trips Planned

by Lois Newton

Water levels permitting, I will be leading two canoe camping trips in May, one on the Toccoa and one on the Big South Fork.

Toccoa River, May 12-13

Originally scheduled for the fall, the trip had to be canceled due to the water level being too low. Optimistically being rescheduled for this Mother's Day weekend, and will

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

take place if water level is above 300 cfs but below 900 cfs.

We will run from Deep Hole to Shallowford Bridge or Party Rock Rapid, based on group decision. Our planned campsite is slightly downstream of the Benton-McCay trail swinging bridge. Whatever type craft you choose to paddle, whether canoe, kayak, rec kayak, sea kayak, raft or inflatable, you must be able to carry your own gear.

Big South Fork, May 25-27

This relaxing Memorial Day Weekend trip will put on at Station Camp in Tennessee and run to Blue Heron in Kentucky. Part of the Big South Fork National River and Recreation Area (BSFNRA), a unit of the National Park System, this remote stretch is basically a float that includes a few Class 2 rapids for the most part, with intensity increasing and a Class 3/4 rapid (Devil's Jump, which can be portaged) near the end, past Bear Creek. Large boulders abound, some of which we've used as "jump-off" rocks.

This is approximately a 19-mile run which we paddle lazily. If the water level is sufficient we generally camp at one place for both nights, which allows time to play in our boats (we sometimes camp near a good surfing rapid), travel up or down the river to explore, hike (old trail nearby, not maintained and

has downed trees), swim, fish, or just plain sit at the campsite and enjoy this undeveloped area.

The shuttle is rather lengthy so we'll want everyone there and unloaded by 10 a.m. (I generally arrive sometime Friday night and sleep in my truck). The shuttle run will include a stop to purchase the required permits, based on the number of participants.

This stretch has been run in canoe, kayak, rec kayak, raft or inflatable, and one person once used his sea kayak, but whatever craft you choose to paddle you must be able to carry all your own gear. Generally we are off the river by 4 p.m. on Monday, but sometimes things can happen to make it later, so plan on a full day.

Because of the unique nature of this recreation area, should the river level be too high or too low to paddle I do not intend to have an alternate paddling trip but rather plan to camp and enjoy the other recreational aspects of this NRRA, such as hiking and mountain biking. Hope you can join me!

Please call me at 706.398.3069 to join either of these trips.

Not Just a Trip Report Broad River Rescue

by Shari Heinz

It was a great day to be on the river, but then any day, well almost any day, is a good river running day. So with a note to the group mail the motion was set. A group of 10 meet at Broad River Outfitters in Madison County (no covered bridges here that I know of) and we launched onto the Broad River.

After the normal introductions and warm up with ferries we were off and paddling. Steve Cramer, Ed and Willie were outnumbered by the ladies in boats. There was one canoe, two sit-on-tops and the rest were traditional kayaks.

The broad river is just that - WIDE. The rapids on this river are from Class 1 to Class 3 and at higher levels they can be "oh my." There are holes and ledges and even a falls, more a slide but still a great drop.

I have done this river before in my barge, a 15.9 We-nona Prospector, and a rented kayak and I had a great time taking all the wrong paths. This time, in my own kayak and with others that know the river better, my lines on the rapids were right on. Well almost.

Being somewhat new to my kayak, I have yet to master a roll and wet exit has been practiced only in a pool, no moving water practice. This was a mistake on my part, for at one rapid I braced and missed, then went over.

I saw the sunlight and the water and bubbles and started to panic. I was able to get my head above water at least twice, spotting boats attempting to get to me and then it occurred to me, "I am going to drown". That was scary.

Then something hit me (figuratively). I was composed

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The advertisement features a cyclist on the left and a runner on the right, both in athletic gear. The Pearl Izumi logo is prominently displayed in the center.



Before the incident: driftwood turns a kayak into a marauding white elephant. Photo by seamorelilfoot.

2007 GCA INSTRUCTION SCHEDULE & CLINIC INFORMATION

Schedule on Page 12

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. Events will be coordinated by GCA Members. Space is limited.

EVENT DESCRIPTIONS

BASIC WHITEWATER 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.

RECREATIONAL KAYAK:

This class is designed for recreational kayak boaters who want to experience moving water and Class 1 & 2 whitewater. Basic safety will be reviewed and river skills will be practiced.

CLINIC DESCRIPTIONS

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. Instruction level 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 WHITEWATER 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 flatwater session emphasizing strokes, safety, self-rescues. Full day Sunday session on whitewater river. You must attend both the dry and flatwater sessions to participate in the whitewater 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 2 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 whitewater 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% flatwater 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 2-3 river working on turns, surfing, eddy hopping, etc. Full day Sunday trip on a Class 2-3 river.

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:

Whitewater 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.

REGISTRATION:

To register for one of these clinics you must be a member of the Georgia Canoeing Association. For an application to join the GCA go to the GCA Web Site at <http://www.georgiacanoe.org/membership.htm> or call 404.421.9729. Dues are \$25. Classes are \$65 per person for a two day clinic or \$35 for a one day event, 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** _____

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.**

Schedule on Following Page

GEORGIA CANOEING ASSOCIATION 2007 INSTRUCTION SCHEDULE

Whitewater Kayak

Beginner (TBA)
June 5 (eve.), 9 & 10
Tom Bishop
Bishop.t@comcast.net

Trained Beginner (TBA)
May 5 & 6
Tom Bishop
Bishop.t@comcast.net

Intermediate (Nantahala)
May 5 & 6
Louis Boulanger
Louis.boulanger@ece.gatech.edu>

Nantahala Falls (Working in the Falls)
September 8 & 9
Louis Boulanger
Louis.boulanger@ece.gatech.edu

Recreational Kayak

Introduction to Moving Water(Chestatee)
May 19, Moving Water-Class 1
Jamie Higgins
Jmhiggins_99@yahoo.com

Introductory White Water (Tuckaseegee)
July 14, Whitewater Class 2
Jamie Higgins
Jmhiggins_99@yahoo.com

Whitewater Canoe (Solo and Tandem)

Beginner (Broad)
May 12 & 13
Steve Cramer
cramersec@charternet

Trained Beginner (TBA)
June 9 & 10, August 18 & 19
Jim Albert
jimalbert@gmail.com

Intermediate (TBA)
May 19 & 20
Marvine Cole
marvinequilts@earthlink.net

Intermediate I (Tuckasegee)
August 25 & 26
Gina and Haynes Johnson
Haynesandgina@alltel.net

Intermediate II (Nantahala)
September 29 & 30
Haynes and Gina Johnson
Haynesandgina@alltel.net

Safety

Flatwater Safety - Kayaks and Canoes (Lake Lanier)
June 9
Gina and Haynes Johnson
Haynesandgina@alltel.net

Basic White Water Safety (Amicalola)
July 14
Gina and Haynes Johnson
Haynesandgina@alltel.net

Sea Kayak (call for class fees)

All taught by Steve Cramer
cramersec@charter.net

Introduction - Charleston, SC
May 26-28 (Memorial Day weekend)

Safety & Rescue Clinic - Athens area
June 9

Sea Kayak Weekend - Charleston
Sept 29 & 30

Sea Kayak Strokes - Athens Area
August 11

FEES:

Two Day classes are \$65.00 for instruction or events
One Day classes are \$35.00
All fees included American Canoe Association Insurance. If you are an ACA member, your fees are reduced by \$10 per class or event.

and knew that I was not going to make the roll and that I had to get out of the boat. I pulled on the 'biner that is attached to the pull tab of the skirt and popped out.

With my head now above the water and holding onto my boat, I saw and heard the other boaters yelling to get me, get the boat. There were arms and hands grabbing my vest and supporting me. I was floated on my back to a rock where I was able to do a quick mental check of my body; my head was throbbing to the point that I did not want anyone to touch me. There was coughing and shaking and then my rescuers decided that I needed to get out of the water. I was instructed to take hold of a bow strap and float with my feet up and just relax. Soon I was being helped to the sandy bank. There they asked if I was ok and "Why didn't you exit sooner?" How do you tell someone you forgot how to?

Once there, I am not sure what happened. My gear was gathered, the water emptied from my boat. MY HEAD HURT, and my helmet has a few scratches, one that now shows the black under the yellow. I hurt, I was wet and getting cold.

Soon we realized that we needed to end the playing. We were still about an hour or more from getting off the river. There was no way to walk out and I was not doing that as I knew that I could not. So it was back into the boat.

Jamie and Steve paddled next to me for awhile and then it happened: the adrenalin was gone and the panic started, I was shaking and crying and not getting enough air. My boat was stabilized and again I was talked to and instructed to relax and take deep breaths. Talk about being embarrassed.

More was to happen as we traveled on down the river. Now we were approaching more rapids. I was told what chute to take and my boating was better then ever. I made every eddy that I was told to get in, and every chute at almost the exact spot.

Then came Rooster Tail and I got out of the boat. Here on the rocks on river right my body took over and I thrww up and cried. I was SO embarrassed. I hurt and my head was at the point that I did not want to move, but I knew we had to get off the river, so off we went again. Soon the bridge was in sight and that means about a half mile to go.

As we got to the takeout a call was placed to the outfitter, who came as soon as possible. My gear was loaded and I was placed in the bus, cold and still shaking, Karla sat next to me and talked about the good parts of the trip.

Back at the parking lot again, my gear was put into my truck and my boat was tied in. I was feeling a little better. I had two Motrin and water and was off for home.

Back home, I was checked out by a doctor and told that my body was reacting to the shock and trauma. I was instructed to take two pills and sleep good, take it easy for a few days and follow up with my own doctor.

I am so GRATEFUL to all that were on that trip, for each

The advertisement for Amigos drysuit-repair.com features the company name in a stylized font at the top. Below it, the website address is displayed. A large phone number, 1-800-483-0188, is prominently shown. To the left is an image of a grey drysuit. To the right, text reads 'Specializing in Gasket Replacements to keep you dry'. Below the phone number, it says 'Ship it to us for FREE >>' and 'The Outside World is now an Amigos drop-off center'. At the bottom right is a logo for 'OUTSIDE WORLD DAMONVILLE, GA' featuring a globe and a person.

helped in my care and what I call my rescue. To Steve, for pointing the way on down the river and staying with me the rest of the trip. To Jamie, for spotting and wondrous grabs and pulls. To Karla, for her conversations to keep me calm. To Ed, for the rescue of the shoe and more. To Sunny, for her offer to exchange my narrow, cramped Prijon Samuri for her new Torrent. To Willie, for the paddle rescue. And to the other ladies that offered the dry cloths and water at the takeout.

With this trip I have learned more about myself. For me God plays a big part in my life and I think those people were there for a reason and I am SO GLAD they were. Thanks to all.

Keelhauler's Self Evaluation

by Betty Rose

One important factor in safe paddling is to know what level of rapids you are ready to handle. Some new paddlers were recently asking me about an evaluation of some kind.

For newbies curious about where they stand in the paddler hierarchy, the Keelhauler's Self Evaluation is an easy way to quantify your skill level. It is online at <http://www.keelhauler.org/khcc/selftest.html>.

As you'll see if look online, the evaluation results in a score that is correlated to the various classes of rapids. The evaluation is not intended to replace a knowledge of the system or of the river or rapids you choose to run, but it is a way to get a quick, easy evaluation of your skill level.

Of course, for the result to be meaningful, you need to answer the questions honestly.



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Georgia River Explorer Series Fun and Games on the Ochoopee

by Dan MacIntyre

The first leg of the first Georgia River Explorer Series convened on the Banks of the Ochoopee River in Southeast Georgia on March 31, 2007. The result was a great summer weather paddle in March and forty six new GCA Members. This trip was the first of three that have been in the planning and promotion process for almost a year under the leadership of William Gatling.



The purpose of the Georgia River Explorer Series is to introduce river running and the GCA to a constituency who would probably not otherwise become involved with GCA. To accomplish that goal, these trips have been conceived, marketed and executed somewhat differently than the typical GCA trip. The series has been aggressively advertised in free advertising formats and news releases throughout the state. The target market, as the advertising and news coverage have explained, is someone who

has a boat or is thinking about getting a boat and wants to paddle rivers but does not have the experience and contacts to organize and execute a river trip. Forty six people with no previous GCA contact have answered this call.

Another unique aspect of this series is that GCA is charging for it. This charge is in part to cover out of pocket costs (such as \$75.00 for a port-a-potty at the put in and tchotchkes for all participants), in part to cover the cost of a one year GCA membership for each participant and the rest to the GCA River Access fund. For this charge, the participant gets a lot more hand holding than the typical GCA trip. This includes a lot of advice (hopefully, most of it good) and some more tangible benefits such as a school bus to run shuttle.

The Ochoopee trip launched in waves of six to ten boats from 10:00 to noon. The weather was partly cloudy-partly sunny with temperatures in the seventies to low eighties. The South Georgia mosquitoes were also enjoying the weather, so everyone was motivated to get out on the water. To the disappointment of some but the relief of most, Albert the alligator, who inhabits the Ochoopee in significant numbers, did not make an appearance. Nor did we see any snakes.

The river has a very interesting red-maroon tannin stain, which is particularly colorful as it flows over the many white sandbars. The current was running at one to two miles per hour, and there was plenty of water. The main paddling

challenge was strainers in the form of trees that had fallen into the river and trees that were growing in the river. Most of the strainers seemed to be located right in the middle of the main current and right where your boat wanted to go.

We spent a lot of time briefing these new paddlers on how to deal with strainers and, fortunately, the instruction seems to have taken. There was one river wide deadfall, but William and his bow saw and his jaws of death clippers were able to clear a passage behind the root ball.

William Gatling, who conceived and executed the Series and the trip, was assisted by GCA Members Brannan Proctor, Xan Baker, Matthew Crawford, Buddy Goolsby, Lamar Phillips, Haynes and Gina Johnson, Vince and Cynthia Payne and your scrivener and my bride Elise as planners, river scouts, section leaders and safety boaters.

A special commendation and vote of appreciation goes out to Bob Brannan, who marshaled the resources of Altamaha Tech in support of the trip, including the school bus which Bob



Above: the parking lot is busy as the crowd gathers. Photo by David Keller. Below: the Volkmer family - Mark, Chapman and Miles. Photo by Paul Young.



took a special class to be qualified to drive.

Our trip participants and new GCA members are: Sharon Averett, Ben Averett, Patricia Booker, Tom Brogan, Maureen Cahill, Norma Caskey, Trish Champion, Skip Champion, Les Clark, Elliot Cousins, Steven Cousins, Elaine Cress, Dean Crist, Virginia Crist, Ned Dobner, Peggy Feldner, Ron Fetch, Cindy Fetch, Pam Giles, Donna Harrington, David Harrington, Valerie Havill, Karen Hunt, Diane Hyer, Ed Hyer, Giles Jack, Jim Kane, Kim Kane, Richard Kanode, Sandra Kanode, Jeff Kee, Linda Keller, David Keller, Martin Legger, Valerie Legger, Susan Lester, Larry Maulin, Carl McGrath, Don Snyder, Angela Snyder, Lynn Starr, Eric Stealey, Mark Volkmer, Miles Volkmer, Diane Wilson, Smith Wilson, Paul Young and Cy Young.

Two more trips in the series will be the Etowah on April 14 and the Chestatee

on April 28. Anyone willing to assist as a safety boater and/or section leader on one or both of these trips should contact William Gatling at georgiariverexplorer@yahoo.com. 

Tallapoosa River

by Karen Saunders

To say I was a bit nervous about leading my first trip would be an understatement. Add to that the fact that participants could freeze to death while on said trip, and I was ready to pack it in. Warm spring weather gave way to late December freeze as I started gearing up for the camping trip on the Sipsy River in Alabama. However, with no water in the Sipsy, I switched the trip over to the Tallapoosa River along the border of Alabama and Georgia.

After debating whether we should actually go in such cold weather, six brave souls (Jamie Higgins, Karla Vinnacombe, Jeff Engel, Don Clements, Rhett Smith and me)

met up in Tallapoosa (that's Possum Snout to all you non-locals). The temperature was at about 24 degrees early that morning but the temperature was rising and we were all ready to go. We found a Class 3 put-in, set a car at the midpoint and got a shuttle back with Tallapoosa River Outfitters owner Lex Brown.

We got on the river about noon on Saturday and started down, got a few hundred yards and hit our first strainer. Don and Rhett, who ran point for us most of the trip in a tandem canoe, found a slither spot under the river-wide log and we all got to do the limbo as each one of us managed to slide under it. I actually think I got bark in my nose from laying down in the canoe and scuttling under that bad boy. After that we hit a 10-

continued on following page



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foot-high log jam against one bridge piling, but there was a good hole and we passed that with little incident.

This section was a maiden voyage for all of us since I

hadn't had a chance to scout before the trip. The outfitter had been running folks on this section the last few weekends and said there wasn't anything bad that he knew of. The big downside on this upper part was the amount of household appliances and auto parts in the river. "Junk Yard Wars" could have built anything from parts out of the river. At least it looked like they had been there for many years, so maybe the habit of creating fish habitat with old discarded appliances and auto parts is on the decline.

The scenery on the upper part is good — short bluffs, big trees, some areas of deep woods — but there were also lots of junky river camps (old discarded trailers and tent frames, etc.) to look at. The weather remained cold with a stout breeze. The river has many small shoals that keep you awake and we saw some wildlife (squirrels, ospreys, ducks) and lots of cows.

We got to the rustic campground around 6 p.m. after six hours on the river and lugged all our gear up to the camp spots. Needless to say, we had the campground to ourselves. We welcomed the pit toilets (which kept the icy wind from whipping across our bare butts) and fire ring and tables. All in all, a nice little campground.



Jeff Engel and Karla Vinnacombe along the "Possum Snout." Photo by Rhett Smith.

We got dinners and the fire going. Rhett and Don went all out and had grilled salmon and veggie kebobs and shared some wine. The rest of us relied on the old standby, RICE and whatever went with it! We kept the fire high and huddled around it, sharing paddling and outdoor stories. I made a cake and sipped hot stuff 'til we had to go brave the cold tents.

I think everyone slept some that night. I woke everyone up at 3 a.m. when I had to re-inflate my air mattress. And while we were all awake at 3 a.m. our local four-wheel-drive good ole boys decided to drive through the river and through the campground.

I'm sure there were some thinking, "I hope they don't have guns." Jamie was thinking, "I'm glad Karen has her gun," and I was thinking, "Sure wish I had brought my gun." They left without incident, though, and we managed to get a few more hours sleep before Mother Nature forced us out into the 25-degree morning. I got the fire going and people finally starting moving around. We had a leisurely breakfast and headed out around 10 a.m.

The second half of the river is much more isolated and pretty. There are some homes, but they sit further back off the river more and there was very little junk in the river. The river continues to have lots of shoals and several little Class 1 rapids. The weather was much better on Sunday and everyone was in good spirits. It just felt good to be on the water.

This section would be so great in the summer when you could swim. There are lots of deep holes and gravel and sand bars. We did have a couple of strainers to contend with and we got to sharpen our log jumping skills. Rhett assisted the



Jeff Engel "sucking up heat from the rocks." Photo by Rhett Smith.

jumpers while balancing on the log. We continued to see wildlife (groundhog, otter, and one poop-dropping buzzard who tried to nail me, but missed!). The kayakers and the tandem were pouring on the steam and I found myself at the back of the pack a good bit, but it gave me time to just enjoy the peace and quiet. It really is a pretty little river and close to home (for me at least).

We got off the river around 4:30 on Sunday. Everybody headed for home and I was already planning another canoe/camping trip on the Possum Snout.

Roll Practice 2007: A Personal Journey

by Betty G. Rose

It started back in January...a misstep. First practice I was planning to go to was not a scheduled practice. Had cleaned up the boat, got everything packed, looked at *The Eddy Line*...okay, no practice that Monday! No sweat! Had made a personal commitment to do this thing anyway, so kept the boat in the car and made it up from Macon to Atlanta the next Monday.

Chapter 1: Discovering

If any of you had ever dealt with illogical fear/panic, then you might have some idea about what I go through every time I get on whitewater. Panic is a friend. To explain this phenomenon, it's like standing at a microphone in front of an auditorium
continued on following page



A smiling Betty Rose gets help at roll practice from a hiding Jamie Higgins. Photo by Louis Boulanger.

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before thousands of people and being asked to speak extemporaneously...about...anything. To me, that's Panic! Someone asked me this past weekend...what was I afraid of? Easy! When on the river, about getting injured, about drowning, about breaking my neck in a strainer. The normal stuff.

Chapter 2: Under Water

First couple of weeks, when I turned off the light in bed I practiced holding my breath in the dark...for as long as I possibly could. When at the beginning of my first practice in January, Brian asked me to "hold my breath" while I was sitting in my boat, closing my eyes...and he "clocked" me. I held it for one minute! He assured me that any roll lasts from 3 to 5 seconds max! Figured that with 55 seconds to spare, I might live through being upside-down in a kayak.

Chapter 3: Dealing With Pain

Being a 50-something female who has sat in front of a computer for at least 20 years, not particularly athletic outside of some back-packing, coming into this paddling community through a tandem canoe/camping liaison for a few years, and dealing with prior injuries, etc, I felt I had a right to my panic attacks. I gave myself that indulgence! But I knew I had to get under this thing before it became a liability to me and others I might paddle with in the future. I decided to continue with the practice. Because I loved the river water...loved playing in the rapids...wanted to learn to surf...wanted to learn the ways of

the river ... wanted to experience the joys the river could give. Wanted to progress in this "sport".....rather "lifestyle."

A paddling-buddy who was like a kayak-mentor, and who I trusted, agreed to help me with the basics of the roll practice. I took advantage of this generosity and decided to come as often as the Boys & Girls Club was open. That person was a great encouragement to me and I thank him dearly.

I felt many times that I was just too dumb to "get it." I knew all the procedure...go under water...get ready to do the "C to C" roll...and then...just go...blank!! Forget where to put my head coming up...forget that the head was the very last thing to come up! The mantra is: (very counter-intuitive), the head is the LAST THING to come up.

Some things I did to help this practice: Peter suggested early on that I should do some Yoga. So got out the Rodney Yee AM practice tape I've been hoarding for years, and actually used it. Also, was shown some great warm-up exercises based on yoga that get your shoulders loosened up.

That was a particularly sore spot for me; slept with cold packs on the left shoulder for two weeks, eating Ibuprofen whenever I could. Our jarhead office manager (female) told me to suck it up and work through the pain; she was right!! Had no idea that I would ever get through this!

Chapter 4: Centering

After a few weeks, attempted to control these rampant



Indoors in the winter or outdoors in warmer weather, roll practice is both an opportunity for the inexperienced to learn and the more experienced to share their knowledge. Left: Roger Toebben assists Janeanne Giarrusso. Below: father and son Steve and Spencer Griswold. Photos by Louis Boulanger.

feelings, become more centered by coming early and doing a round of Tai-Chi (Yang short form). This helped greatly in setting the tone for the practice that night and allowed a more meditative mindset. (But note, on the river, a degree of panic can sharpen your reflexes, so it's not altogether a bad thing.)

Actually Doing Something

Well, the whole practice culminated in three Geezer rolls! According to Peter, my secondary roll-master, they count. At least, I did begin to put it all together somewhat towards the end.

Life is a constant adventure! I couldn't dare living if I didn't challenge myself. My thanks to all the great entities who "put themselves out there" for me. Blessings on your camps.

A word to Jamie...she caught a rash in the very-chlorinated pool the day she helped me - so glad she was able to clear that up, but thank you so much for your help that day! And also to Louis, for taking my money (and my picture) and offering advice and comraderie.

SY'allOTR!



Ocmulgee River

by Rhett Smith

Brrrr...it was cold (low 20's) and sunny Saturday morning. Met at put-in 7:30ish, just upriver from Lumber City, dropped boats, went to take out, and was shuttled back to put in by an outfitter named Charlie Ford. He was great, interesting, knows tons of local stuff, and the shuttle...he said his route was shorter...all I know is there are more turns, back roads...it was more like a maze...

Twenty-seven miles in 2 days. Day 1 we went careening, sometimes the GPS (veterinarian Rod Hardee) reported 5

mph helped by a 2-3 mile current and tail wind gusting to 20 mph. Twenty-two miles on day was easy. Several times I wished I had a sailboat to experiment with...probably could have made the coast by Sunday late.

The river was wide (up to 50-75 yards at points). My paddling buddy Don Clements took several naps while we cruised.

Towards end of day scouting for a campsite became more and more of a priority. Looking at Google Map satellite view of area and we were definitely in the know and choosy.

continued on following page



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Bunches of sandy beach possibilities. "Naw, this one's too close to bridge (noise), this one is too close to dirt roads, hmmm this one didn't have a house pictured on my Satellite view." Ok, the last possible one before a long stretch of nothing and sunset...just right!!

There was great camaraderie, especially around meals.

Thanks for the Dutch Oven lasagna by Susan Hardee and Bill Markert's Dutch Oven cobbler dessert. Breakfast was catered and cooked by Lamar Phillips. Dog that was good eating. Staying up with wise laughter past my bedtime included John Holley, Betty Rose and Eric Edmonson. Thanks to Heather Sutton for helping me identify that phoebe and ruby-crowned kinglet.

Day 2 was relatively short, much warmer, little more headwind. We came to the confluence with the Oconee River, where the river changes

names to the Altamaha. The Oconee had less volume and was a shade of red color compared to the Ocmulgee, a dark black/brown. (More general Ocmulgee River info: <http://www.newgeorgiaencyclopedia.org/nge/Article.jsp?id=h-2835>).

Looking forward to another section of the Ocmulgee some time. Downstream on the Altamaha may be interesting; there is an official canoe trail from Highway 221 to the coast; a little too wide for me (we encountered 20-25 bass boats on Saturday, probably a fishing tournament). Upstream seems more possible, narrower (50 yards and less), a little more intimate with closer banks.

It was a fun adventure!



Breakfast time along the Ocmulgee. Photo by Rhett Smith.

Scenes from Tallulah - April 8

Volunteer for November - Joan Hutton at hutton_joan@yahoo.com.
Photos by Ann Hibbard and seamorelilfoot. More Tallulah photos at <http://seamorelilfoot.smugmug.com/gallery/2685328#142192622>.



Editorial

A Time to Be Careful

by Rick Bellows

It seems like paddling is in the news a lot lately. Unfortunately, that's not necessarily a good thing.

An article about plans for a blueway along the Chattahoochee from below Helen to Lake Lanier seems to have drawn a reaction from some owners of property along the river. At least a few seem determined to keep people from "trespassing" on "their property." Rumors abound of armed guards in place to run off boaters from a development along the 'Hooch (fortunately on a rarely paddled section). Even worse, Georgia law seems to favor landowners over sojourners on the river.

The response in the paddling community — not just GCA — runs the gamut, from hot-headed demands for immediate action to cautious suggestions to do nothing that might make the situation worse. One suggestion discussed on the GCA groupmail as well as others is to petition the General Assembly to bring Georgia law more into line with other states and with modern river-use realities.

While that might be a good idea, it is one that should be approached carefully. Georgia politicians are generally very attuned to the rights of property owners. Lumpkin County, for example, has been unable to take drinking water from the

reservoir created for that purpose because it will not institute stream buffer requirements mandated by the state.

So what can paddlers do in the meantime to improve the situation. Two things.

First and foremost, we need to show that we are good stewards of the rivers. We need to treat private property — and public property too — with respect. We need to treat property owners and other river users — anglers, swimmers, waders, church baptism groups, whatever — the way we would like them to treat us.

We also need to organize and participate in river cleanups, and we need to make sure word of those efforts gets out through newspapers and other media. Our "Trash Queen," Bonny Putney, generally has cleanup opportunities listed each month in *The Eddy Line* (see page 5).

The more riverside landowners who view us as a charming and helpful addition to the river rather than trespassers on it, the better.

Second, we should quietly make river access an election issue. Ask candidates for the General Assembly and for local and county offices how they feel about river access and vote accordingly. If you find a good candidate, use your time and your money to help him or her get elected. To paraphrase a Political Science professor I had years ago, "Decisions are made by those who participate." 

CLASSIFIED ADS

Non-business ads are free to dues-paid GCA members. Business and non-member ads are \$5 for up to 50 words, \$10 for larger. **Ads must be received by the fifth of the month to be published in the following month's issue.** Mail ads to *The Eddy Line*, P.O. Box 441, Gainesville, GA 30503-0441 or email to the_eddyline@yahoo.com. Please, no phone-in or hand-written ads. Ads run for two issues unless otherwise requested.

Kayaks For Sale:

- Perception SPARC (Small Person's All River Craft), \$300; outfitted, good condition; good river running boat with classic playing capacity.

- Stohlquist River Machine, \$100; Kevlar/fiberglass, 3-meter design; very lightweight and fast.

- WaveSport EZ, \$425; blue & black; outfitted, good condition.

Contact Duncan at 678-493-7804 or duncancotrell@yahoo.com.

For Sale: Mohawk Viper 11, very good condition, \$400, no less. Call 770.328.8618 or email mghouchins@yahoo.com.

For Sale: Kayak playboat - WaveSport Ace 4.7. Red, excellent condition, with just normal scratches and wear. No oil canning. Outfitting in excellent shape. Foot cups adjustable from cockpit while in boat. A great river runner/playboat; very stable, predictable and forgiving. \$325 OBO. John @ 770.974.8532 or jrobertsmx5@bellsouth.net.

Boats For Sale: Solo whitewater canoe - Dagger Genesis; red, fully outfitted, very good condition, \$750. Kayak - Wavesport Big EZ; orange, very good condition, \$500. Call Mike Collins at 404.680.3508.

For Sale: Pyranha Stunt 300 kayak, good condition, \$75; Perception Horizonline 200cm paddle, \$50; Seals spray skirt, medium, new, \$40; Mt. Surf spray skirt, medium, good condition, \$25; Hydra Centur C-1, make offer. All stored inside. Call Bill at 404.388.5667, leave message, will return.

For Sale: Perception Torrent sit-on-top, very good condition. Red, includes Harmony integrated seat with hi-back band and the oem knee straps. \$350. Call Mo at 678.485.2216 or email vagabondmo@gmail.com.

GCA SPRING EXTRAVAGANZA 2007

MAY 4th, 5th, 6th

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E-mail: smmcamp@yahoo.com

Maps, Directions at www.smmcampa.tripod.com

Participants are responsible for their own reservations!

FRIDAY NIGHT:

Bonfire at 7:00 p.m. (please bring firewood) to welcome GCA club members and chit-chat.

SATURDAY MORNING:

9:00 a.m.— meet at gazebo to organize trips for the day. (Trip Coordinators needed - sign up below!)

SATURDAY NIGHT:

Dinner at 7:00 p.m., catered by Monica.

Menu: choice of Trout, Chicken or Vegetarian Entree, cooked on an open fire in foil packets plus salad, bean and rice dish and dessert (chocolate, coconut cookies!!). Dinner order form below.

Mark Singleton, Executive Director of American Whitewater, will join us again for dinner and a talk.

SUNDAY MORNING:

9:00 a.m. — meet at the gazebo to plan trips for the day. (Trip Coordinators needed - sign up below!)

For more information or if you have a question, contact:

GCA Social Chair Denise Keller, 770-591-0980/ baloata@bellsouth.net.

Dinner order form

Please fill out the order form below and mail (with payment — make checks out to Denise Keller) to:

Denise Keller
518 Victoria Rd.
Woodstock, GA 30189

Name: _____

Address: _____

Number in party: _____ Email: _____

Saturday Night Dinner: (choice of trout, chicken or vegetarian)

\$13.00/ per person. No. of people _____ Trout _____ Chicken _____ Veggie _____ \$ _____

\$5.00 LATE FEE if post-marked after April 27, 2007 \$ _____

GRAND TOTAL \$ _____

TRIP COORDINATORS NEEDED!

Please let me know what river or lake and what day.

Day: _____ Where: _____



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