


BOWLINES

Award Winning Newsletter of The Bluegrass Wildwater Association since 1976. July/August 2014

In this issue:

- Turn Off Those Damn Bongos & Go to Bed!
- Annual "Dick" Bradfield Memorial Ocoee Race
- Photos from the Pigeon
- Riding the Gravy Train...The Savage
- "Backpaddling thru the Pages of Bowlines" New Whitewater Park In Maryland
- Off the Cuff: Comments From the Forum Worth Remembering
- Eddylines of Interest

Turn off those Damn Bongos and go to bed!



The 2014 Summer Party has come and gone, and once again the BWA rose to the challenge of the formidable Ocoee River.

Unfortunately, the Ocoee is still struggling with the challenge of the BWA.....

Looking Ahead

Coming BWA Meetings
Second Tuesday of the Month, 7:30 pm

BWA Monthly Meeting Meet & Eat Meeting at Roosters

124 Marketplace Dr
Lexington, KY 40503
(859) 449-7737

<http://www.yelp.com/biz/roosters-lexington>

Summer Meetings will be at the
take out on the Elkhorn!

7:30 PM - 9:00 PM

For more information on Club Meetings
& Activities always check the
online Calendar.

<http://www.bluegrasswildwater.org/?f=calendar>

Madawaska Burger... Good Eh?



MKC's Famous Mega Burgers

Instructors, friends and former guests happen to drop in for a day of "paddling" more often than not on Wednesdays. This may have less to do with river time and more to do with these amazing lunch time grilled burgers!

- 3lbs lean ground beef
- 2 eggs
- 1 cup bread crumbs
- ¼ cup chopped fresh parsley
- 2 tbsp Worcestershire saucha
- ½ cup finely diced white onions
- 1 tbsp garlic powder, 1 tbsp oregano, 1 tbsp basil
- ½ cup dehydrated French onion soup mix
- ¼ cup BBQ sauce
- 1 tsp salt, 1 tsp pepper

Put all ingredients in one large mixing bowl. With clean hands mix all ingredients together until well mixed. Using scale, measure out 7oz of burger mixture. When shaping burgers, first form a ball, then flatten in the palm of your hands and finally create a bit of a divot in the middle much like a bird's nest, this will produce a more evenly cooked burger. Grill your burgers on a preheated BBQ.



Bowlines is the Newsletter of the Bluegrass Wildwater Association, POB 4231, Lexington Ky, 40504

Club Officers 2014-2015

President	Clay Warren	859-326-0602
Vice-President	Bob Larkin	502-550-4225
Treasurer	Jeff Kirkner	859-948-1920
Secretary	Wendy Scroggins	270-543 4866
Safety	Tim Minor	859-619-9495
Program	Adalessa Harbour	859-230-1316
Newsletter	Don Spangler	859-277-7314
Cyber Communications	Joe Wheatly	859-361-0892
Conservation	Peter Stutts	859-507-3149
Film Festival Coordinator	John Mello	859-327-6092
Russell Fork River Festival Coordinator	Steve Ruth	606-754-4348
Equipment Coordinator	KC Frankenstein	859-420-1514
At-Large Member	Katherine Halloran	502-608-6240
Membership Coordinator	Brandy Jones	859-312-8640
Past President	Emily Grimes	

Join in on the Fun!

Join the BWA! BWA Membership \$20/individual; \$25/Family year entitles you to receive the newsletter, 10% discounts at many local and out of state outfitter shops, use of club equipment, discount at pool rolling sessions, a listing in the BWA Handbook, a stream gauge guide, and web site with a forum for member's messages & a parking pass for the Elkhorn.

Meetings are held at 7:30, the second Tuesday of each month at location announced on our website: <http://www.bluegrasswildwater.org>

Submission of newsletter articles can be on CD (Mac or PC). Pictures can be digital or ready to be scanned. Please include stamped envelope for return. Preferred method: Files can also be e-mailed to: DonSpang@aol.com



Enjoy this issue of Bowlines?

Check out Bowlines Online Archive with many great issues going back to 1998!

Issue Archive:

http://www.surfky-bwa.org/html/bowlines_arcN.html

A must read for all members, our 30th Anniversary issue:

http://www.surfky-bwa.org/bowlines/BL30thAnnv_Aug06.pdf

The BWA wishes to thank Canoe Kentucky
We urge you to patronize them for
your outdoor needs.



As in years past, the first week of August saw a mass migration of BWA boaters to Ocoee, Tennessee. Tents were set, beer was passed freely to all those in need, and stories of river carnage were told to groups of nervous first time Ocoee boaters. As has been the tradition of all such events, the first night's festivities carried on late into the night. Locals from the Knoxville boating community provided countless renditions of "Rocky top" and supplied all those present with locally produced spirits.

This year's party featured many of the same traditional sights as all that preceded it: tents of all shapes and sizes, brightly colored tapestries, excited dogs weaving through a sea of potential ear scratchers and food droppers, scattered hula-hoops, makeshift clothes lines weighted down spray skirts, PFDs and Hydroskin tops, and BOATS, BOATS and more BOATS. It was a great party. But compared to some of recent years it was fairly calm.

The 2013 Summer Party was held at Adventures Unlimited Campground, and with BWA'ers showing up as early as Thursday morning, the celebration got off to an early and raucous start. Along with the ever present drum circle, the 2013 gathering featured a full-fledged dance party, during which some witnesses claimed to have observed Homer Simpson himself leading the charge in a naked 400 yard dash.

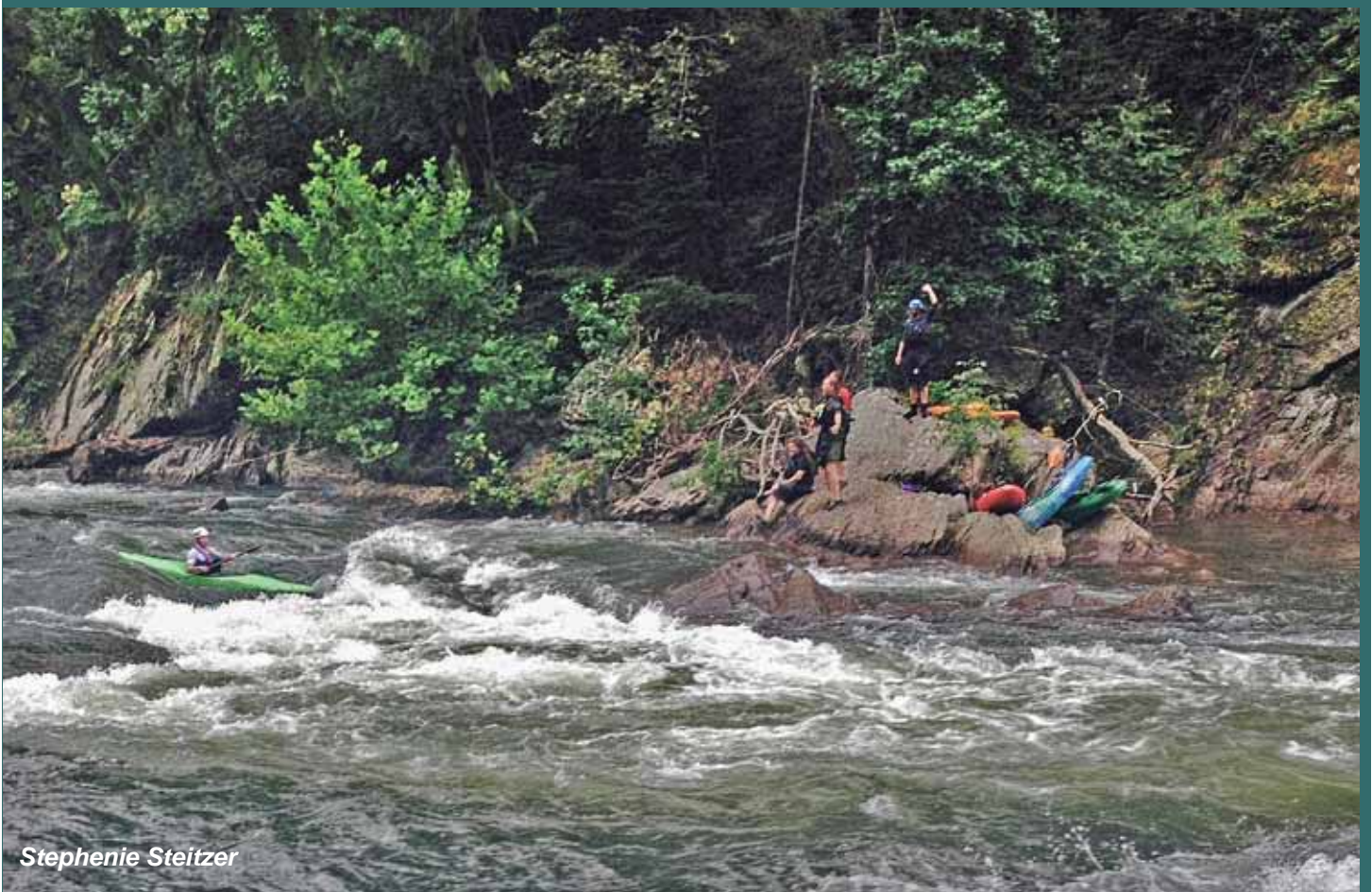
2014's party was considerably more mellow, with people seemingly content to catch up and swap stories and advice around a few smaller campsites, eventually making it to the fire circle to join in on the laughter and craft beer tasting, or to say good-night and go to bed.

Last year, with the first utterance of a phrase that has come to take on the life of a symbolic, tongue-in-cheek,

inside joke in the BWA- "turn off those damn bongos and go to bed," – personnel at Adventures Unlimited motivated organizers of the summer party to seek out a more drum circle friendly campground for this year's event. OAR was selected based on its known tolerance of even the most extreme partiers. And yet, in spite of a considerably more subdued gathering and the substitution of kayak videos in place of the traditional dance party, the end result was the same- **"turn off those damn bongos and go to bed,"** Although the exact phrase may not have been uttered the message was the same and clear; be quiet and go to bed. Of course unlike last year's demands for prudence, this year's complaint was accompanied with the threat of police intervention and other uncomfortable consequences.

Given the fact that these are the two major campgrounds in the area, I am left to wonder, has the BWA grown too loud and too rambunctious for the Ocoee? Have we finally worn out our welcome? In my own time as a member of this hallowed organization I have seen much louder and wilder parties; so if anything I would say just the opposite is true. Perhaps it is the Ocoee that needs to spend the next year practicing its roll so as not to embarrass itself the next time we show up en masse. Perhaps it is the Ocoee that needs to step up its game. Although we have had some great times as a group on the Ocoee, it is in this member's opinion that we explore other options for the 2015 BWA Summer Party.

Bob L.
Vice President
Bluegrass Wildwater Association.



Stephenie Steitzer

Fred "The BIG Iroquois" Wilson passing the finish line to win the Third Annual Ocoee Memorial Race

Annual "Dick" Bradfield Memorial Ocoee Race

First and foremost, big props to the Big Iroquois for charging hard and coming away with the victory! Coming off a great showing in his first Upper Yough Race, Fred came out for the win, and WIN he did! Man he's a force to be reckoned with and I'm looking forward to seeing how he stacks up in the Lord Of The Fork Race.

Secondly, I'd like to thank everyone that showed up to race, obviously bringing their "A" game for what is now becoming an historical event. The Ocoee really does make for a great race course. It provides everything you want in a downriver race: some technical rapids, some distinct race lines where knowledge is power, the proper distance that pushes racers to their physical limits, some carnage opportunities that keeps ya on your toes, and of course the floating undercuts that create a "slalom" type environment sad smiley.

I would also like to give a HUGE thanks to Adelessa and Jurgen for donating their time to help us with our time! It was a bit of an epic start as we had to wait to see if Jurgen was going to the pokey...the "man" was not at all happy about the owner of the red truck parking one square inch of his tire on the white line...thank God for Jurgen's good looks and witty charm!

I would be remiss if I did not give a HUGE shout out to our BWA (and Viking) brethren for a spectacular showing at the finish line! As a racer, it sooo cool to have a welcoming party after such a physically demanding race...we appreciate the support and I want you all to know that your presence does not go unnoticed. There's no doubt there's a few extra strokes thrown in as we come around the bend and see you all. I'm always so pleasantly surprised at the support our club gives to all of these race events...you guys and gals are awesome! Thank You!

Looking back at the times, there were several things that stuck out. First, ol "Crusty" killed it in the short boat class. Wow that boy was fast...I mean FOR REAL fast! Hope he gets a long boat. Next was Hashnado's time in the playboat. I'd like to see some of you playboaters out there try to keep up with that whirl-wind of a time...that boy was a spark from the start...I mean he was on FIRE! I also can't lie, I was stoked to see mr "On Time" show up at the put-in straight off a non-stop drive from St. Augustine, FL, pull out 15 bags of luggage to get to his (and Brittany's) boating gear and post up the number 3 spot in the race! Way to go Wes!! Of course it was super-duper cool to see Brittany come out and fire this race up with her dad. She has turned into such a good boater, and I am glad she was the undisputed champ of the Junior division. I know her dad is a proud papa, but I want to say I'm proud of her too! Way to go Brittany, I hope to see you back next year. As it turns out there were a few more classes in the race than I had not initially noticed. Rebecca was not only the fastest female, but she also won top Hand Paddler honors, and handily won the Mermaid class. Gracefully done girl. We also had one of our veteran racers dust off the cobwebs, grease up the joints, and re-visit his roots in the racing circuit. He wound up winning two classes: the "Sleek" division AND the "Old Skool" division. Next time you see him, please give it up to this "larger than life" veteran kayaker, one Mr Brent "the Sasquatch" Austin! Great to see ya out there bub, it gave me goose bumps haha. The last class we absolutely must give mention to is one that spontaneously occurred right before our very eyes and in front of the masses right there at the finish line. I can't decide what to call this class, maybe some of you spectators could help me out... I'm thinking the "Flip to Finish" class, or the "Carp" class, or the "Sorry Boutcha Luck Sucka" class. If you can, just for a moment, visualize paddling extremely hard for 30 minutes and flipping in the hole 10 feet above the finish line, you'll probably see what this class is all about. Jesse "the Mutilator" Listermann theoretically won this class, but this is not a class conducted in theory.....sooooo.....it turned out to be a dead even tie between he and Jeff "the Money Man" Schetler.... with a slight edge to the mr. money due to his post finish debacle. I'll let him tell the story.....

With that said, I want to give a big loud shout out to the sky for my boy Richard Scott "Dick" Bradfield and say, we missed ya again this year bro. We'll race together again someday

Clay

2014 Race Results:

1. Fred "the Big Iroquois" Wilson, Greenboat, 27:30
2. Clay "dr Luv" Warren, Greenboat, 27:33
3. Wes "On Time" Prince, Stinger, 28:11
4. Peter "the Lumberjack" Stutts, Stinger, 28:43
5. Dustin "Crusty" Welch, Mamba 8.1 (*1st in short boat), 29:40
6. Jesse "the Mutilator" Listermann, L Burn, 30:05
7. Todd "Hashnado" Harbour, Pyrhana Rev (*1st in playboat), 30:12
8. Brent "Sasquatch" Austin, New Wave Sleek (*1st in Sleek division)(*1st in Old Skool division), 30:34
9. Rebecca "the Mermaid" Lewis, Greenboat (*1st Female)(*1st in Mermaid division)(*1st Handpaddle), 30:55
10. Brittany "I'm NOT Racing" Prince, Greenboat (*1st in Junior division), 30:59
11. Jeff "the Money Man" Schetler, Villain L, 31:04

2013 Race Results (as posted by Boles):

1. Clay "The Floss Man" Warren, 27:09, speeder
2. Matt Walker, 28:03, stinger
3. Jim Gunn, 28:18, mirage
4. Fred Wilson, 28:52, greenboat
5. Suzie, 29:11, greenboat
6. Matt Rudolph, 29:17, greenboat
7. YT, 29:26, greenboat
8. DJ Biddle, 29:27, stinger
9. Justin Bolender, 29:52, greenboat
10. Denver Harrod, 30:19, greenboat
11. Phillip Bubba Sisk, 32:07, mega rocker
12. Eli, 32:34, Freefall
13. Elizabeth Decker, 33:58, playboat

2012 Race Results (as posted by Boles):

1. Pete Persolja, Response, 27.14
2. Jess Albright, Greenboat, 27.54
3. Clay Warren, Greenboat, 28.05
4. Matt Gossett, Greenboat, 28.35
5. Delaney Albright, Greenboat, 28.37
6. JD Henderson, Mirage, 29.15
7. Jim Gunn, Mirage, 29.51
8. Justin Bolender, Greenboat, 29.57
9. Scott Bradfield, Greenboat, 29.58
10. Dave YT Thomas, Greenboat, 30.00
11. John Chief Kulka, Crossfire, 30.21
12. Todd Harper, Greenboat, 31.42
13. Josh Morris, Jefe, 32.21

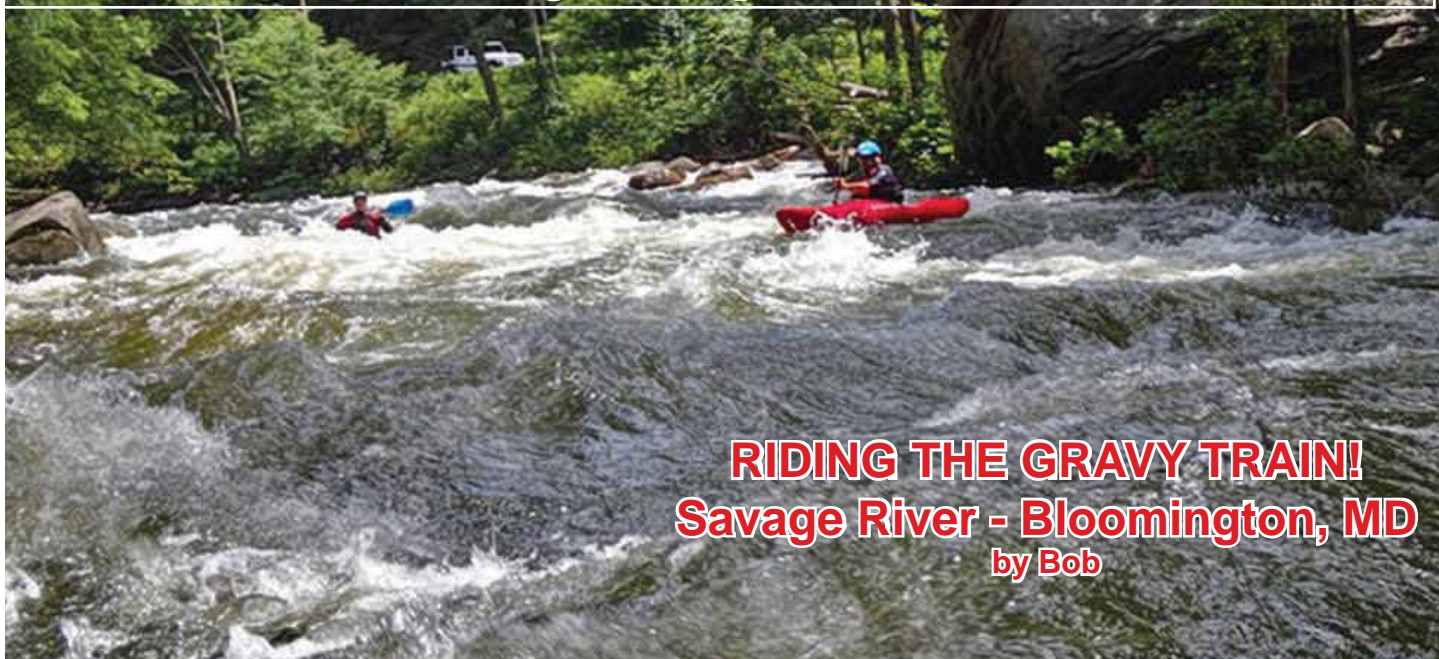
Photos from the Pigeon

by John Brunjes





Paddle the Savage Sept. 7th, It's Fast & Fun!



From the Chicago Whitewater Newsletter

Choo Choo! All aboard the gravy train! -umm, I mean wave train ...whatever, same thing.

That's exactly what you get for an entire 4.5 mile stretch of river! No pools, no flatwater, 100% Gravy! uh, I mean waves. With the exception of a few spots, you don't need to paddle a whole lot, the lines are pretty wide, just keep your paddle in the water and point your bow down stream. If you can afford \$7, you don't even need to set shuttle -do as many laps as you can between 10 and 4. Doesn't get any easier than this, does it? Unless you swim that is... that won't be so easy... the waves make rescue not so gravy. Good news is the first 25% is tame compared to the middle, so for those uneasy about running the whole thing, you could do laps on that section, or put in at the first bridge (Savage River Rd) and paddle to the take out at Bloomington Rd which is mostly class II. If you've fired up the Lower Yough, Cheat Canyon or Ocoee and are feeling pretty confident on any of them, you should certainly add the Savage to your list. Lots of people were running this in a playboat, but there isn't a ton of play so if you have something longer, you might be happier with that. Also, bring your long sleeve dry top -even in July.

Sad thing is there are only 4 releases a year. Good news is there is still one more on the calendar this year: Sept 7 (weekend after labor day).

From the Bowlines Editor: *The Savage was run by the BWA for the first time in 1989 during the World Whitewater Championships. We also started exploring some other runs in the Potomac drainage that were class II to IV. Long drive (is near the Yough), but worth trying out some of the nearby runs in the Maryland Mts. It is also near the Adventure Sports Center and Whitewater Hall of Fame. The Adventure Sports Center International is an Olympic standard white water rafting and canoe/kayak slalom center located on the mountaintop above the Wisp Ski Resort at Deep Creek Lake, McHenry, Maryland, USA. which opened in May 2007*

Early Paddling History of the Savage:

1972: The first U.S. Olympic Trials are held at the Savage River.

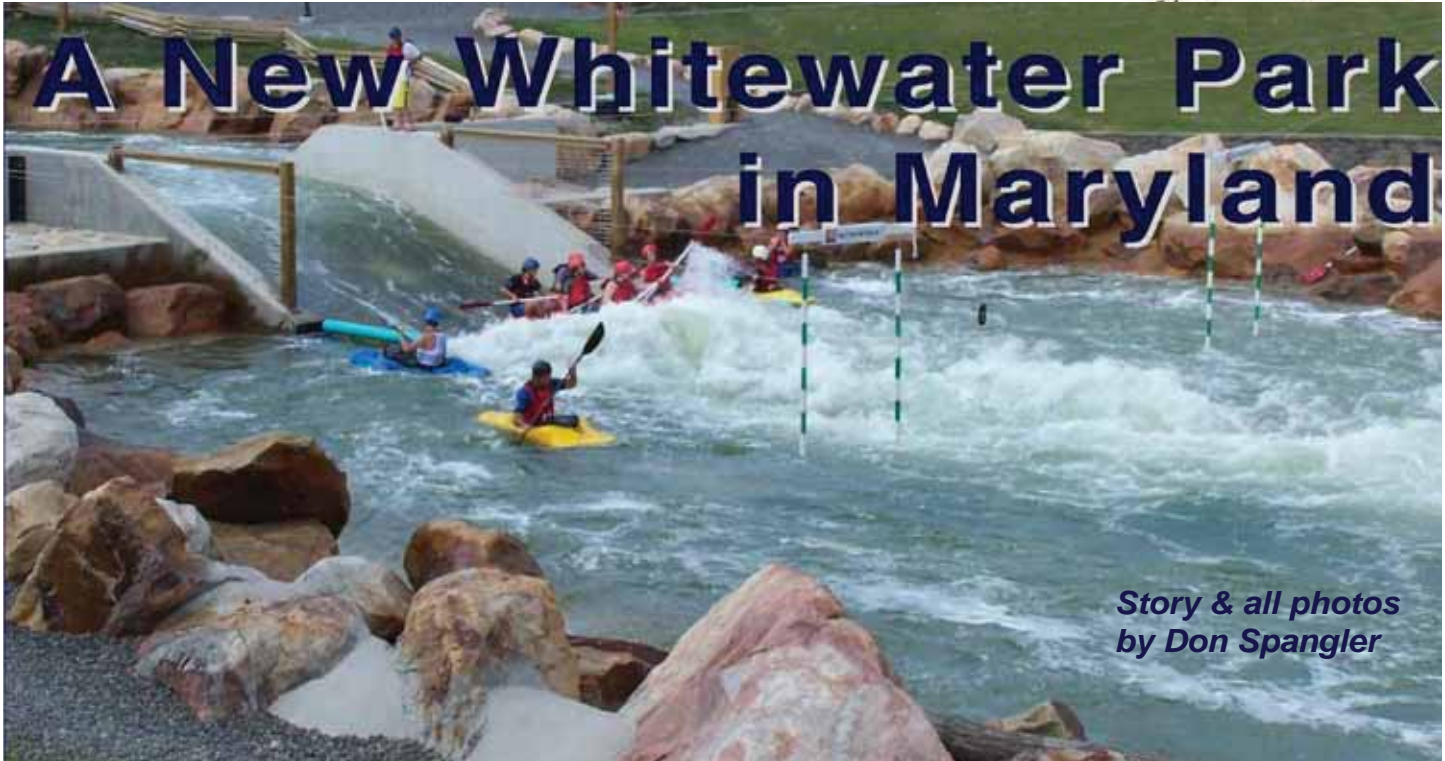
1986: The Pan American whitewater competition is held on the Savage River.

1987: The Savage River Invitational whitewater competition is held.

1989: The World Whitewater Canoe & Kayak Championships are held at the Savage River, Maryland.

Back-Paddling thru the Pages of Bowlines...

more of our proud
BWA legacy that is
worth remembering!



*Story & all photos
by Don Spangler*

A raft hitting a wave formed by one the "wave-shaper" chutes at the new Adventure Sports Center whitewater course in McHenry, Maryland

From Bowlines Fall/Winter 2007

Minutes from the put-in for the Upper Yough in Friendsville, Maryland a new whitewater park has opened. It is located on 18 acres on the summit of Marsh Mountain in McHenry, Maryland next to the WISP ski resort. Drive time from Lexington should be the about the same, about 5 1/2 hours, as a trip to the Lower Yough at Ohiopyle State Park in Pennsylvania or to the Chattooga in Georgia. The Adventure Sports Center International, as it is named, offers some fun and challenging class III at the reasonable price of 15.00 a day for private boaters. While the course is man-made, they have done a good job of using local rock from the site to give it a much more natural look and feel than many artificial whitewater courses. With tree planting and landscaping still going on, it should be a very attractive park. I was at ASCI for 3 days in August and another plus is that it was far less crowded than a trip down the Lower Yough on a similar weekend.



The entry pond showing the pump discharge chutes with the restaurant in the left background.

Water is brought up the mountain from Deep Creek Lake with the same pumps that are also used in the winter to bring water up to make snow for the ASCI ski run. The 1/3 mile long whitewater course is used in the winter as a means to cool the relatively warm lake water prior to it being used to make snow. This dual use benefits both activities by lowering the cost involved with the two activities.

The course starts at the entry pond which is fed by four pumps bringing the water up 24 vertical feet from the reservoir pool which is the end of the course. These pumps deliver up to 250,000 gallons of water per minute. One of the pumps is a variable flow output and the others can be added or turned off as desired to produce a wide range of water flow.



View of the Whitewater Center and the entry pond which is the start of the course.

To vary the course ASCI uses what they call “wave shapers” at each drop. These are pneumatically controlled bladders underneath metal plates which are filled with different amounts of air to literally raise the bottom of the river up and down. That allows them to adjust the wave, so that they can cre-

ate a hole or vary the size and height of a wave. With the adjustment of water flow and these wave shapers the rapids can go from class II to class IV very easily. This technology allows the course to be completely adjusted within 20 minutes to adapt to a needed change of venue.

There are 10 rapids in the course and the more difficult and squirly rapids seemed to be the first three. This seems to be inherent in the design as that part is much more constricted. The course does get wider toward the bottom portion which should mean that it will normally be easier on the lower portion. There is good visibility along both sides of the course, but it is easier to follow the action from the island. The island is crisscrossed with some trails, but much of the original character as well as trees seems to have been left intact.



One of the chutes on the course show one method used for “shaping” the waves .

The Whitewater Center building, located next to the entrance pool is where you buy tickets, rent or buy gear and find the changing rooms. Nearby there is also a small restaurant where you can buy a Latté if that is your thing (they also sell other drinks and food).

Plans are being worked on for an International Whitewater Hall of Fame which may actually end up being an Adventure Sport Hall of Fame. The reasoning behind this is an adjacent additional 550 acres that is to include some 10 miles of mountain biking trails, plus running trails as well as a number of rock faces for climbing. The goal to be the adventure sports destination for the region is reasonable if you include the options of snow skiing and snow boarding during the winter.



A member of the Iranian Women's Whitewater Team running the race course.

This area at the corners of West Virginia, Maryland and Pennsylvania, has a rich history of whitewater paddling. In addition to the Youghigany, and a number of good runs in the nearby Potomac drainage there is the nearby Savage River. BWA members who attended the 1989 World Championships on the Savage will be familiar with the area as it is just a few miles from the Savage watershed. The Savage River started being run in 1968. Paddlers from the area were able to get releases up on request during the seventies. Many important slalom and wildwater races. US Team Trials, Olympic Trials, National Championships, and North American Cup Races took place on the Savage during the seventies and eighties. These races were one reason why the quality of whitewater paddling improved so much during that period. In 1992 Olympic trials for the Summer Olympics held in Barcelona, Spain took place on the Savage. Since that time, partly because of the small reservoir on the Savage and because of pressure from fishing interests, there have been no regular releases till this year. There were 3 releases on the Savage River for paddlers for 2007, but no future releases are planned at this time.



A corporate raft race was exciting to watch.

The Whitewater Center may be destined to take over from the Savage as a host for future events

like races. The week I was there they were hosting the 2007 Whitewater Slalom National Championships. It was to their last race before the Pre-Olympic competition in Beijing, China. The Iranian Women's Kayak Team also raced there that weekend and there was also a corporate raft race and a freestyle kayak demonstration. All took place without any crowding or problems on or off the whitewater.

While I have always believed that natural runs are to be preferred over artificial courses, if for no other reason then that they promise more of an adventure, this course does offer a good option in dry times. It can also be useful in developing your paddling skills or bringing your family to a place where there will be activities available for the non-paddling members.



Looking upstream at rapids in early morning without water flow.

Don Spangler



A C-2 team cutting into a gate during the Whitewater Slalom National Championships.

Off the Cuff

Comments from the Forum Worth Remembering

Cumberland, Below the Falls - 411 needed
August 27, 2014

So it doesn't look like much water around this weekend, and I can really only boat Sat. due to work schedules/conflicts. Was thinking about hitting the Cumberland since it's close.

Anyone got the 411 on this run?

- What's a good level to make it worth going/safe for a Class III boater?
- Is there a way to avoid the long, flat water paddle out?
- Saw something about ST Outfitters offering a shuttle for \$7, is that from the take-out to the park/put-in?
- Any other useful/helpful information would be greatly appreciated!

Thanks, gharbour3

Hey G3

I don't know anything about that run, but if you do it, I would really like to speak to you and get your take. A long flat paddle out is not a downside to me. I have spoken to Jason a couple times about that section and the Rockcastle, but haven't yet pulled the trigger. No tengo tiempo.

Tom Minor

At this point it's about 600 cfs and slowly dropping. From those I talked to, this is about the minimum "fun" level with 800 and below being "good" for a class II-III boater. Around 1000 cfs can get a little sticky in places. I can't speak for higher levels, but others tell me up to a point it isn't quite as technical as the 1000 level.

I've been on it from 1000 down to around 300, which there is some interest at the lower level, but the flatwater between rapids and after Last Drop is brutal. If you paddle out, it's about 4 miles to the takeout. However, I have used Bark Camp trail to hike out, but it's about 1/2 mile uphill. Timewise, it is all probably the same, but for me the grueling hike up outweighs the psychological torture of the 4 miles of no current.

Total run from the falls to the boat ramp takeout is about 10.5 miles with the last half"ish" being predominantly flatwater.

If you have a GOOD 4x4, the river can be accessed about 3/4 downstream from last drop via Devil's Creek rd, but setting up the shuttle takes a long time.

ST Outfitters does offer a water shuttle with it being cheapest if you set up the vehicles and have them tow your boat to the takeout. Don't remember the cost, but I think it was around \$7. They will also do a complete shuttle for more.

I must add that it is a very pretty run if you don't get in a hurry and enjoy it. The only problem is that if you are using the outfitters tow-out you have to stay with or in front of the rafts or else paddle out.

Whether it's "worth" the drive from Lexington or farther for a 600cfs range depends on whether you are there for the scenery and the enjoyment of being on "mostly" moving water or for an adrenaline rush.

That's my couple of pennies worth.

Kevin

I made the run for my first and only time, so far, a few weeks back. the water was around 1040 I think, and that level was suitable for any Russell fork clinic graduate. my fellow kayakers were not totally familiar with the river so we relied heavily on the many friendly raft guides on the river. we arrived at the put-in around 1130 on a Saturday and the rafts were just leaving. after watching the raft lines it was easier to river scout your lines. I'm not skilled enough to guide anyone down the river and would suggest getting in touch with ST outfitters and try to plan your trip to coincide with one of theirs because the shuttle that you want is the one from the end of the last rapid out!! the flat water section is about 6 miles and they have a large boat to bring out all the rafts/rafters and will shuttle you out for a fee. the American whitewater description of rapids seemed pretty accurate. I was planning on doing the run on Friday with some

friends but cant do Saturday . I will post any shuttle info and important trip news. hope that helps have a great day on the river!

Doug

Cumberland Below the Falls is a Gorgeous run. Levels below 1200 CFS are smooth runs. Fun down to 600 CFS now. The lake is at 708 ft, so the lower rapids come into play. Center Rock middle to right hand move. Eddy right and check the surf on it. Left side of Center Rock is shallow if you roll. You can spend hours at Surfers playing. Small eddy on right can be caught but eddy left for easy attainment onto Surfers. Screaming Right is left to right move, try to Boof or paddle hard after you drop it. You can surf back into Screaming Right. It is shallow on the right if you roll and retentive across. Pinball and Stairs Last Drop should be in play at current lake level. Straight down the middle. Sheltoewe Trace does runs on Saturday and Sunday. Get there early about 9am. They will load your boats and shuttle you with the raft guides. Take a couple of carabiners so they can clip your boat in. Shuttle and tow out on the Star for \$7 or tow out and lunch buffet \$20 and they'll bus you back to the outfitters. Hot showers are there while you wait for them to load the rafts and your boat. You can set your own shuttle and meet them for just a tow out \$7. The flat water paddle out is 3 miles long but you can play longer.

Kyle Snowden

Okay, first George I just want to make sure you know you can get good info from the American Whitewater National River Database. Here's what they have for the Cumberland Below the Falls.

<http://www.americanwhitewater.org/content/River/detail/id/656/>

They list the minimum as around 400 and I'd bet that's reasonably accurate. Fun is pretty relative. The amount of flatwater varies somewhat with the lake level and river level, but it is a long paddle out regardless. It may not be six miles, but it sure seems like it.

I've never done the Sheltoewe Trace shuttle, but it sounds like it's worth every penny. Whenever I've paddled out, it's turned the trip into a really, really long day. The paddle out itself I don't necessarily

mind as I'm used to long flat stretches, but many would find it gruesome and there's no denying that it adds A LOT of time onto your day. With the river being low already, I probably wouldn't try it without the Sheltoewe Trace shuttle. Call them ahead of time to make sure they have a trip running.

PS: I also have never done this section at under 3000 CFS. It's fun at high water, but a little washed out. I think it would probably be more fun at lower water. If I had the time to do it, I'd love to check it out this weekend. Unfortunately, I do not see a run in my cards.

Hanley Loller

Looking for a paddle (Advice welcomed)
June 18, 2014

've looked in the regular places and used paddles don't seem to come up often. Do you have a paddle you want to rid yourself of? Are you looking to upgrade and hand off the one you currently use?

If not, what about your recommendation for a neophyte? Werner vs. AT?

I've been using a borrowed bent shaft Werner Player for a while and I've considered just grabbing one as I've gotten used to it. The offset is nice and the power is great with it but I can't decide if I actually like the bent shaft or not. I just grabbed a used pyrahna burn and I'm looking to buy a paddle sooner rather than later. Any input is welcome.

Mitchell Knight

First question would be how tall are you and what type of boating are you looking to do?

Play boating, general river running or creeking?

I've always owned Weners but I'd say you can't go wrong with AT either. Price may also play a role in what you can and want to afford.

Buying used paddles is ok for someone just getting their boat wet but if you're serious about the sport and plan on progressing I'd say buy brand new. There's a whole slew issues with used paddles.

If you buy new, try your best to support your local

shop. Looks like we've recently lost another generous outdoor retailer.

Dave Lafferty

June 19, 2014 Hey Mitch,

I say don't give up on a used paddle, It takes a while to figure out for sure what you like and don't like in paddles and getting a cheap, beater paddle for the time being isn't a bad idea. Used paddles don't come up as often as used boats, but they're out there. Check Boatertalk and keep looking, you'll probably find a decent \$50 or \$75 used paddle shortly.

As far as bent shaft vs. straight shaft, it's a very personal choice. The bent shaft is ergonomically designed for the forward stroke. It came out of racing and is optimized for a paddler that is going to do more down river paddling and less fooling around. The straight shaft is more versatile, lending itself to more playing and fooling around in eddies and the like. It also twirls better.

I prefer a straight shaft most of the time. Others prefer a bent shaft. YMMV (Your Mileage May Vary).

Hanley Loller

Meanwhile, come to the rolling session where there will be lots of folks with different paddles who will be happy to let you try them out. I usually have three there myself, my Werner Sherpa, my AT bent shaft full-on racing paddle, and my Sidewinder Q-tip, which you have to see to believe.

I also always have my hand-paddles with me if you want to check them out.

Also, it may help to look at this extended discussion we had about paddles six months ago.
<http://www.bluegrasswildwater.org/bwaforum/read.php?5,20020,20020#msg-20020>

Hanley Loller

Meanwhile, come to the rolling session where there will be lots of folks with different paddles who will be happy to let you try them out. I usually have three there myself, my Werner Sherpa, my AT bent shaft full-on racing paddle, and my Sidewinder Q-tip, which you have to see to believe.

I also always have my hand-paddles with me if you want to check them out.

Also, it may help to look at this extended discussion we had about paddles six months ago.

<http://www.bluegrasswildwater.org/bwaforum/read.php?5,20020,20020#msg-20020>

Hanley Loller

...there's also this extensive discussion of paddles including a fair amount of debate about the merits of foam core blades.

Eh, I don't put a lot of faith in formulas. Paddles are a very personal choice and different people like different tradeoffs between power and energy. In any case, definitely ignore that "touring kayak" paddle advice. Paddles for touring kayaks are typically longer than the blade you want for whitewater. As a general rule I'd say about 20 to 25 cm longer.

..whoops, forgot the link. THIS discussion, from two years ago.

<http://www.bluegrasswildwater.org/bwaforum/read.php?5,8055,8055#msg-8055>

Hanley Loller

Paul Graves (Biscuit) R.I.P.

Kayak1ky

Paul Graves (Biscuit) R.I.P.

July 21, 2014

It is with heavy heart that I inform you of the passing of Paul Graves (Biscuit) this morning at his home. Cause of death is most likely from sudden cardiac arrest or embolism. I spoke with Lucy who was at the home when he passed. Arrangements at present are incomplete.

Paul had recently suffered a heart attack but was recovering nicely from that event.

Biscuit loved kayaking and loved the BWA family. He spoke often of how good it felt to be a member of the family and how he loved all of his BWA friends.

He spoke of you often and delighted in being in your company. Paul loved the Elkhorn and loved it when he would meet up with you on the creek and spend time with you. I can honestly say he never once had any negative remark of anybody.

I would like to share a Biscuit story with you: I got to introduce Paul to the Ocoee. We put in for the Middle and Paul flipped early in Snow White. He swam but recovered his boat, gear, and himself quickly and with no real assistance from us. He styled the rest of the river without any flips or swims, nothing. The next day we were about to put in at the same place. I was giving him some pointers and he was nodding his head with enthusiasm. He ran the river like a pro. Afterwards he admitted to me that while we were at the put in and I was giving him pointers, he was fighting to not throw up on me. He was that nervous though never showed it.

It is my honor and privilege to call Paul Graves (Biscuit) my friend. I am a better person because of him. He showed strength through his gentleness, he showed character through his integrity and honesty.

Paul was a firm believer in his God, allowing the teachings of his youth to guide him through good times and bad. I do believe that his spirit has already taken flight and now resides in the realm of forever.

Rest in peace my beloved brother. You have forever touched my soul and I thank you for enriching my life.

Dallas

I'm so sad to know this. I was really looking forward to the possibility of boating with Paul again one day soon. He had such a positive, exciting energy. This is just too tragic

Sandy

So sad to hear. Paddled with Paul pretty regularly the last couple of years on the Elkhorn. Really going to miss him. Glad he discovered whitewater and the BWA, and glad we got to spend some time with him.

Jr.

RIP Biscuit. I had a few great days on the Elkhorn with him. Despite our differences we could share great conversations without pushing each others but-

tons. Really refreshing.

My favorite Biscuit moment was on the Tellico. His first decent. He was pretty gripped and a bit under-dressed for the cold water but had a great run. He flipped somewhere between Diaper Wiper and Jared's Knee and an actual yard sale came out of his boat! Pool noodles, lunch, water bottles, and, for reasons unknown, a toy jetski floated past us as we eddied out to assist. It was one of the funniest damn things I've seen on the water. He was a fun guy and a free spirit, I'll miss him.

Ali

So sorry to hear this! Only paddled with him a few times on the Elkhorn but thought he was a great guy. So sad!

Wes

Damn...I really can't believe this news. Just spent a little time with Paul down at Nippur beating out some djembe rhythms. We were all having a ton of fun... smiling, laughing, cuttin' up as usual. He looked healthy and happy. I was also with him on that eventful Tellico voyage...he was giddy as a school kid. Pretty sure I helped wrangle his boat, paddle, a bottle of orange juice, and a couple pieces of foam. It was indeed a yard sell that even a Peddler's Mall patron would be proud of! His sense of humor was down right raucous.....and I loved it. Damn...just damn...at a loss for words.

RIP Biscuit

~Clay

I just texted Paul yesterday, reminding him that the water is low and to heal up soon, so we can paddle when the water is high. "I'm working on it ", he said. I guess he is paddling in a mighty river tonight. Thank you for the great times we had, you are one of Allan's BWA heros, we will miss you a ton. RIP my brother!

Bruce & Allan Friend

Oh what a fun, decent guy. I was fortunate enough to get to boat with Paul many times and will miss his humor and good nature. He was not only a decent person that cared deeply for those around him but personified the true nature of what boaters should be. He loved the sport, cared about his family and

friends and was not only helpful to new boaters but was quick with a laugh and enjoyed a good joke even when at his own expense. I'll not only miss you on the water but in knowing that you are up to no good somewhere. Fair winds and following seas Paul, you will be missed.

Bob L.

Remember meeting Paul when he was first getting into boating. Man he had a great energy about him. Such a sad event. BWA was better having him in our arsenal. Rest in peach brother Biscuit.

Sam IV

Wow, I can't believe it. I really really enjoyed knowing Paul. Damn, what a shock! Yes, he and Jurgen were recently at Nippur, bringing good healing vibes to Rebecca who was laid up with a broke leg. I came in from Lexington to Nippur and there was quite a gang there playing drums and all smiles. No one had a bigger smile than Paul. I wish we could have had more time to hang out. Hi to Maryanne and love to you both - sigh. Tough year this year...

Brent

Wow what a shock I thought he was on the mends, I paddled with Paul on the Elkhorn many times and CBF all great trips. I even told Paul you have to go to the Tellico. I'm glad to have gotten to know him. Going to miss him on the river greatly.

Kelly Simms

I spent yesterday trying to wrap my hands around this.

There is a hole in my heart still from Maryanne and receiving word yesterday of my soul brother's passing, well, was a little much.

I've been blessed to have spent the last year travelling alongside Biscuit on a spiritual journey. We shared numerous river trips on the Elkhorn at some flows that other's would scoff at and enjoyed every moment. It was our way of having the river All to Ourselves and we could just 'Be' when out there. We've talked of ancestors (he was very connected to his Native American lines) and of the earths vibrations and her song. We talked recovery as we both carried the Demon of Addiction on our shoulders. He was my Soul Brother - a kindred from another time and

space - and though our deep rooted spiritual beliefs differed, it was never aparent in our time sharing and conversations. He will be missed..... but I know we'll see him again..... feel him on the winds.... hear him the a rapid's song.... feel his energy and love in the burning sun..... Rest Now My Brother ~ Namaste <3

The pictures I shared are from June 13th. Lucy and Paul came down to my place for a Full Moon Drum Circle. Biscuit told me he wasn't going to miss it for the world. We'd been talking about the shadows of life and both were healing from Maryanne's passing and decided that drumming together was how we felt best for us to cast off some of the grief and sadness and shadows and let the light rain down. It was a really great night! That was the last I saw him. His heart attack came 3 weeks later and life kept me from getting to the hospital to see him.

I'm really glad I got to share that Final Full Moon with him..... his drum beat will forever echo across the fires of Haus von Hexen.....

It was the Spring Beginner's Clinic 2013. I'd put out the call for volunteers and this guy who was relatively new to the BWA signed up to help with breakfast. I'd heard some concerning things regarding his religious beliefs and thought to myself ~ Oh boy, a Pagan and a Christian at 7 am trying to work together to get breakfast server, this'll be fun ~ Day 1 of clinic Paul had an interesting day on the river, if I'm not mistaken, and had experienced some helmet trouble. Dallas had come to the rescue and using some trusty duct tape, saved the paddling day. He came to me that afternoon wanting to know what he could do to help and what time he needed to arrive for breakfast. I told him I was heading to a local friend's house that morning around 5:45 to bake the biscuits and that I would need my kitchen crew there by 6 to start coffee and the other items. His response "No need to do that Darlin'. I can cook yer biscuits right here on the campstove!" I was skeptical we could pull off that many biscuits on the campstove but his tone was so genuine I trusted it. Well, he did it!! He showed up the next morning and ommmediately began making tinfoil tents and placing the biscuits into them. He plopped them down onto the campstove and Voila! Campstove Biscutis. Breakfast went out smoothly and with my not having to drive into town because of the efforts and help from a man whom for the rest of the day I referred to him as BISCUIT. The name stuck, and so did the bond of friendship that I formed with him that morning in the clinic kitchen

It's been a rough 18 months or so for the BWA Fam-

ily - Cisco, Scott, Maryanne & now Biscuit - Our tribe is hurting

Remember to let people know you care - Drop a quick

Hello - Send a Smiley - Plan lunch together - Hug each other -

Life is precious..... and tomorrow's aren't guaranteed!

I will miss you brother..... and will look for you upon skies and the river and the winds.....

I love you all!

Adelessa

I'm staggered;

I've been a little busy lately and just had some time to sit down this morning and catch up on the forum, and this is what I saw. I'm having a hard time believing it. I was shocked when I heard about his heart attack, but it seemed like he was on the mend. I was looking forward to paddling with him come the fall.

I remember a particularly good surf day on the Elkhorn, possibly a mid-week, because the crew was very small. We were just taken run after run at the dam wave and Paul, after numerous tries (and flips, and rolls) hit what he said was his first 360. Smile as wide as the creek, only regret that there were so few witnesses.

And of course, there were the biscuits.

He was a good person to share a river with, and he will be sorely missed.

Robert Milgate

I, too, am just stunned.

I did not get a lot of opportunity to paddle with Biscuit, but I think of him as always ready with a smile, always ready to enjoy himself, expressive about how much he loved the water, paddling and the people around him.

I guess I took it for granted that someone with that kind of zest for living was going to recover from his heart attack and be right back out there.

Hurry back, Paul.

Zina

Man, I just got back from the Brian Jennings memo-

rial celebration in WV and now this? Too many people checking out too early this year.

We just sent Paul a "get well" card that we circulated at roll session, along with a starbucks gift card. (We took up a collection for both him and Tina Stambaugh who is laid up after a ruptured appendix as some of you may remember).

I knew this had been a pretty serious event, but thought he was recovering well. Man, that's shocking. I need to take some time and let all this sink in.

Hanley Loller

I am out of town, but got the shocking news yesterday. I could not believe it. I am deeply saddened. Paul was such a good friend and dedicated teacher. He showed me some tricks and took me down the Elkhorn at high waters. I owe him so much and will miss him forever. We drove a couple times together to various events, and Paul and I became quite close, I learned a lot about him and from him, and considered it a great honor to be his friend. I am very sad, and don't know what to say. -- *Jurgen*

Paddle in Peace

John Lawson

When I first met Paul he was better at swimming than paddling but he turned that around fast. Wish I did not have to hear such news!

Joe W.

Last year, Paul re-introduced me to whitewater kayaking. He was kind, patient and helped me develop enough confidence to have fun paddling again. Much of our time on the water was spent talking about relationships with women, our kids, our friends, etc. I think good relationships were important to Paul and he tried to help me understand why they should also be important to me. I learned a lot from Paul and I hope I was able to convey that thru the smiles, hi-fives, and "hell yeahs!" we shared on the water.

I'll miss you Buddy.

Bobby Gillis

I met Paul at the 2013 beginner's clinic. We grew up in the same small town, were the same age and knew

the same people. He even knew my son. But we had never met until then. We quickly became friends and he took me under his wing to the Elkhorn many times. He loved teaching others and was patient and kind! He never had a bad word to say about anyone, His love for life was infectious and he always made me laugh! He made a difference in my life and I will truly miss him. We had so many plans for future trips that if only we had just a little more time.

Terri Estes

Man, it's just not settling well. Looking for something to say, but I feel like I'm choc full of platitudes these days with little of significance left to say. I'm going to miss you Paul.

Hanley Loller

Hanley,

Paul had talked to me about how much he admired you and your giving spirit as demonstrated by your teaching at the roll sessions. He appreciated how you unselfishly give your time and energies to teach people how to stay safe and how to take care of themselves and others on the water. Yours is an example that he patterned after as he introduced people to the water and shared his knowledge with them.

You mattered to him. You are a good guy and you were a good guy to him. You were important in his life as were all of his BWA family members. From these tributes it is easy to see that he mattered to all of you.

Platitudes have their place but it is actions that count. At the time of somebody's death we are left with only words. I think what really tells the story though is the everyday life we share with each other as time passes. Hanley, you walk the walk. Nicely done.

Dallas

Amen to that Dallas. I concur w you about Hanley. Are we gonna honor his love of paddling w our boats on top of our cars at the service?

tshuler

So sorry to hear this about Paul. I only had the pleasure to take one trip with Paul but it was a good one. He Jeff and I car pooled to the Telico this winter, this was the first time I met Paul. He was very high spir-

ited person and was a pleasure to be around.

My condolences to his family.

Fred Wilson

Tim - I've got my boat loaded and I'm pretty sure others will have theirs too -

It seems only appropriate considering how much he loved to paddle and how much he loved to share that love with others through teaching.

A

A Letter to Biscuit

July 30, 2014

Dear Paul (Biscuit),

Buddy, it has been a little over a week since you passed away. Tomorrow marks exactly one week since your memorial service. Not much but a lot has been going on over the week gone by. The world is in a shit ton of trouble. Get this: Ebola may be getting ready to kick some global ass. They say the symptoms are like the flu. Get this shit though, that runny shit ain't out of your nose, it's your fuckin' eyes bleeding. Kill rate is 60% and has been as high as 90% in the recent past. Damn. Middle East is a powder keg with a very short fuse. And worst of all, I can't find Southern Blackberry Cobbler Bluebell ice cream. Issues of this world though are no longer of concern for those in the spirit realm. You lucky bastard. Guess I should be a little jealous of that but honestly, I can wait for that day when my interests suddenly change too.

This past week has been surreal to me. I'm thinking of you a lot but I guess that is natural. Your leaving hit me like a ton of bricks so recovering from that i guess should be a little slow and tough. I was talking with Hanley's wife Denille (? spelling) and teared up when talking with her about you. She told me that Hanley told her that we were close buddies and that's when the eyes watered up and I choked. Yeah buddy, this shit is raw. After I left the bike shop I called Lucy and we had a good therapeutic cry over the phone together.

You should read some of the tributes the BWA tribe wrote about you. DAMN! Were you ever liked!! I no-

ticed some were written with an air of regret that they were not better friends and stuff like that. Well, how can you be a better friend than the one you already are? I believe that one way to be friend is to just be yourself. I mean, no matter how pretty on the outside we are, we all have warts on the inside and every now and then those warts come to the surface. You were one that set an example of being able to see the warts but still witness the beauty of the person carrying them. You saw mine but still loved me like a brother. You also showed me some of yours but they were so tiny in comparison to your person that they were inconsequential to me. This world has had only one man with no warts so we nailed his ass to a tree. I guess that acceptance of a person, warts and all, is a good definition of brotherly love. Now about bad breath and farting.....

When a person dies we speak of how their spirit can soar to the heavens. Ummmmmm. Hey Paul, thank you for not waiting for that shit. I saw in you such a joy of life and how you shared your joy with those you came in contact with. I have never before seen such a giving person, without reservations, and without expectation of reciprocation. Plus, you not only saw the good in others, you brought it out of them. You were safe. By that I mean that around you it was okay and encouraged to be one's true self.

Your best gift to others that you gave, however, was time. Time with you was time well spent. I just wish I had had more of it. I'm sure the angels are enjoying having you around and may be wondering why it took so long to get you there. Keep those intelligent conversations we had going re: do zombies poop? How does you butt know if it is just a fart or something of more substance and how does it know when you have 'farted enough and you'd better stop now'? You know, the interesting stuff.

Paul, I could go on and on but forever only lasts so long. I leave you an open invitation for this: Very soon I am going back to the Ocoee and will be camped at Thunder Rock. I plan to grab the number 2 campsite as it is right on the Edge of the World from the Upper Ocoee. It is by far the best campsite in the Ocoee area. Ask anyone who has stayed there and they will tell you the same. I would love to have you there in spirit. Anybody who is around there please note that the guy seated in the chair next to that beautiful water cascade and crying his eyes out is fine. I am just having a beer and a catharsis over

losing a very close and loving friend. I'm okay and I will get better but for right now I am in a state of selfish grief and I'm missing my buddy. If any of you do happen to be there, please have a seat and share the beer with us, you are invited too

Dallas

Damn, Dallas...

Makes me want to be a better person. Have a beer for me, make it a Southern Tier 2XIPA.

Hanley Loller

Well said Dallas ~

Adelessa

Wow man, feeling for ya bro. Sure is tough losing a buddy.

Fred Wilson

Thank you Dallas for those words, my heart is aching too with such a big hole with this loss. While I only had the privilege of knowing Paul a much shorter time than you, he meant a lot to me as a very encouraging person to a new paddler. He graciously loaned me equipment to help me get into the sport and gave of his time to paddle with me and coach me many times. Then earlier this spring he coached my daughter down the forks and his encouragement led to her testing out the sport as well. I wonder if we could somehow make his memory live on by establishing a kind of trust fund or scholarship fund in his honor to give scholarships to new paddlers to attend the clinic each spring. I don't know the mechanics of how to make that work, but I would certainly be glad to donate some funds to get it started. In addition, I also thought planting a shade tree at the AW take out in his memory would be a nice way to bring him to mind each time we take out, rest, regroup and fellowship with our paddling buddies at the river's edge. Just a thought. Again, I don't know the rules, regulations or guidelines of what we can or cannot do at the take out site but perhaps we could look into it. Big hugs to you Dallas and thanks again for your words. I know Paul is spreading his good cheer where ever he is at this moment.

Tina Stambaugh

A Year of Boating.....

August 22, 2014

A year ago today, my brother Todd put me in a kayak without a skirt and we ran Elkhorn. I wanted to share some things from my boating log regarding my first year. Hope it's not too long!

Number of trips/runs - 23 (not bad considering I work EVERY weekend)

Rivers/Water I've been on - Elkhorn(upper and lower from 80-2500 cfs), Big South Fork(canyon @ 1400 cfs), Calloway(med to high level), Boone(Grimes Mill bridge put-in, low water), Pigeon(upper @ 1400 cfs)

Number of Swims - 5 (2 on my 2nd trip/1st with a skirt on Elkhorn 9/4/13, 1 on the BSF near the beginning of 'Moonshot' 3/20, 1 on the Pigeon @ 'Powerhouse' 6/7, 1 catching an eddy at the top of 'S-Turn' during a "Booze Cruise" 6/12

Number of Combat Rolls - 2 (1st ever on the waves just below 'Lunch Stop' on 2/28, 2nd on the BSF a few rapids above 'Jake's Ledge' on 3/20

Number of Practice Rolls - lost count. Once I learned to roll, I usually knock out 1 or more every time on the water and have done as many as 7-8 in a day

Number of Roll Sessions Attended - 5 (4 during the winter and 1 this past summer)

Cool Things I've Seen - A Horned Owl, an Osprey, a Nesting Hawk, and a Mink (all on Elkhorn!); Bats flying over the BSF during the daytime; tons of birds, flowers, and turtles; a few frogs and snakes.

People I've Paddled with - Todd Harbour, Leslie Coble, Cat Coble, Patrick Spivey, Brandon Jett, Barry Grimes, Cynthia Grimes, Mike Larimore, Robert Milgate, BJ Phillips, Barry Sipple, Todd Garland, Jason Powell, Bob Larkin, Tim Schuler, Paul Graves, Matt (OC1 Viking whose last name I couldn't remember), Don Perkins, Mel Dean, Jess Albright, Hunter Doerr, Nate Scally, J-Bob, Justin Thompson, Kyle Snowden, Jeff Kirchner, Pat ???(ran Boone w/ him and he helped set our shuttle for Calloway), "Duckie" Lou, Jon Mandt, Spalding Hurst, Ayran Sherman, Tony Sherman, Lindsay Erin, Danyelle Nockerts, Liz Phelps, Kystal Monroe, Jeff Raiders, Richard Millea,

and probably a few more than I couldn't remember or fit into my log book.

Well, that wasn't as long as I thought it would be. I hope that in my next year of paddling I can get more time on the water (50 days!!), get on some new things (Ocoee, Russell Fork, Nanty, Noli, and whatever else I'm "ready" for; revisit some places (BSF and Calloway!!!) and most importantly - see many, many more of you on the river!

Thanks for making my 1st year so enjoyable and memorable!

gharbour3

CareFreeLiving - Musings on the Anniversary July 04, 2014

Ok, like some of you that knew Scott Bradfield, I woke up with him on my mind this morning. One year ago today he was killed on the Upper Big East Fork of the Pigeon River, doing his passion and last seen peeling out of an eddy with a smile on his face. The river flashed, things went wrong, and we lost him. We found him the next day not too far from where he peeled out. Tough couple of days for sure. Hearts ripped out and our souls felt empty. But we celebrated his life and to this day I will never forget the line of kayaks on cars going to the funeral service. Wow. Here are some heart felt words to my bro...

Scott,

Lots of things have happened in this past year. Gauley season was bomber, you would have loved it. Some of the best high water days I have ever had on the Upper Gauley. Russell Fork season was good, but the water was not particularly juicy We would have giggled together at the bottom of drops waiting for our other friends to come on down. Had our usual great safety sessions at Climax which you would have enjoyed with all your friends. I suspect you would have raced the LOF race again this year. Didn't you race your first time in 2012? Had a hoot at the Green Race. You would have been stoked to see your sis, Rebecca Mermaid, come charging through Gorilla, hand pumping her hand paddles in the air as she blasted through Speed Trap, on her way to being the first female to hand paddle the race. We had Talullah days, Cheoah days, the WFT is now happening and a few good days in the Park. Big Creek, one of your favorites, did not run as much this year and the Little only ran through

March. Anyway, a bunch of us are converging today and if you feel like floating by our fire circle tonight, we will all be blessed. Love you and miss you brother!

Brent

Here's to Scott- a man who lived his life fully!

Chief

I hope we can make this a yearly tradition to celebrate his life.

Dave Lafferty

Think about and miss Scott often when I think about boating - which is pretty often. Miss running into him at the gym too. I've been thinking - he and I used to talk about doing a Baddlun type race on the Upper Ocoee. Think it would be really cool if we could set up an annual Baddlun type race there in his memory and name it after him.

Wes

Wes,

I love the race idea to commemorate Scott's life! Let's make that happen.

Fred Wilson

I was unable to join my river family this weekend to join in the celebration of our lost brother. I too had my time personally this past few days thinking of and talk with Scott. He is so dearly missed on and off the river.

I thought about him when I was bombing down some mountain bike trails this weekend. He loved the trails when the water wasn't up that's for sure. I remember the first time I rode mtn bikes with Scott. We rented bikes in Fayetteville and the dude at the shop directed us on a loop that "he does with his wife after work", sounded doable for beginners. Well, we all got demolished on this hellish 10 mile loop that was basically one big UP hill, at least that's what it seemed. We wanted to punch that dude in the face after that monster loop but I guess we just sucked at biking at that time. You know Scott was out in front though.

You are missed my brother!

****CareFreeLiving****

Justin

A WILD RIDE:

Danville dentist likes the adventurous side

That's the best descriptor for Danville native Clay Warren.

Warren, who owns a dental practice on Third Street in Danville, spends much of his free time doing just that, between going whitewater kayaking, mountain biking, dirt biking — most anything that is dangerous and adrenaline-fueling.

"I'm all for it," he said laughing.

How it began

Of those, his biggest passion is whitewater kayaking, which he learned about from his father. While Warren was just beginning at the University of Kentucky College of Dentistry, his dad, Gary Warren, began whitewater kayaking and joined the Bluegrass Wildwater Association. After learning the basics and being at it about a year, Warren's dad decided to try it out near Lebanon and invited him to come.

"He put me in the kayak, put the spray skirt on, showed me how to pull the ripcord out and told me, 'If you flip over, you'll have to pull the spray skirt off.' I was like, 'This is no big deal, no problem,'" Warren said. "I paddled up an eddy (a river feature that forms just downstream of an obstruction), peeled out in the current and immediately flipped and swam — within 30 seconds of being in the kayak."

For the rest of the Article from Central Ky News:

http://m.centrankynews.com/amnews/news/local/a-wild-ride-danville-dentist-likes-the-adventurous-side/article_16b48c6a-b1d9-5bf1-9477-4c7d5638c824.html?mode=jqm#.U9_q_VpFqdc.facebook

Happy outfitting!

August 12, 2014

If anyone would like to outfit their boat (or advice on how to do it), bring that thang to the meetin tmrw night and we'll snug'er up. I'll attach a pic of the bare essentials needed. If you're wanting to actually do some outfitting on site, you'll need to provide your own foam and some Weldwood Contact Cement (red label). I should have everything else and will be more than happy to help. In the attached pic are the following:

Mini cell foam (often included in manufacturer's fit kit): hip pad shims work great for knee blocks

Dap Weldwood Contact Cement (red label)

Masking Tape

Foam paint brushes (2" works well)

Sharpie permanent marker

Rasp or SurForm to do bulk shaping of foam

Sand paper- 60 grit works well

Screw driver (one that fits bolts needed to adjust seat and thigh hook position)

Things not pictured but could come in handy:

iso-propyl alcohol for cleanin, ethyl alcohol for drinkin
rags
music

See y'all at EA...surfs up!

Clay

Hi All,

Sorry I wasn't able to make the meeting - due to work but what a great idea this was! Hope it went well! I've noticed several comments re: contact cement drying up between uses. I have stored contact cement for many years using a very simple rule: do not allow cement to dry on the sealing lip or rounded mating surface of the lid. Keep it clean and the can will re-seal perfectly every time. Also use care in opening the lid, working around it to open so you do not damage the sealing surfaces. Make sure you close it tightly using a cross press method using a big screwdriver or similar object. Doing this I use the quart can until it's empty without ever "drying out". This method also helps prolong the life of latex and organic solvent based coatings, but they won't last as long as contact cement regardless of how well they are sealed. Air left in the can will cause the surface to film over in coatings if stored for prolonged periods. Your best option with coatings is to transfer them to smaller containers that can be nearly filled - mason jars of various sizes are perfect for this.

Tip for applying contact cement: In my experience a wedge of 2 inch minicell - about 1-2" thick at the thick end and cut in shape of a wedge about 3" long is THE tool for applying contact cement properly. The trick is a thin layer, and the minicell wedge allows you to squeegee out the excess glue more effectively than a foam brush. Also the solvent in contact cement will quickly make a mess of a foam brush but a minicell wedge - if wiped clean between used with paper towels will last indefinitely. I've been using the same one since getting back into boating in 2007. Oh, and nitrile

gloves will save you many hours of sticky fingers smiling smiley

Didn't see a propane torch in Clay's list but maybe he brought one for all to use and explained it's use. Flaming the plastic for a few seconds before applying the cement will improve adhesion of the contact cement as well as epoxy by oxidizing the plastic surface. Using a flame spreader makes this task easier. If you aren't sure if you've flamed enough drop water on it. If it beads it needs more flaming, if it spreads out it's ready. Interestingly, and not sure why, but this prep is not indefinite so you want to repeat the process if you have to reapply glue / epoxy.

Happy outfitting!

Wes

Sorry I forgot one other point ... the foam wedge is also the tool for applying / squeegeeing resin in glass boat / paddle / etc repairs. I learned of the foam wedge trick from The Boat Builder's Manual, by Charlie Waldbridge back in the day. I figured out along the way it also works great for contact cement and more recently that Minicell works better than my old etha-foam "brush" / squeegee.

Wes

Get Ready for Gauley Season!

Fall is just around the corner and that means the faucet will soon be turned on at the Summersville dam for some sweet Gauley action. This year's season starts on Sept 5th and the BWA will descend on West Virginia for some Upper and Lower high quality H2O.

Check out the Gauley release schedule and plan your fall paddling. Gauley fest is a big paddling party for everyone so make sure you have the weekend of Sept 19th blocked out and come help American Whitewater raise money for river conservation. The American Whitewater website has all the info you need to plan a weekend of all things boating!

<http://www.americanwhitewater.org/content/Article/view/articleid/32047/>

Eddy Lines of Interest

June 2014 Steering Meeting Minutes

June 5, 2014 @ Marikka's

I. Call to Order

Meeting called to order by Adelessa at 7:40pm.

II. Reading of Minutes

Moved (Jeff S), Second (KC) to accept the minutes from the previous meeting in March. Motion passed.

III. Officer Reports

President-Clay—No report

Past President – Emily –

Vice President –Adelessa – Clinic is DONE! Consensus is that everyone had a great time. Beginner trips under way.

Treasurer- Jeff K – 1. Approximately \$4400.00 in the bank account. 2. Sending Tom a check for roll sessions. 3. BWA paid subsidy for 10 students (\$35.00 each).

Secretary – Jacob – no report

Conservation Officer – no report

Safety Officer – Tom – 1. Roll session start 06/12/2014 at Tates Creek Pool,

8:00pm – 10pm 2. Nine students currently enrolled in the Swift Water Rescue

Membership – Ali – no report

Program Director – no report

Webmaster – Joe – no report

Newsletter – Don – Newsletter should be finished and out this week.

Gear Coordinator – BJ – Equipment is back at the storage unit.

NPFF Director – Bethany – no report

Member at Large – Jeff S. – no report

IV. Unfinished Business

1. BWA Emblem Discussion – KC brought artwork submitted by Dot and Hanley. Don also brought artwork to share with the steering committee. So far she has received submissions from three different people. Keep submitting artwork!

2. Club Officer Elections – Officer Elections will be held on June 10th, 2014.

Absentee ballots must be sent in to Jeff Schetler at memberatlarge@bluegrasswildwater.org

by June 9th at 9:00pm and must include the voter's name.

a. President – John nominated Clay Warren, KC second
b. Vice President – John nominated Brandi Jones, Brent second

c. Treasurer -- Clay nominated Jeff Kirkner for Treasurer, Brent second

d. Secretary – Clay nominated Wendy, Dot second

e. Conservation Officer – Brent nominated Peter Stutts, Larry second

f. Safety Officer – Dot nominated Tom Minor, Brent second

g. Membership Coordinator -- Clay nominated Jacob Robinson, KC second
Membership Coordinator – John nominated Erik Davenport, pending Eric's approval

h. Program Director – Clay nominated Bethany Overfield, Brent second

i. Webmaster – Robert nominated Joe Wheatly, Larry second

j. Gear Coordinator -- Ali nominated KC Frankenstein, John second

k. Newsletter -- Clay nominated Don Spangler, Brent second

l. NPFF -- Brent nominated John Mello, KC second

m. Member at Large – Adelessa nominated Katherine Haloran, second Hanley

Member at Large – John nominated Brandy Jones, second by Bob

Discussed issue around voting to have two people serve in member at large. Lengthy discussion ensued regarding having two Members at Large. Steering Committee's general opinion is to have two Members at Large for the upcoming Officer term. First order of business at next week's General Club Meeting.

3. Maryanne Reynolds Memorial – The steering committee voted via email this week to purchase flowers totaling \$155.00. Additionally, the steering committee voted to donate \$100.00 to Paws for a Cause in Maryanne's memory.

V. New Business

1. BWA Summer Party – Adelessa began discussion regarding the BWA summer party.

Clay suggested the summer party be held on August 1st and 2nd. Moved (Tom), second (Jeff) to hold the summer party on August 1st and 2nd, and spend up to \$300.00

on the party. Motion passed. Additional details to follow.
Steering committee will solicit incoming Members at Large to assist in planning with this party.....

2. Meeting at Elkhorn Acres on 06/10 -- Meeting will be Pot Luck style. Officer team will not be grilling this time around. No program due to Officer Elections.

VI. Announcements
None

VII. Trip Reports
None

VIII. Adjournment
Moved (Tom), Second (Don) to adjourn meeting at 8:37pm.
Motion passed.

Bluegrass Wildwater Association June General Club Meeting Minutes

June 10, 2014
@ Panda Cuisine
Present: 25 members

Next meeting: Steering Committee, Tuesday, July 1
I. Call to Order

Meeting called to order by Adelessa a 7:40pm

II. Reading of Minutes

Moved (Bethany), Second (Ali) to accept the minutes from the previous meeting in May. Motion passed.

III. Officer Reports

President--Clay—no report
Past President – Emily – no report
Vice President –Adelessa – no report
Treasurer- Jeff K – 1. Approximately \$3900.00 in the account.
Secretary – Jacob – no report
Conservation Officer – no report
Safety Officer – Tom – 1. Roll session start 06/12/2014 at Tates Creek Pool, 8:00pm – 10pm 2.
Membership – Ali – no report
Program Director – no report
Webmaster – Joe – Wild Apricot had an update this past month. Working through new software.
Newsletter – Don – Bowlines came out this week. As always, looking for stories...Especially mayhem stories...
Gear Coordinator – BJ – Equipment is back at the storage unit.
NPFF Director – Bethany – no report
Member at Large – Jeff S. – no report

IV. Unfinished Business

1. Elkhorn Acres Improvements – Plan is for July for the gravel improvements to start. Zina noted that Canoe KY is going to pay for the new signage.

2. BWA Emblem Discussion – KC has a packet of designs. There have been a number of designs submitted by club members. Keep the designs coming in.

3. Club Officer Elections

a. Two Member at Large Positions – Adelessa began discussion regarding member at large issue. Lengthy discussion ensued around this topic. Moved (Bob) Second (Ali), to have two members at large serve on this term. Motion passed.

b. Moved (Carlisle), Second (Jason) to accept all the officer nominations via acclamation. Motion unanimously passed.

- i. President – Clay Warren
- ii. Vice President – Bob Larkin
- iii. Treasurer – Jeff Kirkner
- iv. Secretary – Wendy Scroggins
- v. Conservation Officer – Peter Stutts
- vi. Safety Officer – Tom Minor
- vii. Membership Coordinator – Jacob Robinson
- viii. Program Direction – Adelessa Harbour
- ix. Webmaster – Joe Wheatly
- x. Gear Coordinator – KC Frankenstein
- xi. Newsletter – Don Spangler
- xii. NPFF – John Mello
- xiii. Member at Large – Brandy Jones
- xiv. Member at Large – Katherine Halloran

4. Maryanne Reynolds Memorial – Adelessa noted that the steering committee voted via email last week to purchase flowers totaling \$155.00. Additionally, the steering committee voted to donate \$100.00 to Paws for a Cause in Maryanne's memory. Paws for a Cause will be hosting a Rolling Thunder (motorcycle ride) during the Lexington 4th of July Parade. Please participate if you are a motorcycle or ATV rider....

5. Elkhorn Acres Neighbors – Zina discussed the issues at Elkhorn Acres. Everything is great, and please remember to respect private property.

V. New Business

6. BWA Summer Party – It was voted on during the last steering committee meeting to have the Summer Club party on August 1st and 2nd, 2014. The steering committee also voted to set a budget at \$300.00.

VI. Announcements

1. General Announcements

Post clinic beginner's trip on June 28th at the Pigeon.

VII. Trip Reports

1. Larry reported on Swiftwater Rescue – 8 students including the new Breaks park director.
2. Ali reported on her trip to Lake Tahoe and Yosemite. She did get to paddle one day on the South Fork of the American.
3. Robert reported on the trip to the Pigeon last weekend. Took a number of the beginners down the lower section. Wonderful day on the water.
4. Adelessa reported on her PFD on the Upper Russell Fork. Led down by John Mello, Brandy, and Mello among others.

VIII Adjournment

Moved (Robert), Second (Larry) to adjourn meeting at 8:40pm. Motion passed.

Bluegrass Wildwater Association General Club Meeting Minutes

July 8, 2014 @ Rooster's

Steering Committee Members Present: Clay Warren, Bob Larkin, Don Spangler, Tom Minor, Katheryn Halloran, Adelessa Grace, KC Frankenstein, Jeff Kirchner, Wendy Scroggins

Next Steering Committee Meeting: August 5, 2014

I. Call to Order

Meeting was called to order by Clay at 7:50 p.m.

II. Minutes

Moved (Larry); Second (Bob) to accept the minutes from the previous meeting on June 10, 2014. Motion passed.

III. Officer Reports

- a. President – Clay Warren: No Report.
- b. Vice President – Bob Larkin: There is a discussion about the upcoming Clinic on the Forum. Brandy (Planning Committee). The Clinic will be "family friendly" camping and cookouts.
We should support Canoe Kentucky as a great resource. AWA – Brent and BJ are two BWA members on the AWA Board of Directors; we need to support AWA and push to have more AWA members in BWA. BWA members get a discounted membership fee to AWA. 'Cliff' bars picked AWA as this month's charity. For every #BeTheMoment that is posted on Social Media, Cliff bars will donate \$1 to AWA.

c. Treasurer – Jeff Kirkner: No Report.

d. Secretary – Wendy Scroggins: No Report.

e. Conservation Officer – Peter Stutts: Any derogatory discussion about AWA property / neighboring property should be kept off the public Forum. Comments on the Forum can be too easily misinterpreted and taken personally. Any unfortunate personal regarding this property should be reported to Canoe Kentucky. Clay stated that the Steering Committee will discuss this matter further.

f. Safety Officer – Tom Minor: Roll Sessions are going great. The Swift Water Rescue Clinic went very well.

g. Membership Coordinator – Jacob Robinson: No report.

h. Program Direction – Adelessa Harbour: Adelessa discussed the Nature Conserve, American Canoe, and Dynamic Paddlers (adaptive paddling), as well as renting out Movie Tavern possible activities. Please let Adelessa know of any activity suggestions.

i. Webmaster – Joe Wheatly: No report.

j. Gear Coordinator – KC Frankenstein: BJ gave KC the keys and she will check out the gear next month.

k. Newsletter – Don Spangler: Don encouraged everyone to contribute stories and photos for the newsletter articles. He gave KC several artwork items for logo submission. KC will post them on the website. KC is researching logo printing options.

l. NPFF – John Mello: No report.

m. Member at Large – Brandy Jones: No report.

n. Member at Large – Katherine Halloran: Katheryn suggested a "Ladies Only" SWC be offered. A lengthy discussion ensued. Adelessa commented that women may be more likely to sign up for a womens-only clinic, thus encouraging more women to get involved in BWA. Tom objected the womens-only class stating that it was discriminatory. Larry G. made a motion that the Womens-Only SWC be offered. Zina seconded. The motion was voted on and passed. BWA will subsidize \$35 for each member taking the Womens-Only class.

IV. Unfinished Business –

Clay discussed the Summer Party. Adelessa will take charge of the party (Aug. 1-3, 2014). BWA will have private camping at OAR. The Steering Committee voted to allot \$300 to this party. Pot luck dinner. The Vikings may join us.

V. New Business –

July 26, 2014. Yak Race at Upper Yak.
West Fork is also released that date.

VI. Announcements:

BJ announced that J&H Sporting Goods is expanding their business since Benchmark closed. BWA members get a 10% discount.

VII. Program.

VIII. Trip Reports:

Clay discussed his trip on the NW Middle Fork of the Salmon River. 120 miles in 4 days, Class IV

IX. Adjournment: The meeting adjourned at 9:15 p.m.

Bluegrass Wildwater Association Steering Committee Meeting Minutes

August 5, 2014 @ Marikka's Restaurant

Present: Clay, Bob, Don, Adelessa, KC, Jeff, Wendy, Jacob, Megan, Peter, Joe, John, Brandy.

Next Steering Committee Meeting: September 3, 2014

I. Call to Order

Meeting was called to order by Clay at 7:45 p.m.

II. Minutes

Moved (Tom); Second (Megan) to accept the minutes from the previous Steering Committee meeting on July 1, 2014. Motion passed.

III. Officer Reports

President – Clay Warren - The Summer Party was a great success. Also, Roll Sessions are going great. There may be an opportunity to add additional sessions. Check the forum for upcoming information. Membership – Jacob: There are two upcoming community outreach events coming up.

Aug. 9 – H2O Expo in Jacobson Park. BWA will have a tent from noon till 4 p.m. All types of water recreation. BWA will bring a flat screen TV to show videos. John Mellow suggested that BWA rent a subwoofer for \$35/week for the event. Clay would like to eventually purchase our own subwoofer for all events. Jacob will put a post on the Forum with more information about this expo.

Boonesborough Kentucky River Blast will be held on the weekend of August 16-17. The race fees are high; however the event is free to attend. Jacob announced that there are 298 active BWA membership profiles in the system. 104 are overdue for renewal, while 194 are active. Forum access will be cut off when membership renewals lapse. Clay suggested having a PayPal button on the main page of the BWA website to renew memberships. John suggested an automatic annual renewal option.

Vice President – Bob - Discussion about a possible change in venue for the Clinic. Carson Island v. Ratliff Hole. Each

location has pros and cons.

Location will be decided at a later date.

Treasurer – Jeff - There is approximately \$6231 in the account.

Secretary – Wendy - No Report.

Conservation Officer – Peter Stutts: Discussion about signage at Elkhorn Acres. He will email proofs of examples to steering committee members.

Options:

black/white, Forest Service brown/tan. Further discussion included the possibility of a donation box, or QR codes to submit donations.

Opinions

against the Forest Service colors included misrepresenting ourselves as a part of another organization. Renovations to Elkhorn Acres should start soon.

Program Direction – Adelessa Harbour: Adelessa discussed the upcoming BWA August meeting will be held at Elkhorn Acres, rain or shine, with throw bag stations, first aid learning stations, boat outfitting, kayak/vehicle tie down lessons. Pot luck dinner. Bob discussed using part of the \$248 leftover funds to purchase a BWA grill. More research on grills will be done.

Clay has a propane grill he will donate to BWA. Don reported there is a large grilling grate in storage to use over campfires. Bob made a motion that Adelessa use the leftover funds from the summer party for meat and charcoal for the August meeting. Jeff seconded. The motion was voted on and passed.

Webmaster – Joe Wheatly: Joe is working on keeping the calendar up-to-date and maintaining the webpages.

Gear Coordinator – KC Frankenstein: No report.

Newsletter – Don Spangler: Needs material for the July/Aug issue. Please send photos and articles.

NPFF – John Mello: Gauley fest is coming up soon (Sept. 19-20, 2014) in Summersville, WV. NPFF needs to have a booth there. It's the perfect showcase for NPFF. Clay and John will get together to discuss media options.

IV. Unfinished Business – The BWA emblem is an ongoing process.

V. New Business – Reminder that the August meeting will be held at Elkhorn Acres, rain or shine.

VI. Announcements - The September Steering Committee meeting will be changed to Wednesday, Sept. 3, 2014, at Marikka's, due to the Labor Day holiday.

VII. Trip Reports: Several trip reports were discussed.

VIII. Adjournment: Moved (Bob), Second (Brandy) that the meeting be adjourned at 8:50 p.m. Motion passed.



**August Club Meeting
will be at the
take out on the Elkhorn!**

Potluck Meeting Night!
Bring food to share.

Also bring gear to swap!

We will try to start at 7:00 due to early darkness

**For more information on Club Meetings
& Activities always check the
online Calendar.**

<http://www.bluegrasswildwater.org/?f=calendar>



Bluegrass Wildwater Association
PO Box 4231
Lexington, Ky. 40504

BWA Meetings

Meetings held Second Tuesday of every month at 7:30 pm
To eat during the meeting come a little early so you can place your order before the meeting starts.
For up-to-date info on meetings always check <http://www.bluegrasswildwater.org>