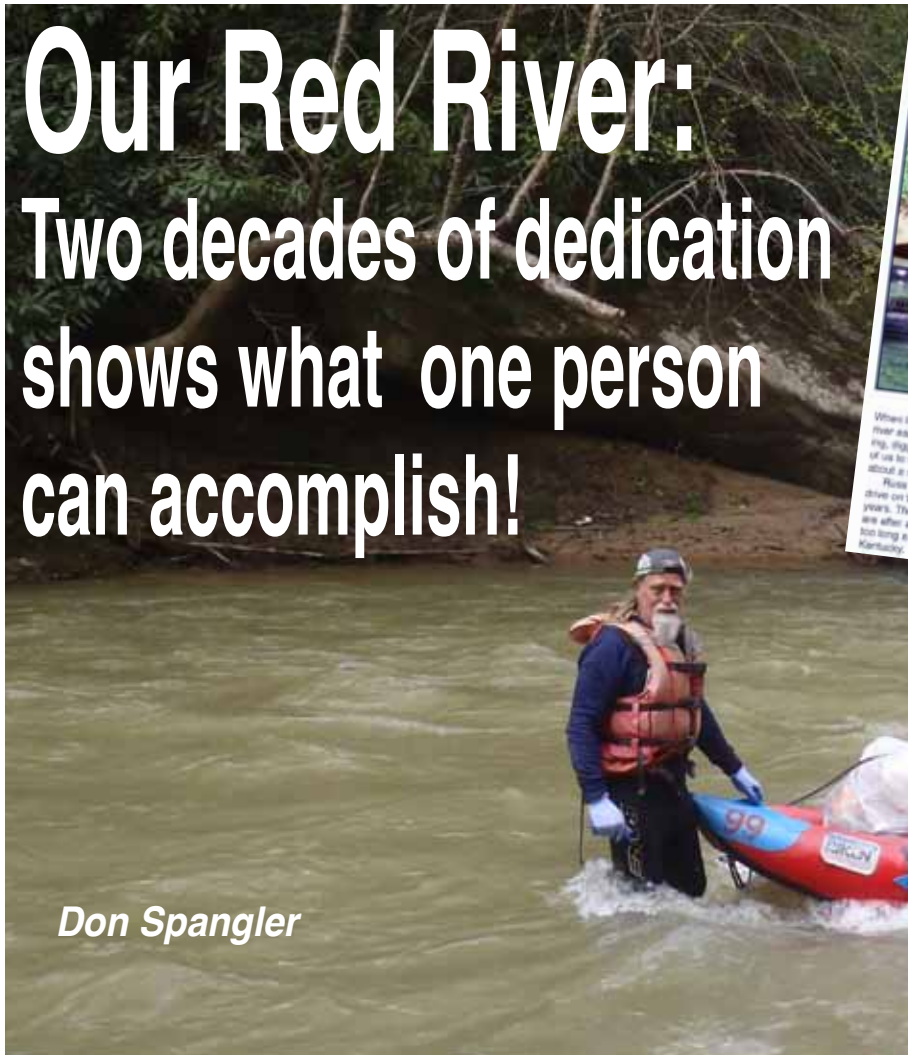


BOWLINES

Award Winning Newsletter of The Bluegrass Wildwater Association since 1976. May/June 2014

In this issue:

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- Summer Roll Sessions News**



**Our Red River:
Two decades of dedication
shows what one person
can accomplish!**

Don Spangler



Tim Miller

In 1999, when I wrote about the first BWA effort to help Russ Miller to remove trash & tires from the Red River Gorge, I would not have believed that we would be still helping Russ in 2014! (Bowlines May/June 1999: <http://www.bluegrasswildwater.org/bowlines/MayJune99.pdf>) Russ Miller had already been cleaning the gorge for 4 years at that 1999 round-up and I thought that the some 100 tires we removed that day surely got most of them..... I was mistaken.

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

June Meeting

Go early, help clean up the property & visit
with other members. Bring food for a pic-
nick.

Officer elections will be held at this meet-
ing so come out and support the club!!!!

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

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

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



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

Club Officers 2012-2013

President	Clay Warren	859-326-0602
Vice-President	Adelessa Harbour	859-230-1316
Treasurer	Jeff Kirkner	859-523-2730
Secretary	Jacob Robinson	859 608 5269
Safety	Tim Minor	859-619-9495
Program	Davy Lafferty	859-576-2050
Newsletter	Don Spangler	859-277-7314
Cyber Communications	Joe Wheatly	859-361-0892
Conservation	Peter Stutts	804-615-8909
Film Festival Coordinator	Bethany Overfield	859-519-5691
Russell Fork River Festival Coordinator	Steve Ruth	606-754-4348
Equipment Coordinator	William (BJ) Phillips	859-533-6722
At-Large Member	Jeff Schetler	859-227-8820
Membership Coordinator	Ali Blair	859-576-9409
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





Tim Miller

Russ Miller & BWA member Allen Kirkwood at the Red River Round-Up this year.

Russ kept finding motherloads in them there "river banks". I have no idea how many more hundreds of tires he has located since then to clean out of the Red, not to mention all the other trash that has been pulled of the Gorge since. While most of the rest of us were paddling other streams, watching UK balls games, or drinking beer and just being lazy, Russ used his free time to locate the hidden or buried tires for the next round-up.

It is a good thing that the BWA helps carry on "the tradition" to continue to make the Red River Gorge a better place for all. Notable is that all this is accomplished without a lot of money, government involvement or much publicity. It just took a quiet unassuming person to lead by example..... and a few others to follow him.

Robert & Zina make another Red River Round-Up.



Tim Miller



Red River Tire Round-up 2014 Photos

by Tim Miller





Wow! Another BWA Clinic!



Adelessa Grace



Tim Miller

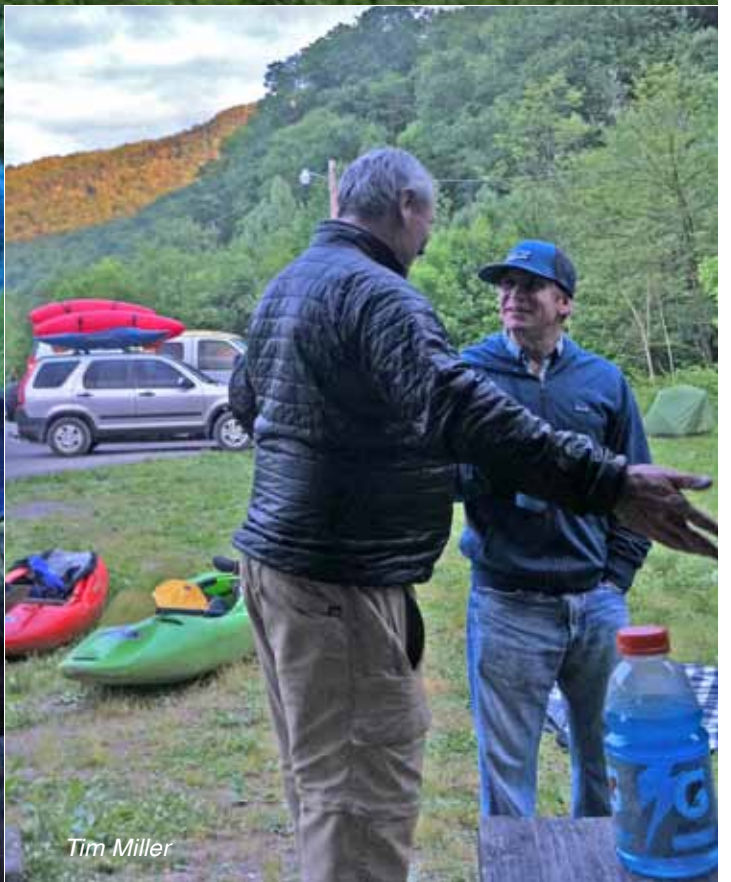




Tim Miller



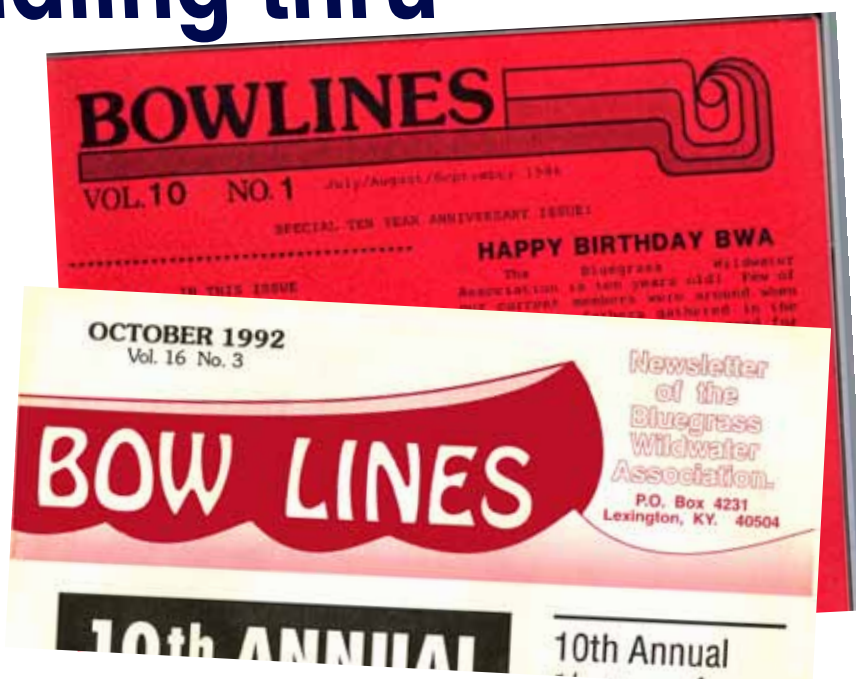
Tim Miller



Tim Miller

Back-Paddling thru the Pages of Bowlines...

more of our proud
BWA legacy that is
worth remembering!



This issue has articles with a focus that new members & clinic students may find useful & interesting. Please note things change over time, including streams. Make allowances for that as you use some of the info in these articles from years ago.

A Look at the Padding Clinic

From Bowlines June/July 1979

Sage, a local river outfitter conducted classes on various forms of river paddling -canoeing & kayaking for many years. Since Sage dissolved earlier this year, our club saw a need and responsibility to carry on instruction in river paddling technique and safety. Our first venture, as a club project, into teaching was heralded as an enigma of success. Several suggestions for future clinics are contained in a separate article by Sam Moore.

The clinic was not advertised, but mainly offered to friends on a non-fee basis. The response was overwhelming with approximately 40 students and instructors participating. The organization committee closely watched water levels on many rivers during the week prior to the clinic in hopes of picking the proper river conditions for novice paddlers. The Big South Fork of the Cumberland was chosen with some reluctance(a sudden gage reading increase up to 12,000 cfs) but turned out to be surprisingly great for teaching. The level at Leatherwood Ford was approximately 3,500 cfs and provided a rather long pool upstream of the bridge that was used for initial instruction and practice on Saturday morning. Saturday afternoon, the clinic paddled further upstream to a small river wide rapid that provided extensive opportunities for practice on ferrying, eddy turns, surfing, and yes, even lots of rescues! Don Spangler can attest to that. Late in the afternoon it was time for a swim. Many of the students and instructors made their way upstream of the rapid, jumped in and swam (feet up) down through the rapids, waves and small hole to be rescued by rope throwing learners. Fortunately no one actually needed rescuing since a few ropes got tossed in, complete with both ends.

Dinner that evening at Tobe's Restaurant in Oneida Tennessee was very good but a tad short on supply. Sunday was a near fiasco. Plans were to run a 5 mile section of the BSF, taking out at Leatherwood. We drove down a road that could have doubled for the secret take out on Cumberland below the falls. It was a definite class V run. The rains came and came and created a stream in the road almost deep enough to paddle. By the time we reached the railroad trestle the water level was too much for open boats, so we turned around and

drove back out.*

On the way out of Leatherwood Roger Ottersback won the "John Eisenberg Driving Award" when he got caught in a keeper hole! Roger was paddling on his off side and attempted to miss a small, insignificant hole in the middle of the road when a monster sucked him in on the extreme road right.

Fortunately the only damage was to a little pride and Joe & Ruth's Restaurant was unanimously voted as the next area to stop and scout.

Many thanks go to those who invested their time to organizing and or teaching, but especially to Sam Moore for all his hard work prior to the clinic.

* *The real panic and "heading for the door" occurred with our past President, Kent Kirchner, recently back from a Grand Canyon trip, went down to look at the water flow at the top of the canyon and came back exclaiming "I haven't seen water and waves this big since the Grand Canyon!" The few students that were willing to brave the rain and all to paddle that day waved the white flag and headed home. Editor*

Roll Sessions continue

Are you tired of that gasping carp look? Learn to roll the craft of your choice - canoe, kayak, c-1. Maybe you want to refine your hands roll or that "off-side" roll. Once again roll sessions will be held at the YWCA pool on Crosskeys Road. 7 - 9 p.m. Friday nights.

The dates are:
February 4, 11, 18
March 4

Roll & Win

Each paying person at each roll session gets one chance per session to win a Free Clinic, it is transferrable. The drawing will be held after the last roll session.

Roll Sessions used to be just in winter months, other months were used for on river practice.

From Bowlines January 1994

SOCKEYE PaddleSports
502/227-8167
Frankfort, KY

...offering Seda and Kokatat products

From Bowlines September 1994

Sockeye PaddleSports was BWA member & Past President Paul (Sockeye) Singleton's enterprise that many members & clinic students bought gear from in the pre-internet days.

From his nickname you may guess he was a good swimmer....when he was not being good paddler.

Editor

"Hey! Listen to this dumb article: "90 percent of all canoe damage happens on dry land"Ha!...."

Early in the BWA's history, It was largely by accident that the Weeks name came to be associated with danger. *Editor*

From Bowlines January 1994

Paddlers Self-Rating System

From Bowlines April/May79

ACTIVITY POINTS	0	1	2	3
Swimming Ability	Can't swim*	Weak swimmer	Average swimmer	Strong swimmer or skin diver
Stamina	Slower than 10 min. mile	8-10 min. mile	6-8 min. mile	Faster than 6 min. mile
Arm Strength	0 Chin-ups	1-5 Chin-ups	6 -10 Chin-ups	11 or more chin-ups
Trunk Flexibility	Can't touch side of knee bending sideways	Touch knee bending sideways	Touch palm to side of knee	C-I, C-2, K-I with full flotation
Equipment	Open canoe	Whitewater canoe with flotation	Covered canoe with flotation or C-1, C-2, K-I without full flotation	
Experience	Slow moving water	1 yr. of whitewater	2 yrs of whitewater	5 yrs. of whitewater
Aggressiveness	Does not play at all	Timid - -plays a Little	Plays a lot	
Boat Control	Can 't Control boat direction	Keep boat fairly straight	Can maneuver in moving water	Can maneuver in heavy water
Eddy Turns	Can't make eddy turns	Slow in both directions	Fast in one direction	Fast in both directions
Ferrying	Can't ferry	Can forward ferry only	Forward and reverse	Forward and reverse in heavy water
Hydraulic Playing	Can't play hydraulics	Comfortable in small ones or in open boat	Able to surf and hold position in decked	Pop-ups, enders, and stay in without paddle
Reading Water	Can't read water	Can avoid rocks in Class II water	Able to go in Class III water	Makes quick decisions in Class IV
Rescue Ability	None	Self Rescue in moderate water	Can assist others in moderate water	Can assist others in heavy water
Rolling Ability	Can't roll or open boat	1 or 3 in pool	3 or 4 in river	4 or 5 in heavy water
English Gate (Optional)		More than 95 sec. for K-I, 130 for C-I	K-I 80-95 sec. C-I 110-130 sec.	less than 80 sec. for K-I, 110 sec. for C-I

Back in the seventies the Keel Haulers Canoe Club of Ohio came up with a paddler self-evaluation system that rated the paddler as well as the river to determine suitability and risk in paddling that stream. BWA's Bob Sehlinger added it to his book "A Canoeing & Kayaking Guide to the Streams of Kentucky (first published in 1978). He analyzed it strengths and weaknesses with a discussion that is worth reading if for no other reason to give the paddler insight into things to consider when making a decision about paddling a stream. His book is in its 5th edition with updates (<https://www.menasharidge.com/product.php?productid=16216>) and I can only assume still with the discussion & analysis of the rating system I refer to. The on-line version at the Keel Haulers site seems to have corrected some of the weaknesses of the early version & useful for a new paddler to use. Editor

Keel Hauler Web site with rating system: <http://www.keelhauler.org/khcc/khcsr.htm>

Difficulty Rating Chart for River Sections or Individual Rapids

Points	Length Ft Rapid	Gradient Ft. Mile	Obstacles, Rocks, Trees	Waves	Turbulence	Resting or Rescue Spots	Water Velocity	Width, Depth	Water Temp.	Accessibility
0	Less than 100	less than 5, reg. Slope	none	few inches high, avoidable	none	almost anywhere	less than 3 mph	narrow <75' shallow <3'	65°	road along river
1	100-700	5-15 reg. slope	few passages, almost straight	low (up to 1') reg & avoidable	minor eddies		3-6 mph	wide >75' shallow <3'	55°-65°	1 hr travel by foot/water
2	700-3000	15-40 ledges or steep drops	courses easily recognized	low-medium (to 3') reg & avoidable	medium eddies		6-10 mph	narrow < 75" deep > 3'	45°-55°	1 hr - 1 day travel by foot/water
3	5000+	40+ steep drops small falls	maneuvering required, not recognized	medium-large (to 5') reg & avoidable	strong eddies, cross currents	good one below each danger spot	10 mph	wide >75' deep > 3"	45°	1 day travel by foot/water
4			intricate, hard to recognize	lrg to irreg. avoidable, Medium+ unavoidable	very strong eddies, cross currents					
5			torturous, frequent scouting required	large, irregular, unavoidable	large scale eddies/cross currents, up & down currents					ice forms on boat
6			very torrent	very large	very large	almost none	flood			

Clinic Syllabus used for many years at BWA Clinics..... also handy for students after the clinic to review basic paddling terms and skills as you continue to develop paddling abilities.

Introduction to Canoeing/Kayaking

Objectives

Important!
**Know and observe the
American Whitewater Safety Code**

<http://www.americanwhitewater.org/content/Wiki/safety:start>

Important terms/skills to recognize and understand:

1. Parts of the Boat: bow, stern, thwart, gunwale, painter, rocker, etc.
2. Parts of the Paddle: shaft, grip, throat, blade, tip, power face
3. Basic Safety Equipment: helmet, PFD, throw-rope, flotation
4. Hydrology: eddy/eddy line, standing wave, hole (hydraulic, keeper, etc.), pillow, strainer, dam
5. Paddle strokes: forward, reverse, draw, sweep, brace, turning/correcting/propulsion, body rotation
6. Boating techniques: upstream/downstream lean, angle, speed, surfing,

Strokes:

Canoeing: Achieve proficiency in:

1. Forward stroke & back stroke
2. High and low braces
3. Draw stroke: to stern, bow, amidships
4. Forward & reverse sweeps
5. Pry
6. Cross bow draw
7. Hanging draw (turning high brace)
8. Sculling, sculling draw

Kayaking: Achieve familiarly with:

1. Propulsion strokes: forward & back (control hand/power hand, eye-level punch)
2. Turning & control strokes- forward sweep, reverse sweep, draw to bow, stern and amidships
3. Defensive strokes: high brace, sweeping high brace, low brace, sculling draw & brace, sweeping low brace
4. Duffek etc.

Introduction to water reading:

Whitewater "Vs" (upstream & downstream), tongue, eddies, holes, pillows, ledges, horizon lines, water hazards (strainers, dams, etc.)

River Maneuvers:

Achieve some proficiency and practice:

Paddling straight Turning the boat Upstream/downstream ferries
Peel out Eddy turn Setting

River Running tactics

Paddling in control, river etiquette, running slower than current, running rock gardens, ledges, waves, hydraulics, bends in rivers, scouting, scouting from eddies (eddy hopping), surfing, lead/sweep

Safety (discussion or demonstration)

Transportation & tie down of boats & gear, boat carrying techniques, boat entry, self-rescue, swimming rapids, assisting techniques for rescue of person & boat, boat over canoe rescue, rope throw & rescue, AW river signals & safety code, swamped or pinned boats, hypothermia, river rating, entrapment, proper clothing

Safety & Rescue



From *Bowlines* Oct1982

Responsibility of River Trip Participants

The club has grown tremendously over the past few years, but even more so, the skill level of club paddlers has increased. The result is that more and more new paddlers are participating in club trips, with some are even leading their own trip.

A basic introduction to individual responsibility and trip leader responsibility is necessary for those newcomers and those aspiring to lead. Some of the following suggestions are in the AWA Safety Code, but most are common sense for the common good.

Responsibility of river trip participants.

A. Equipment

-wear suitable clothing and carry extra in case of a swim.

-have boat and accessories in river-worthy condition such that they won't compromise the safety of yourself and the group, or unduly delay the group due to on-river repairs. Grab loops and flotation are a must.

-have a throw rope in every boat with one carabiner.

-have your own sponge or bailer.

-have your own water/gorp if needed.

B. Actions

-to chase swimmers and equipment. Three boats are needed for maximum safety and speed. One tows swimmer who is holding capsized boat and paddle. One stands by in case swimmer lets go of equipment.

-to keep paddlers behind them always in view.

-to yield the right of way when the rules of etiquette and safety dictate.

-to know the AWA safety code and signals.

-to hold on to own equipment if at all possible during swims.

-to effect a self-rescue if possible.

-to be on time for river trips and shuttles and help with boat loading/unloading.

Responsibility of river trip leaders

A. Equipment

-make sure someone has these: -spare paddles for all types of craft in group -first-aid kit.

B. Actions

-makes sure throw rope is set at all necessary drops.

-makes sure only those capable of a safe river run are boating. Group boating and rescue strength should be considered.

-assign a sweep and reassigns another sweep if dissatisfied with first sweep. (do with discretion)

-informs less experienced group members of river hazards and helps them decide on routes through rapids or if to portage.

-keep group together.

-appoints qualified rescue leader in case of mishap (may appoint themselves).

-is responsible for safety of group as a whole. May consult with other experienced members of group for guidance.

-must know river well, including hazards, portage, put in and take out, and emergency walk-out routes. If it is a new river for the group, it is the leaders responsibility to find out this information beforehand from books and other paddlers.

Participants or trip leaders who repeatedly transgress the rules should be avoided. Or better yet, mail them a copy of the AWA Safety Code With the appropriate passages underlined, You'll be doing us all a favor.

--Rich Lewis
Safety Director

Local Streams Guide

Bowlines May/June 1986

Not everyone can get out of town to boat on the weekends. And often paddlers around Lexington are looking for something close by after (and during) work to paddle besides the Elkhorn.

What follows are descriptions of some near by streams. Many are close enough to Lexington they can be paddled after work. Others, though a little farther away, don't require a full weekend outing.

Wouldn't it be nice to get some rain so we would have the opportunity to enjoy some of our own local streams instead of spending every weekend at the Ocoee!

Elkhorn Creek

Probably the most paddled whitewater stream in Central Kentucky. The Forks of the Elkhorn is located near Frankfort. This 6 mile, class II run provides paddlers with plenty of rapids and lots of beautiful scenery, including exposed rock walls.

A dam adjacent to the Old Grand-Dad distillery must be portaged (river left). A gauge is painted on the bridge at the put-in. Optimum levels are between 1 and 3 feet. At 3', however, the rapids wash out and the paddler encounters little more than big waves and continuous current. Perhaps the best level is 1 1/2'. Although there was nothing to play. I admit to paddling the Elkhorn at -9" one hot summer day well, it beats staying home!

To reach the put-in for the Elkhorn from Lexington, take Leestown Road (Rt. 421) to Rt. 1685. Turn left and follow this road till it dead-ends at Rt 460 and turn left. When you reach a bridge, you're there. To find the take-out continue on 460 past the distillery and take the first right on Stedman ton Road. Follow this road till it ends, then turn right again, this time on county road 1900. County road 1900 ends at county road 1262. Once again, take a right. Begin watching for the Elkhorn on the right just beyond a guard rail in a sharp curve.

Parking at both the put-in and take-out is limited. The land owner at the take-out has had her share of the locals trashing the property so please be courteous.

Carole Bryant

Benson Creek

Location: Frankfort, Ky

Put-ins: Confluence of North and South forks of Benson Creek where route 1005 crosses, or 1.8 miles upstream where Rt 1665 (Bryant-Benson Rd.) crosses at old railroad depot.

Take-outs: Benson Valley Road just before first railroad crossing, or the same road farther upstream just after the second railroad crossing.

Shuttle:

To get to the take-out from I-64, take the Rt 60 exit in Frankfort (east of the Kentucky River) going west. At the main intersection with Rt 421 (Rt 60 turns left, Rt 460 to the Elkhorn turns right), go straight onto Rt 421. At the intersection at the end of the bridge, go straight onto Benson Valley Road which parallels the creek. In about one mile, the road turns away from the creek to cross a railroad track. Park on the dirt shoulder about 125 yards before the tracks. To get to the upper put-in, for a shorter run, continue over two railroad crossings. After the second crossing, the road descends to the river at a swinging foot bridge. Park in the turn-out on the right.

To get to the put-in, return to the traffic-lighted intersection before the bridge and turn right. In about 350 yards, turn right onto Rt 1005 (Devil's Hollow Road). Go about 5 miles to Red Bridge at the confluence of North and

South Benson Creeks. Turn left off of the roadway, just before the bridge onto the abandoned roadway that leads over the old bridge. Park at the end of the road. Put in below the new bridge on river left. To get to the upper put-in. Continue on Rt. 1005 about two miles or so and make a left onto county road 1665 (Bryant-Benson Road). Turn right onto the dirt road just before the bridge to park and launch. River miles from first put-in to second put-in are about 1.8; second put-in to first take-out about 3.2; first take-out to second take-out about 0.8.

Gauge: None. Judge river level by how much of the 13 foot ledge falls is covered at the lower put-in. One-half is runnable, 3/4 is fun, 4/5 is great and all the way across is a blast! The river is runnable only after heavy rains in periods of wet weather. It runs off very fast, so if it isn't raining while your running shuttle, be dressed and ready to go. Water volume can drop in half in two hours.

Difficulty: Class II (one III) between 1/2 and 3/4; Class II-IV above that.

River Conditions: The last two miles of the North Fork of Benson Creek (upper put-in) are almost continuous ledges featuring endless side and bow surfing. One particular river-wide ledge about one mile into the run is notable for being sticky above levels of 3/4. When the falls is running all the way across it turns into a class IV surf of incredible size on the left but with easy exit. Above that (+3') it's a bona fide seven foot wave/hole to be surfed or run on the right only. There are few eddies at lower levels and none at higher flows on this 1.8 mile section.

At the second right-hand cliff, get to the left bank eddy. The North Fork plummets 13 near vertical feet at Benson Falls just around the corner. The falls may be runnable in a stubby plastic boat at very high flows on the far left, but it is very shallow and right next to a keeper. Below 4/5 you can portage directly over the ledge on the left. Above this, you must take out and carry on the road and put back in under the bridge (watch for the dog).

Picking up the flow from South Benson, the river immediately turns hard left. Watch for dead-falls as they are the main hazard on this section. Several large thick islands are encountered and it can be difficult for a first timer to know where to go. In general, when in doubt, go right. After you pass under a railroad bridge, you go through a maze of trees and dead-falls that can be difficult to navigate. Use the "go right" rule!

In one notable place, the river turns hard right and then back left and drops over a three foot ledge. Above 3/4 it's a great surf on the left. An alternative is to surf the wave or run the slot on the right. Above 4/5 there are no eddies, so you only get one chance.

About 1/3 mile below this rapid, one encounters a center-breached dam. Scout/portage right. It is shallow at the bottom of the breach and one tends to piton if it is run straight on. Below 4/5, run with bow hard right and drop immediately into the eddy on the right. Above 4/5, port age or know what the heck you're doing, as a keeper appears.

Small ledges continue for about another 1/2 mile, followed by THE RAPID. THE RAPID is about 3/4 mile declivity of vertical and slanting ledges. There are at least nine that are surf-able at most levels. The first one is the largest (river-wide -120 feet!) and the stickiest and is very tough to see. When the creek suddenly becomes wide and you can see far in the distance for the first time in the whole run, look under your bow nose. You are probably about ready to drop into the hole. Above 3/4 it demands all of your respect. Cheat is on the far right. Get back center immediately to play the remaining ledges (Surf City, USA!!) or miss them. The first take-out is to the right! about 3/4 of the way through this rapid. Below 4/5, this is the preferred takeout.

Below that there are a couple of nice side surfs and some good current to take-out #2. Watch for you car on the road. If you were smart, you hung a piece of cloth on a tree. Taking out here saves a mile of flatwater and some upstream paddling on the Kentucky to the take-out suggested in Sehlinger's book. It's on public land, also.

Rich Lewis

Sliver Creek

Silver Creek is a small, meandering stream in Madison County that empties into the Kentucky River. One three mile section contains some nice class II (III) waves and ledges that create some excellent side surfing holes. Also contained in this section is a 4 foot vertical ledge that should probably be run on the far right. At high water, this ledge contains an extremely sticky hydraulic. Use caution!

Silver Creek can be found by taking the second Richmond (EKU) exit from I-75 and driving away from town until one approaches a small creek with a bridge to the left and smaller road forking to the right. It is here the previously mentioned 4 foot ledge appears. Does it look like there is enough water to run this falls? That's the only gauge for this creek. You' may elect to take out here or you paddle on down and take out another 3 miles downstream at the next bridge. Take the fork to the right for the second take-out. To find the put-in from here, drive back towards Richmond. Look for a white house on the right (Curtis Road) with a sign and arrow that reads "Boat Dock". Follow this road to the first or second bridge. At higher water, putting in at the first bridge if the water is deep enough will save you 3 miles of flatwater. If you use this put-in, look for a horizon line with a slot on an old mill dam 1/4 mile from the confluence with Silver Creek proper. Recognize this area by watching for a couple of contemporary cedar houses on the right. The second put-in is at the next bridge and must be used when there isn't sufficient water in the tributary. Parking access is poor to fair at both put-ins.

Silver Creek should be after a rain of an inch or when the Elkhorn is running 2 feet or more.
John Kulka

Four Mile Creek

Four Mile Creek is a delightful class II+ run in Clark County which may deserve a class III rating for being continuous. A limestone bed creek, it runs after heavy rains. There is limitless front surfing potential when its up and one especially good side surfing hole. The playing prospects are truly outstanding in this 2.1 mile run. The run itself is straight forward and nontechnical with no hazards of note. A swim however, could be bumpy and lengthy. Water levels rise and fall quickly.

A gage of 0 - 4 1/2 feet has been painted on the bridge about 1/4 mile from the put-in. It can easily be seen from the road. 1 1/2 - 3 feet should be a good level. The residents at the put-in have agreed to give me readings via telephone. I don't think they should be imposed on by publishing a telephone number just yet but you can call me for info (606 744-3284).

How to get there:

1. Take 627 (Boonesboro Road) to the Kentucky River.
2. Turn at the liquor store on the Clark County side of the river (there's only one way to turn).
3. Go 5.6 miles and park a car at the take-out on the shoulder of the road. The owner likes boaters so long as they don't "smart off".
4. Stay on the same road for 2.1 miles. Four Mile Creek is on your right. Stop before you drive into it.

If you see Bob Bryan's car you will know the creek is running.

Frank Loudermilk

Howard's Creek

At long last, Howard's Creek will be runnable. The reservoir behind the new dam 2 miles upstream from the

put-in is filled.

The run is expected to be from class 2-3+ depending on water levels. When the water is flowing over the bridge at the put-in, it should be good.

There are some significant hazards though log jams and deadfalls have been cleared out. About 1/4 mile into the run, 100 yards below the second concrete bridge at the Old Stone Church, there is a mandatory portage around a triple strand or barbed wire. Pay attention. There are no significant problems until Fat Girl Falls, a 4' drop, about 2 1/2 miles downstream which should be scouted. There are two more barbed wire fences before the take-out about 5 miles downstream. Howard's Creek is narrow in spots and deadfalls may reappear after heavy rains.

To reach the put in from Lexington, take I-64 to the first Winchester exit and turn right. Follow this road till intersecting with Rt #627 (Boonesboro Road). Turn right on 627 and go 3.45 miles to Old Stone Church Road. Go .6 miles down to the put-in. The take-out is at Hall's Restaurant. Take 627 to the Kentucky River bridge and turn left before crossing the river. Take the first right and follow the signs to Hall's.

This creek while not yet run at optimum level should be a good one. Call (606) 744-3284 for a gauge report.

Frank Loudermilk

Lower Boone Creek

Lower Boone Creek, a beautiful class II, 4.1 mile run with continuous gradient, forms a line between Clark and Fayette Counties. The class II designation, however, should not fool the paddler into believing this is a beginners stream! Due to its tree lined banks, strainers are usually present making this an extremely dangerous stream for beginning boaters who have not yet mastered boat control. The BWA has been called upon in the past to pull out unfortunate drowning victims who underestimated the dangers of Boone Creek.

Boone Creek runs off quickly and can only be run after heavy rains. One good way to decide if it may be running is to use the Rule of Thumb of needing at least an inch of rain in the past 24 hours.

Emptying into the Kentucky River, Boone Creek paddlers will paddle down the Kentucky only a short distance to find their cars parked near the I-75 bridge.

To reach the put in for Lower Boone Creek, take Richmond Road from Lexington to Old Richmond Road - Rt 25 (across from the entrance to Jacobson Park). Follow Rt 25 to Grimes Mill Road and turn left. Continue on Grimes Mill Road as it finds its way down to the Hunt Club. Just beyond the Hunt Club, at the bridge is the put-in for Lower Boone Creek. A gauge is painted on this bridge. A reading of 1' on this gauge is minimum for this run which can be run up to flood stage. To reach the take-out, head back towards Rt 25 on Grimes Mill Road and turn left on McCalls Mill Road. When McCalls Mill Road dead-ends at Rt 25, turn left and follow this road till you pass under the I-75 bridge which crosses the Kentucky River. Park on the right, beyond the bridge.

Since Boone Creek is the closest whitewater stream to Lexington, it can easily be run after work. And, because it is a short run, it can be run in combination with nearby Howard's, Four Mile or Silver Creeks.

Barry Grimes

Red River

Less than an hour's drive from Lexington takes you to one of the most beautiful runs in Kentucky, the Upper Red River, in the area known as the Red River Gorge. As crowded as the trails in the Gorge proper become on a nice weekend, you might expect this stream to be over-used. It isn't. And surprisingly, the few paddlers you see on the Red are from out of state. This stream is a jewel that is often overlooked by Central Kentucky pad-

dlers.

The Red's beauty is almost unsurpassed, the rapids range from class II-III and levels above a foot (on the gauge on the bridge at the put-in) are enjoyable. The Red is difficult to catch at a good level unless there has been a couple of days of rain. It is runnable at several inches (though scrapey in a few places) but at 2-3 ft., it's a delight. At this level the river can be both pushy and technical in places. I have rescued many a boat and paddler who underestimated the river and overestimated their skills (no names, you know who you are).

The first rapid of significance is called The Falls. Run it far left and eddy out to the right for a great place to enjoy the sun on some rocks or to play a good surfing hole. This hole is good for decked and open boats, and is on river right at the bottom of the rapid. The next rapid is known as the Narrows. Here the river necks down into an S-shaped rapid that I remember being difficult to scout. Eddy out about half way down this one on the left if you want to play a hole on river right.

The last significant rapid is called Dog Drowning Hole. Scout this one on the right at a small, sandy beach. At low water, this rapid is technical, at higher levels, it is very turbulent. To run this one, start right of center, working left. There's an eddy about 2/3's of the way down you can catch just before going over a ledge into a hole that is grabby just above a small pool. Just past this is another rapid where water pillows off a large rock to the left, then flows down a chute toward an undercut rock. You must eddy out before hitting the rock.

There are other smaller rapids that one will encounter that will require some boat control. I found a couple from Ohio in the middle of a fairly innocent spot on a rock with their canoe wrapped. They couldn't decide which side to go around.

The rapids on the Red demand your attention at times but the beauty is constant. From the put-in at the Ky 746 bridge to the take out at the Ky 715 bridge near Swift Creek, there is not a moment you will not be impressed by the thick forest dominated by mountain laurel, imposing cliffs and bluffs that at times over hang the river. The run is secluded till almost the very end, when you begin to see people who have hiked up the river from the take-out bridge. The run begins with 2-3 miles of flatwater with some mild current. Most paddlers take-out as the current slows down at the bridge. But, if it's a pretty day, consider paddling on down a couple of more miles to savor the beauty of the area.

To reach the put-in, take I-64 to the Mountain Parkway. Take the next exit after Campton to county road 746. The take-out is found by traveling back towards Winchester and exiting north on #715. The shuttle is 20.9 miles and the length of this river run on the Upper Red is 11 miles.

Don Spangler

Jessamine Creek

Located about 20 miles from Lexington, in Jessamine County, just south of Nicholasville, is a great local stream, Jessamine Creek. Similar to Boone Creek in character, this narrow, technical stream requires plenty of rain before it can be run. About 2-3 miles in length, this class II run has no significant rapids, yet there are plenty of places to front surf, side surf, eddy hop and practice ferrying in the continuous current.

Our triple threat of Carole Bryant, Richard Lock and myself caught Jessamine Creek about 10-12" below the top of the bridge at the put-in which is just about minimum level. To reach the put-in, head south out of Lexington on Nicholasville Road (Rt 27) through Nicholasville to county road #1268. Turn right and follow this road till it dead ends at Glass Mill Road. Turn right to the and go to the low water bridge to reach the put-in, or turn left and go to the stone arched bridge to find the take out. With a minimum level of 10-12" below the top of the low water bridge at the put in, you'll scrape the first 1/2 mile. Leave just one car at the take-out if possible. Park on the right side of the road, after the bridge, without blocking the driveway. Ms. Anderson owns the nice log house by the take-out and seems very nice if you approach her politely. She doesn't mind parking at her driveway entrance if you just let her know your there.

The first 1/2 mile or so at the level which we ran Jessamine Creek was very uneventful, though we passed small ledges and boulders that at higher levels could prove to be fun. About half way down (1-2 miles) you'll reach a great ledge on river left which is a great surfing spot. There's an eddy just above it so you can spend all day playing this spot. With about 50 yards of pool below, you'll have plenty of time to roll. Fifty yards below this front surf, is a nice little ledge on river left (river narrows) with another great spot for front surfing on river right. At higher water, this could be interesting with possibly a large hole forming on river left at the ledge. Near the end (2-2 1/2 miles down) the creek widens a little and on the left half of the stream, a ledge forms a perfect side surfing hole very similar to Church Rapid on the Elkhorn. At higher levels this could get a little sticky for novice side surfers. There's a large eddy and big pool below. If you want to avoid this hole, just run the big chute on river right. Next comes a blind dog-leg rapid which flows right to left. This rapid should be scouted for strainers on river left. This is a very narrow rapid with few eddies. If there were strainers here, you wouldn't see them till you were around the blind corner. It's narrow enough here that a downed tree could block the entire passage - so scout it to be safe! At low water, there is a simple shoot down the middle, but in the upper right of the dog-leg were two large rocks that the water pillows off. At higher water this could require some good maneuvering and a strong brace.

The last section before the take-out contains the most whitewater, ledges, etc. of the run. Here you'll find at least one 3-4' ledge drop which is best run left of center. The take out is on river right above the bridge. Below the bridge is private property and a dam.

At low water, Jessamine Creek is lots of fun with many more places to play than the Elkhorn and is well suited for novice and novice-beginner boaters. At higher water, with the fast currents, narrow runs and possibly strainers, I'd send the novice beginners to the Elkhorn.

Jessamine Creek runs off quickly and can only be run after lots of rain. There's no gauge but if its no more than 10-12" below the low water bridge at the put-in, you'll have enough water to get down. Carole Bryant has some friends who live on Jessamine Creek. So, if you think it may be running, call her and she'll check the level with her friends for you .

If you can't get out of town for the weekend and you're tired of the mighty Elkhorn, then consider Jessamine Creek. This is one local stream that can be lots of fun if you can catch it.

Jim Byrne

Hardwick's Creek

Hardwick's Creek drains a relatively small watershed south of Clay City in Powell County. The creek flows north to the Red River near Clay City in a predominately shale bed and parallels Route 1057. The most interesting stretch of the trip is from a small, privately owned bridge on the left (east) side of 1057 approximately 3.4 miles south of Clay City down to a concrete bridge on 1057 by the Rt 2001 intersection. This is about a .8 mile run and rates a class II or III depending on deadfalls and water level. The character of the run is fast water over a smooth bottom of mild gradient creating some good surfing spots with lots of eddies and recovery areas. Primary hazards are: 1. Deadfalls 2. Fences (these are generally down till summer when the creek is low enough for cattle to get out but are washed out from fall to summer) and 3. A tight constricted turn immediately above the concrete 1057 bridge (sneak left). The short run and shuttle allow you to make several runs in a day or can be paddled out to and down the Red River to the Rt 82 bridge (Clay City to Irvine Road). Access is excellent throughout but this Creek must be caught within a day or two of heavy rain to be runnable. The depth is fairly uniform so, if it looks runnable on any portion, it is.

Chuck Donaldson

Plum Creek

Location: Southeast of Louisville in Spencer County

Put-ins: Ky IS5 (upper 3.6 miles) or Ky 1319 (lower 5.3 miles)

Take-outs: Ky 44 on right bank before bridge

Shuttle: From Interstate 64, go south on Ky 55. When you hit Ky 155 at Elk Creek turn right. Continue straight to Wilsonville and the upper put-in (and the river gauge) or turn left onto county road 1319 to the lower put-in. The road from the lower put-in to the take-out is county road 1060. It is your shuttle road and emergency exit.

Gauge: On bridge at put-in downstream on Ky 155. Flows above one foot are desirable. Above two feet it is play-boat heaven. Above five feet it is novice-nightmare.

Difficulty: Class II with occasional III's at higher flows.

River Conditions: The upper three miles gained with a put-in at Ky 155 are best with higher flows only. Plum Creek only runs after extremely heavy rains, and then you had better like driving in the rain. If it's not raining while you're driving to run the Plum, chances are it will be too low to run when you get there. Putting in at Ky 155 could mean running out of water if it isn't still raining with the best part of the run still to come. Those three miles have the easiest gradient; but do give you a taste of what is to come farther down stream: surf-able ledges and holes.

As you approach the bridge at Ky 1319, the gradient picks up noticeably. The ledges get bigger and the holes get better for side-surfing. From, this point to the take-out, one could surf a hundred holes if they had the strength. There are very few eddies in this channelized stream, but who cares since, if you accidentally blow-out of one hole, all you have to do is close your eyes and count to ten to find yourself side-surfing again! One section of the river has a nonstop roller coaster of waves and holes at 2+ feet for 2 miles. It really is absolutely delightful. One's river playing skills will increase remarkably in a few hours on this creek. Holes and waves of every difficulty are everywhere. For those who just go along for the ride, almost every rapid is runnable almost anywhere. Very little directional control is required. If you feel comfortable on the Elkhorn, you'll probably feel comfortable on the Plum.

There are only three holes (that I can remember) that have sticky parts to them. They are river-wide and are formed by slanting ledges 3-4 feet in height. Two occur right after bridges across the river. Since there are few eddies and the holes are so wide, one had better look for where the water is exiting the drops to decide where to run them. The first two ledges are usually run on the left. The last and largest ledge ("49 Inch Ledge") has the worst hole, and it is usually run on the right. The current is generally swift over a slanting stream-bed above each one of the major drops, so getting close enough to inspect the holes from your boat can be a problem without committing to running the drop immediately. Rescue is difficult because this is a non-stop creek. With the channelization comes the increased difficulty of getting out of your boat to scout in eddy-less current onto a mud bank. Setting a rope at higher flows is tough but recommended if group strength is questionable.

The highest I have paddled this gem was 3 1/2 feet. Most intermediate and better boaters will love it at this level. I have paddled Plum Creek twice at 1 foot and found it still fun but disappointing (since I knew how good it could be with more water). It has been paddled at seven feet where it almost drowned a boater (channelization + high water = long swims) . If you are going to get on it at this level, you had better have scouted the large ledges from land first for weak spots in the river wide holes. If you don't feel up to running it this high, wait a few minutes ... it will drop.

If you ever see that Boone Creek is out of its banks and it's still raining outside, check out the Plum. It will go down in your boating log as the best play-boat stream in Kentucky by far.

Rich Lewis

Cumberland River Below the Falls

The Cumberland River Below the Falls is usually only run by the BWA in the fall as the lake is lower then exposing more rapids and lessening the long (3 1/2 mile) "character" paddle out on Cumberland Lake. However, it may be run year round with a minimum flow of 300 cfs on the Williamsburg gauge (phone the TVA at 1-800-251-9242 for a reading). An optimum flow is around 1,500 cfs.

This is a pool drop stream with mostly class III rapids such as Center Rock, Surfing Rapid, Screaming Right and Stairstep . Rapids. Screaming Right and Stairstep should be scouted by novice boaters.

The put-in for the Cumberland River Below the Falls is near Cumberland Falls State Park. From Lexington, take 1-75 south to 25W and turn right. From 25W turn right on county road 11277 to the take-out at the boat dock at the confluence of Cumberland Lake and the Laurel River. To reach the put-in drive back to, or continue on 25W to county road 90 and turn right. After parking in the parking lot at the end of the road at Cumberland Falls State Park, prepare yourself for a long carry to the put-in on a foot trail that begins at the gift shop.

Barry Grimes

Laurel River

Location: South Central Kentucky Laurel & McCreary Counties

Difficulty: IV+

Length: Approximately 1.5 miles

Season: When Laurel Lake dam releases. Usually runs mid summer in the evenings when people need their air conditioners.

Hazards: The water is very cold, even in mid-summer the water temperature is about 38 degrees. This makes for steamy paddling in the summer. The river is turned on with little or no warning except a siren at the dam. The water flow then changes from about 20 cfs to 1,350 cfs in about 10 minutes.

Description: The first half mile is pretty flat. There is a long pool with a waterfall on the left. Just below is a long class II rapid and an eddy. About 20 yards from that eddy (right) the river makes a quick turn to the right over: an 8 to 10 foot drop. The next 100 feet are uneventful. There are several class III-IV rips where the unwary can take a spill. This river is not ready for any unwary. It has already collected more than one fisherman who failed to hear the horn and climb to safety in time. The last rapid is a real bear. The first of us to run the rapid named it Golf Course because it had nine holes. The second group I know to run the river more appropriately named the rapid Whore House, probably due to a Freudian similarity. Successful paddlers are rewarded with a short paddle to the uppermost boat dock on Lake Cumberland.

Put-in/Take-out: If you don't know how to get there from reading this and you can't figure it out on your own, you'd probably better look for another river to boat.

Sam Moore

Tygarts Creek

From Olive Hill to the 182 bridge near Carter Cave State Park, this borderline class II stream runs thru a deep gorge. Tygarts Creek is extremely narrow (15-25'). Hazards include strainers and an undercut rock on the left soon after passing under the I-64 bridge. Like many other streams in this area, this creek runs only after hard rain.

To reach the put in for Tygarts Creek, take I-64 from Lexington to Rt 32 at Olive Hill and turn left to Rt 1025. Turn left on Rt 1025 and put in on the right just beyond Rt 1025.

To reach the take-out, follow Rt 60 to Rt 182 and turn left. The take out for this section is at the bridge in Carter Caves State Park where Rt 182 crosses Tygarts Creek.

Carole Bryant

Lower Rockcastle

The Lower Rockcastle from Rt 80 to 192 is a protected Wild River. The first 6 miles of this 17 mile run is mostly class I with some current and a few ledges and riffles. The gradient picks up in the next 6 miles and paddlers will encounter several class II rapids. Since some of these rapids disappear around boulders and curves, you may want to scout them. About 12 miles into the run you'll reach a class II (III?) rapid called "Stair Steps". Beyond are long pools and short drops. Fourteen or fifteen miles into this long run you'll reach a large boulder garden and the Beech (Creek) Narrows. A boulder at the top of this drop makes it hard to see the bottom. At the bottom is a bad, keeper hydraulic. Past the hydraulic, the current flows directly into a large boulder. Scout and/or portage on the left. Below Beech Narrows this river reverts to the classic pool drop flow for about 3/4 of a mile where you reach the Lower Narrows, a series of three or four more tight, technical class III-IV drops which can be scouted on the left. The portage trail for the Narrows is long (3/4 mile) but is recommended if your group's strength is questionable.

This is a long run and an early put on is a necessity.

To reach the put-in for the Lower Rockcastle, take I-75 south to London and turn right on Rt 80. There's a canoe livery on the left at the bridge. For a fee, you can put in on their property and have them run shuttle for you. To reach the take-out, return to I-75 and continue south to Rt 92 and turn right. Follow Rt 192 to the Rock Boat Ramp and Campground.

Beuren Garten

Boggs Fork

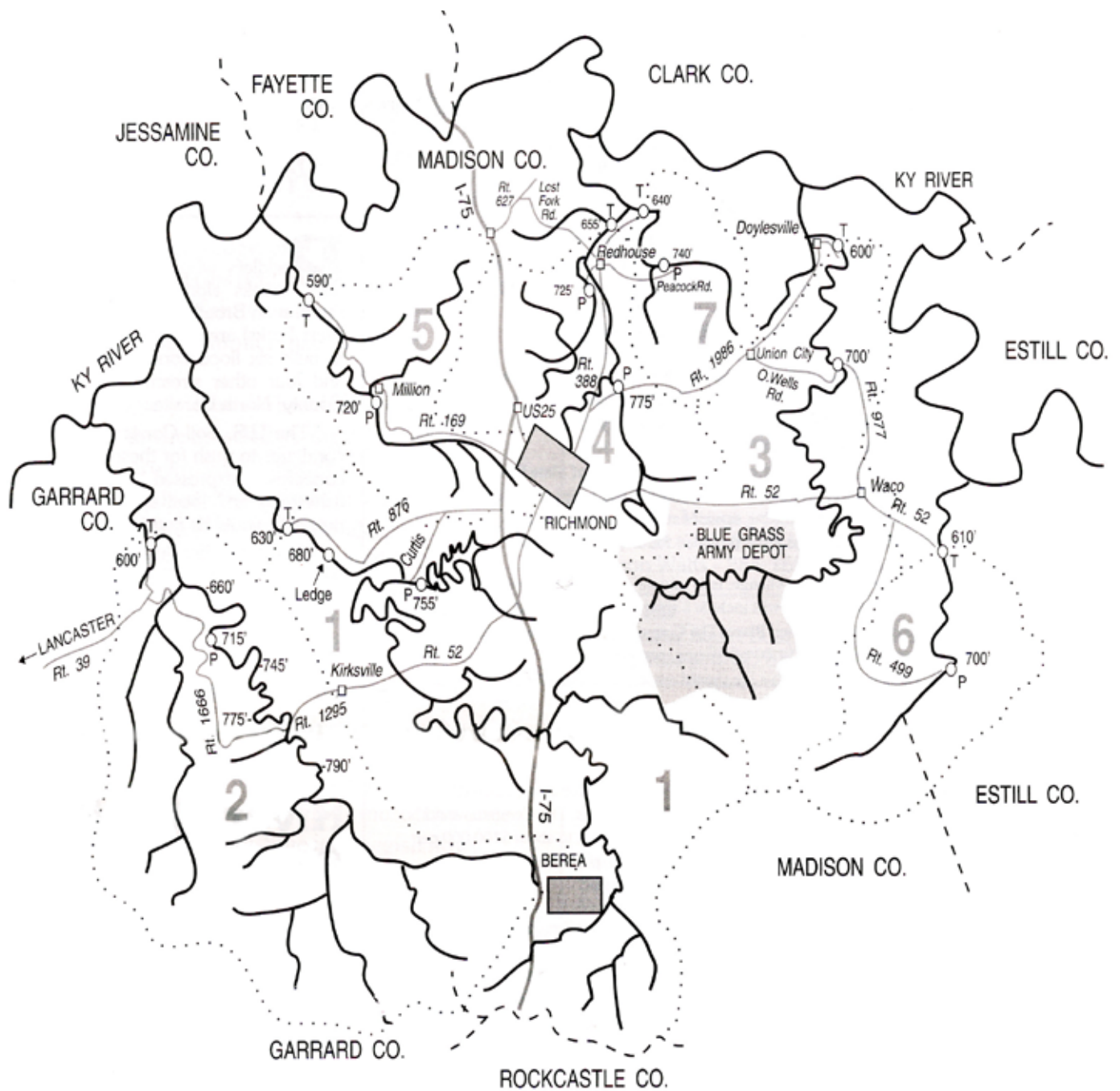
One would not likely recognize the name unless they were very familiar with Boone Creek and its tributaries. Boggs Fork joins Boone Creek about one kilometer upstream from the hunt club and supplies roughly 25-30% of the water at the conjunction, but perhaps as much as 50% of the current.

Based on direct observation, and inspection of a topographic map, the gradient of Boggs is significantly greater than that of Boone Creek. It is also narrower and more technical, with several steep ledges of up to and a little over a meter high. The abundance of drops, scarcity of eddies and constricted passages on the Fork leads this observer to give it a general class III rating. And though there are several class II's, there are also some rapids that should be class IV. The action is continuous. Scouting at most rapids is strongly recommended.

Like Boone Creek. Boggs Fork is only runnable at moderate to high water. Hazards are similar to those on Boone Creek: strainers, blind turns, undercut rocks etc., with the addition of a small dam about one half kilometer below the McCalls Mill Road bridge. Access at the bridge is good. Anyone considering putting in there should carefully examine the rapid about one hundred meters upstream. It is a good example of the kind of challenge the paddler can expect to encounter on the way to Boone Creek.

Jerry O'Conner

A bad day on the river always beats a good day at work!



A Guide For Your Next "TOUR DE MADISON"

Bowlines February 1992

My days of residence in Madison County from the mid-1970's to the early 80's found me usually doing academic research at college watering holes such as Poopetzie's, The Family Dog, and even at that disco heaven, J. Sutter's Mill. Times have changednowadays, my favorite Madison County hangouts include outposts such as Million, Redhouse, Union City, and Doyleville, for these are villages the enlightened paddler must pass through on his "TOUR DE MADISON".

Recently, after spending a Saturday "surfing till I puked" on two Madison County creeks, I became curious about these several drainages that can be paddled after one of those good ol' two-day frog chokers. In my present daily occupation I work with maps so I figured it was possible to do a little research on the geography of these watersheds. The resulting map and list show the drainages, the put-ins, take-outs, creek elevations,

gradient, and square miles of drainage above the appropriate take-out. For purposes of comparison, I have included information on Franklin County's Elkhorn Creek and Jessamine County's Hickman Creek.

All of these creeks flow over flat layers of limestone with numerous ledges forming excellent surfing waves when the water is up. I have not paddled Paint Lick Creek on the Madison-Garrard County Line nor Drowning Creek on the Madison-Estill County Line, but these need to be checked out. Of these two creeks, Paint Lick looks to have the most promising volume and gradient. So c'mon Dr. Safety, Paint Lick Creek looks like a good starting point for our next "TOUR"!

The creeks are listed with largest drainage first:

Map #	Madison Co. Drainage	Length of Run	Total Drop	Average Gradient/Mile	Sq. Mi. Drainage	Most Diff. Rapids*
1.	Silver Creek	5.0 Mi.	125'	25.0 Ft.	112	II+
2.	Paint Lick Cr. **	6.0 Mi.	115'	19.2 Ft.	98	?
3.	Muddy Creek	5.0 Mi.	100'	20.0 Ft.	63	II
4.	Main Otter Cr.	5.3 Mi.	120'	22.6 Ft.	42***	II
5.	Tates Creek	4.3 Mi.	130'	30.2 Ft.	33	II+
6.	Drowning Cr. **	5.3 Mi.	90'	17.0 Ft.	25	?
7.	E. Fork otter	2.8 Mi.	100'	35.7 Ft.	15	III?

Other Central KY Drainages

Elkhorn Creek	5.0 Mi.	85'	17.0 Ft.	470	I+,II
Hickman Creek	5.3 Mi.	110'	20.8 Ft.	96	II

* Classifications relative to normal paddling levels.

** Data can change as optimum put-in & take-out have not yet been determined.

*** Includes Drainage Area of the West Fork of otter Creek.

by David Earle

Elkhorn Creek Access Problems

Bowlines Oct 1982

For the Benefit of those out-of-town paddlers who may not have heard the news over the last several months, the Elkhorn Creek take-out point, which is on private property, is being closed rather permanently and a guard rail is being put up by the hightway department.

Many avenues of recorse have been discussed and pursued. However, it boils down to the fact that in the future there will be no parking at this point and any violators will be towed. To prevent any further antagonism, we reccomentd that you make alternate arrangements.

Off the Cuff

Comments from the Forum Worth Remembering

Amazing Weekend on the Wataga

April 14, 2014

Brit and I were all smiles yesterday as we bounced our way down the shallow channel to the AW takeout on the Watauga. We had a wonderful 2 days on a fabulous river with beautiful weather! We did a weekend clinic with Leland and Andria Davis and I must say it was above and beyond what I was expecting. The river was 170-180 on Sat and a bit lower yesterday I think but plenty of water to work on creeking skills. I found the experience similar to the RFG at low flows but many more rapids of course. It was a bit different from my first Watauga experience at 270 last year with Brent / crew on WOR trip. Sat we shared the experience with 2 other guys, and Sun it was just Leland, me and Brit. We started out Sat with class outside as Leland discussed his mindset on approaching a particular run / rapid. We went over a checklist of important considerations and then discussed how different types of drops can be approached and run. Sat was busy as Leland / Andria drilled us on creeking / boofing skills on a perfect run to develop those skills. There are many rapids on the Watauga and it seemed like each one had a move that required a skill we could work on - many with multiple skills. The only swim was Andria right after the put in, above Cabin Rapid she flipped off of a rock and lost her paddle to a paddlesnake rock! She was running sweep and Brit was in front of her and I was in front of Brit. Brit was trying to help her and I was chasing her boat while trying to whistle down the river to get Leland's attention (lead). Leland finally stopped above Cabin when we were no longer in sight. Lesson 1 - don't lose contact with the person behind you - even in the easy part! LOL What followed was technical / precision boating training and amazing boof instruction. My boof has always sucked quite frankly and because of that I really couldn't help Brit develop hers. That's all changed now with a single weekend clinic! My boof is now much better and Brit's is amazingly better. Not only that, but we have a solid list of steps to work on to maintain / improve our boof in the future. The line at Stateline / Watauga Falls was tight with potentially disastrous consequences for being just a little off so we all carried it Sat but yesterday Leland ran it at even lower flow and of course made it look easy! One of the fellows that boated with us on Sat was named Michael. He's hearing impaired which made

communication on the river challenging at times but everyone took it all in stride. Brit and I had pizza with him at Scratch Pizza in Johnson City after the run and learned more about him. Great guy, that we have a lot in common with - including a love for snowboarding out West. I invited him to take a good look at the BWA. Even though he's from IN, he drives through our area to do 100% of his boating so I told him he could hook up with some of our trips easily. Sounds like he doesn't have a lot of folks to boat within IN.

Overall it was a wonderful experience. If you need some work on your creeking skills I highly recommend Leland and Andria's clinic! Think we'll probably do another tune up this Summer or next year.

Wes

Wildflowers on the Elkhorn

April 14, 2014

Wildflowers are in abundance along the Elkhorn right now. It's a great time to get out of your boat and walk around. Larimore and I went on a wildflower hunt yesterday. I'm attaching a few pictures of what we found.

These aren't at all artistic; just an inventory of what you might see in the next couple of days. We saw a Jack-in-the-Pulpit too, but I didn't get a picture because we were on a class 5 slope and I thought Larimore was trying to kill me.

The yellow trout lilies are going to take off soon (the white ones are just finishing up). Trillium will be taking off in the next couple of days. Columbine should be out soon. Hyacinth is just starting to leaf out.

I love the Elkhorn.
bethany (or beverly or whatever)

Yessss, very cool indeed. Just want folks to know that along those same banks lurks that itchy gitchy, ya ya ya. Yall know what I'm talkin about! Poison ivy, poison ivy!! Just the vines these days, but it will still tear you up!

Tim Shuler

This is a super bitchin' site that has pictures and information about almost all the wildflowers in the state: [uswildflowers.com]

And yes, watch out for poison ivy. It's not leafed out yet. But the oils are still there waiting to hop on your skin in order to make your life miserable. Rinsing off in the creek frequently helps.

Spring!

love,
bethany (or beverly or whatever)

Ircable

April 16, 2014

While I am one of those lucky individuals that do not react to poison ivy, oak or sumac (knocking on wood), my kids did not inherit that trait from me. The youngest was especially sensitive when he was younger. The only products that I found to be effective were the Tecnu poison ivy products, in particular the soaps and the the gel. Even if you are heavily exposed, you can wash with their soap and it will neutralize the urushiol. Remember to wash your cloths and pets with it too. It will even prevent a rash from getting worse and/or spreading too.

Larry Cable

Hanley

Don't know where this life will end up but getting there is one hell of a good time. A good needed rinsing would be a start. That and burning at the stake with a good demon casting out for shits and giggles. Sometimes the trip is the destination.

Now, about that poison ivy.....Irish Spring. I am highly sensitive to the ivy. I can get a rash by just looking at it. I found Irish Spring (bar or liquid) is great for getting the oil off. Downside is YT likes to smell you and smell you and smell you.

Now, excuse me as I get back to my bench at the gates of hell, smoking a turd. Hanley, have a seat and light one up. Oh look! Here comes Biscuit

Dallas

The same suggestion can go for the Rockcastle this time of year. Many of the same flowers grow on the Pulaski side in abundance and I THINK I have seen pink lady slippers there also. Most of the flowers are below the main narrows and being that the lake is coming up it would be a good time to admire the beauty to distract one's attention from the monotony of the flatwater.

Poison ivy lives there, too. After the rash appears, I've had good experiences with rubbing jewel weed stalks on the areas but then again I'm not highly allergic.

Kevin

April 17, 2014

There is a lot of misinformation out there re: toxic plants. The "expert medical knowledge" that is imprinted on some of my patients from well meaning friends / family members regarding these plants is often far from the facts. There is some good basic info above but I'll add a few additional tidbits you may find helpful.

1) The most effective means of eliminating the chance of getting this hypersensitivity reaction (besides the obvious avoidance) is to wash the exposed skin with warm soapy water ASAP after exposure. At most however you have an hour - after that and you have likely missed your window of opportunity. Within 10 min is best. Rinsing in water without using a soap may help, but I have never read this in medical texts / review articles so YMMV. Obviously there is some anecdotal evidence presented above so maybe it does work for some. Biodegradable soap would be better than no soap at all and much better than plain water.

2) Another way to help prevent a reaction is to apply the toxic plant prevention lotion IvyBlock. Apparently it's the only FDA approved product for this use. It's recommended that it be reapplied every 4 hrs if exposure is continuous. Their website has some useful info on toxic plants and the use of the product: ivyblock.com

3) Toxic plant reactions are allergic sensitivity reactions requiring direct contact of the urushiol oil with skin or mucous membranes (inhaled with burning). You cannot pass it to another person by touching lesions unless there is still oil on the skin (not washed). Furthermore, the rash cannot spread through the body via bloodstream. The sensitivity to urushiol can vary through ones life. It can increase or decrease with time. Non-reaction in the past does not guarantee non-reaction in the future. The rule with any allergen is that you can become allergic to anything at any time in your life regardless of having previous exposures without reactions.

4) It is of course very important to realize that the oil can be transported to you secondarily - i.e. from something else that touched the plant and is carrying the oil - clothing, tools, pets, etc.

5) Treatment after exposure is usually best treated at home with hydrocortisone cream, and oral antihistamines as needed for itching. Avoid hot baths as it can worsen itching. Widespread lesions and significant facial lesions are sometimes best treated with a course of oral steroids. I usually treat for at least 14 days. Shorter courses may be effective, but if the case is bad enough to require steroids, there is a small risk for rebound dermatitis if the steroid course is less than 2 wks.

Like Larry, I'm lucky - never had a significant reaction to the urushiol - knock knock!

This website has some more useful info regarding toxic plant exposure / reactions:
[www.aad.org]

Wes

Trip Reports - Smokies, Plateau, et al April 13, 2014

Folks have been out boating and so have we. Many days on the Little this past week or so, an occasional Pigeon run, got a nice run on the Watauga on Tuesday at 330 cfs, had a Caney Fork run last Saturday. Yesterday on the Cheoah, nice warm day and the crowds were small this time - probably due to Tallulah Fest. Might hit the Pigeon this afternoon if they turn on the dam - which they might since it suppose to hit 80 here today. Hope to see some of you'uns down here sometime soon...

Brent

April 17, 2014

It was great to see everyone at the Cheoah this past Saturday! Great day of paddling but I was a little under the weather all weekend. Still had fun though and it was good to see everyone and also meet a bunch of cool new people while camping at horse cove, a really sweet camping area!

I got in a nice run on Tallulah on Sunday. I was excited to get out there again but was glad to be off the water at the end due to some kind of stomach bug. Hit a couple new moves and lines that were fun such as a double boof somewhere around the middle of gauntlet, a new to me left right left line in amphitheater, and far right in tat. I saw a large crew being led down the left side in tat

and 2 ended up in the undercut together after having informed them of the hazard. Luckily they both swam right out but looked a little stunned. Seems like it's not a terrible undercut and will mostly flush you out but still no place I'd like to find myself. To my knowledge this is one of the very few (only?) undercuts in play on the Tallulah which is one the many reasons I really love the run. That plus the stairs! I still walked around Oceana again due to not feeling quite up to par and perhaps even more important because my buddy's camera wasn't working 8) Although, i hear Eric D styled Oceana, and the whole run for that matter for his PFD on Tallulah this weekend! Kick ass Eric!

I decided to pass on section IV on Monday and just spent some chill time in the NOC hole. That may have been my favorite boating of the weekend though because I had what I felt like were some good developments. It was also the first day of the trip I was starting to loosen up and feel a little better. I'm finally starting to get the knack of rolling up and staying in a hole after being windowshaded, which I am very excited about (the rolling not the windowshades)! I was able hit several rolls in the hole that left me set up and ready for more surf. In the past I would always just flush so pretty stoked about it! I also was able to pull several big loops around and land flat but staying upright at the end was a bit elusive, more hole role practice! Getting close though...

I'd have to say that playing in holes, even though still somewhat intimidating at times, has helped build my confidence in boating as much as anything in the sport and has helped my river running out as well. I'd recommend some hole boating to anyone looking to get more comfortable on the water and build more skills! NOC hole is pretty good and convenient for that. It's helped me to be able to focus energy more on making the moves downriver instead of worrying about what happens if you get munched by a hole.

Fun weekend, look forward to the next round soon!

Derek

Week of Rivers - starting this weekend April 22, 2014

Well, the annual Week of Rivers that I have cheerlead for over the past - hell, who knows how long, number of years, starts this weekend at Nippur. As is usual, we have no plan and will go paddle something on Satur-

day, Sunday, Monday and somewhere around Tuesday or Wednesday, unless we don't, we will head up to WV and meander towards the Yough and the Cheat Fest. Now you might ask, how do we hook with ya'll? That is a good question. If you are not up with us at the beginning, given our propensity for last minute major changes in river plans, it may be difficult to find us on a given day. Keep trying though and usually you will hook in with us rag muffin gypsy boaters. We will probably end up at the Cheat Fest although last year the water down here kept us away for the first time in 7 or 8 years.

Typically we boat the classics, Class Fun boating, but for those that want to fire it up, there are usually good break away opportunities, especially up in WV where we tend to camp in one location for multiple days.

If you come, bring drums, acoustics and more Grateful Dead tunes - more is better.

Skobotin!

Brent

April 23, 2014

Looking forward to it! Brit will be with me this weekend. Looks like our options this weekend in the SE will be Cheoah, Cascades, Green, Chattooga. It also looks like our options early next week will be very limited - Green / Chattooga. Current forecast calls for a lot of rain to be moving into the entire region beginning next Tue Wed and hopefully sometime later into N WV. Looks to me like options will be limited after Sun until this rain moves into the region. Green / Chattooga?

Brit loves the Cheoah so I would have a hard time talking her into driving a lot further for Green/Chattooga and would prefer her first Green run be with Leland. Unfortunately the Cascades low flow day is Sat and the high flow day is Sun. I'm thinking Brit would be fine on Cascades at low flow but not sure about high flow just because my only experience there is low flow. Furthermore the way it's set up with parking at the bottom and busing everyone up it's a big commitment just to scout it. Ideally would like to do a couple of quick laps on Cascades Sat then bolt over to Cheoah for a mid afternoon run. But we'll see what you want to do Brent and go from there.

Wes

Cheoah would be a great option to start the WoR, so that will be high on my suggestion list for Saturday morning - to drive there and be on by noonish.

Brent

April 24, 2014

I wish I could join ya brother but it seems im out this weekend. Myself and the family will be headed to the Yough area for the fest Friday-Monday. Hope to see you and boat with you there.

Fred

Brent,

Hoping to meet up with you this weekend. Cheoah is fine with me for both days. Betsy is easing in to kayak will paddle a few miles dam to store maybe. We want to camp Sat. evening so let's stay in touch. Of course rain could change everything.

Chief

Brent , I'll be down that way but I think I'm gonna put in some laps on the good old Ocoee .

I've got a brand new Burn 3 and would like to test this thing out and work a river in this thing so I'm leaning hard towards the Ocoee unless it rains of course , if not I will Be heading to the Cheooooaaah-hhhhhhhh .If I don't cross paths with you guys this weekend I'm gonna try and hit the Yough next weekend so maybe I'll see y'all there

Jesse

Chief, Wes, others,

Me, Jojo and Rebecca are going to head to the Cheoah, at this time, on Saturday, hopefully we can get to Dot to join us, and we will strive, but not guarantee, we will be there around noonish at the lake take out. We plan, at this moment, to camp Saturday night at Horse Cove Campground, believe that Chief and Betsy are joining us there, and then boat the Cheoah again on Sunday, all dependent on whether something better and free flowing happens due to an rain event. Then, we will likely head back to Nippur Sunday night and plan to paddle something the next day, who the heck knows what. That is our current plan. All subject to radical change without notice.

Skobotin!

Brent

April 25, 2014

Still planning to head to the Cheoah tomorrow. Now thinking of camping at the takeout. But, who knows. All subject to last minute decision making. Likely we will boat the Cheoah on Sunday and then return to Nippur. Monday we will boat something somewhere, I am sure.

Brent

April 25, 2014

Brit is sick and not feeling up to boating Cheoah this wkend sad smiley Therefore I will still plan to meet you guys tomorrow for the Cheoah then meet her Mom tomorrow night or Sun am & plan on hiking or boating Ocoee with Brit on Sun - whatever she feels up to doing.

Wes

April 27, 2014

Two days on the Cheoah, with some of our crew (JoJo and Topher) going over to the Cascades today for some high water action. The rest of us: me, Rebecca, Chief, Ocoee Ed did a lap from the bridge down to our camp at the takeout today. (A very sad day yesterday as a paddler died below Bear Creek falls after apparently getting surfed in the large hole on the right side of the run (not the West Prong side) and then after he was out of his boat, his skirt got caught on a limb and he was held under, mostly out of sight. He had been missing for an hour when he was found. We came upon the scene right after that and observed a hopeless and frustrating CPR effort on him. His name was Mike and he had been boating a long time, but I am not sure I know him at this point. Some friends of ours did know him and it is just plain sad.)

Back at Nippur tonight, we are going to see what the rain does tonight. Might stay local tomorrow. Still planning on drifting north by Thursday at the latest to WV, unless we don't. We might go south too. LRC, Johnnies, North Chick are all thoughts as well.

Brent

April 28, 2014

Well, shit, super sad news that I did know Mike Huggins. I really liked him, he hung with us at Damnation this past Gauley season and I would see him on runs like the

Green over the years and he was often at the Cheoah. About my age, longish blond hair, a surfer bone necklace often and a permanent smile, he is survived by two daughters and a wife. We hit it off early because we are about the same age and still out there. I am so sad about this. I really hoped it was someone I did not know. It just hurts too much otherwise. Damn.

Brent

Packrafting the Rockcastle

April 23, 2014

Packwhat? Here's something a it different...for the adventurous types that like to mix up their explorations. The elitist kayaker crowd will scoff at these strange vessels, but I guess folks that paddle duckies get used to that smiling smiley But this ain't no ducky...

Some of you may have seen that odd looking inflatable boat at the NPPF silent auction, the Alpacka Packraft. Originally created for long distance remote wilderness travel in Alaska and out west combining multi-disciplines like biking, backpacking, climbing and paddling, packrafts are starting to become more popular in certain circles. Not necessarily here in the east, but out in southern Utah...my other backyard...adventurous types are coming up with some epic long distance loop trips involving backpacking, multiple river crossings and biking without ever crossing a road. These things can handle a ton of gear and the packability is ridiculous.

The boats weigh in at just under 6lbs with spraydeck, inflatable seat and backrest. Packs up smaller than a 1-person tent. Inflates in minutes. Add a 4 piece breakdown paddle and you now have the ability to hike in with ultralight gear and paddle wild and remote runs, or combine backpacking and paddling...people are running class 5 regularly in these by adding thigh straps, but my intention is low flow class 3+ tops...Obed, BSF, Upper Red...combining paddling and backpacking. The Smokies have some great opportunities to pack in and paddle creeks that have never been run due to the low water abilities of packrafts. Mark Singleton and I were talking about this at the AW booth at NPPF.

There aren't many loops around here without epic road biking, but I've mapped out some long 2-5 day combo trips that require a shuttle. Now I get to combine some of favorite passions in on trip, and haul a quality camera around...and a beer or 2.

Test run...

A day trip on a Kentucky Wild & Scenic River, the free-flowing Rockcastle in the Daniel Boone National Forest. The last 2 rapids are now under the backwaters of the lake, but everything upstream is still wild and remote with 5 fun rapids to play on. Teeth is now the last rapid. I did a solo, no shuttle 2 mile hike and 3 mile paddle starting and ending at Bee Rock. I used my 191 white-water paddle on this one and realized a little longer stick is necessary with these...would make the flat sections much more bearable. The Alpaka performed flawlessly...easy to inflate, super light, made easy class 3 seem like barely class 2.



Rockcastle Pics

<https://plus.google.com/photos/105768283703063059928/albums/6004105207077010305>

Chasing unicorns...not much excitement at low water, but hey the scenery is nice...

Rockcastle Packraft Video

<http://vimeo.com/92672858>

Brandon

Interesting. I went and looked around the website and checked this boat out a bit. In my opinion it's too lightweight for whitewater. Durability will be it's downfall. That, combined with the single chamber design is a major safety problem if you're going to be on whitewater. Catastrophic failure of the tube could result in your boat and all your gear going down in an amorphous blob of synthetic materials. I've been sitting on a raft tube when it ripped open. The tube eats you like the blob in the movie. You can't get out because everywhere you push your hand or leg goes down and balloons the rest of the thing around you, not a situation I want to be in while negotiating a whitewater rapid.

I've had a lot of experience with urethane coated nylon

and PVC, not to mention hypalon. PVC is stronger and more durable, but cannot be built as thin and light as urethane coated nylon. IMHO, they have sacrificed too much for lightweight packability. At the very least, this should be a two or three chamber boat, even if you still use urethane coated nylon.

Other than that, it's interesting as a camping/packing type vehicle. I think the "people are running class 5 regularly in these by adding thigh straps" statement is a bit of a stretch. Not to say that you couldn't run class V in one of these, even without thigh straps. It's the "regularly" part that I'm having trouble with. For that matter, I can't see anyone rolling one of these things, so why add thigh straps? I've paddled a lot of duckies in my day, Upper Yough, Green Narrows, Russell Fork Gorge, Upper Gauley at low, medium and full release levels and Tellico off the top of my head (granted that was many years ago, but still...) I could see these things being capable of surviving class V, but I could not see anyone in their right mind using one "regularly" to run class V. For reasons I outlined at the top, I think that would be like paddling a ticking time bomb, waiting for it to literally explode.

Hanley Loller

You need to do a lot more research Hanley. Its 2014, not 1998! I kind of figured you post...smiling smiley

They can run class 4/5 no problem by competent packrafters, and they roll them easily. Granted, this isn't what they are normally used for...just an example of the incredible durability of these things. They are made be an ultralight mode of travel for cross disciplines. The desert southwest and Alaska trips these things are tested on are harder than anything you could put them through.

Like I said if you read my post, they are more of a combination whitewater/packing boat for people that are into more adventurous pursuits, not the one dimensional crowd. The combination of lightweight and toughness is incredible. Yes, kayaks are much better for difficult whitewater, but times are changing and people are pushing the envelope.

Examples of stuff I'll never do with it because I prefer a kayak for hard whitewater...

[packrafting.blogspot.ca]

[packrafting.blogspot.ca]

[thingstolucat.com]

Brandon

Where do you get that, "they roll them easily" bit? I've seen a lot of inflatables roll and I've managed to roll a few. It's never easy, and this boat is not built for rolling. The inflatables I'm talking about are.

Maybe someone who is sponsored by these guys takes one out and does a bunch of class V in it. I'm sure it's capable of managing the water. Inflatables take everything down a level. Still, I'm not buying the idea that this material is as strong as they're claiming and as such, I see that as a bad idea.

All that aside, a little extra material for baffles and two extra valves, probably an extra eight ounces, and this boat would be much more viable. I can see all the other concessions to weight, but if this boat is supposed to go anywhere other than flatwater, it needs more than one chamber. Even really durable, well made whitewater inflatables with a long history of durability and performance use multiple chambers. That oversight, to me, is crucial. Everything else is debatable.

Hanley Loller

Sweet Brandon. Nice pics. Bitchin' new set up.

I think the packraft is perfect for what you want out of it, which sounds like a way to get a little deeper into the wilderness. I don't know why anyone would run something like the Gauley in this. They wouldn't need to; they could use a heavier inflatable or a hard boat. In my mind these packraft are for getting away from the crowds. Looking forward to hearing about your future trips.

love,
bethany (or beverly or whatever)

Also, where do you get 1998? When I was paddling an inflatable as my main boat it was the late 80's and early 90's. The last serious inflatable creeking I did was probably on the Green River Narrows coming in on the Hungry in a ThrillSeeker back around 1991 or 1992 I'm thinking. I got to see a lot of evolution happen.

If you're going to call me old, give me credit for my full 27 years of boating.

You whipper-snapper.

Hanley Loller

There's lots of packraft footy out there of people rolling these things.

Adding chambers would add weight which would defeat the whole purpose of a lightweight packraft.

love,
bethany (or beverly or whatever)

Again, you haven't done your research. These boats have been around long enough to already prove you wrong.

Tons of videos out there of these being rolled. Check the links to see what being run, in style. No, they're not made for it. But over the years plenty of people have modified them to run really hard whitewater, and roll them...that's not the focus here. Merely an example. Read all the words.

Again...selective reading is your thing I get it but damn. I love ya man but the grumpy old man syndrome with the superiority complex isn't necessary.

Yeah its different. Yeah you don't really know anything about them.. Thats ok...just check out some pretty pics and a funny video, it was a trip report. Just enjoy.

And yeah B, big water wouldnt be that fun, at least for me, in a packraft...kayaks are still superior.

Brandon

Again, I can believe that someone is capable of rolling these things, but not easily. Atilla Szilagy is capable of rolling a ThrillSeeker and making it look easy, but there are few people who can do it and it's definitely a lot harder than rolling a hardboat.

I'll do some more research. It's possible that advances in urethane coated nylon have left me in the dust. Still, I'm skeptical.

I understand what they're meant for, six pounds makes all this packing, multi-discipline stuff possible. Even a ThrillKat is 15 pounds and that's a deal-breaker in that world. Still, Putting three baffles inside the existing tube to separate it into three chambers and adding two valves couldn't add more than about 8 ounces tops, and if you're promoting these boats as viable whitewater boats, you really ought to have multiple chambers.

Hanley Loller

I'll pass that on to Alpaca. Hanley does not approve! All your testing and proven capabilities are wrong!

You completely missed the point. Next time I post a TR just don't click on it, cool?

Brandon

Do I have to exert my forum moderator powers on you two?

Just curious why you didn't bid on the NPF Packraft? It went for a steal. Or did you get the one to fit your height? It said you could take more stuff in the one that was technically larger than would fit your height, but I'm sure that affects the handling. I like the vid. I need to get out there at that level.

Jr.

Ok Jett, I'm sorry.

I guess I'm getting too curmudgeon-ey. I did read everything you posted though. I also acknowledged, or thought I did, that the boat had a purpose and that I understood the purpose. I just thought it was too hard a sell on the whitewater aspect, but I obviously went too far. I owe you a beer, a good one, but just one. Okay, maybe two, as long as they're not both double IPA's

I'd still like to see you roll it and then tell me how easy it was.

Hanley Loller

Cool no worries. And I have no intention of rolling it. It's a means to an end, a way to occasionally combine my passions.

I'll bring it to the Noli for our annual trip.

Don I think the donated one was the next size up. When I'm backpacking 4 days out in the wilds I want to go as small and light as possible.

Brandon

Packraft Adventure in the Red River Gorge May 13, 2014

What was supposed to be the first real overnight test with the new pack and packraft ended up to be a very long, exhausting yet

rewarding day trip. About 25 miles total, 15 of those paddling the Red River from the remote Wild & Scenic section down to the middle section and the Sheltoewe Trace National Recreation Trail. Load up the gear and backpack 10 more miles to the far eastern end of the Gorge for a bisect of the Clifty Wilderness and Red River Gorge Geologic Area. The guy running my shuttle didn't know what to think, he thought he had seen it all...he quizzed me pretty good before he was convinced I wouldn't die out there and actually knew what I was doing, as opposed to most of the visitors to the RRG.

The first 10 miles were pure bliss...not a soul out there, and the following 5 miles were mostly flat water but still very scenic. I figured on a Friday I would beat the weekend crowds in the Gorge but all of Ohio apparently decided to take the day off and head south over the border. All of my favorite clifftop campsites were occupied so I decided to keep going...and going...until I was a mile from the car and still had some light. The clincher while hiking out was the group of people heading in wearing feather head-dresses, some carrying instruments...yep, lets call it a great day and head home early, leaving the RRG to the loud, crazy masses.

The trip was a good learning experience as far as how to pack for a full blown packrafting trip. I had way too much gear, about 15 pounds too much...wet clothes, 2 celebratory beers (mandatory), boating gear... probably had close to 50 pounds.

While the trip was cut short it was still worth every paddle stroke and uphill push on the trail. Everything is greening up, the flower show was spectacular and the weather perfect. Paddling solo in the Narrows section of the Upper Red was a rush, had to scout a few rapids I would normally not think twice about in a kayak. Ran everything but took a few "sneak" routes. Not ready to flip that packraft just yet (no Hanley, I still haven't rolled it).



The "Falls" of the Red

https://lh4.googleusercontent.com/-nJap-uAu1No/U2e1zRWK8dI/AAAAAAAAARsU/FOqILb8wV3U/w1024-h683-no/IMG_0377.jpg

Typical Red River scenery

https://lh5.googleusercontent.com/-li915PtgxKk/U2e12i-0EWI/AAAAAAAAARdg/2StgS2lyYNQ/w1024-h683-no/IMG_0395.jpg

Trillium

https://lh6.googleusercontent.com/e1dXKj1Oy9Ratw00KJzanIDhS-fmge_cV0RzolzC3AJCj=w1024-h495

Pink Lady Slipper

https://lh3.googleusercontent.com/-Rw1cCAroH9k/U2e1_IElr4I/AAAAAAAAARKE/Wu0vf5zdbXw/w632-h807-no/IMG_0479.jpg

Dwarf Iris

https://lh6.googleusercontent.com/-VO5cBEPu7XE/U2e2BytFwuI/AAAAAAAAARfk/4BHKQTlczg/w1024-h723-no/IMG_0490.jpg

Celebratory beer near the Martins Fork trailhead...well deserved after a 25 mile day...

https://lh4.googleusercontent.com/-EnDzlwWCznQ/U2e2C_

map of route...



Cheat Fest Weekend TR

May 08, 2014

Due to multiple unrelated reasons I missed most of WOR sad smiley It took me a couple of days to find Brent to find out his part in the trip was done (now know why) but found out YT and Clay were supposed to be going to Cheat Fest. Could have met YT to boat UY Fri but then got to thinking Brit had never been there or done those runs and had missed the Cheoah the weekend before due to illness. Lost another day trying to see if she could join me but she had too much school work - but well worth the effort I thought. So arrived late Fri and then couldn't find YT due to his choosing inferior cell services winking smiley and found out Clay had bowed out of CF. Found Fred and a nice fellow named Michael Robinson from Indy that I met at Leland's clinic after they replied to my FB post then found YT Sat a.m. We did the UY at 2.4. 2 yrs ago I boated it at a similar flow and experienced 2 beat downs in one run. I was eager for redemption. Fred, YT and 2 of Fred's buds hooked up for a memorable run. Only one flip at bottom drop of Charlie's and otherwise a very fun run. Cheatfest was fun as always but the music seemed even better this year. Great vibes. Sunday YT, Michael and I did an early run of the LBS around 5.2. We were all a little rusty on the lines but with little push of low flow it all worked out well. Even at 5.2 we declared it a fun run. Big Splat looked ugly and I had heard someone (can't recall who) that someone had flat pinned there sometime during the weekend - yikes! Mon I didn't have to work so delayed my departure for a run of the UY with Fred. the level was 2.3 and again, almost a dry hair run - sneaky little pourover with a seam curler below got me off line in a smaller rapid. Few boaters / rafts made for an unusual UY experience - again, great day! Much thanks to Fred and to Kristine for doing our shuttle giving me a 3 run trip and at least partially salvaging a botched WOR for me!

We all talked about getting back to the area this summer. It's a longish drive but almost all interstate so easy. Only 1 hr further than Ocoee and much more fun! Hoping I get Brit up there this year.

Wes

May 09, 2014

Hey Wes,

Glad you managed to salvage what was left of the Week of Rivers. I miss those runs for sure. I was up there in the

area in March to visit Jodie's brother in Ohio. I got on the Lower Yough and boarded at Seven Springs.

We've been throughing around the idea of another trip this summer. Hopefully, we can all link up for some UY runs later this summer. It's about 11 hours from Chattanooga so we'd be up there for week if we get to go.

Justin

Amazing Weekend on Watauga

April 14, 2014

Brit and I were all smiles yesterday as we bounced our way down the shallow channel to the AW takeout on the Watauga. We had a wonderful 2 days on a fabulous river with beautiful weather! We did a weekend clinic with Leland and Andria Davis and I must say it was above and beyond what I was expecting. The river was 170-180 on Sat and a bit lower yesterday I think but plenty of water to work on creeking skills. I found the experience similar to the RFG at low flows but many more rapids of course. It was a bit different from my first Watauga experience at 270 last year with Brent / crew on WOR trip. Sat we shared the experience with 2 other guys, and Sun it was just Leland, me and Brit. We started out Sat with class outside as Leland discussed his mindset on approaching a particular run / rapid. We went over a checklist of important considerations and then discussed how different types of drops can be approached and run. Sat was busy as Leland / Andria drilled us on creeking / boofing skills on a perfect run to develop those skills. There are many rapids on the Watauga and it seemed like each one had a move that required a skill we could work on - many with multiple skills. The only swim was Andria right after the put in, above Cabin Rapid she flipped off of a rock and lost her paddle to a paddlesnake rock! She was running sweep and Brit was in front of her and I was in front of Brit. Brit was trying to help her and I was chasing her boat while trying to whistle down the river to get Leland's attention (lead). Leland finally stopped above Cabin when we were no longer in sight. Lesson 1 - don't lose contact with the person behind you - even in the easy part! LOL What followed was technical / precision boating training and amazing boof instruction. My boof has always sucked quite frankly and because of that I really couldn't help Brit develop hers. That's all changed now with a single weekend clinic! My boof is now much better and Brit's is amazingly better. Not only that, but we have a solid list of steps to work on to maintain / improve our boof in the future. The line at Stateline / Watauga Falls was tight with potentially disastrous

consequences for being just a little off so we all carried it Sat but yesterday Leland ran it at even lower flow and of course made it look easy! One of the fellows that boated with us on Sat was named Michael. He's hearing impaired which made communication on the river challenging at times but everyone took it all in stride. Brit and I had pizza with him at Scratch Pizza in Johnson City after the run and learned more about him. Great guy, that we have a lot in common with - including a love for snowboarding out West. I invited him to take a good look at the BWA. Even though he's from IN, he drives through our area to do 100% of his boating so I told him he could hook up with some of our trips easily. Sounds like he doesn't have a lot of folks to boat within IN.

Overall it was a wonderful experience. If you need some work on your creeking skills I highly recommend Leland and Andria's clinic! Think we'll probably do another tune up this Summer or next year. smiling smiley

Wes

Accident Report from the Cheoah

April 28, 2014

Copied from Facebook via Todd Vanderhoof via Atlanta Whitewater Club

Accident Report: 4-26-14

Location: Cheoah River

Site: Below Bear Creek Falls Slide

Flow: Normal Saturday Release

I was leading a medium sized group of boaters (6-8) below Bear Creek falls when we heard that a boater was missing. At that point the information we got was that the missing boater was in a group of three below Bear Creek Falls. Two of the group members decided to run the West Prong line (river left) and the missing boater decided to run river right known as the slide. We received this information after running thru this area without seeing anyone. His group expressed that there were people going up river on shore to look for the missing boater. Knowing that Cheoah swims can be very long we spread out and searched the river from there to the take out. Shortly after arriving at the take out the missing boaters crew members showed up and called a meeting relating to everyone that the boater was still missing and where he was last seen. I was in the process of taking a group back to the put in for the lower section. On the way up we saw multiple people on the banks looking and Will discussed that there was a nasty hole on river right below the slide that had caused a near miss some

years back. They agreed to search on the river in boats and I decided to go to the spot we discussed. Upon going down to river level on foot and not seeing anything I watched Will, Martin, and Joe paddle downstream. I checked a few more spots and then climbed back up the hill. A few minutes later I saw people running and saying that they had found him down river from my location. When I arrived on scene Martin and Will were in the water about 3-5 feet off shore trying to unpin a face down boater with no success at that and were calling for a rope. As they were reaching for a rope I saw a log going into the water a few feet upstream of the boater. I was able to lift the tree and when I did the boater came out of the water and revealed that the skirt was stuck on the log. So I shook the log hard and the guys pulled and freed the boater. We got him onshore and I cut off his vest and helmet and immediately started CPR. Knowing a time frame of being under for close to 45-60 minutes, medically it wasn't looking good. We continued CPR with multiple participants to allow for rest and nonstop compressions for over twenty minutes before the paramedics showed up and we relinquished responsibility to them. Our assessment is that he swam somewhere near the slide and was either knocked unconscious or while in the process of swimming to the river right bank was swept into the pour over. The main reason for this assessment versus the log causing it was the ease at which the skirt dislodged from the log itself. Again this is our assessment but we may never know what exactly happened due to the fact that there was no eye witness. Thanks should go out to Martin, Will, and Joe for their diligence and persistence in looking and finding the boater. As well as the other boaters who helped continue CPR until the paramedics arrived.

Boles

Very sad! Brit was too sick to boat this weekend and now I'm kind of glad she was and didn't have to experience this situation. While the Cheoah is relatively free of undercuts which is a great thing, it is full of wood and you can't readily see all of it. For this reason I think it is particularly important to keep a close eye on other boaters on this run. Although the circumstances are different in that the boater was out of his boat it sort of reminds me of the incident on Upper Big Creek a couple years or so back when the boater's skirt was impaled while in his boat by an upstream pointed log in Class I-II water and had a near miss. Like undercuts, I think there should be a particular vigilance for upstream pointed wood. Sounds like this incident offered a clue from the shore, but it also sounds like he may have been incapacitated

in some way if they felt he could have gotten off if he had been conscious. As the write said we will never know. Keep a close eye on each other out there!

Wes

And I forgot to make mention of the obvious fact that this poor fellow wasn't missed until the takeout??? That is definitely not keeping a close eye on your comrades! There is a big eddy on the left below West Prong that should be a mandatory head count location. Groups often split up above this taking The Slide or West Prong lines and neither can really see each other. There are numerous pin locations in West Prong and much of the water feeds through the trees that divide the channels from the West Prong side. I've seen someone get sucked into the trees and pinned. I'm not saying starting a S&R from this eddy would have had a different outcome in this case, but it surely may in many other scenarios.

Wes

Just terrible . From everything ive read he sounded like another great guy with plenty of skills and yet still got into trouble and paid for it with his life . I've always had good lines and times on the Cheoah but it really is starting to put things into perspective more and more. I stayed away from the Cheoah this weekend cause i havent boated in awhile and needed to work on some things so opted for the Ocoee , for this very reason . Maybe its cause ive got a son now or its cause I almost said F*%* it and went straight to the Cheoah knowing I needed time back on the water . Regardless , just wanted give my condolences to everyone involved and that knew him personally .

Jesse

Very sad to hear this. My condolences to Mike's family and friends.

I never realized just how nasty that hole is and have always skirted by it without much thought. I will be sure to give that section even more respect as well as a good look over from the shore next time I'm there.

About three weeks ago when I was at the Cheoah there was a guy surrounded by a group lying on the side of the road just below bear creek falls. They were talking about how he suspected he might have broken his back. According to a witness of the incident he ran the far left side of the falls where it is very shallow. Does anyone know any other information on that incident and if that

guy turned out ok?

Derek

A Personal First Descent on the RFG

April 27, 2014

Mike Wilson styled his first personal first descent on the Russell Fork Gorge Saturday. He ran everything but 3rd Drop and the Box at Climax...which was probably smart...and had the most impressive recovery at El Horrendo that I've seen in a long time...then fired it up again and boofed the crap out of it.

Bluebird skies, a crew of 6, 250 cfs, boofs galore and Gerald's home brew at the takeout.



Mike's redemption on El Horrendo



Below El Horrendo

Brandon

I will start my version of the trip report with a response to G3s comment, a distinction between worry and cau-

tion. Our sport provides ample opportunity for reflection on irrational fear versus real dangers. We all have different methods to sort through this decision making process, the results of which presents us with the spectrum of boaters and boating styles that makes whitewater such a diverse landscape. My personal nature is to approach ratcheting up difficulty with a combination of caution, patience, and working hard (eddy hopping, surfing, attainments) whenever I get a chance to paddle. It works for me, but other folks take different strokes... Once I decided that I had reached a level to put on a piece of whitewater like the Russell Fork Gorge, I was surprisingly worry free. I was calm as a bomb all day which will probably surprise anyone who paddles with me regularly, especially during my early runs. I felt confident, focused, and blessed to be in such a special place on a beautiful day, surrounded by such great people. It was great to paddle again with Jonny newsome, Bjett, hang out with Gerald Delong on his home stretch of water and meet Jason and Tyler. Gerald is such an awesome guy providing leadership, coaching, and hospitality with efficient shuttle and delicious home brews. That was without a doubt the most challenging and rewarding stretch of water I've had the privilege to paddle. Tight and technical, steep, and gorgeous is how I will remember the RFG but definitely something that deserves respect. Had clean lines (and great leads) on everything except El Horrendo. Fell off the plank early and followed my usual plan of trying to catch an eddy after a mistake...which set me up on the wrong side of the rapid dropping in backwards. Flipped in the top hole, tucked quick, took a couple hits before rolling up above the main drop on the left. I now know why you run on the right hand side. Hung in among a few moments of chaos and rolled up below the main drop. Jason encouraged me to give it another go and I am so glad I did. With a better idea of where I needed to be, intimate knowledge of where I didn't want to be I planted a 'big phatty boof stroke' right on the lip, threw my body over the bow and stomped the shit out of the landing. Great feeling and I definitely won't forget how to run El Ho. Great day in a special place and I would be remiss without saying thanks to brandon for convincing me I was ready, Gerald for his hospitality and sweet lines, and each and every person I've had the honor of sharing time on the river with.

I <3 the BWA!

MFV

Eddy Lines of Interest

April 2014 Steering Meeting

Meeting Minutes

April 1, 2014 @ Marikka's

Present:

Don, Jeff K, Ali, BJ, Clay, Clay, Jacob, Jeff S, Joe, Kris

Next meeting: General Club Meeting 01/08/2014

7:30pm @ Rooster's

I. Call to Order

Meeting called to order by Clay @ 7:36pm

II. Reading of Minutes

Previous month's meeting minutes reviewed. Moved (Ali), Second (BJ) to accept previous meetings minutes. Motion passed.

III. Officer Reports

1. President--Clay – no report

2. Past President—Emily—no report

3. Vice President—Adelessa –1. Working on all aspects of clinic. 2. AW

Elkhorn Acres fundraiser raised \$170.00 with one donation still pending!

4. Treasurer—Jeff K— 1. \$3600.00 in the bank, \$600.00 on Paypal for dues. 2. Check for Elkhorn put in parking pass mailed, not cleared yet. 3. Adelessa working on insurance payment for clinic ACA.

5. Secretary—Jacob— 25 members at last meeting, suggested to consider having meetings once again at AW Elkhorn Acres.

6. Safety Officer—Tom—1. Roll Session have been going well. Hanley is running the next 3 roll session.

2. Swift Water Rescue Course will be the weekend of June 7th.

7. Membership Coordinator—Ali—New memberships are rolling in. We need some way to track new attendees to the roll sessions to capture information.

8. Conservation Officer—Peter— no report

9. Program Director—Dave—no report

10. Web Master—Joe—1. Calendar updated as of today. 2. Membership over 250 as of now.

11. Newsletter— Don— 1. Next issue of Bowlines will be running late, should be posted in about two weeks.

12. Gear Coordinator—BJ— 1. Checking to make sure trailers are in good working order. Wiring on the large trailer needs to be re-wired at some point soon.

13. Member at Large—Jeff S.—no report

IV. Unfinished Business

None

V. New Business

1. Swift Water Rescue Course BWA Subsidy – Clay began discussion to entertain a motion for the BWA to subsidize member costs to attend the SWR Clinic. Cost is \$110.00 per student without subsidy. Clay suggested to for the BWA to provide \$35.00 per person as a subsidy from the BWA. Moved (Don) Second (Joe) to move at the next meeting on behalf of the steering committee to subsidize \$35.00 per attendee at the June 7th Swift Water Rescue Class.

2. Parade Floats – Ali brought forth discussion to participate in local parades. She has participated in local parades in the past and would like the BWA to get involved. The general steering committee consensus is that this is a great idea. Jeff S. is looking into this for the club.

VI. Adjournment

1. Moved (Kris) Second (Don) to adjourn meeting. Motion passed and meeting adjournment at 8:55pm.

May 2014 Steering Meeting

Meeting Minutes

May 6, 2014 @ Marikka's

Present: Adelessa, Ali, Don, Tom, Jacob, BJ, KC, Clay, Jeff K Next meeting: General Club Meeting May 13, 2014 @ 7:30

I. Call to Order

Meeting called to order by Clay at 7:55pm

II. Reading of Minutes

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

III. Officer Reports

President-Clay—no report

Past President – Emily – no report

Vice President –Adelessa – 1. 36 students confirmed, 5 (under 12) kids. We have all but 2 participants' money.

2. Working to find out about the Porta-Pottys at Carson Island. 3. All the volunteers are scheduled and taken care of. 4. Clean up is on Friday the 16th from 3:00pm to 5:00pm. 5. Class presentation, Talent Show, and

Dance party are on the itinerary 6. Reviewed insurance and COE guidelines with the officer team.

Treasurer- Jeff K – 1. Approximately \$6000 in the bank. 2. Bill from the Porta-Potty company with an outstanding balance due from the 2013 Russell Fork Rendezvous. Vikings paid us \$200.00, but we still owe \$160.00.

Secretary – Jacob – Discussed Thursday Night Live sponsorship for 2015.

Conservation Officer – no report

Safety Officer – Tom – 1. Summer Roll Sessions will tentatively start the week after the Memorial Day holiday. Roll sessions will tentatively run through the Labor Day holiday. Requesting Thursday roll sessions. Location TBD, discussed Tates Creek Pool as the preferred location. 2. Swiftwater Rescue – Currently have 3 students paid. Tom anticipates 6 students total. Change of venue in the works, and working on Russell Fork. More info to follow.

Membership – Ali – 1. Memberships are still coming in. 2. Working on new Elkhorn Acres pass with general guidelines on the back of said pass. 3. Lengthy discussion around when a membership should roll over into the next year. General consensus was February 1st to coincide with the start of roll sessions and NPFF. Conversation to continue at the May General Club meeting.

Program Director – N/A

Webmaster – Joe – No report

Newsletter – Don – 1. Newsletter is out! Please check out Chris Hellman's story. 2. New issue will be out at the end of May, first of June. Please send in any story ideas and pictures.

Gear Coordinator – BJ – 1. Re-wired the large trailer and added new fixtures. 2. BJ brought storage unit financially current. 3. Reimbursed BJ \$98.40 for expenses incurred repairing the trailer and paying the storage facility dues.

NPFF Director – Bethany – no report

Member at Large – Jeff S. – no report

IV. Unfinished Business

1. AW Elkhorn Acres Improvement – Ongoing plans around Elkhorn Acres improvements. Plan is to continue the work through summer and fall.

II. New Business

1. 2013 Russell Fork Rendezvous Porta-Pottys -- Moved (Jeff K), Second (Adelessa) to pay the remainder of the Porta-Potty (Busy Bee) bill due from the Russell Fork Rendezvous totaling \$160.00. Motion passed.

2. Membership Carryover Date – Discussion tabled to the May 2014 General Committee Meeting.

3. Club Officer Elections -- Discussion around

absentee ballots and how to count them. Elections will be held in June. Clay will get a nomination post up to start the process. Steering Committee will appoint a non-officer to count the absentee ballots via email.

4. AW Elkhorn Acres Neighbor Discussion – BWA members working on the issues with AW Elkhorn Acres new neighbors. Updates to follow.

5. Meeting locations – Discussion around where the June General Club meeting will be held. AW Elkhorn Acres is the current plan. Steering Committee's position is to have as many meetings outdoors as possible.

6. BWA Emblem Design – Lengthy conversation on this topic. Emblem design will be discussed at the May General Club meeting. Don brought in some awesome BWA notepads along with a number of BWA logo/artwork representing the history behind the club logo. The club used to be very involved in their own logo design, artwork, etc. Don indicated this is what made the BWA unique! The BWA relied on members for creative artwork.

III. Announcements

None

IV. Trip Reports

None

V. Adjournment

Moved (Adelessa), Second (Ali) to adjourn meeting at 9:35pm. Motion passed.

Bluegrass Wildwater Association General Club Meeting Minutes

May 13, 2014 @ Rooster's

Present: 19 attendees, one new member (Wendy)

Next meeting: Steering Committee Meeting June 3rd, 2014 @ 7:30

I. Call to Order

Meeting called to order by Clay at 7:49 pm

II. Reading of Minutes

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

III. Officer Reports

President - Clay - Elections will be held at the next general club meeting on 06/10/2014, nominate tonight or via the forum.

Past President – Emily – no report

Vice President – Adelessa – Clinic is this weekend. We have 35 students ready to go. We are anticipating lower than normal temps, so please bring extra warm gear.

2. Still need kids gear. Ages 8 to 11. 3. Bring your own eating utensils. 4. If you are enjoying an adult beverage at Carson Island always use a cup. 5. Clean up is Friday, 16th from 3:00pm to 5:00pm, Sunday from 5:00pm to 6:00pm.

Treasurer - Jeff K – Account balance approximately \$6000.00.

Secretary – Jacob – no report

Conservation Officer – no report

Safety Officer – Tom – no report

Membership – Ali – 1. Retiring this year from the steering committee this year. 2. Changes coming for the parking pass to include parking guidelines on the back.

Program Director – no report

Webmaster – Joe – no report

Newsletter – Don – 1. Please contribute articles about the Clinic!

Gear Coordinator – BJ – 1. Re-wired trailers. 2. If anyone needs anything from storage prior to the clinic let him know by Wednesday.

NPFF Director – Bethany – no report

Member at Large – Jeff S. – no report

IV. Unfinished Business

I. AW Elkhorn Acres Improvement – Zina – Working on things as we speak, Peter has been out of town. Nathan from Canoe Kentucky has offered to pay for the new sign. 2. Discussion regarding the new neighbor at AW Elkhorn Acres. Clay indicated we have a BWA member reaching out to this person.

2. BWA Emblem Design – Clay brought up recent discussion regarding BWA Emblem design. KC is heading this up so please get your designs to KC. KC will get with Joe to send out an email blast regarding submissions and how to send them end. Great chance to get involved in the club!

II. New Business

1. Membership Carryover Date – Open discussion around when to carryover annual memberships. Brent said the only exception has historically been Spring Clinic new members. Clay stated the steering committee's position is to have a firm date as to when new memberships carry over. Moved (John M), Second (KC) that any new member who joins after January 1st automatically gets the next BWA fiscal year membership. LENGHTY DISCUSSION..... Motion passed, hand count 11 to 6. KC is working on a way to keep up with Institutional memory. Moved (Don S) Second (Larry) to move the remainder of this discussion to the steering committee meeting. Motion passed.

2. Late Spring / Summer Meeting Locations – Moved (John M) Second (Brent) to hold the BWA Gen-

eral Club Meetings at AW Elkhorn Acres for June, July, August, and September. Motion passed.

3. Club Officer Nominations –

a. President – John nominated Clay Warren, KC second

b. Vice President – John nominated Brandy Jones, Brent second

c. Treasurer -- Clay nominated Jeff Kirkner, 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

h. Membership Coordinator – John nominated Erik Davenport, pending Eric's approval

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

j. Webmaster – Robert nominated Joe Wheatly, Larry second

k. Gear Coordinator -- Ali nominated K.C. Fankenstein, John second

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

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

n. Member at Large – No nominations

4. The Learning Center at Linlee Plants – KC has a large quantity of tomato and pepper plants for sale for \$2.00 each. All proceeds benefit The Learning Center at Linlee. If you need vegetables please let her know. Also, if you have any plastic or foam trays of any type please save them for her.

III. Announcements

1. General Announcements

None

IV. Program

Don presented on the history of the BWA, including the artwork, Newsletter, and traditions..

V. Trip Reports

N/A

VI. Adjournment

Moved (KC), Second (Jeff K) to adjourn meeting at 9:45pm. Motion passed.

Remembering & Honoring the Life of Maryanne Reynolds-Drury

What a sad loss of a good friend. ~Jason Powell

She was a beautiful and fun woman who was a great encouragement to me when I first started boating. ~Ali Blair

She lived out loud and always was a joy to be around.
~Hanley Loller

What a beautiful person. Although Mary Ann stopped boating a while back I can't stop thinking what an inspiration she was. I will miss knowing that this beautiful person shares the same earth with me. ~Bob Larkin

She was so very full of life, it's hard to conceive of her being gone.
She will be missed. ~Robert Milgate

She leaves a big hole for many people.
~Linda Tribble

What a tremendous loss. Maryanne was always so helpful. And she was such a proud and devoted mother. ~Bethany Overfield

What a beautiful person, mother, wife and friend Maryanne was. She was very special and will be greatly missed. ~Cynthia Grimes

Always such a nice and fun person to be around. ~Wes Prince

She was probably the most enthusiastic and fearless newbie I ever met. ~Don Perkins

I have missed having Mary Anne around our boating circle, she always added humor to our campfire shenanigans. ~Clay Warren

She was a blast to boat with and be around. I probably boated as long as I did because of her. ~Stephanie Steitzer

Many times I have relived leading a group on the upper new at 19,000 CFS and hearing Maryanne shouting "Thar she blows" after busting the 9 ft wave at the top of middle ledges. Joe Wheatley

She is the type that you feel immediately comfortable around, A truly beautiful person. ~Josh Frazier

A smile emblazoned on the universe forever. An adventurous spirit who gave freely to others. ~Zina Merkin

She was so exuberant and always added life to every gathering.
~Chris Hellman

She had an indomitable will and the courage of her convic-

tions. She had her priorities straight and didn't give a damn what anybody else thought about her decisions. In some people that becomes an obnoxious quality quick, but not with Maryanne. It's going to be a while before I stop expecting her to just pop up out of nowhere, with her infectiously enthusiastic way of greeting you. That's what I'll never forget, the way she'd call out my name when we bumped into each other. Maryanne added life to any place she was. With her passing, I feel like I'm a little less alive. ~Hanley Loller



Such a fun and courageous person like Maryanne. I last remember her going over the falls of Benson creek with no fear, and a huge smile from ear to ear. She was such a good heart.
~ Jason Rodgers

I was always close to Mary Anne (She helped lead me down my first Ocoee and Gauley runs. I will miss her surely!!!
~B. J. Phelps

The world is a less bright without her radiating in it..... I NEVER saw you without a Smile on Your Face! Never. Even when I could tell that something was off, you were Always on! Your energy and spunk were beyond measure and when I paddled with you, you spread that energy to all of us alongside you.
~Adelessa Grace

Miss you, Maryanne. ~Todd Garland

You will be missed by me and all your river tribe. ~Jason Bailey

Most beautiful smile which will be missed and thought of forever.
~Liz Phleps

I love you girl. My heart is broken. ~ John Mello

she was a kind and gentle soul that I always thought fondly of. ~ Will Singleton

Full of adventure. Full of life. I'll miss her smile and hugs. ~Millard Blakey

Farewell my fellow biker and friend. Perhaps one day, in the next life, we will pass one another on an ethereal winding road and do like what all motorcyclists do when they pass a fellow rider and friend...wave.farewell. ~Ron Hunt

I tend to believe that how well you do in the afterlife is partly determined by how well you treated others in this life. Hey Maryanne: no worries. The world was better the day you left than the day you arrived. Well done. ~ Dallas Hargis

~Your River Tribe ~



Summer Roll Sessions

June 12,19,26 July 3,10,17,31 August 7.

These will take place, as in years past, at Tates Creek Aquatic center, which is at the very end of Gainsway Dr in Lexington. Times are from 8 pm until 10pm. Fun will be had by all who attend. I know already that I will need someone to take charge July 10th, 17th and 24th.



Learn to wet exit, bow rescue, and roll. Meet BWA members and be involved.

Wash your boats, inside and out, before arrival.

Instructors needed. Please email rollsessions@bluegrasswildwater.org If Interested.

Are you new to pool roll sessions? Check out some prerequisites here:
<http://bwa.shuttlepod.org/page-648279?>

Cost:

- \$5 - Members
- \$2 - Member child 12-18
- Free - Member child 11 and under
- \$10 - Non-member
- \$5 - Non-member child

First roll session ever? Non-members pay member rates



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>