

# BOWLINES

Award Winning Newsletter of The Bluegrass Wildwater Association since 1976. Sept/Oct 2017

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## In our Own Words.....



### Battle of the Breweries Elkhorn River Clean-Up Coming Spring 2018

Bluegrass Wildwater Association Awarded Flowing Rivers Grant

#### 2017 Clif Bar Flowing Rivers Grant

American Whitewater announced the two affiliate recipients of the 2017 Clif Flowing Rivers Campaign: The Upper Colorado River Private Boaters Association and Bluegrass Wildwater Association! Each group will receive a \$1,250 grant to go towards their respective stewardship projects. Bluegrass Wildwater Association Stewardship Project

The grant is to be used for the Elkhorn River clean-up called the "Battle of the Breweries" in the spring of 2018. This is a real honor that AW awarded us this grant. The purpose of this event is to start an annual event with the ultimate goal of changing public perception of the Elkhorn River. Link To American Whitewater Flowing Rivers Grant Article

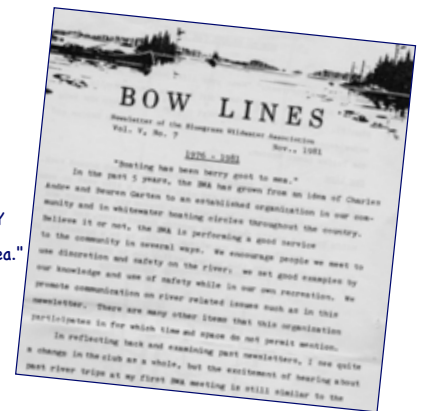
<https://www.americanwhitewater.org/content/Article/view/articleid/33847>

*Any questions or comments contact our conservation officer.  
 Brian Storz - BWA Conservation Officer  
 conservation@bluegrasswildwater.org*

### Elkhorn River Clean Up - Bluegrass Wildwater Association

### Back-Paddling thru the Pages of Bowlines...

- RUSSELL FORK OF THE BIG SANDY
- "Boating has been very goot to mea."
- BWA Finances 4/1/81-4/1/82
- Going Paddling
- Responsibility



### RUSSELL FORK OF THE BIG SANDY

Sam Moore  
 Bowlines May, 1982

*The BWA had been running the upper Russell Fork down to Garden hole in the late seventies. But I do not recall any of us had run the Gorge till Sam Moore did it in 1981. It was while the COE was doing test releases to determine what levels to release for paddlers. The 8mm film that was taken by several members and then edited became one of the inspirations that led Bob Sehlinger to suggest we have a film festival. Bowlines Editor*



## Russell Fork Rendezvous 2017

27 Oct 2017-29 Oct 2017      Carson Island Rd.      Elkhorn City, KY

# Looking Ahead

## Coming BWA Meetings

Second Tuesday of the Month, 7:30 pm

## BWA Monthly Meeting Meet & Eat

### Location can vary

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

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

## Pool Roll Sessions

For dates check:

<http://bwa.shuttlepod.org/event-2379023>

**Learn to wet exit, bow rescue, and roll.**

**Meet BWA members and be involved.**

**Wash your boats, inside and out, before arrival.**

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

## Russell Fork Rendezvous 2017

27 Oct 2017-29 Oct 2017

Carson Island Rd.  
Elkhorn City, KY

Join fellow BWA members in a celebration of the paddling culture, on and off the river, at the 24th annual Russell Fork Rendezvous.

Meet up with old friends and make new ones and you paddle the Russell Fork River through some of the most beautiful Autumn scenery the Southeast has to offer.

Don't miss the annual "Lord of the Forks" race on Saturday.

Camp at Carson Island, in Elkhorn City, KY with live music, drums, fire circles, food and dancing. All proceeds benefit American Whitewater.



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

## Club Officers 2017-2018

President	Kyle Koberlein	502-370-1289
Vice-President	Mike Daugherty	859-554-8489
Treasurer	Ben Mudd	859-576-9834
Secretary	Jansen Cunningham	270-703-0352
Safety	Robert Watts	859-33-3341
Program	Clay Warren	859-326-0602
Newsletter	Don Spangler	859-277-7314
Cyber Communications	Joe Wheatly	859-361-0892
Conservation	Brian Storz	859-324-2875
Film Festival Coordinator	James Welch	859-954-2025
Equipment Coordinator	Brandy Mellow	859-312-8640
At-Large Member	Codie Dunn	859-473-4232
Membership Coordinator	Dot Edwards	859-351-0132
Past President	Bob Larkin	502-550-4225

## 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>

**BWA members want to read your story!  
Short or long. Sad or Funny.  
Tell us your paddling related story! Please!!**

Files can be e-mailed to the Editor: [DonSpang@aol.com](mailto: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](http://www.surfky-bwa.org/html/bowlines_arcN.html)

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

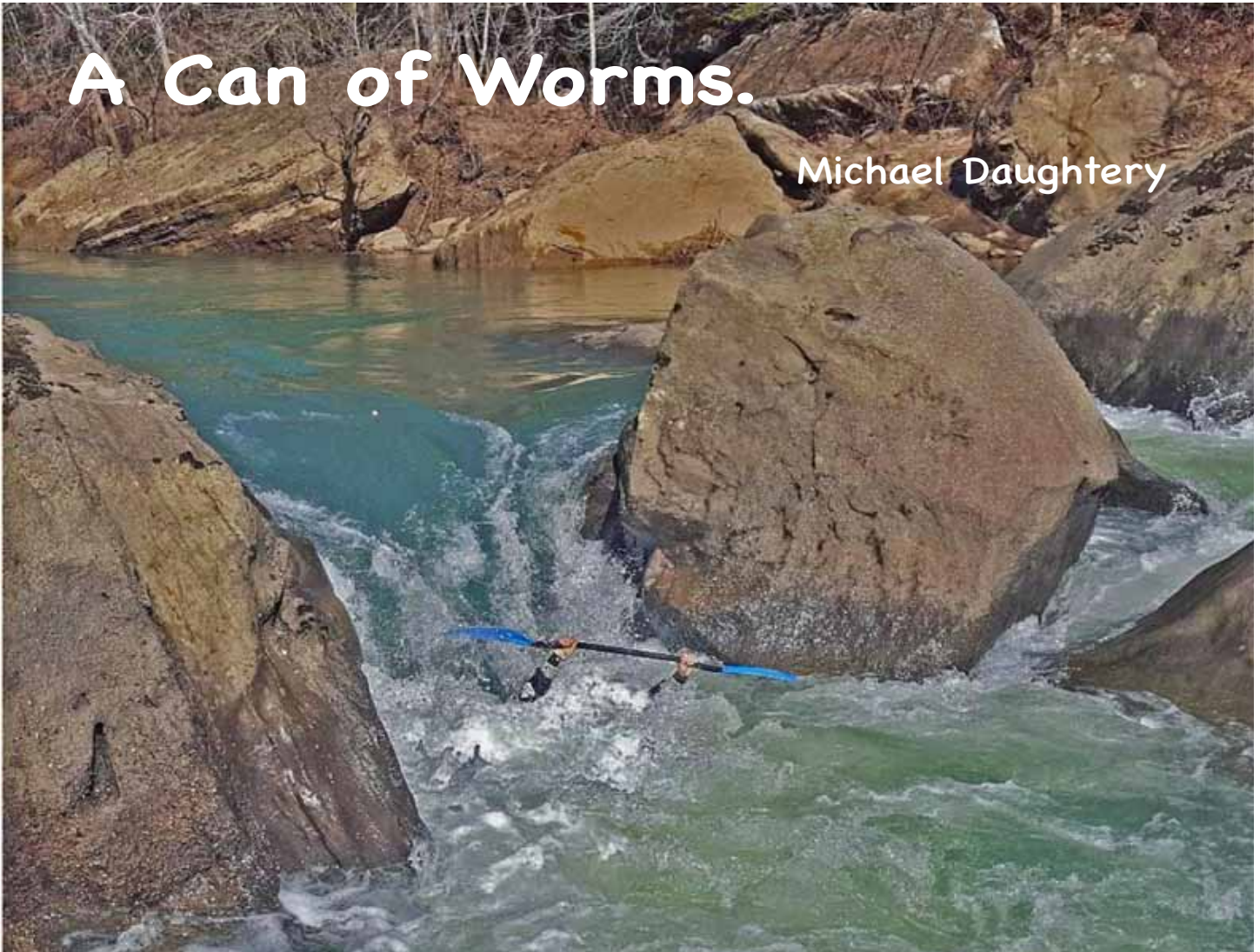
[http://www.surfky-bwa.org/bowlines/BL30thAnnv\\_Aug06.pdf](http://www.surfky-bwa.org/bowlines/BL30thAnnv_Aug06.pdf)



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

# A Can of Worms.

Michael Daughtery



*Jimmy trying some underwater breathing techniques on the Beech Narrows.*

When I was 4 years old, my godmother bought me an electric F1 go-cart. Twenty-seven years later and I'm still a fan of fast. There's becoming a divisive line, a schism, between the speed I used to crave on the pavement and my growing craving for fast moving, turn churning water. Water tumbling over sharp, jagged roads of rocks. Maybe I have picked up a case of hydrocephalus, water on the brain.

See, water is blurry. It's slippery. My 3rd eye to the 4th dimension opens in the presence of beauty and balance. It activates my cerebellum the same way that challenging a road to a contest of asphalt vs tire traction does. But water seems to be a lot less frowned upon by the human populace than speeding through tight canyon roads at a high rate of speed. On the river, penguins, killer whales, zebras, panda bears, black and whites with their blue party lights... Those silly boys in blue are few and far between. Nobody is going to fine me for not using me damn turn signal. Kayaks don't have turn signals! It's a no man's land. And the only people telling me what I can and can't are the class 1 boaters who keep tripping over their throw ropes. Throw ropes? Nahhh those are just their shoe strings.

Anyways. It has been a little over two years since I sat in my first anti recreational, let's not go fishing, flat water hating kayak. (Whitewater yaks are an entirely different breed as you know.) And the only reason why I still own a rec boat is because I still have a dream of someday outfitting it with foam thigh braces, duct taping a skirt on, and paddling it down the Upper Gauley. That's a different story for a future day. Returning from that tangent. The places that it has taken me often leave me speechless. Certainly, a sight for sore eyes. Or it could've just been an extremely blinding light.

In the wet 4 months between the time that I bought my first whitewater boat and the time that I found the BWA, I found myself swimming on the Elkhorn, Silver, Glenn's, Rockcastle, Nantahala, and a swimmingly great time on the Ocoee that ended with 9 dumps between my buddy, Daniel, and me and a raft ride from Goforth Creek down to the takeout. The first couple of months, I used my thick head of hair as my helmet and a common pool noodle for emergency flotation. It proved to be adequate gear until the naysayers started throwing rocks at me and then handing me beer to drink. One soothsayer by the name of Huggy, Huey, or Hug-o told me about the dangerous hazards that I would encounter and said that I needed a rescue vest and a helmet. He handed me a beer and then paddled as fast as he could to get away from me. So, I scoffingly bought some gear in order to find more people to paddle with... and give me beer.

My first experience with the Rockcastle was a tumultuous precursor to the Ocoee. Everything else in the state was dry and Daniel and I wanted a little after work paddle. Unfortunately, neither of us read the bottom of the AW page where it talks about the hike in. Instead, we put in under the US-80 bridge turning the "5 mile" run into a 15 mile excursion. After paddling about 8 miles in shallow flat water, the Sun was hiding well below the ridgeline and we were looking feverishly for the takeout thinking the lake levels were high and we missed all the rapids. Dead wrong! "Put your helmet on!" We finally hit Beech Narrows. It didn't look particularly dangerous at 120cfs so we decided to blast it one at a time. Boof? What's that? I somehow managed to get spit out of the hole upright but Daniel wasn't so lucky. That hole chewed on him like calamari before letting go of him in pieces. First, he appeared 10 feet down from the rapid, then his boat, and about half a minute later his paddle appeared. Thankfully, as the Sun went down, a full moon came up. We collected all the gear and made it to shore where we battened down the hatches, taped a couple of LED flashlights to our bows, strapped on some headlamps and pressed onward swimming every couple of rapids or so. The glow of our lights dancing with the moonlight wasn't enough to illuminate the gnashing jaws of undercuts. It was fun. We made it to the takeout around 1am and were greeted by the Laurel County Sheriff with a concerned look on his face. Daniel's wife feared the worst and called three police stations and two hospitals looking for us. I guess she thought that Bigfoot was hungry that night.

It took me three hideous months for me to realize that rolling makes life much easier. But in those three months, I learned some invaluable self-rescue techniques. Don't let go of your boat unless A) someone else that can get it, B) dangerous hazards, C) CIA, D) girls you should be flexing your guns at, or E) you're at the kayak ATM and you feel the need to deposit that boat in the safe docks of the depths of hell. Heaven forbid you let go of your damn you paddle when you swim. In that case hell is the perfect place for you.

First actual combat roll was on the Pigeon. From there I was batting a decent .650 for a couple of months until it got cold. Clear

cold water holds more oxygen than muddy warm water. Science! But no matter how hard I tried, I still couldn't breathe under water. I even tried breathing in clear cold aerated water, in the biggest foam pits I could find, no luck there either. Fortunately, the dry suit that I scored kept most of the water out except for the first time I wore it, I forgot to zip the relief zipper. No better spot to have that happen than the Russell Fork though.



*Ratliff Hole, Russell Fork Rendezvous 2015*

Speaking of the supernatural, somewhat ominous angel's playground known as the Russell Fork, there's a higher gravity in those rocks. The water is mystically polarized, affecting the way it gathers and flows. It marks

the northeastern terminus of Pine Mountain that stretches over 125 miles to Jellico, TN. And the same ridge line travels down to Chattanooga. It was at the 2015 Russell Fork Rendezvous that I first saw the majestic river and began to see what the BWA was all about. I had never seen so many boaters getting groovy in one place any time prior to that. The energy of the river flowed throughout the entire festival. All elements together. A beautiful display of colors. Vivid people. The best people. People that quickly became family. Blood thicker than whitewater. Talk about a cool party! That river gave me a goal to achieve. It gave me direction. I knew it would be a twisting, cavernous road that I needed to take to prepare myself for the Gorge, so I consulted the oracles of Keelhaulers and mapped out the path that I would take.

I backtracked from the Upper Russell Fork a bit and made sure to hit the good ole Dirty Bird, where my confidence level went through the roof after several successful runs. Jumped up to the Nolichucky for a lesson on how to get humbled. BSF lap after BSF lap. Several solid runs on the Middle Ocoee. Elkhorn, Elkhorn, Elkhorn surf sessions. RRG. Learned all the moves on the Upper Russell Fork. Then a much needed redemption run on the Noli. And then in April 2016, I scored my pfd on the NRG.

The New River Gorge is another strange vortex of a river in my mind. I have more crazy stories about that river than any other. At first it was all peachy. I was consistently crushing my rolls and learning new moves. That run helped me become the boater I am today. It readied me for my first class 5 river, the Upper Yough, on the first weekend of May... Exactly a year after I bought my first whitewater boat. But then on June 22nd 2016, I had a head jarring, lung tarring, experience. If you know me, then you know I have a pretty thick skull and it takes quite a bit of rattling to shake my stake. On that day, I scurried out of work around 2pm to join a couple of my best friends for Summer Solstice float. We were able to put in around 5:30 and were set for a leisurely cruise. My two great friends, Alicia and Adam, were in a raft way off in front of me and they pointed out a boof on Maytag on the Upper Railroad rapid. So I paddled as fast as I could with the confidence of a oil tanker in heavy seas and proceeded to boof my ass right into that cesspool of a hydraulic. At first, I thought it would be similar to the many times I stuffed myself in Double Suck. So I fought, rolled up, was window shaded, side surfed, caught a couple of breaths, and flipped end over end, but that thing was stuck on spin cycle. I punched the water with my blade trying to slice the stern of my skinny RPM under until I found myself upside down in the soul of Maytag and couldn't roll back up. In an attempt to get some O2 in my lungs, I kicked out of my boat only to realized I was being sucked back in. My eyes cleared the surface for just a split second before the pour over slammed my head under again. At this point, my muscles were starting to burn. I swam for the surface with all the energy I had left but I realized that I was being tossed around in total darkness and my orientation was off its wob. The water



*Jamie was dumped out of her raft on Double Z, wild and wonderful West Virginians!*



*Pic taken right before the rain at 8:15am on one of the longest days of the year.)*

kept pushing me down. Over and over. Logic kicked in and I balled up and stopped wasting the oxygen in my muscles. Water started its slow drip through my nostrils. The water turned the color of a thousand Gollum's souls. I shook hands with the peaceful fate that was forcefully holding me down. When I finally got to the bottom, no hope left, I started to feel the current throwing me into the rocks of the river bed. I jumped so hard up off those rocks that I flew up out of the Gorge, high fived a bald eagle, used the water in my lungs as a water jet to do a few somersaults and then grabbed my buddy's perfectly thrown throw rope with my left hand. Big thanks to Adam and Alicia for scraping me up!

The next morning as I left Fayetteville heading to work, the daylight eerily disappeared behind black clouds and down from heaven, poured the depths of hell in a final assault to take me down. Even the raindrops were a sinister gray. All around me, cars were running into guard rails and into the median. The water was coming after me. The forces of nature didn't win that battle, but neither did I. Somehow, I managed to make it to work on time and acted like nothing ever happened.



*Alien Booooooof!*

It was July and Gauley season was coming up fast so I didn't want to let off the gas just yet. Plus that experience taught me that I can hold my breath for a helluva lot longer than I previously thought. So I gave it about a week and a half before heading up to the Youghiogheny again. On the way to the Yough, I managed to free myself from the oppression of the NRG by paddling it at a mind blowing 10.5ft. I still haven't come across hydraulics that gigantic! Then, on the last weekend of August, I found just enough time away from work to grab a PFD down the Upper Ocoee because in my mind it was a prerequisite to run the Upper Gauley. Even though I missed the KY kids, I was able to find a cool group of Tennessee paddlers that let me jam with them. They were reluctant at first but after telling them some sweet little lies about having paddled the UG, RFG, and Noli at 7k, they let me right in. It's still the only time that I've ran the Upper O but that great memory has yet to fade and I can't wait to paddle it again in a couple of weeks.

Gauley time. I remember sitting on the banks of the Upper Gauley for a couple of hours waiting on the rest of the crew to get down. There has never been such a deep fear in me. It was brewing. Stewing. Fondue fountain of worry. Maybe because I knew it was going to take every bit of what I've learned to get me down. In the back of my head, I kept on replaying that day on the New River. I had to dive unfathomable depths within myself to channel the courage to put in. I'm still unsure why I pushed for it so hard. Usually, if I'm not feeling a river, I just find a different section. But there I was. Shuttle long gone. Two fist fulls of dollars and nothing to spend it on. I wasn't quite feeling it the day before so I rafted it with the same WV friends that caught my fall on the New. Ended up spraining my ankle on their thwart when we were going through Insignificant. But that was the day before. This time I brought my kayak and I carried my boat down the hill, forgot the drain plug so I had to painfully wobble hobble back up the hill to get it. All that time I felt like I shouldn't paddle. After the crew arrived, I shaky smiled and gimp limped to my boat, got in and put my game face on. Still a little uneasy, I was sure to

take the easiest routes I could until I was paddling up on Pillow. There she was in all her glory. Naked in front of me. People cheering and cheering on top like a family of meerkats attacking a cobra. From there on down it was nothing but fun. The next day, I opted to paddle my RPM instead of my Mamba with much better results. The Upper Gauley is nonstop, full throttle, hole smashing, ass kicking, dog barking fun if you're into that sort of thing. It just so happens that I am!

Fall was a busy time for me and I really wasn't able to paddle as much as normal. I spent most of late September and early October fixing up my beloved S2000 roadster in order to sell it to get a sporty kayak hauler. There was still a sliver of hope that I would be able to taste the RFG that season but with only a few Elkhorn sessions keeping me sharp, it was still up in the air.

Russell Forking Rendezvous was as magical as the previous year! It was golden. Any time you combine music, fire, food, and paddlers it's bound to be an amazing time. When you add the Grand Canyon of the South in the mix, things become wild. I paddled the Upper RF on Friday and partied too hard so I paddled it again on Saturday. Saturday night, I decided to catch enough zzz's just in case I was feeling up to having my mind blown yet again. By that point, I've spent hours studying the RFG, watching videos, looking at pictures, and talking to everyone I could about the run. Sunday was the day. Valentine's day. 1000cfs of action like I've never seen before. It was a tormentous run that bloody Sunday. The first rapid, Towers, made me second guess my life choices and the fire escape on Fist was beautiful and uneventful. The sight of these monster rapids brought all the expected elation. Everything was great until I became lost in Maze and stormed onwards, blind, past my group, and into Triple Drop. I was feeling jazzy through the first two drops but then became distracted by some birds or some shit. KaPlunk! Flipped by an eddy line sending me over the third drop upside down. My nerves twitched. Five seconds felt like a minute. I jumped out of my boat to secure my very first class V swim... But I swam in the large eddy at the bottom of the rapid. And Triple Drop is class IV+ so I have to retract that statement. El Horrendo became my favorite rapid of all time for a short time. (The title now belongs to Cumberland Falls even though my descent hasn't been officially documented.) Then came Climax. Pun intended. Instead of going off with the necessary left boat angle, I landed the boof and found myself stuck in the box on the right, was pushed under rail rock and fell out of my boat for a second time in one day. Fear plus fatigue. Plus I had to take a leak. Even though it wasn't my best performance, it was still very much class fun and it certainly secured a spot deep in my heart.



*Towers from above and below*

"When the going gets weird, the weird go pro." I went ahead and made the pro choice to break past the RFG and ring in the New Year with some uranium 235! Atom bombtastic, feeling elastic from being on the water 15 days in the month of December. It was a month of first descents. Daddy's Creek, Island Creek, Dix River, Jesamine Creek, and the Green Narrows. The Green was just a dream floating around in my mind up until I found myself hanging out in Asheville with some boaters and caught wind of their plan to run it. Why not join them?



*Left: Dabbin in the New Year at Gorilla.*



*Right: Hanging out in the cove at Sunshine.*

It was the end of my week of rivers. When the stars and planets align just right, that's the signal to send. It felt more like a controlled fall through air than a river. My new brothers, Tommy, Rusty, and Justin are Green vets and showed me the way down giving me some amazing beta. They were more than happy breaking down each set of rapids and moving at my cautiously slow pace. Even though I was wearing tribal war paint, Chief, Gorilla, and Sunshine were giants that dwarfed my confidence and demanded my respect. There is no shame in portaging a rapid, it'll always be there for a later day. The Green did not disappoint.

Lastly and most of all, whitewater connected me with some of the greatest friends in the world. Sure, we can get pretty rowdy but we tend to be as benevolent as we are belligerent. These awesome people helped me realize that my home is anywhere in the world. Wherever the water runs. Water, in all its life fostering glory, has the ability to bring people together. Through all quarrels and disputes, we can all agree that water is reason to celebrate life. For that reason, I am eternally grateful. Catch y'all on the waves, punks!



*John Regan blasting the Upper Yough*





# Swift Water Rescue

## at New River Gorge Burnwood Ranger Station

From the experience of Robert Watts

JaGa Photo

I traveled more than four hours from Lexington to attend my very first course in Swift Water Rescue, and by the time I pulled into the sleepy ranger station just before dark on Friday night, my excitement had faded. This was beginning to feel more like a chore than one of my typical weekend adventures; perhaps I suffered from separation anxiety, it was the first time I had left Lexington without my kayak in several months.

I looked around the extensive grounds and I was relieved to see a couple of cars with boats strapped to their roofs. It relieved me to know that I was in the right place after all. So, wasting no time, I opened a beer. By the time I set camp it was thoroughly dark, but I chose to stay up a little bit longer and finish the final chapter of my book, *Swift Water Rescue*, by Les Bechdel and Slim Ray.

The New River Gorge Rangers arrived promptly at nine the next morning. Thirteen or so students were there. It surprised me to learn that all four of the rangers would be staying to teach! For the rest of the day we stayed on dry land learning diligently about the tools and practices of the rescue trade.

We became very familiar with our throw ropes, and how to tie the variety of knots that are commonly used. To name a few: the prusik knot, the alpine butterfly, the tensionless hitch, the water knot, and of course the follow-through figure eight. Knots are the basic skillset for this course. The best rescue involves as few ropes and knots as possible, but when a boat or a boater is pinned far from shore in swift moving water, a wade and reach is impractical or even impossible. We learned how to set anchors, use the snag tag method, and apply cinch ropes from a distance. Finally the NRG rangers took nearly an hour at the end of the day to teach us the classic Z-drag setup, but also involved us in an extensive discussion of why it should be used sparingly.

The final lesson of the first day was solemn. If the victim's head is under the water at the beginning of a rescue the timer starts. If the first rescue attempts fail, or if the victim cannot be reached in a timely manner, the rescue ends. We are responsible for our own lives and cannot become victims ourselves. If death has occurred, the rescue ends and the recovery begins.

The next day we congregated at the Ranger Station and waited for the instructors to arrive. The second day of the course is spent doing exercises on the river. They had scouted several locations and decided that our best option was to travel about forty-five minutes to the Canyon Doors Rapid on the Gauley River. When we arrived at Canyon Doors, we unloaded gear and put on PFDs and Helmets. We carried at least a dozen throw ropes as well as a box of carabiners, pulleys, prusik loops, and nylon webbing. The impressive cliff face across from

us had narrow openings maybe ten yards across at their widest point, forming the “doors” for which the rapids there are named.

Unlike other SWR courses that are available for private boaters to take, we had multiple instructors for our relatively small class size. We were able to split into groups and complete our exercises quickly. We swam through swift water, learning how to prevent foot entrapment and go down drops as safely as possible. We mastered a swimmer’s version of the eddy turn, which involves rolling the swimmer’s body across the eddyline, escaping the current to safety. We attempted to wade safely through current and all quickly learned (or were reminded) about the leg sweeping forces of swift water.

The most difficult exercise for me was throwing the rescue rope. The skill involved with this maneuver is to belay the swimmer in an arcing motion towards the safety of a downriver eddy. This involves using your body as an anchor, catching the swimmer’s weight and overpowering the current until the swimmer swings out of danger. As we formed a que to take turns swimming/throwing, I realized that my swimmer would be about 100 pounds heavier than me. I was advised not to let the rope entrap me, and to keep the slack on my downstream side so that I could safely let go. With the help of a burly gentleman providing a belay assist by holding down my shoulders, I was able to absorb the jolt of the rope with my hips, and I strained to pull my swimmer to safety.



After a quick lunch in the hot sun, we were all ready to get back to the crisp, cool water. The second half of the day involved more complex exercises. It’s important to remember, the rangers clearly stated that the best rescue is as simple as possible, but in order to prepare us for difficult scenarios, we practiced elaborate skills. Among one of the most dangerous methods a group can employ is a “live bait” rescue. While useful, this involves attaching a swimmer to a rope, and sending them towards a victim. It follows that the “live bait” swimmer is traveling towards the danger that caused an incident to occur. Our class was fortunate, (or perhaps unfortunate), to get to see one of the many ways that this can go wrong, not once, but twice, and once while I was on the rope.

Almost every student brought their own gear, and everyone in the class wore a type V PFD equipped with a rescue belt. Encourage to wear everything that we normally take on the river, we had our own tow lines and carabiners, stowed in pockets of various shapes and sizes. In no time at all we had lowered classmates into simulated danger using the rescue belt systems, and they had successfully pulled their quick release levers, disengaging the system so that they could swim to safety. The third or fourth student had standard equipment including a long tow rope connected to the quick release belt and tucked into a zippered pocket on the vest. When it was time for him to release from the ropes forming a V-shaped lowering system, he yanked his belt, which allowed the steel ring to slide free, and he was swept away by the current. He swam no more than six feet when suddenly the ropes snapped taut again. Several of the belayers, our classmates, were unprepared for the sudden return of tension and they slid a few inches towards the water. The “live bait” student was now suspended sideways in the water! He hung by a carabiner that was still in his zippered jacket pocket and connected to the steel ring by the rescue strap. Unaware of why he was stuck, the closest ranger sprung into action.

Ranger Matt McQueen waded ten feet and waist deep into the river, nonchalantly unhooking the rope from the locking carabiner, releasing the student and his ensnared gear along with him. With the crisis averted, we discussed the problem, the potential dangers, and we felt lucky to get the benefit of seeing something go wrong...

We eventually agreed that the tow rope system was not correctly attached to the vest for the purpose of a live bait exercise. It should have been removed, or otherwise properly engineered to be part of the rope system.

The next victim, myself, stepped up and was hooked onto the rope correctly. I had completed a check of my rescue belt to ensure that it was properly routed through my vest and the quick release buckle, I had no dangling attachments and no reason to worry. I slowly descended in the water. The current forced me into a leaning position as I faced downstream. Soon enough, I pulled my quick release belt, which opened easily, and absolutely nothing happened. I immediately remembered that our instructors had warned us about this. When properly threaded through the metal clip on the rescue buckle, smaller paddlers will often not weigh enough to pull the belt free. I had a knife, but instead of cutting myself free I simply reached down and worked the strap through the tension lock on the belt. It was slow but it worked.

At that point we had seen two different failures of the quick release system. One was caused by equipment that was improperly setup. The other was caused by gear that was setup correctly, but did not work as intended because I only weigh 145 lbs. The rangers helped me adjust my setup, so that next time I would be ready. I began to see why it is so important to practice the use of your gear, and to learn from experienced rescuers, to be prepared for the unexpected.

We ended the exciting day with a group effort to unpin a submerged boat using the mechanical advantage Z-drag. The entire group had a great deal of fun and we learned far more that day than I have detailed here. The New River Gorge Park Service provided to us, free of cost, an ACA certified level IV Swift Water Rescue course, and I cannot recommend more highly that you take advantage of this opportunity next year!



The rangers that I met were incredibly kind and helpful. Matt McQueen sent me the following statement and photos of our class:

*“The NPS River Rangers at New River Gorge regularly deal with minor and occasionally major Swiftwater Rescue incidents. In our experience, it is usually not us who make the rescues that are a matter of life and death. It is simply a rare event that we are in the exact right place at the exact right time when something bad happens. The people who usually make those rescues are the paddling partners of those victims in distress. With that in mind, we felt that it was very important to try and educate the paddling public as much as we can in Swiftwater Rescue Techniques. That way, when a life or death rescue needs to happen, the people who are on scene immediately have a better chance of saving that victim's life.*”

*We have been offering this free ACA Swiftwater Rescue course now for over 5 years and regularly fill the class up with a variety of both commercial whitewater guides and novice to expert level private boaters.*

*The course focuses mainly on self rescue skills while also offering some commonly used rescue techniques for paddlers in distress. We will continue offering this course as long as possible, usually in mid-June. For any Swiftwater Rescue related issues or questions, paddlers are always free to contact Matt McQueen at [matt\\_mcqueen@nps.gov](mailto:matt_mcqueen@nps.gov).”*

# Battle of the Breweries Elkhorn River Clean-Up Coming Spring 2018

Bluegrass Wildwater Association Awarded Flowing Rivers Grant

## 2017 Clif Bar Flowing Rivers Grant

American Whitewater announced the two affiliate recipients of the 2017 Clif Flowing Rivers Campaign: The Upper Colorado River Private Boaters Association and Bluegrass Wildwater Association! Each group will receive a \$1,250 grant to go towards their respective stewardship projects. Bluegrass Wildwater Association Stewardship Project

The grant is to be used for the Elkhorn River clean-up called the "Battle of the Breweries" in the spring of 2018. This is a real honor that AW awarded us this grant. The purpose of this event is to start an annual event with the ultimate goal of changing public perception of the Elkhorn River. Link To American Whitewater Flowing Rivers Grant Article

<https://www.americanwhitewater.org/content/Article/view/articleid/33847>

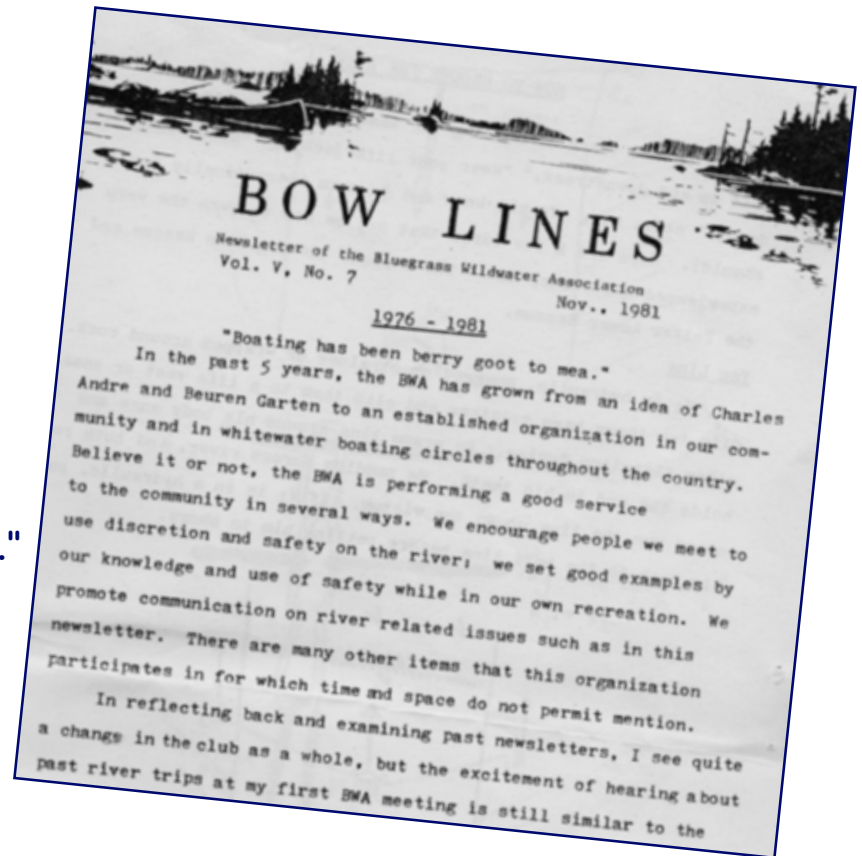
*Any questions or comments contact our conservation officer.  
Brian Storz - BWA Conservation Officer  
conservation@bluegrasswildwater.org*

## *Elkhorn River Clean Up - Bluegrass Wildwater Association*

With its high cliffs and scenic waterways, the Elkhorn River in Frankfort Kentucky is a beautiful example of rivers in the Central Kentucky region. The home river of the Bluegrass Wildwater Association, the Elkhorn River has also been used as a convenient dumping ground by the local community for everything from bait containers to automobiles. Although the river has been the site of several clean-ups, the basic problem remains; the public still believe it's ok to dump trash in the Elkhorn. Over time, one thing we've noticed is that the clean ups are mainly involving the same groups and as a general rule, out of the view of the general public. Our plan is to change that. Our plan is to not only clean the Elkhorn, but more importantly to change the public perception of the Elkhorn River itself. We will be involving people that are not normally involved, local businesses, both local print and television media and local branches of the government. We want to address the problem where the problem exists, in the local community, and by involving the local community, over time, change the perception of the true value of this local resource. The plan is simple. Start an annual event involving local business from specific industries that will provide teams of workers to clean up the Elkhorn. Make it fun, make it a team building exercise for the businesses, and make it a competition between the businesses to see which company's teams can find and remove the most trash.

# Back-Paddling thru the Pages of Bowlines...

- RUSSELL FORK OF THE BIG SANDY
- "Boating has been very goot to mea."
- BWA Finances 4/1/81-4/1/82
- Going Paddling
- Responsibility



## RUSSELL FORK OF THE BIG SANDY

Sam Moore  
Bowlines May. 1982

*The BWA had been running the upper Russell Fork down to Garden hole in the late seventies. But I do not recall any of us had run the Gorge till Sam Moore did it in 1981. It was while the COE was doing test releases to determine what levels to release for paddlers. The 8mm film that was taken by several members and then edited became one of the inspirations that led Bob Sehlinger to suggest we have a film festival. Bowlines Editor*



I felt like I was chewing on my aorta as we left the put in on the Pound River in Va. The water was swift but flat as we warmed up on the clear October morning. I had come to the river and joined some friends on a self made invitation. It was 9 am and I was told that there would be a crowd on the creek and we should leave in five minutes (no time for vacillation with this group). We got dressed and off we paddled. From Flannegan Dam to the Russell Fork was about two miles of class 11 or less whitewater. Just right to get the blood flowing. Just below the confluence with the Russell Fork is a dam which we portaged on the right. As we put in again we could see the gorge narrow.

There were a couple of nice class III rapids above a last chance take out at Garden Role. Just beyond there was a good class IV rapid. Here the limestone and bedrock closed in even tighter but the stream was of modest character.

Around the next bend was an interesting rapid; I'm glad I didn't lead! There appears to be a shelf that the river pours over which is about an 8 foot vertical drop onto a rock jumble. In following the lead boat I saw that the proper route makes an almost U-turn left and over a clean drop hidden from view. Within, the next 100 yards we were at Tower Falls a definite class V (run left or portage right). There is a short pool below the drop to pick up any unfortunate who check the river bottom out. Tower Falls is a vertical drop where strainers gather from time to time (required scouting from an Island In the center of the stream The next rapid is what I call "Technical City" . It's tight and comes at you very fast as you try to dodge the next rock pile. This is a definite class IV. After the last drop of this rapid it is important to eddy out. Miss it and you're stuck in a keeper hydraulic that rivals Woodall Shoals on the Chatoogga. It is the first drop in Triple Drop. After scouting, it's apparent that the first drop is to be negotiated on river right. Be ready for backenders and swims here the hole at best is very sticky. The next drop is a 6 foot slide and only a boat length away; then eddy left. The last drop is about an 8 footer that is clean on the left side (I saw some people swim through the right side but I wouldn't have wanted to be there. Below this rapid there is a pickup pool. Then comes El Horrendo or Big Ben. This is a double falls. Total drop is about 25 feet (scout right). The first part drops about 8 feet on shallow rocks. Once completed one needs to get to the right in a hurry to avoid dropping onto an aerated rock pile. Once you're in the channel you feel a tremendous acceleration into a hole of immense proportions; it's a soft landing. I was lucky as I had the speed to get through without backendering. Just below is a class III-IV washout into a pool which seems like flat water after the big drop.

The next rapid, the S's, is potentially the most dangerous of the run and gets a class VI in my book. To be brief, it is a myriad of rock jumbles going every which way. Through most of the rapid you would be lucky to see one boat length ahead of you. Be sure to scout this one on both sides since there are numerous routes. Unfortunately I had no knowledge of what was to come and was into the thick of it with the group when we got bunched up. I tried to eddy out, but found my choice of eddy was moving downstream, propelling me backwards over an eight foot drop onto a rock. I thought I was going to die (Ed. Note: So what happened Sam?).

Looking upstream, there were swimmers, boats pinwheeling in midair and other interesting hydrological phenomena going on. From the S's on out to Elkhorn City it's all fun; a couple of class III rapids is all. I couldn't remember much because I was on such a natural high. I can only remember the rapids, the rapids, the rapids I never had time to see the gorge!

Sam Moore

P.S. Before you go to the Russell Fork, be sure to take a look at it from the Railroad tracks or read about it in application Wildwater Vol. 5 or Bob Sehlinger's Kentucky River Guide.

## 1976-1981

# "Boating has been very goot to mea."

**Sam Moore**

**Bowlines Nov. 1981**

*Sam was always a person of action. He was president of the BWA when he wrote this. Soon to paddle not only in North America, but in South America & Asia. Karen his wife paddled open & decked C-2 with him and then kayaked. They are now 1/2 way on a 2 year around the world sailing trip. Sam's impact on the club and paddling was significant. Editor*



In the past 5 years, the BWA has grown from an idea of Charles Andre and Beuren Garten to an established organization in our community and in whitewater boating circles throughout the country. Believe it or not, the BWA is performing a good service to the community in several ways. We encourage people we meet to use discretion and safety on the rivers. We set good examples by our knowledge and use of safety while in our

own recreation. We promote communication on river related issues such as in this newsletter. There are many other items that this organization participates in for which time and space do not permit mention.

In reflecting back and examining past newsletters, I see quite a change in the club as a whole, but the excitement of hearing about past river trips at my first BWA meeting is still similar to the excitement I experience now when someone tells me of their trip on a new stream. It is this excitement and zest that keeps this club going and will guard its future. Because variety is the spice of this club, I see no end to river exploring or the good friends one makes on those journeys. As our membership is somewhat over 100 members I feel that we enjoy a benefit of that membership shared by few clubs participation. Our membership is dedicated and active. The attendance at our monthly meetings is usually 50% of the memberships and when there is a project, people are so willing to help I have to make a list of names to remember them all.

My association with this organization has been only 4 1/2 years. but in that time I've been on trips all over North America with the club. Friends come and go but my boating friends are always cherished. Good luck BWA and let's see that our next 5 years are as good as the last.

## BWA Finances 4/1/81-4/1/82

### Bowling May 1982

	Income	(Projected)
Membership Dues	550.00	(650.00)
Pool Sessions	700.00	(700.00)
Clinic	700.00	(800.00)
Elkhorn Races	400.00	(400.00)
Syposium	2254.00	---
Miscellaneous	112.00	(200.00)
<b>Total</b>	<b>4716.00</b>	<b>(2750.00)</b>
	<b>Expenses</b>	<b>(Projected)</b>
Newsletter	857.87	(750.00)
Pool Sessions	780.00	(780.00)
Clinic	244.00	(300.00)
Elkhorn Races	239.00	---
Syposium	1237.87	---
Miscellaneous	213.00	(200.00)
Memberships(club)	92.00	(200.00)
Trailer Upkeep	35.00	(150.00)
Halloween Party	254.00	---
<b>Total</b>	<b>3954.85</b>	<b>(2630.00)</b>
<b>Total Excess Income For Operating Year:</b>		<b>763.15</b>

### Summary

Over the past year we published 8 newsletters of varying sizes and an average mailing of 75. The pool sessions which consisted of twelve 3-hour sessions were subsidized by the club by the amount of 80.00. Our paddling clinic was a big money maker for the BWA because Dave Weiland provided food which reduced our cost.

The area we did lose a bit of income to the club was in giving the clinic participants a year's membership. Our races on the Elkhorn were also a success in generating excess income. This was partly to the credit of Steve Morgan and SAGE Outfitters of Louisville who paid some of the total expenses. Miscellaneous expenses and income came in the form of t-shirt and cap sales, etc. The Halloween party which was held at the Ramsey's was a fairly large expense. Our big money maker for the year was the River Safety Symposium, which netted about \$1000.00 in income.

# Going Paddling

Mark Wilson

Bowlnes November 1981

SHE: "What are we going to do this weekend?"

HE: "I'm going paddling."

**This is one of the easiest ways to lose your girl friend. It may seem harmless as it reads, but when it gets repeated about 15 or 20 times through the spring and summer, it sounds like a declaration of war or worse yet the end of one.**

**You may wonder why he doesn't ask her to go along, but he did.**

HE: You're welcome to come along with us and camp; as a matter of fact you'll really enjoy it.

SHE: Yeah, sure, just like last time.

HE: What do you mean? Didn't you have a good time?

SHE: Oh, it was just great! First it took 5 hours to get there and you got so wasted that I had to pick a spot and pitch the tent myself. When we went to bed, you just passed out and snored all night!

HE: I'm sorry, but what about the rest of the trip. Wasn't that a good time?

SHE: Sure! Some guy named Dandy woke us all up at the crack of dawn yelling about now girl named Mildred. So we got up before we wanted to, but had to wait an hour and a half for everyone else. Then after breakfast, it took the longest time for you all to decide where you were going.

HE: Wasn't it really pretty down there though?

SHE: Sure I saw all these places I never saw before when I got lost running your shuttle. There were no markings on the roads and only half of the roads were on that damn map. And the bumps and turns were terrible on those dirt roads, especially in that Step Van. I could hardly steer it straight. When I finally reached the takeout, I realized all the cold beer was in the other van. The only thing I could find to eat was a can of cold Beanie Wienies and a bag full of stale gorp.

HE: Well, wasn't the party that night great?

SHE: Yeah! All you did was talk about the river that day. All I heard was how this person or that person got trashed out. And you were so mean too! Telling those novices all those scary stories about the next day's river and how they might lose their faces. Then you got so drunk that you started playing instruments and singing. It sounded like my uncle's farm. I finally went to bed and you kept playing and singing till who knows when. Then that Dandy guy started yelling at Mildred again only a lot more quietly. You never made it to the tent that night. I found you the next morning passed out under the tree everyone was using the night before.

HE: Well, I had a good time.

SHE: You looked it. At least I had company the next day with some, people who didn't paddle. You said they were wimps. I thought they were very nice.

HE: Well see, you did have a good time.

SHE: For a while, but the ride home was awful. Same old boring talk and we stopped along the highway every 15 minutes for you guys to relieve yourselves. It was so embarrassing!! Then we got to the restaurant, which was even more disgusting. You were all slobs and one guy kept stealing everybody's food and was hassling the waitress unmercifully.

HE: Well, I guess I understand why you don't want to go.

SHE: Right - Now what Are We going to do this weekend?

HE: I'm going paddling.

NEXT MONTH:

SHE: Now that you taught me to roll I can go paddling.

HE: Great! (thinking "I'll be at the Gauley, you'll be at the Elkhorn).

*Mark Wilson found us and paddling in the early eighties and was a great fit for a group of hard paddling & fun loving members. He was one of the many early members that worked at the UK Medical Center. Mark wrote a number of humorous stories & poems for the Bowlines. He now lives in Rochester, New York.*



# Responsibility

Rich Lewis Bowlines October 1992

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. and 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 riverworthy condition such that they won't compromise the safety of yourself and the group, or unduly delay the group due to onriver repairs. Grab loops floatation 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.

-know the AWA safety code and signals.

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

-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

-assigns 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.

-keeps group together.

-appoints qualified rescue leader in case of mishap (my 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, portages, put in and take out, and emergency walkout routes. If it is a new river for the group, it is the leader's 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

*Rich, our Safety Director, held classes on the river teaching us safety techniques. Super outdoorsman he married a super paddler & outdoorswoman. Rich is retired and lives in Georgetown, Ky. They are both still active outdoor types.*

# Off the Cuff

## Beginner kayak

August 16, 2017

I'm looking to buy a used Jackson Karma Small for a beginner boat. I've been looking on Craigslist and the FB links . Please advise if you have any leads. Thanks in advance!

Susan Frugé

Boater Talk for sale board, and I've found good deals on current boats on Ebay. Also, all JK dealers will be selling their demos soon ... but those prices aren't typically a bargain. By Googling "Jackson Kayak Karma Small For Sale" you will also find listings from other clubs like ours. I own and have a lot of miles in a Karma and Zen. IMO unless you really need a full on creeker (steep creeking) I strongly recommend consideration of the Zen as well. IMO most light, comfortable, forgiving boat currently available - making it the best beginner boat IMO. The Dagger Mamba is also a great beginner boat (paddled that a lot as well also before I sold it) but is significantly heavier than the Zen which gives the Zen the edge IMO as the best river runner / beginner boat - especially for a woman. If you want a sporty tail for some reason - then you can consider a one of the newer boats with a sporty tail - but that would not be a great beginner boat IMO.

Wes

**N**ot to muddy the water anymore considering the original post is about a Karma, but Endless Rivers on the Nantahala has a small Pyranha Burn for \$300 if traveling that far is an option and the boat is appealing.  
[endlessriveradventures.com]

Kevin

I was told JK fixes the prices of their demo boats just like their new boats. So wouldn't blame CK for pricing them high. Some dealers work around that by doing combo deals with something else you may need. When it comes to boat decisions - nothing beats time in a boat. NOC offers short (1hr?) Free demos. It's very easy to do laps from above or below the Falls to just below the play wave. Lots of eddies and ferries. And you can carry the boat to see how it carries. Mambas, Zens, Karmas, and other river runners are there. Cheapest / easiest demo spot I've found. Take some extra foam along to adjust hip pads so each boat is a good fit.

Wes

It's really frustrating how inflated the prices of new whitewater boats are

Ben Mudd

BWA Treasurer

## Comments from the Forum Worth Remembering

OK let's jack this thread! winking smiley I'm going to disagree with you Ben. I don't think they are inflated at all. Considering the overhead, I think they are a bargain. Once you think about what goes into developing a new design, making it, covering warranties, paying employees .... I think the prices are fair - particularly compared to the \$10K+ that my Specialized Epic 29er cost new (thankfully I got a great deal on it used). Or a high end snowboard that are just some high tech materials glued together.... I don't think most WW boat companies are rolling in profits. In fact, only the fishing / rec boat / cooler industry is keeping some of them in the black at all. But ... I do think price fixing on \*demo\* boats is taking the control from the manufacturer a bit too far!

Wes

\$10+? Wow man that's some crazy expensive bike! winking smiley But seriously, I assume you meant to say \$1000+? It looks like they MSRP around 1099 for a carbon fiber composite bike with dozens of moving parts? I recognize that design and overhead are a thing, and it may be that whitewater boats don't have the economies of scale that mountain bike manufacturers do (and that bikes of every time go waaayyyyyy up in price for the really nice ones), but I really don't see a reason that a rotationally molded polyethylene boat with a plastic and foam seat in it should cost more new than that bike does--and I also think they'd sell a lot more new boats if they lowered their MSRPs 20-25%. Their actual cost per unit to make each boat is something like \$200. If that cost is more or less fixed, and development costs for a new boat are the same either way, how many more people do you know who'd buy an \$800-\$900 boat than a \$1200 boat? But, I don't have access to their books to be able to run a price equilibrium calculation on it, so who knows.

Ben Mudd

BWA Treasurer

I've never dealt with them, but the Ocoee Adventure Center has used small 2015 Zen and Karma. Zen is \$600, Karma is \$500...again, if one is willing to go the distance...and if they are still available.

[www.ocoeeadventurecenter.com]

Kevin

Ooops! I left out a K! \$10K+ was the retail I believe for my 2013 model. I think warranties are a big problem and add significantly to the overhead of our boats. Who's to say whether a boat broke too soon after bashing on rocks every time it's used? How long should they last? How much would you pay for a new boat with no warranty? I happen to know that some WW boat manufacturers are barely hanging on and if they had to depend on the whitewater only business some would be bankrupt. Perhaps you would prefer to have no boat at all? Making your own glass boat from borrowed / rented molds

like the 70's? How many folks do you know mostly buy new boats to hopefully keep the industry going? I'm very grateful to have a plethora of great options for boats compared to a few models we had back in the day. Even back then as I recall a new Perception boat was \$700-800. Anyone remember what a new Dancer or Jeti cost? And back then they seriously were scratching and clawing for a living! Considering how much everything else has gone up in price since then, and how much they've improved, I'm grateful not to be paying \$2500 for a boat! Now if someone can explain to me why the simple plastic fender for my OneWheel costs \$85 and replacement bumpers are \$45! That's insane!

Wes

August 18, 2017

I know Rock Creek on the Ocoee had some demos that were coming up for sale soon. They all looked in really good shape and had the smaller mamba.

Keep Rocking In The Free World,

Koebs

BWA President

Thank you for all your opinions and suggestions! I should have stated in my first post that I was looking for a Karma or Zen because they are lighter and more stable (IMO) and I'm not that strong! I have pursuing all the suggestions above. Yesterday, a girl on WNC "dropped the price" on a Karma....so I picked it up today! Yes~my first boat!  
I'm grateful for all your help!

Susan Frugé

Susan,

I'm so pumped about your new boat. If you need any help with outfitting. I know several of us would be more than willing.

Keep Rocking In The Free World,

Koebs

BWA President

### **Gauley season ends and Russell Fork Season begins...**

October 03, 2017

At least for me. I have had an awesome season, with three good weekends including 11 Upper Gauley runs and one Upper Yough run. Lots of new BWA boaters coming on and that excites me. Another great weekend this past with Storzee and Robert W. looking good out there. Me and Todd H. had the river to ourselves yesterday. Very special. I know what you mean Hanley, on that point...

Now, though, I have nothing but the Russell Fork on my mind. It is my favorite and in my mind, the greatest whitewater season of the fall. Of course, I am biased. I have had a long love affair with the Russell Fork. Anyway, weather looks good and

I am stoked to go set up at Ratliff Hole this Friday night. Yee haw, love me some October boating season at the Fork.

Sun always shines in Elkhorn City!

Brent

Looking forward to some Russell Fork season as well, it is a gem indeed! Hopefully i can get the El Horrendo boof a little better dialed in this season. Seems to be a tricky one for me to get a good boof on... 11 o'clockish with a left stroke is what I hear. Can't wait to see how it goes!

Anyone interested in a carpool Saturday day trip this weekend from lex?

Derek

I try to fully enjoy all of the months, but I must admit I have been looking forward to October since last November!  
-Hisel

### **October Club Meeting 10/10 @ Rock House Brewing (Program "Shoulder Injuries: Prevention and Treatment on the River")**

October 06, 2017 11:20AM

All,

We have a club meeting coming up Tuesday October 10th at 7:30 PM. Please note the location change to Rock House Brewing. Our program director Clay Warren has lined up an amazing program with BWA member Wes Prince on "Shoulder Injuries: Prevention and Treatment on the River". This is definitely a meeting you won't want to miss. Come early if you want to grab food or hang out before the meeting starts. Let's get a big BWA crowd out Tuesday and show everyone what the BWA is all about. The steering committee can't thank Wes enough for volunteering to do this program.

Koebs

BWA

President

# Eddy Lines of Interest

## BWA General Club Meeting Minutes

A meeting of Bluegrass Wildwater Association was held at Elkhorn Acres on 7/11/2017 at 7:39 pm.

### Steering Committee Members in Attendance

Name	Office	Present	Absent
Kyle Koeberlein	President	✓	□
Mike Daughtery	Vice President	✓	□
Jansen Cunningham	Secretary	✓	□
Ben Mudd	Treasurer	□	✓
Don Spangler	Newsletter Editor	✓	□
Brian Storz	River Conservation Liaison	✓	□
Robert Watts	Safety Officer	□	✓
Clay Warren	Program Director	✓	□
James Welch	Film Festival Coordinator	✓	□
Joe Wheatley	Web Meister	□	✓
Brandy Mellow	Gear Meister	□	✓
Codie Dunn	Member At Large	□	✓
Dot Edwards	Membership Coordinator	□	✓
Bob Larkin	Past President	✓	□

### Number of General Club Members in Attendance

There were 32 club members in attendance, not including steering committee members.

Marie, Ellie and Wes was special guests as first time attendees to club meeting.

#### Introduction of New Members

Marie mentioned the schedule program for the evening brought her out.

Wes's father went to high school with Barry who introduced him into whitewater boating and the BWA.

### Reports

President – Kyle Koeberlein:

Bob Larkin is Russell Fork Coordinator

Wants to keep business mainly at steering committee meetings, and if you want to hear it or provide your input, we encourage you to attend.

Vice President - Mike Daughtery: No new news.

Secretary - Jansen Cunningham: No new news.

Treasurer -Ben Mudd: Balance as of 7/10/2017 8:28AM is \$3,565.88

Newsletter Editor – Don Spangler: Newsletter will be coming out before next meeting with an article about spring clinic and river rescue clinic. Article about whitewater park in north Carolina.

River Conservation Liaison – Brian Storz: Facebook announced July 19th there is an upper elkhorn clean up from 9 to noon.

Safety Officer – Robert Watts: Accepting square credit card reader to pay for pool session or membership fees.

Program Director – Clay Warren: Hopes there will be a program every single meeting. His focus for the year will be river safety and paddle technique. When there is a meeting at a location other than AW there will be videos played of rescues with dos and donts. Wants to offer river learning experiences.... E-mails are a work in progress if anyone is having trouble getting in contact with

the steering committee.

Film Festival Coordinator – James Welch: In February. Would like to start getting focused on volunteers to contact companies and organizations to donate. If you are interested, let him know and he would love to have your help.

Web Meister – Joe Wheatley: Absent

Gear Meister – Brandy Mellow: Absent

Member At Large – Codie Dunn: Absent

Membership Coordinator – Dot Edwards: Absent

Past President – Bob Larkin:

Summer Party will be at the Ocoee at the same Camp Ground, Ocoee Outdoors, 100 yards prior to turn in with a BWA sign out front. Can come out Thursday night and camp, just let Bob know. Dinner on Saturday night. Club will provide the meats. Will be hosting this event with the Vikings, they will pay for part of it as well as the BWA. Large club event and would like to request the same amount of funding as previous year of 1000 dollars. Mike D motioned to approve funding, Storzi seconded. Bathhouses are available at the campground. Working with Nate the Vice President to donate a larger amount this year, and what is left, depending on members attended, will be refunded a portion back. \$1000 for Summer Party funding was passed by club.

Has been working with conservation officer, Storzi, on Elkhorn clean up. Believes the best way to change peoples' perspective on polluting is by educating outside people by incorporating outside businesses, and creating a pollution clean up battle. Battle of the breweries, break up river in 6 sections and perform clean up as competition. Will be occurring the weekend prior Gauley Fest. Kentucky waterways alliance will provide the dumpsters for us, Canoe KY will try and provide the gear required. Volunteers will be needed at each put in and take out to count total of clean up. Bobs goal is to make this an annual event, something different every year but get people that aren't normally involved in it and gain media interest. Change pollution attitude. More details on this coming up as things are worked out.

Russel Fork Rendezvous, the last weekend of October at Carson Island again. Band, River Funk signed up, plan to have 4 to 5 bands. T shirts are 20 dollars this year. Provide more details as they come up.

By Laws have passed, Don contributed many important issues with the By-Laws which have been addressed. Kyle brought in 50 to 60 votes by contacting people individually. Clay added the biggest adjustment is recognizing positions as office positions, and becoming a 501 C 7 which will give some protection to the officers and make us compliant with the banking and auditing services. Will allows us to keep more in the bank than previous years.

### Program

Clay Warren has been kayaking for 22 years and has seen many situations on the river. Clay would like to create programs for each club meeting educating others on proper safety. This club meeting program discusses hazards to kayakers, specifically in Central Kentucky, and river signals.

Hazards

Strainers

Sieves/ Undercuts

Unprepared boaters and lack of knowledge

Adverse weather conditions

Recirculating hydraulics/ Holes  
 Lowhead Dams  
 Rafts and Upstream boaters  
 Foot Entrapment  
 Time of year  
 Landslides  
 Remoteness of the run  
 Debris in the water  
 Signals  
 Vertical Paddle = Good safe line, run exactly where I ran  
 Tilted Paddle = paddle should be tilted in the direction you want the upstream boaters to go  
 Never point in the direction of the hazard  
 Horizontal Paddle/ or Waving Paddle Side to Side = Not a good line, do not proceed due to safety concerns  
 Moving Hands Back & Forth on Paddle = Wood/ debris in water  
 Trucker Signal = Boof  
 Moving hand in circular motion, ending in a directional point = Eddy Out  
 Pointing to Eyes = Watch Me  
 Head Pat = Are you okay?  
 Responding with head tap back = Yes I am okay.  
 Moving Paddle in Paddle Motion = Paddle Hard! Get your boat faster than the current

**Unfinished Business**

No unfinished business.

**New Business**

No new business.

**Trip Reports**

Group working on big water skills getting ready for Gauley Olympic section of Occoee Whitewater park in Charlotte  
 Attend roll class and work on skills  
 Attend elkhorn regularly  
 Recommend new river gorge with Viking Trips Salmon River  
 Hugo, Sam Arnold, Jon and Brandy Mellow, James Stapleton, people from Asheville and Colorado....amazing trip with a lot of anxiety in the beginning. 6 ft at put on, got up to 6.5 and dropped back down.  
 Hand signals were mandatory due to limited eddy space, sent kayakers ahead upstream to signal downstream. People downstream should demonstrate signal back to acknowledge it was seen.  
 Amazing water with no injuries  
 Jon Mellow flipped raft and took roughly 4 miles to flip it back due to swift continuous water  
 No cell phone service  
 Permit required from memorial to mid august  
 15 to 20 miles on average a day.... Water was moving roughly 12 mph  
 Upper Yacht – Mike D.  
 2.1 feet  
 Jon Reagan, hedich brothers, mark branch, chief and Brent...Ben from Knoxville  
 Jon showed all challenging and creeking lines through boulders and awesome boofs  
 Bob ran Calloway, Benson at 6 ft, Elkhorn at 9000...has time now that hes not president  
 ☒  
 Clay got on the Elkhorn Monday with the help of Barry Grimes and others helping him with his boat post surgery...Most glorious run!  
 Wes ran elkhorn from the first time. Saw a lot of love get shown and awesome to be a part of.

**Announcements**

July 14th,15th, & 16th : Nantahala that Friday, Saturday and Sunday Whitewater Park in Charlotte

**Adjournment**

Mike Daughtery made a motion to adjourn the meeting at 7/11/17 9:13 p.m. and it was seconded by Bob Larken. The motion was carried.

**BWA General Club**

**Meeting Minutes**

8/8/17

Name	Office	Present	Absent
Kyle Koeberlein	President	✓	☐
Mike Daughtery	Vice President	✓	☐
Jansen Cunningham	Secretary	✓	☐
Ben Mudd	Treasurer	✓	☐
Don Spangler	Newsletter Editor	☐	✓
Brian Storz	River Conservation Liaison	☐	✓
Robert Watts	Safety Officer	✓	☐
Clay Warren	Program Director	✓	☐
James Welch	Film Festival Coordinator	✓	☐
Joe Wheatley	Web Meister	☐	✓
Brandy Mellow	Gear Meister	☐	✓
Codie Dunn	Member At Large	☐	✓
Dot Edwards	Membership Coordinator	☐	✓
Bob Larkin	Past President	✓	☐

**Call to Order**

A meeting of Bluegrass Wildwater Association was held at Country Boy Brewing on 8/8/2017 @ 7:45.

**Special Guest**

Roughly 40 members in attendance, including steering committee members.

**New guests included:**

Angela = Interested into boating 3 or 4 years ago, just now fully pursuing it. Enjoys anything outdoors.  
 Brandon Yates = his mentor for his Masters was a bwa member, enjoys all activities outdoors  
 Tyler Sanders  
 Susan = became interested in whitewater kayaking roughly around May

Daniel Patterson = got into kayaking because of his friends, doesn't have a boat at the moment but recently been catching a ride on Koebs Raft ☒ Wanting a sport for when it rains

Marie Patterson = boyfriend is Bobby Knopp and has loved meeting the awesome boating community. Can spend time on the water as a lady of leisure on Koebs raft.

Rick Fletcher = from Louisville, an oar rafter, been doing this for roughly 2 years, did a school in California, rowed the New, did the grand canyon last summer, all but 20 miles of it....rubber rafting, looking for people to join

Susan Laylock (unsure of last name spelling) = found the boating community to be so nice and people volunteered to help her get into it, she now has 3 kayaks

Julia Hollis = kind of here due to peer pressure of friends being highly active in boating

Michael

**Program**

## Two Live Rescues: A Critical Analysis

Clay loves seeing an influx of new members and hopes to see everyone back. First time as Program Director, and his goal is to have a program for every meeting while he is director.

This club meeting is geared towards safety tips on the river. Recently heard of 2 near drownings in central Kentucky (seasoned boaters), and hopes these discussions can help on the river.

### Short Video Tips

average person can hold breath for 87 seconds before the body involuntarily takes a breath

You want to act quickly and swiftly..dont wait and see how your friends react in a situation, anticipate them needing help

Go ahead and get over to bank and get out

Some people are puzzled about what to do, but just do something

Get your boat stable with back up for T rescue

Rescuers need to be aware of the danger in certain scenarios, want to avoid the resuer becoming the rescued.

Zina added as a teammate, you need to recognize others skill ability prior to getting on the river. People eager to step it up can maybe get down a river, but if something goes wrong, they may not have the skills to help themselves or others.

This needs to be accessed prior to getting on the river.

Have a group huddle prior to run to discuss need to knows.

Trip leader needs to recognize who the weaker paddlers are.

Video 1: Chattooga River: Section 4 class 3-4 run

Incident occurred during late November

The Chatooga is a natural flowing river, with fairly low flow in video River is known to have claimed the most lives in the southeast

Input from members post viewing the video:

Susan had the feeling of wanting somebody to do something, do something quicker. Wasn't acting swift enough.

Nightmare come true to see nothing but the hands sticking out.

Still has his paddle...his muscles seemed very clinched due to temp, white knuckle grip on that paddle..flight or fight syndrome

Dallas = you want to do something but don't just jump in the water...you have to assess the situation before you take action. The rescuer does not need to become the rescued

Jim = they didn't just pull him out and leave him there, they stuck with him and made sure he was coherent and cognicent

Mike= They did a good job of actually taking the rope to the victim because he was under water and wouldn't be able to see the rope being thrown to him. Guys performed a live bait rescue.

Bob= don't just assume a person cant grab a rope if you throw it to them..if you're in a hole you're going to be reaching for something

\*Note: Second video was not viewed and discussed due to time.

### New Business

No new business to report.

### Trip Reports

No trip reports discussed due to time.

### Announcements

Bob Larkin announced the following regarding Summer Party:

The upcoming weekend is Summer Party at the Ocoee The Dick Bradfield race will be occurring on the Saturday evening. Camping is available Thurs - Saturday night. Club will provide the meat, catfish and pulled pork, but please bring a side to share. Award ceremony will occur following dinner.

Robert Watts announced the following regarding Roll Sessions: Roll sessions have been extended into the month of August, with the exception of August 20th, roll session will not be held. Roll sessions will be held on the 17th,24th and 31st with NEW hours, from 7 – 9 pm.

Jimmy Welch announced the following regarding NPFF:

NPFF is scheduled for the weekend of February 16th, 17th and 18th.

### Adjournment

Mike Wilson made a motion to adjourn the meeting at 8/8/2017 @ 9:10 and it was seconded by Ben Mudd. The motion was carried.

# Forum Access Being Removed Starting October 15

The steering committee met 9/6/17 and decided that we will start removing forum access for non-members starting October 15th, 2107. Please renew your membership if you plan to do so. We will also be sending an updated member list to J&H about this time so that active club members can get 10% off.

If you are having issues renewing your membership please feel free to email me at [president@bluegrasswildwater.org](mailto:president@bluegrasswildwater.org)

Koeb  
BWA President