

BOWLINES

Award Winning Newsletter of The Bluegrass Wildwater Association since 1976. Jan/Feb 2018

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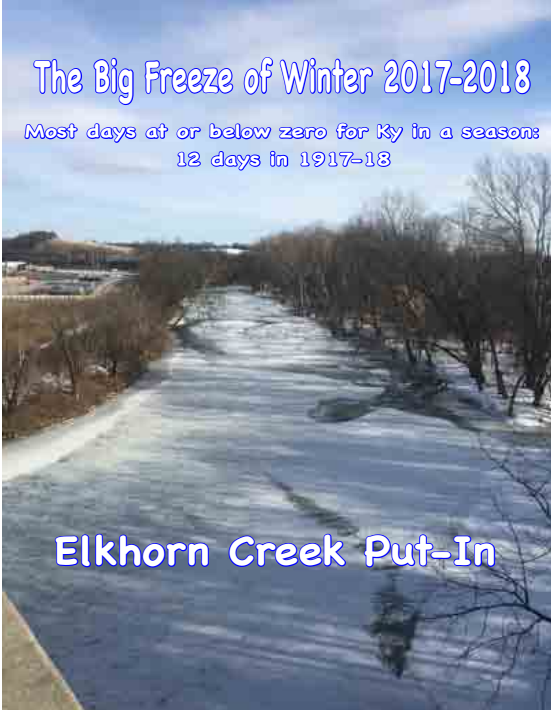
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Special
NPFF Issue

The Big Freeze of Winter 2017-2018

Most days at or below zero for Ky in a season:
12 days in 1917-18



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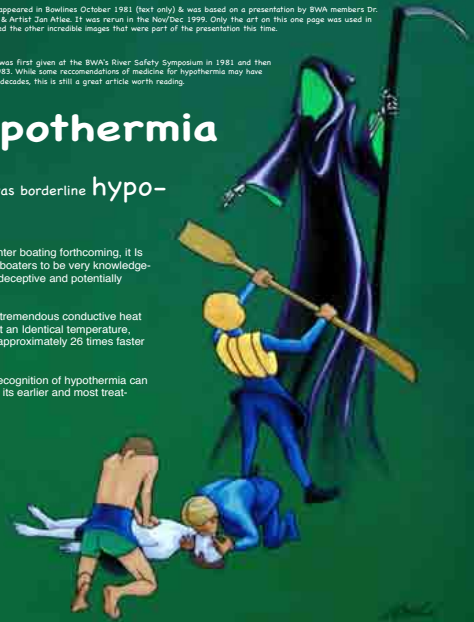
Hypothermia

"I think I was borderline hypo-

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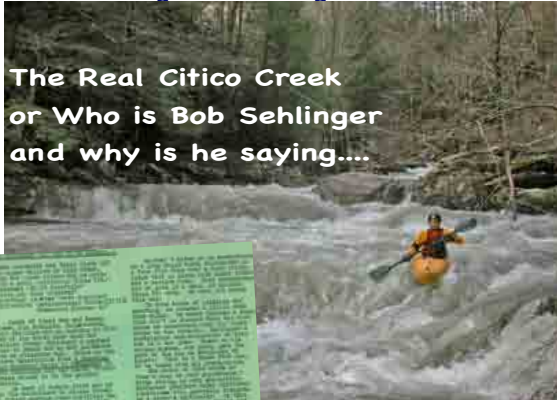
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Moreover, the recognition of hypothermia can be very tricky in its earlier and most treatable stages.



Back-Paddling thru the Pages of Bowlines...

The Real Citico Creek or Who is Bob Sehlinger and why is he saying....



From Bowlines April 1980

"When canoeists are being blown off the upper Tellico by high water, then the upper Citico run is probably a good continuous Class III."
"Gradient: 25.02 feet/mile"
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February 16th-17th 2018
Buffalo Trace Distillery, Frankfort, Kentucky
Tickets are \$20 online in advance at npff.org or \$25 at the door.

Jack Wright, Friday Night Guest Host



In the mid '60s Jackson "Jack" Wright was one of a small group of kayakers exploring what would become some of the classic whitewater runs of the southern Appalachians. In homemade fiberglass boats he participated in the now famous first documented descent of the Gauley River in 1968, the first descent of the Lower Meadow a few years later and explored the Cheat, Big Sandy, Upper Vough and various other now well known rivers before their rapids were even named. Known just as much for his various eccentric vehicles, pioneering the use of 5-glass and vacuum bagging back when all whitewater kayaks and paddles were homemade and for building boats of legendary strength in the days when breaking boats was common practice, Jack has witnessed the rise of the rafting industry, the introduction of manufactured kayaks, the evolution of the sport and the ongoing fight to preserve rivers, all while continuing to paddle.

For the last 50 years Jack Wright has been the Zelig of the whitewater world, showing up everywhere and touching every aspect of it. In fact, you've probably boated right by him at some point without know-



Jack Wright Images
are courtesy of
www.scottmartinimages.com

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>

BWA February General Club Meeting

13 Feb 2018 7:30 PM,

at Rock House Brewing

119 Luigart Ct, Lexington, KY 40508

This Months Program:



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



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

Club Officers 2017-2018

President	Kyle Koeberlein	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



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



<http://www.canoeky.com/>

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

The Big Freeze of Winter 2017-2018

Most days at or below zero for Ky in a season:
12 days in 1917-18



Elkhorn Creek Put-In



According to a BWA member that lives next to the Elkhorn put-in optimistic paddlers would show up to paddle despite the cold, but could not find a place to get to the little bit of water that was not frozen.

Thanks to Tim Miller & Pixie Burks for these photos of the Elkhorn as it had started thawing!





Nolichucky RailRoad Rapid

As far south as the Nolichucky
you had to portage the ice!

Thanks to Amelia Taylor for these photos

Back-Paddling thru the Pages of Bowlines...

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Hypothermia

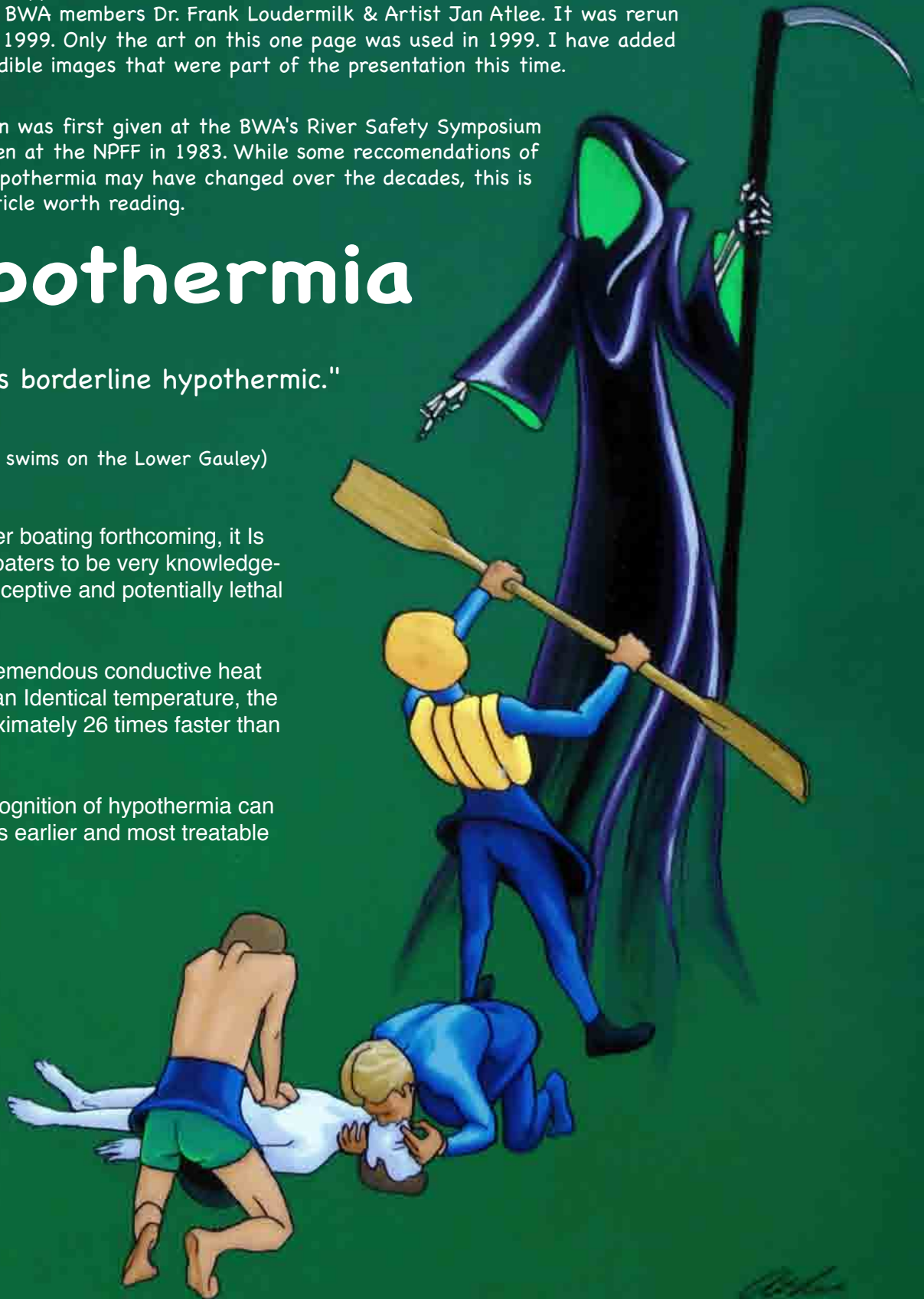
"I think I was borderline hypothermic."

(Mike Koch, M.D.,
Referring to his 7 swims on the Lower Gauley)

With fall and winter boating forthcoming, it is essential for all boaters to be very knowledgeable about this deceptive and potentially lethal entity.

Because of the tremendous conductive heat loss. In water, at an identical temperature, the body cools approximately 26 times faster than in air.

Moreover, the recognition of hypothermia can be very tricky in its earlier and most treatable stages.





Hypothermia is defined as a body core temperature of less than 95.0 F. Even among close friends, the determination of a rectal temperature on the river is problematic. Removing the necessary clothing for the 4 minutes to take a temp can be detrimental and oral temps are not reliable. A rough dividing line between mild and severe hypothermia occurs between 90°-92° F. Above this range the victim will usually try to protect himself! Below, little attempt is made to cover up. Maximum shivering occurs around 95° and can continue down to 86°, or until body energy stores are depleted. When shivering stops, a medical emergency is clearly present. Other important symptoms of impending severe hypothermia are muscular incoordination (blood is shunted to the heart, brain and vital organs at the expense of the arms and legs. Hence the limbs may be several degrees colder than the "core") and mental confusion (highly subjective and difficult to assess in certain BWA members). Death occurs usually from ventricular fibrillation (rapid ineffective twitching of the heart).



Prevention

Wear a wet-suit usually 3/16". A "farmer John" type affords maximal arm movement. The flanks and groin (along with the head) are the most vulnerable in terms of heat loss. Wear wool, wet or dry, wool insulates well in cold air. Wool (85%) long underwear is comfortable and effective. Also: pants, sweater, and hat that will stay on in a swim (like a balaclava) are important. A paddling dry suit is a must in cold weather. It must be waterproof.

Misc.

A snug fitting life vest, neoprene booties and pogies will all help to keep you warm in extreme conditions. Always tend to overdress! You can roll or remove clothing on the river if you get too warm. Also--

- 1) Be In good physical condition. The more fit you are, the longer your body can generate heat. Shivering is vigorous exercise.
- 2) Nutrition: The body runs on fuel. Energy requirements skyrocket with shivering. Eat a good breakfast and bring gorp (peanuts, M & M's and raisins provide high quantities of protein, fat and carbohydrates) on the river.
- 3) Good hydration is important. Drink more water than you think you need.
- 4) Always upgrade a river in cold weather i.e. the Elkhorn Creek becomes a class III in the winter.



Obviously a paddler floating in an eddy encased in a block of Ice presents no diagnostic challenge. Mild cases are tricky to detect; therefore, have a high index of suspicion

Suspect :

- 1) any inadequately clothed paddler on a cold, rainy or snowy day
- 2) a paddler who has taken a long swim
- 3) a paddler who has been injured or has an underlying disorder like diabetes or thyroid disorder
- 4) a capsized paddler from another group
- 5) any paddler who shivers, and appears confused or clumsy.

Treatment

Prompt treatment of mild hypothermia cannot be over emphasized. The situation we will most encounter is a brief swim by a group member.

1) Get him/her out of the water completely. A dazed swimmer might stand in knee deep water in an eddy to get his breath. Get him out pronto! (This happened to me last November on the Cumberland after a swim. Fortunately Charles politely reminded me to get my ass completely the hell out of the water.

2) Protect him from the wind. Rocks, trees, or warm bodies do nicely.

3) If the victim is alert, mentally sharp and does not exhibit muscular incoordination , exercise is permitted for rewarming.

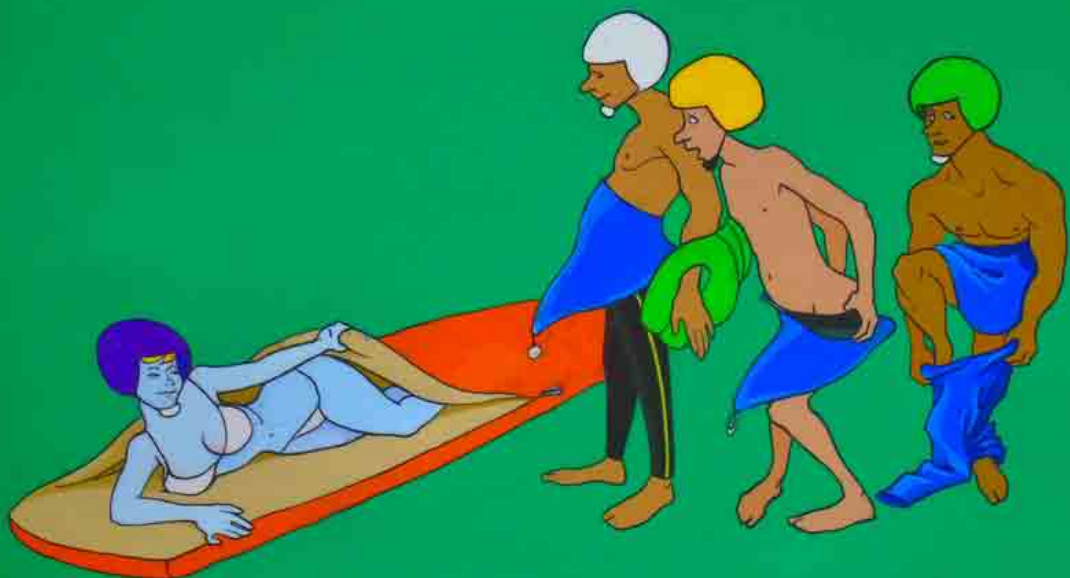
4) Give the victim a hat

5) Observe him closely for the rest of the trip

6) If the victim is confused or has muscular incoordination, pile on any extra clothing and huddle closely around victim.

7) If a sleeping bag is available remove wet clothing and place victim in bag. This will work only if the victim is still shivering.

8) If shivering has stopped, a volunteer or 2 should join the victim in the sleeping bag: all nude, with skin to skin rewarming involving the trunk only (NOT arms and legs).



Don't

1) Do not give hot liquids by mouth. When hot liquids are given by mouth a pharyngeal reflex occurs that increases blood flow to the skin and extremities. This causes the core temperature to drop further since venous blood returning from the arms and legs is colder. Also, there is little heat from a cup or two of hot liquids. (This does not apply to the alert and coordinated victim.)

2) Do not give alcohol, ever! This has a similar effect of dilating blood vessels and gives the false impression of feeling warm while decreasing core temperature.

3) Don't massage arms and legs. -This has the same effect as above methods.

4) In severe cases, do not allow victim to walk, move about or exercise, as cooler blood in the arms and legs make the core temperature drop. Exercise or rough handling can cause ventricular fibrillation. This does not apply to the swimmer who's just a little cold.

Always have the victim evaluated at a medical facility!
Period!

Case Report

Last Spring at the BWA Elkhorn Acres in perhaps 45-50 °F air temperature. I witnessed a case of hypothermia. A thin, muscular, superbly conditioned flatwater paddler took 2 swims in the 11 mile race. He wore shorts and a PFD only. He had nearly completed the race. He was shivering violently and had profound muscular incoordination and some rigidity, but was alert to the extent that he knew what was going on. He was carried to a car and placed in a sleeping bag. He was unable to guide his feet in himself. A wool cap was placed on his head and the heater was turned up high. He was given hot orange juice and honey. He improved and went home.

Discussions

The victim was apparently on the edge of severe hypothermia. He was still fairly alert and shivering but he was unable to help in placing his own legs in a sleeping bag. I'd estimate his core temperature to be around 90° F. The sleeping bag, hat and heater were excellent and appropriate treatment. At that point the victim should have been taken to a medical facility. The hot orange juice and honey was questionable due to possible reflex shunting of colder blood from the arms and legs to the core in a victim who already bordered on severe hypothermia. In a situation where a medical facility is hours away and the subject has been rewarmed to the extent of regaining some coordination, the fluid replacement, glucose, potassium and warmth of a hot orange juice and honey solution is good. Possible chemical abnormalities and cardiac rhythm disturbances always necessitate a formal medical evaluation with this degree of hypothermia. The victim refused this suggestion. In conclusion, hypothermia is easy to prevent and can be a bitch to diagnose and treat. Proper clothing can make the paddler safe and toasty even in 13° F weather on the Elkhorn as the editor and I can attest to.

References: 1) Topics in Emergency Medicine. Oct. 1981 2) AWA Journal May-June, 1980, July-Aug. 1980, Sept-Oct. 1980 Frank Loudermilk Ed. Note: Frank is Doctor of Emergency Medicine Art by Jan Atlee

Editor: While this article on hypothermia will provide the reader with a lot of useful information, it may not have all the latest information on the subject. The reader would be advised to read further for the latest thinking on hypothermia rescue.





About Jan Atlee & Frank Loudermilk



Jan paddled mostly canoe and C-1 during her active period with the BWA. Jan also was noted for being one of the "famous" Women in Rubber of the BWA. She still loves to paddle and hike which she combines her photography.

Jan Atlee came to the BWA early on and was the heart & soul of the art that was not only in the Bowlines posters, logos, cartoons art for events of the club over the years. She was Manager of UK Medical Center Art & Graphics, and Lenox Design & Development in Pennsylvania and most recently was an important force of Georgetown-Scott County Arts & Cultural Center on its Board of directors.

After decades of doing art for others, she says "It's my turn" (very firm on this!) Jan Atlee now is pursuing fine art in her studio near Georgetown on the North Fork of the Elkhorn.

To see more of the incredible art Jan has given the BWA, just spend time going thru past issues of Bowlines. <http://www.bluegrasswildwater.org/?f=newsletterarchive&y=all>



Frank Loudermilk was a doctor of Emergency Medicine in Winchester, Ky. He retired about 3 years ago, and can be seen biking, paddling class III water, and at some of the BWA events like the NPFF. His legacy is not only being a very active BWA'er with service in various offices and roles, but also a great contributor to Bowlines over the years.

Frank is a great comedic poet and writer and was often looked on as a poet laureate of the BWA. One of his major works of poetry, "The Ballad of McCauley B" is one of his most famous (See http://www.bluegrasswildwater.org/bowlines/BL30thAnnv_Aug06.pdf)

Other articles by Frank:

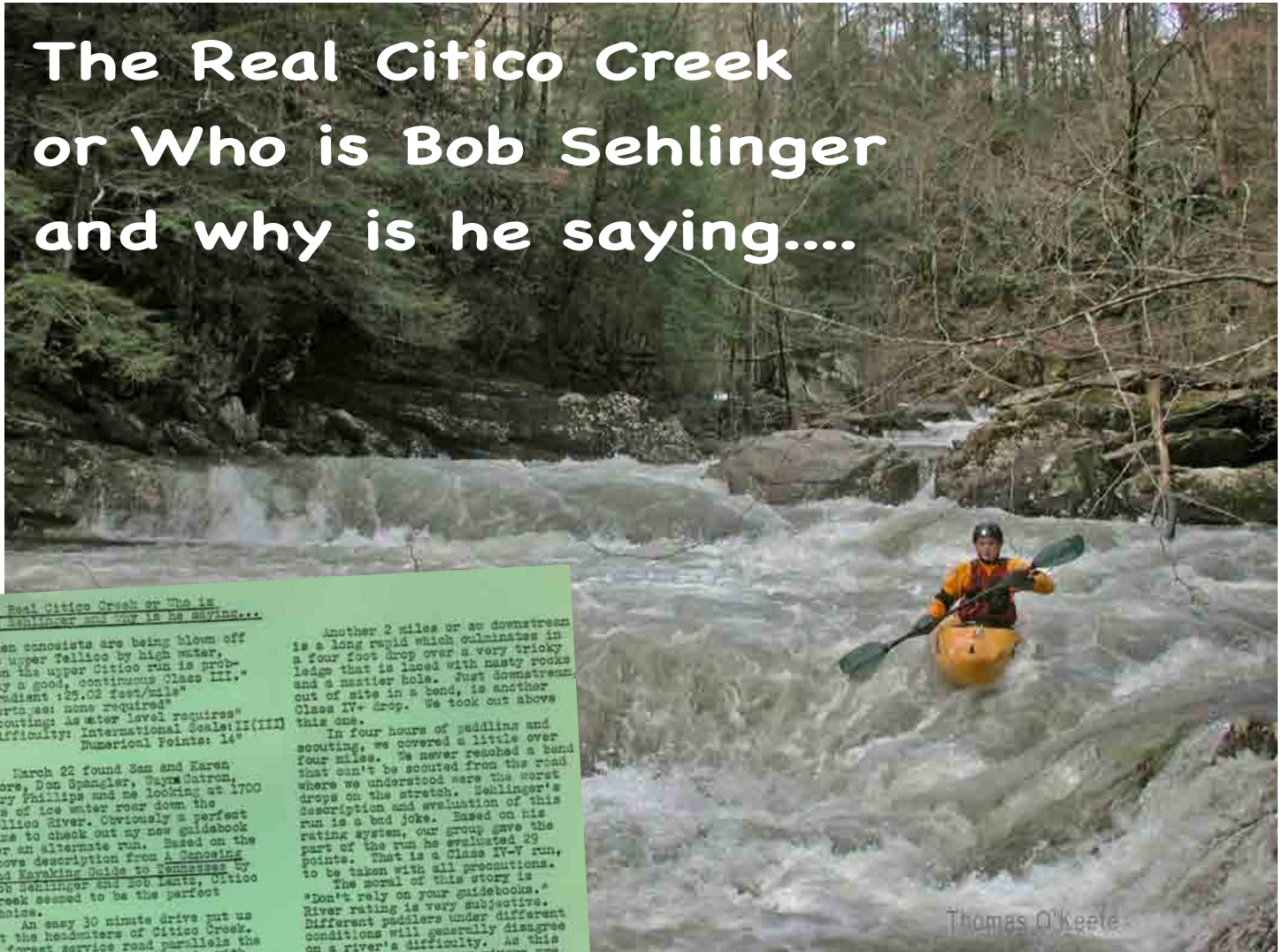
The Only Reality is Your Next Move! http://www.bluegrasswildwater.org/bowlines/BLJu_Ag_98.pdf

Random Safety Notes <http://www.bluegrasswildwater.org/bowlines/BowlinesMarApr2014.pdf>

Some of Frank Loudermilk's writings are in non-digital form and will be printed in future issues of Bowlines.

Back-Paddling thru the Pages of Bowlines...

The Real Citico Creek or Who is Bob Sehlinger and why is he saying....



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March 22 found Sam and Karen
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Mary Philipps and me looking at 1700
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for an alternate run. Based on the
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Bob Sehlinger and Bob Lantz, Citico
Creek seemed to be the perfect
choice.

An easy 30 minute drive put us
at the headwaters of Citico Creek.
A forest service road parallels the
run from put-in to take-out, with
one possibly major exception, and
gave us an opportunity to evaluate
the creek ourselves. The mile or
so above the confluence with Double
Creek is not included in
Sehlinger's book. This section is
extremely continuous, dropping at
200 feet/mile, and is characterized
by sudden drops, blind turns, and
undercut rocks. Scouting is mand-
atory prior to and during the run.
Strainers and good judgement will
tell you where portages should be
made.

Below the confluence the run
narrows out as the gradient eases
to 100 feet/mile. Drops are
spaced a little more widely apart.
However, the added water volume
creates numerous hungry holes.

Less than a quarter of a mile
below the confluence is a low dam.
From upstream, it's horizon line
looks no different from several
other drops. The hole at the bot-
tom, though, will give you several
hours to wonder why this wasn't
mentioned in the "...Guide...",
as you wait for the water level to
drop enough to escape. This is a
mandatory portage.

Another 2 miles or so downstream
is a long rapid which culminates in
a four foot drop over a very tricky
ledge that is laced with nasty rocks
and a nastier hole. Just downstream,
out of site in a bend, is another
Class IV+ drop. We took out above
this one.

In four hours of paddling and
scouting, we covered a little over
four miles. We never reached a bend
that can't be scouted from the road
where we understood were the worst
drops on the stretch. Sehlinger's
description and evaluation of this
run is a bad joke. Based on his
rating system, our group gave the
part of the run he evaluated 29
points. That is a Class IV+ run,
to be taken with all precautions.

The moral of this story is
"Don't rely on your guidebooks."
River rating is very subjective.
Different paddlers under different
conditions will generally disagree
on a river's difficulty. As this
case makes clear, many rivers are
evaluated by someone in their living
rooms with only a county road map.
For a safe trip, 1) Be skeptical,
2) Get first-hand information and
3) Be over-prepared.

—Stan Slater



A Hackberry Flat Contrivance for Flat Trips

From Bowlines April 1980

"When canoeists are being blown off the upper Tellico by high water, then the upper Citico run is probably a good continuous Class III.

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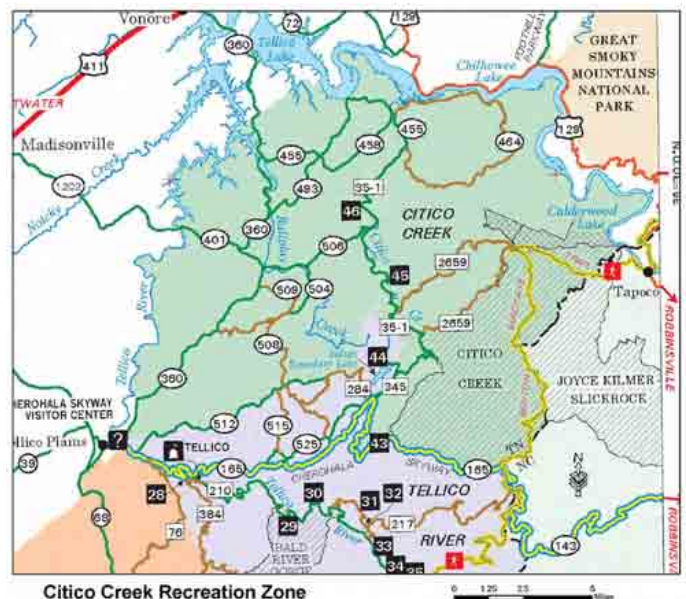
For a safe trip , 1) Be skeptical, 2) Get first-hand information and 3) Be over-prepared.

-Stan Slater

Editor: *This took place in the early days of river guide books. But mistakes can always be found in any source of information, also a lot depends on local conditions at the time. The info was corrected, but always use your own judgement on running a stream...it may not be anything like you expect or found it was like the last time you ran it. The Citigo/Tellico /Joyce Kilmer area has many jewels you should investigate paddling. Check out the Cherokee Skyway too for marvelous views!*



Citigo Creek has a very different character at low water levels and has some wonderful creekside camping spots.



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Jack Wright Images
are courtesy of
www.scottmartinimages.com

NPFF Saturday Night Guest Host:

Nick Troutman

Jackson Kayak Team Member



Nick Troutman Bio

DOB: 10/20/88

Hometown: Beachburg, ON. Canada

Favorite Place to Paddle: Ottawa, Alseseca, Zambezi

Accomplishments:

World Freestyle Kayak Champion

Film Producer, Nick Troutman Media

Mexico Expedition: First Complete Descent of the Rio Alseseca, Vera Cruz Mexico

North American Champion 2007

Bronze Medalist: World Championships 2007

Decent of the Niagara Gorge

Three-time Canadian National Champion

Featured in Nomads: National Geographic TV, Rush HD TV

Coach for the Keener Program (Teen kayak program on the Ottawa River)

Playboat: 2013 Star

Creekboat: Karma Md

Crazy Fact About You: I am married to Emily Jackson

Why Nick Loves Kayaking: Because of the passion, the nature, and constant challenge

Cumberland Falls has to be one of my favorite waterfalls I have ever run, even though I am still dealing with the legal side. It is hard to beat the intense lead in to this 60+ ft waterfall. Nick



Cumberland Falls

Saturday Night at this years NPFF, Nick will talk about his paddling life and how paddling with a family and having kids doesn't have to stop your paddling. He will also tell about his family's lifestyle while traveling around together. His wife, Emily (daughter of Eric Jackson) is also a champion. The 2015 and 2009 World Freestyle Kayak Champion are among her titles. The family now includes son Tucker & daughter Parker. Quite a paddling family!



9th Annual "Not-NPFF" Race

When: 17 Feb 2018 11:00 AM, EST

Where: American Whitewater Elkhorn Acres River Access

Come be part of the fun!

Watch or be in the race!



Race Info:

Check In At Elkhorn / AW Acres By 12:00 PM

Race To Start 1:00 PM

Link To AW Elkhorn Acres Google Map:

<https://www.google.com/maps/place/American+Whitewater+Elkhorn+Acres+River+Access/@38.2684997,-84.8182572,16z/data=!4m5!3m4!1s0x0:0x48269d2411196281!8m2!3d38.2675946!4d-84.8154724?hl=en-US>

This is class 2 whitewater. So this is a great first time race if you never done one.

There will be several boat classes but most importantly, there will also be a club championship. Any "whitewater club" with 5 racers can join...this is not just VCC vs. BWA. Club teams need at least 5 members to qualify.

Remember...the NPFF or the BWA has nothing to do with this race. Just one of those miracles like in field of dreams where the athletes just show up.

Bring a cool item to throw in the prize pool for the winners as your entry fee.

2018 Russell Fork Rendezvous to be held in Haysi, Virginia.

It's official folks!

The 2018 Russell Fork Rendezvous will be moving back to where it all started,
Kiwanis Park in boater friendly Haysi, Virginia.



The Field Where the Russell Fork Festival Started

Located just inside the Virginia border, Haysi is an ideal location for the festival. With 2 stages, restroom facilities, concession stands and amazing mountain top views, Kiwanis Park offers a variety of camping options with both primitive and powered hook-ups, which are just a few of the benefits that the new location has to offer.

New for the upcoming festival, those in attendance will be able to take advantage of the free hourly shuttle service to the upper, middle and lower sections of the Russell Fork River. You'll be able to check out booths by local craftsman and artists, eat at your choice of festival vendors or at any of the local restaurants located just down the hill in Haysi.

As has always been a Rendezvous tradition, everyone's invited, and we want everyone to feel welcome. For those that want to stay up and howl at the moon as well as those that want to get away from the party, the festival offers both "Party Friendly" and "Family Friendly" camping areas and all nestled in a community that knows how to welcome its guests

Stay tuned, we'll put out more information as we get closer. Bob

Christmas Party 2017 - Last Nights Big Announcement

December 13, 2017

Thanks to everyone who made it out to the Christmas Party last night. We counted around 50 members which is an awesome turn out. Last night we officially released our big news that the BWA is officially incorporated and filed the paperwork for tax exemption as a nonprofit organization. Incorporating provides the steering committee with many advantages, but the primary benefit is the club will be viewed as a separate entity from its steering committee. Basically meaning liability has been removed from current and future officers. A huge thanks to our treasurer Ben Mudd for all his hard work.

Best Regards,
Kyle Koeberlein

Bluegrass Wildwater Association, INC
President
Personal Mobile: (502) 370-1289
BWA Company: (859) 428-8435

Note: BWA number currently rings club president and vice president.

Kyle and Ben,

You guys really took the ball and ran with it on this one. Asking club members to step up and take on all the duties required of them as Steering Committee members is one thing but expecting them to take on the liability that goes along with it is something entirely different and frankly too much to expect. Great job on lifting this burden from them. Also, for a Tuesday night, the Christmas party was a lot of fun. Way to think outside the box.

Bob

Officially Incorporated

Thanks to everyone who made it out to the Christmas Party last night. We counted around 50 members which is an awesome turn out. Last night we officially released our big news that the BWA is officially incorporated and filed the paperwork for tax exemption as a nonprofit organization. Incorporating provides the steering committee with many advantages, but the primary benefit is the club will be viewed as a separate entity from its steering committee. Basically meaning liability has been removed from current and future officers. A huge thanks to our treasurer Ben Mudd for all his hard work.

Club Website Links

Main Website

The main website has access to the forum and all the details of the organization.

Membership Site

The website where you manage your membership information such as contact info, membership level, and have access to the club directory.

Facebook Page

Official Facebook page where the club post events and information.

Facebook Group

Official Facebook group where members can have discussion about boating trips and gear. We encourage members to use the club forum as well. We have 400+ members and not all are on Facebook.

Google Business Listing

Avenue for people to discover the BWA and it's events.

Yelp Business Listing

Avenue for people to discover the BWA and it's events.

Questions or Comments

Email: president@bluegrasswildwater.org

Holidays Boating?

December 19, 2017

Starting to rain in TN tonight (12/19) and through the day tomorrow (up to 2" forecast), round 2 on Friday and Saturday(22nd & 23rd). Check the gauges, I hope to boat on Friday and / or Saturday then spend some time with family for a few days. New Years Eve and Day in Lexington. Then back on the water if I am lucky for the first week of 2018.
SYOTR
Chief

December 29, 2017

Happy to have been able to get out for a few days while it was wet and mostly unseasonably mild. Paddled a couple of Sinks (Little) laps on Friday 12/22 at about 2.6' on the gauge, just fun getting back into my boat after about a month out of it.

Next day was Island Creek in the Obed-Emory system. We arrived at the put in and dropped our boats with a little under 1' on the put in gauge (perfect level for several first timers) after we completed the 20 minute shuttle the river had risen to nearly 1.5'. This made me a little nervous because I know how sticky some of the holes can be and the pushy nonstop nature the creek takes on at these levels. Nonetheless, I proceeded to lead our group down. After the cool slide and hole section I got stuck on a hole that wasn't pretty. Fortunately or unfortunately Sarah rammed me out of the hole, I held onto her bow while upside down and the rolled up. My skirt had popped and I had a boat full of water. Luckily I managed to find an eddy on a brushy rock and dump my boat. Other boaters would eventually flip and usually roll but we did have two swimmers and we were fortunate to have enough ropes to not lose the boats. Robert managed to loose his paddle just above Compound Fracture, I believe it has been found and hopefully returned. Brian gave him a spare set of hand paddles that got him down the rest of the way. We all walked Compound Fracture at my insistence, even though it looked runnable I didn't want to be chasing any gear down at that point. The rapids below Compound are slightly less intense but still solid Class IV at the level (2.0-2.1) the river had risen to. For me it was both fun and a bit scary. For others I hope it was fun, challenging, and a learning experience. I was proud at how we handled boat recovery and kept an eye on each other. It was / is great to see newer boaters (Robert, Brian, Sarah) pushing their skills on a full on creek run. Next time a bit lower. Magic Mike and KY Jimmy were study on Island too.

Yesterday, 9/12/28) I paddled Daddy's Creek Canyon with Josh and Jason (the Bros) at about 1.4 on the put in gauge which is about as low as you would most likely want to paddle this run, although I think it is doable down to 1.2' The temps were low, 20s-30). we were appropriately dressed and enjoyed this classic plateau run. It combines outstanding scenery with some solid Class IV rapids (more solid at higher water) and numerous Class III runout rapids. In case you haven't noticed these guys have become very good boaters in a short period of time.

Keep on boating everyone, keep an eye out for your river amigos on the water, drive safe, and have fun.

Hope to see you on the water soon!

Chief

National Paddling Film Festival Early Registration Is Open X

Early registration is open so grab your tickets online early and save some cabbage. Online tickets are \$20. Tickets at the door are \$25. Ticket includes admission for Friday night and Saturday night, as well as beer and a raffle ticket. Early registration tickets available at <http://bwa.shuttlepod.org/event-2775825>. Last day for early registration is February 11th, 2018.

Best Regards,

Kyle Koeberlein

Bluegrass Wildwater Association, INC
President

Personal Mobile: (502) 370-1289

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Note: BWA number currently rings club president and vice president.

Need WATERRRRRRRRRRRRR January 09, 2018

We got frozen out of the green this weekend, and I need to paddle. Anyone got any boating ambitions now that its above freezing, let me know here. Will be headed towards Brent's this weekend to hope for Pigeon/ Green unless something else comes up. Also, I noticed some info on the Cheoah and will definitely be heading down if these get finalized.

BSMH proposes the following schedule for the Cheoah River high flow releases in 2018

- February 24, 25 (Saturday, Sunday)
- March 24, 25, 26 (Saturday, Sunday, Monday)
- April 14, 15, 16 (Saturday, Sunday, Monday)
- April 21, 22 (Saturday, Sunday)
- May 12, 13 (Saturday, Sunday)
- May 19, 20 (Saturday, Sunday)
- May 26, 27 (Saturday, Sunday)
- August 4 (Saturday)
- October 6 (Saturday)
- November 3 (Saturday)

Eddy Lines of Interest

BWA General Club Meeting Minutes 12/12/17

Call to Order

A meeting of Bluegrass Wildwater Association was held at Rock House Brewing on 12/12/17 at 7: 33PM

Steering Committee Members in Attendance

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

Introduction of New Members

No new members.

Program 30-45 Minutes

Christmas Party

New Business

NPFF Director was granted \$5000 budget for NPFF. Ben Mudd announced big news that club is officially incorporated.

Get well card went around for Tubbo.

Trip Reports

No trip reports tonight.

Announcements

Roll Session Friday 12/15/17

Adjournment

Michael Daughtery made a motion to adjourn the meeting on 12/12/2017 @ 9:32 P.M. and it was seconded by Ben Mudd. The motion was carried.

BWA Steering Committee Meeting Minutes 01/02/18

Non-Steering Committee Members in Attendance

No One

Reports

President - Kyle Koeberlein:

Vice President - Mike Daughtery:

1. Spring Clinic well under way and Mike and Kyle to work on getting a date set and registration up.

Secretary - Jansen Cunningham

Treasurer - Ben Mudd:

1. Still waiting on non-profit status from the state.

Newsletter Editor - Don Spangler:

1. Newsletter to go out before NPFF.

River Conservation Liaison - Brian Storz:

1. Working with Clay Warren on a program regarding climate change and its effects on the rivers in our future.

2. Come up with plan for cleanups that the club is going to organize and work with Bob Larkin on his Elkhorn Creek idea.

3. Red River Clean Up

Safety Officer - Robert Watts:

1. Update on winter roll sessions.

2. Kyle to explain how you register and pay in advance.

Program Director - Clay Warren:

1. Program plans for February is river geology.

Film Festival Coordinator - James Welch:

1. Well underway and need to get volunteers to start signing up.

Web Meister - Joe Wheatley:

Gear Meister - Brandy Mellow:

Member At Large - Codie Dunn:

Membership Coordinator - Dot Edwards:

1. Membership in the low 300 but with family's over 400 total members.

Past President - Bob Larkin:

1. Working with Brian Storz about Elkhorn Creek clean up idea.

Announcements

[Nothing new]

Adjournment

[Committee Member] made a motion to adjourn the meeting at 01/02/18 [Time] and it was seconded by [Committee Member]. The motion was carried

BWA General Club Meeting Minutes 01/09/2018

Call to Order

A meeting of Bluegrass Wildwater Association was held at Rock House Brewing on 01 /09/18 at 7:05PM

Steering Committee Members in Attendance

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

Introduction of New Members

No new members.

Program 30-45 Minutes

Watch Kentucky Wildcat Game as a crew and hang out.

New Business

No business at this meeting.

Trip Reports

No trip reports tonight

Announcements

No Announcements

Adjournment

Michael Daughtery made a motion to adjourn the meeting on 12/12/2017 @ 7:15 P.M. and it was seconded by Ben Mudd. The motion was carried.