

Award Winning Newsletter of The Bluegrass Wildwater Association since 1976. May/June2019

In this issue:

Special Edition: Packed with over 20 reprints of articles & cartoons! You've survived the BWA Beginners Clinic. <u>Now What?</u> New Lifeime Member Awarded

(Off the Cuff & Eddylines will resume in next issue)

In our Own Words.....

Special Edition:

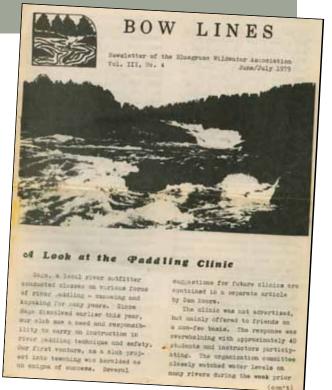
You've Survived the BWA Beginner's Clinic. Now what?

A lookback from the pages of Bowlines to give you an idea of what it is like to be in the BWA .

A Starting Point

For many if not most of the BWA members their starting point with the Bluegrass Wildwater Association probably was the Spring Clinic. But when we formed the BWA in 1976 the clinic did not exist. Neither did a lot of things that takes place today like the newsletter "Bowlines", the National Paddling Film Festival, Roll Sessions, River Cleanups, Races, the Fall "Rendezvous" or other club-centric activities that take place.

Early paddlers activities were centered around "SAGE" a local outfitter that started up in the mid-seventies and was a lot like the NOC that started up around the same time, but was not located on a stream. It was the place to go for outdoor gear and instruction in outdoor sports, very similar to the NOC.



In addition to Climbing, Sailing and other sports they had gear and instruction for paddlers. Many of us took paddling class like Aqua I & I I for canoe and kayak. There were no plastic kayaks back then, but canoes had started to be made of Royalex by new companies like Blue Hole in Tennessee and they proved to be almost indestructible in whitewater. Movies like "Deliverance" made getting on a river with a canoe popular. So conditions were right, with the new style outfitter stores that focused on new gear that opened up sport activities that were difficult to do and then also provided interruction along with that gear. It was a whole new world of possibilities for us.

Looking Ahead

Second Tuesday of the Month, 7:30 pm

BWA Monthly Meeting

Location can vary

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

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

Pool Canoe/Kayak Roll Sessions

Thursdays 8:00 PM - 10:00 PM

Location Tates Creek Aquatic Center: 1400 Gainesway Drive, Lexington, Kentucky 40517

For date updates check: http://bwa.shuttlepod.org/event

°Learn to wet exit, bow rescue, and roll.
°Meet BWA members and be involved.
°Wash your boats, inside and out, before arrival.



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

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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



About the BWA's Bowlines



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

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

Issue Archive:

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

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

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

The Bowlines has been a unique record of the BWA and its members. Unique in that is has been more than a listing of club activities and general information about paddling and related issues. When you read Bowlines you read about each of us and what we thought and did over the years. Members have contributed articles not only about paddling, conservation, and the club, but also stories crafted with humor, imagination, and the spirit of enthusiasm of life and enjoyment of each other. These are only a small portion of the many articles worth rereading. There have been songs, poems, soap operas, jokes, cartoons, wedding announcements, birth announcements, and unique trip reports among all the issues. Not what you might think you would see in a whitewater club newsletter.

We owe a thank you to all the newsletter editors that spent countless hours preparing each issue. To all you club members a big BWA hand for your contributions. Please keep it up! Now dig in and enjoy old memories or chuckle at the amusing stories, poems and pictures...

A new Club - The Bluegrass Wildwater Association

Having SAGE in Lexington was key to a group of serious Whitewater paddlers forming. SAGE was were most of us learned about paddling and the related skills necessary to explore the streams dropping off the Appalachians or the Cumberland Plateau. Bur safely paddling whitewater is a group thing, and it was logical to form an organization of those folks that wanted to paddle after learning the basics at SAGE. Thus we starging geting togeher to form the BWA. Notice the middle name is Wildwater, not whiewater, most of belived in paddling any water that was remote and wild, not just streams that had rapids.

Few in number at first, but dedecated to paddling. Many of he BWA could be found going to any stream we could reach on a drive from Lexington on Fiday night. Remember, there were no gages to find out what streams had good water levels, each of us knew someone In West Virgina, Tennesee, North Carolina and we would call them on Thurday night to see if it had been raining. Then we would meet up on Friday after work and decide where to head. Not always easy, with much of interstate still unbuilt.

The Payoff

Long drives with your friends, campfires on Satuday night, and sharing meals and time on the river wtching out for each other formed deep bonds of friendship that still are important to all of us today. That closeness allowed us to start our own clinics, safety syposiums, film festivals, expeditions, and all the things we did as paddlers including running rivers.

Even back then, good friendsips were often hard to find, too many people were not really knowing their neighbours and technology has not imporved that situation. Lots of good friends and times can be found in the BWA.

So "what can you expect next after the clinic with the BWA"? That depends on you. Read the following following reprints of a few of the article from early issues of *Bowlines* to give you an idea of what may be there for you as a "survivor of the BWA Spring Clinic". Remember there are many past issues of our newsletter available to all on our Club website: http://bwa.shuttlepod.org.

I hope you share some stories of your own to future issues of Bowlines. It will be part of your legacy

to your new & future friends.

Don Spangler Bowlines Editor

Don Spangler BWA member since 1976 on a multi-day canoe river trip on the Dumoine in Ontario



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

From the (very) early days of the BWA Canoe & Kayak Clinic to now, there is always this question:

You've survived the BWA Beginner's Clinic. Now what?

You've survived the BWA Beginner's Clinic. Now what?

It's Sunday night, April 21, 2002, and you've just pulled into your driveway. You've spent the entire weekend on the river trying to ferry, peel out, eddy turn, and actually make your boat go straight, while some Nazi instructor yells "PADDLE! PADDLE! PADDLE!" at the top of his lungs. Your muscles ache, your hair is matted, there's dirt you haven't been able to wash out from the creases in your fingers, and there's some godawful smell emanating from the trunk of your car where you threw your neoprene booties.



You loved every minute of it!

But how do you move forward in your paddling career? Staying connected with other paddlers is a must. Here are some suggestions:

1. Join the BWA

- 2. Attend BWA monthly meetings, we want to get to know you and you should want to participate in the decisions and activities of the club.
- 3. Keep in touch with us, on river trip and off.
- 4. Hook up with other paddlers that will show you other rivers to enjoy.
- 5. Keep learning about & practicing river skills
- 6. Share your adventures and thoughts in our newsletter.



Don't be shy! There are many experienced paddlers who would be more than willing to help out a newbie. The BWA is an eclectic group where you're sure to find your niche. From playboaters to river runners, casual paddlers to hair boaters, single bladers to the more genetically(?) advanced double-bladers--there's some-thing for everyone.

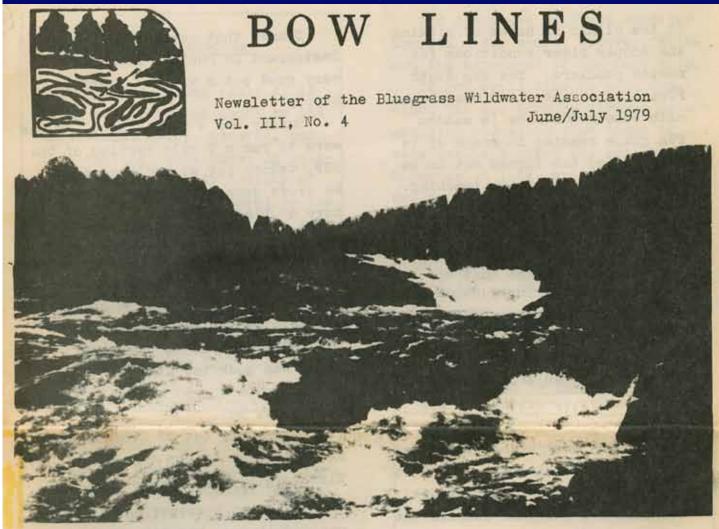
There are usually newbie paddling trips, run by experienced BWA paddlers, that are organized after the Spring clinic. Participate in as many of these trips as possible to hone those newly learned skills and meet others with similar interests and capabilities. Check the BWA forum often for trip announcements.

So congratulations on surviving the BWA beginner's clinic. Now it begins. There's a big, wide, wet, world of paddling out there for the taking. Try not to miss the boat.

This article is an edited version of an article that ran in Bowlines March/April 2002.

Following are articles from the early days of the Clinic and the BWA from Bowlines. They will give you a better understanding of the sport, the BWA, and members of the club and things they did that evolved around padding and the BWA. Most of all we had fun and made life-long friendships.

Early BWA, SAGE Outfitters had been the clinic provider so to speak, when SAGE was no longer in Lexington we needed to have a clinic to continue growth as a club. First Clinic was at the Big South Fork and got rained out on Sunday, second was at Cumberland below the falls, and the third was at the Emory/Obed where it stayed for several decades.



A Look at the Paddling Clinic

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

The clinic was not advertised, but mainly offered to friends on a non-fee basis. The response was overwhelming with approximately 40 students and instructors participating. The organization committee closely watched water levels on many rivers during the week prior (con't)

Paddling Clinic (con't)

to the clinic in hopes of picking the proper river conditions for novice paddlers. The Big South Fork of the Cumberland was chosen with some reluctance (a sudden TVA gauge reading increase up to 12.000 cfs) but turned out to be surprisingly great for teaching. The level at Leatherwood bridge was approximately 3,500 cfs and provided a rather long pool upstream of the bridge that was used for initial instruction and practise on Saturday morning. Saturday afternoon, the clinic paddled further upstream to a small river wide rapid that provided extensive opportunities for practice on ferrying, eddy turns, surfing and yes, even lots of rescues! Don Spangler can attest to that. Late in the afternoon it was time for a swim. Many of the students and instructors made their way upstream of the rapid, jumped in and swam (feet up) down through the rapid, waves and small hole to be rescued by rope throwing learners. Fortunately no one actually needed rescuing since a few ropes got tossed in, complete with both ends.



Dinner that evening at Tobes Restaurant in Oneida, Tenn. was very good but a tad bit short on supply.

Sunday was a near fiasco. Plans were to run a 5 mile section of the BSF, taking out at Leatherwood. We drove down a road that could have doubled for the secret take out on Cumberland below the Falls. It was a definite Class V run. The rains came and created a stream in the road almost deep enough to paddle. By the time we reached the railroad tressle the water level was much too high for open boats, so we turned around and___ drove back out.

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

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

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

Suggestions For Next Clinic

The past clinic in June was quite successful but there was room for improvement. I don't feel like criticism will help, but several people have offered good suggestions for the future. My efforts to put them here are done in hope it will inspire more interest by the instructors as far as organizing a well laid clinic plan goes.

(1) <u>Having separate clinics</u> for open and decked boats. Several of our instructors are quite profficient in both and would strengthen the instructor to student ratio.

(2) A good plan for the clinic laid out 2 weeks before hand. This will allow the instructors to get a chance to read the plan and develope teaching methods before they reach the clinic. Incorporated in this plan should be an outline of activities to be covered in the clinic. This should be available for the students to examine. The plan should include a river safety talk , including river hydrology (like cfs, gauge readings, who to call and what to ask, where to find information on gradient and classification of streams, river classification systems (1 to 6 & 1 to 10) and their use and a brief discussion on eq----Sam Moore

uipement available. We as experienced boaters may not think this really important but to a novice, equipement selection is an important issue that we cannot afford to cover lightly. Most of these things can be covered in the first evening session.

(3) Set a definite time for instructors and students to arrive for the evening session. Let your students know what they need to provide for the clinic at least 2 weeks in advance. Where the clinic is going to be held as soon as the organization committee agrees on a location.

(4) <u>Know the area where you</u> <u>are going to hold the clinic</u>. It was disappointing on the last clinic that none of the instructors were familiar with surrounding streams that would have been runnable for the students. Know where area hospitals or doctors are in case of an emergency. Although we have been quite fortunate to have physicians with us in the past, we are not guaranteed this for the future.

(5) <u>Know your instructors and</u> their capabilities and weaknesses and strongpoints. If these people are going to take the time to come out for a weekend they will be of good use.

(con't)

(6) <u>Make sure the students get</u> to do most of the paddling and not setting in an eddy watching the instructors demonstrate how to get pop ups for half an hour at a time.

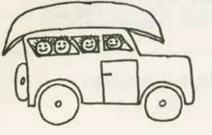
(7) <u>Most of the students will</u> tire quicker than those of us who go out every weekend. Remember t this on Sunday afternoon. Be sure to get on the river early so you can adjourn the clinic by 3 or 4 p.m.

(8) Finally; we think nothing of driving 3 or 4 hundred miles in a weekend to paddle a river. Many of the uninitiated just can't understand the significance of it when the Kentucky River is so close. So try and think of the students when you pick a stream to hold the clinic on.

(9) Good Luck !

Sam Moore in C-1 at Emory-Obed





Sams Angels

NEW OFFICERS ELECTED

The Bluegrass Wildwater Association is flowing along with new leadership. Our May meeting consisted of election of officers for the new fiscal year. Below is a record of your selections.

> President Ed Puterbaugh

Vice-President Mickey Fulp

Secretary-Treasurer Don Spangler

Newsletter Editor Terry Weeks

River Conservation Willie Johnson

Program Chairman Karen Moore

Members at Large

Mike Weeks Jim Ramsey

********FOR SALE**********

1 & 2 inch seam tape is available from Sam Moore at 278-1433.

Sam pointed out the need for a need for an universal plan and timetable for all, students, instructors and all other clinic participants to have to go by so that everyone is on the same page.

So we came up with a simple one page that told everyone what was to happen and when. Each Person at the clinic got a copy that was also posted somewhere central at the Clinic Chalkboard. Any update was also posted there during the clinic. It eliminated a lot of confusion.

This is the one page plan tht evolved fo the Clinic. You might also find it is usefull as a reminder of things and skills to continue working on long after the clinic.

Each time you paddle it should be like having a clinic.

Introduction to Canoeing/Kayaking

<u>Objectives</u>

Important terms/skills to recognize and understand:

1.Parts of the Boat: bow, stern, thwart, gunwale, painter, rocker, etc.

2.Parts of the Paddle: shaft, grip, throat, blade, tip, power face

3.Basic Safety Equipment: helmet, PFD, throw-rope, flotation

4. Hydrology: eddy/eddy line, standing wave, hole (hydraulic, keeper, etc.), pillow, strainer, dam

5.Paddle stokes: forward, reverse, draw, sweep, brace, turning/correcting/pulpulsion, body rotation 6.Boating techniques: upsteam/downstrearn lean, angle, speed, surfing,

Strokes:

Canoeing: Achieve proficiency in:

- 1. forward stroke & back stroke
- 2. high and low braces
- 3. draw stroke: to stern, bow, amidships
- 4. forward & reverse sweeps

Kayaking: Achieve familiarly with:

propulsion strokes: forward & back (control hand/power hand, eye-level punch)
 turning & control strokes-. forward sweep, reverse sweep, draw to bow, stern and amidships
 defensive strokes: high brace, sweeping high brace, low brace, sculling draw & brace, sweeping low brace
 Duffek etc.

Introduction to water reading:

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

(strainers, dams, etc.)

River Maneuvers:

Achieve some proficiency and practice: paddling straight ferries

peel out

eddy turn

turning the boat

5. pry

6. cross bow draw

8. sculling, sculling draw

7. hanging draw (turning high brace)

setting

upstream/downstream

River Running tactics

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

Safety (discussion or demonstration)

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

Basic Weekend Schedule: It is important that you are read & anticipate this schedule. instructors will update you on changes. Your promptness will make it easier for all to get the most from the clinic. Be dressed & ready for the day by 9:00. You will not be back to camp till late afternoon.

Saturday:7:00-8:30 Breakfast 8:30 Organizational/Safety Talk 9:00 Meet instructor/go to river.
River time 10:00-4:30 Nemo fun 4:30-5:30? Supper served 6:00-6:30 Campfire 8:30-?Sunday:7:00-8:30 Breakfast 8:30 Break Camp 9:00 meet instructors/go to river, off river (ask
inst.) 2:00-3:00 Don't forget your lunch and water each day. Have a good time!

BWA Novice Clinic A Success Bowlines June 1980

Our second annual novice clinics an even greater success this years than last years. We had 50 participants including instructors.

The weather and water conditions were on our side this year. Accommodations at the campground and water levels on the Cumberland below the Falls made the weekend enjoyable and instructional for everybody.

The only casualty occurred, of course, at Center Rock when Val and Sam (Dick) tried to chart the underwater topography of the Cumberland.

Next issue look for a more detailed account of the clinic along with an analysis from the point of view of a student.

Fall Fashions

Our new T-shirts with the new emblem silk-screened on the front are now available. Soon to arrive will be the caps with the BWA emblem patch on the front of the cap. If you are interested in a cap, be sure to see Stan Slater.

NOVICE TRIP SCHEDULE Bowlines June 1980

Now that you have gotten a taste of whitewater boating, we invite you to go on some trips with us. The following people have volunteered to lead novice trips. The destinations for the summer trips will be announced as the dates get closer.

June	Loyd and Kathy Funkhouser (502) 227-2277
July	Gary Hoagland (502) 845-2704
August Jim Daniel	(502) 223-7613 or 1-800-484-6557-0015
September 6-7	Bruce Rishel (Ocoee Trip Class III+) (606) 266-2358
Late September	Bill Lynch (Russell Fork Rendezvous Class II-III section) (502) 682-3967
October	(Overnight Cumberland) Bueren Garten (606) 873-7260, Don Spangler (606) 277-7314

The Ocoee and Russell Fork trips contain some pretty significant water. So those trips will be for people who have really worked hard this summer at improving their skills. If you think you would like to go on any or all of these trips, give the trip leaders a call so they can start a head count. If you are going to need to borrow gear, it might be a good idea to find out whose stuff you've been using this weekend at the clinic and be really, really nice to them!

Don't forget the BWA has a meeting at 7:30 p.m. on the second Tuesday of every month at Columbia Steak House on North Limestone St. in Lexington. We hope to see all of you there. You will not find any better place to meet paddlers, talk boating and plan river trips.

Anyway, happy paddling and SYOTR (See You On The River)

The BWA Clinic in 1980

Held on Cumberland River Below Falls and at Confluence with Laurel Creek

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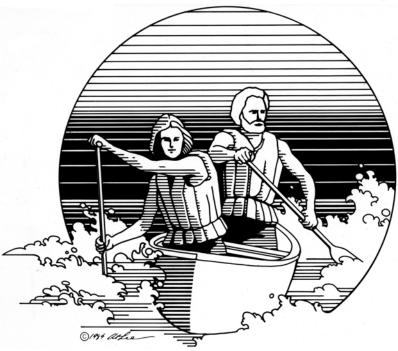
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ELKHORN CREEK TRAINING PARTY	Spring Clinic
12-17&18-1976	April 27-28 1990
It's getting close to Christmas now and the gen- eral feeling was to try and stay close to home Is Elkhorn Creek worth paddling at 6 inches? Sometime in the future I may give it a no, but for those of us who wanted out to brush up on a few things, it was heaven. Starting in early afternoon and getting off at dusk,there wasn't much to any of the rapids at 6 inches. But, we combed every inch of what was left, playing around for almost an hour in a few spots. If I can remember, there were around 7 or 8 boats each day. The diehards, Beuren Garten Buck Hunter Scott Meyer, Jr. Willie Johnson	Yes, Once again the BWA is holding it's popu- lar spring whitewater paddling clinic. It will be on the Emory-Obed river sysem near Wartburg Tenn., about 3 hours South of Lex- ington. For a very reasonable charge of \$40 to cover costs you will get Fri. and Sat. night camp- ing at Frozen Head State Park, breakfast Sat. and Sun., dinner Sat. night, and two full days of the very best non-professional, top notch on the river instruction in kayak, canoe, or decked canoe.
Dave Moccia	Due to overwhelming popularity this clinic in recent years, we will have to limit registration,
Forget your name? Add it here	so sign up early! For more info, or for a clinic application contact:
John Hall Mickey Fulp Greg Thomas Gary Klier	Rich Ready 783 Jairus Drive Lexington, Ky 40515 606-272-5519

BWA BEGINNERS CLINIC, A GOOD TIME WAS HAD BY ALL (May 1981 Bowlines)

Thirty-five students and an odd lot of instructors gathered this past weekend (May 9 & 10) to conduct the 3rd BWA Beginners Clinic. The river gods couldn't have bestowed better weather on us If they all had worked in unison. Saturday was perfect with Sunday following close with only a few peaks of sun interspersed with an overcast day. Our clinic couldn't have picked a more beautiful camp site either. Located in Frozen Head State Park near Wartburg, Tenn., It was secluded scenic and near our clinic river.

The clinic was divided Into open canoeing and kayaking with three kayak subdivisions: beginning, novice, and intermediate. The beginnings kayakers and all open boaters spent both days on the Emory River between the confluence of the Emory with the Obed and Nemo Rapid. The Intermediate group ran Clear Creak and the novice group paddled Emory down to Camp Austin. Our only point of concern was with the water level which was rather low (340 cfs at



BWA Spring Clinic....always great!

Oakdale) but enough to teach all the fundamental strokes, maneuvers and techniques involved. An excellent student-teacher ratio, one-to-one In some cases, combined with the weather. Excellent cuisine and a cooperative, eager group of students made this a total success.

A vitally important aspect of such get-togethers is the hedonism involved. Utmost In priority of the donism Is the food. If I wrote till doomsday I couldn't adequately express our appreciation to Dave Wieland for his gracious donation of the food (ribs. slaw, salad, corn and drinks) as well as a huge grill. The quantity and quality was unbelievable. Thanks Dave.

Also due thanks are Tubbo, Reneé Le Don and Barbara for preparing the food. As usual Tubbo and Reneé are excellent cooks especially with the from a master food preparer like Barb. Thanks to all! Among other rituals that took place this weekend were several highlights the lynching of Don's Blue Hole twenty feet up a tree by a mob of wildeyed, cackling mad men; the revenge lynching of Sam's spare step van tire up another tree, the special effects by Jim Beam and his Wild Turkey; the frequent roaring off of the Don Mobile and the airborne "Flying Blue Pole" stunt and aerobatics display on U.S. 27.

Special thanks are due to Beuren for his time and effort as head Instructor in preparing an extensive instructors guide handbook and organization of the Instructors to Mike for his work and ability as the Clinic Director. The success of the clinic points directly at Mike. To John Davis for providing Channel 27's facilities for an organizational meeting place and to everyone who donated time, money and expertise.

---- contributed by a person who knows who the Bluegrass Paddler is.

In the BWA we have always had a lot of talented members, who contribute their efforts. Jan Atlee created the art above and many other cartoons, logos and art for the club. She now lives in Georgetown and is still a major force in the art of Kentucky. Lawyer, Doctor, Cook, Musician, or what ever knowledge and talent is, you can make a difference doing things with the BWA!

All is appreciated and has make us a great paddling club!

This article by then Safety Director Rich Lewis, was important to members who started leading trips other than those that were club trips. It was printed about the same time the BWA held the Southeastern River Safety Symposium

Responsibility

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 moat are common sense for the common good.

Rich Lewis Salmon

River, Idaho

Responsibility of river trip participants.

A.Equipment

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

-have boat and accessories in river-worthy condition such that they won't compromise the safety of yourself and the group, or unduly delay the group due to on-river repairs. Grab loops and 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.
- -to know the AWA safety code and signals.
- -to hold on to own equipment if al all possible during swims.
- -to effect a self-rescue if possible.
- -to be on time for river trips and shuttles and help with boat loading/unloading.

Responsibility of river trip leaders

A. Equipment

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

B. Actions

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

-makes sure only those capable of a safe river run are boating. Group boating and rescue strength should be considered. -assigns a sweep and reasigns 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 (may appoint themselves).

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

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

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

safety and speed. One tows swimmer lets go of equipment.





Preparing.... for a Weekend Outing

Contributed by tubbo (Steve Morgan) Bowlines June 1980 Major purveyor of our toys for many years



Tubbo South Fork Clearwater Idaho

For most of the "old Timers", getting ready for a weekend boating trip can be dome in a matter of minutes. For the beginner or novice this can be a confusing task that takes hours. I've listed dome tips and ideas that may save time preparing for your next outing.

First of all, store all your boating and camping gear in central area around the home. Know all your equipment can be reached quickly without a massive search through closets, basements, car trunks, garages or Sam Moore's house. Know the gear that you'll need for your particular trip. this question is easily answered by an experienced boater. Will a wet suit be needed, etc.

Pack all your boating gear in one large container such as a duffle bag and do the same also with your camping gear and extra clothing. This makes transferring your gear much easier for shuttles or drives to or from the river.

Arrive at the departure point ready to go. Have your trip to the bank, river lunches purchases, liquor store shops, all done by departure time. If you're car pooling be sure to bring enough money to cover your share of the gas expense. If you're required to drive, be sure your vehicle has adequate boat racks for handling more than one boat on the drive or on the shuttle.

Be responsible for your own equipment. Don't depend on anyone for loading or unloading your gear for shuttles or dives to and fro. If your paddle or spray skirt is left behind. it's your own fault.

Buy camping gear and clothing that is designed for backpacking. Lightweight nylon and synthetic gear does not take much space, is virtually maintenance free and weighs little. The investment in this type of equipment will pay off if you should ever do any wilderness extended tripping and with the use of smaller, gas-savings cars, bulk can be a real problem.

Know the arrangements for dining before departure. Most weekend trips are made simple by dining in restaurants. If you are going with a group that is cooking their own meals, have approbate cooking and eating utensils and meals purchased before departure.

I've made a simple checklist go erst that normally goes in my duffle bags for a weekend paddling trip. I hope they are of help.

Boating Equipment

(Editors note, with a cockpit cover some gear can go in your boat and be there when you need it and out of the way the rest of the time)

boat and paddle (I am afraid this doesn't fit in my duffle) helmet wetsuit paddle jacket wool sweater river shoes or booties spray skirt sponge or bailer throw rope rescue bag day dry bag canteen repair material (duct tape)

Camping Gear

tent sleeping bag foam ground pad or air mattress spare clothing flashlight rain jacket toilet articles (especially paper) cooler (for beer) cooking equipment if required: stove, cookset, cup





Hydraulics: Eddies on their side Bowlines May/June 1980

Members have always been good about sharing ideas and information in articles in Bowlines.

These are probably the most difficult of all river formations to understand. This is due in great part to their many variations. The topic covers such a broad base that I will be writing a series of 3 articles.

- (1) Hydraulic formations.
- (2) Understanding the 3 basic types.
- (3) Scouting and reading tips to reduce back enders and other interesting phenomena.

As most boaters know, a hydraulic (hole) is formed by water flowing over a rock changing the water's potential energy into kinetic energy as the surface water downstream of the rock is disturbed.

Two main factors come to play on a hydraulic and dictates its character:

- (1) The depth of the water that is falling over the rock, and
- (2) The angle of inclination over the fall of the rock.

The depth of the water that falls over a rock is a primary factor in describing the characteristics of a hole. If the surface area of the rock is great in relation to the amount of water passing over the rock, the water at.various depths will move at the same rate of speed over the drop, but increasing in speed as it falls. If the area the water falls on is deep compared to the fall, the water tends to pool up and be aerated by water descending over the falls.

As most people know who have tried to fly by moving their arms, air does not offer a great amount of friction to propel a body through it. Aerated water is more dense than air but depending on the fall, where aeration takes place and the subsurface structure it may not offer enough resistance for a vigerous paddling stroke to take the desired effect.

The angle of inclination of the fall has great importance on the effects of hydraulic characteristics. Abrupt falls such as Seven Foot Falls and Second Ledge on the Chattooga have different Characteristics although they are both verticle and close to the same amount of drop.

At Seven Foot Falls the river narrows down to 5 or 6 feet in width and the river flows over the drop in a deep sluice that pushes subsurface currents on down stream. However, surface currents are stopped by the friction of the water moving below at a different angle and velocity.

At Second Ledge the water flowing over rock is relatively shallow. The river is wide and the water falling is moving at a relatively uniform rate of speed. The water falls into a shallow pool and onto rocks which break up the kinetic energy generated by the fall.

Thus hydralics in both of these rapids ara quite safe although they were formed under very different circumstances.

In the next article we'll discuss the basic types of holes. And an attempt to analyze the grabiness of holes without sending someone into the thing first will be made. If anyone has any comments, I'd really like to share ideas on the subject.

Contributed by Sam Moore

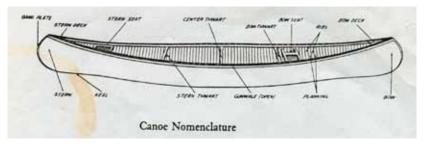
Sam Moore's contributions to the Bluegrass Wildwater Association are in the Sam Moore tradition: Think Bold, Thank Big, and Then Do It! That is the way Sam was, make a decision then do it... any details could always be worked out. AS a BWA member Sam always jumped into anything the club had decided to do and would be a leader helping to make it happen. You never would hear Sam say "I am too busy with other things". Fitting 28 hours into a 24 hour day was something he was known for. When Sam first ran for office in 1979, Bowlines indicate he had been nominated for 3 offices.



BWA 10th Anniversary Pie Fight New River

Boat Building - Series One Cloths and Resins

This series of articles is about fiberglass boats and what they are made of.



Cloths

1. E-glass The E sands for excellent electrical properties. It is made from oxides of certain metals and is stretched under heat to a think film then woven into fabric of varying weaves. 10oz. weight/yard is commonly used in boat building. "Woven Roven is a wider weaving is not widely used on boat building, but is widely used in molds. It is quite heavy because it is thick and soaks up a lot of resin. "Mat" is composed of shorter fibers out in about one inch lengths in all directions. It is used carbides and is definitely not for boat building - much too heavy.

2. S-glass This glass was developed for its high strenght. It differs from E-glass in composition and and is difficult to manufacture. It's advantages are a higher strength to weight ration as compared to E-glass and more stiff per layer. It comes in 7.1 oz/yd for boat building.

3.Kevlar-49 Is made from aramid fires. It has as high a tensile strength as S-glass but us only 1/2 as dense. Kevlar was designed for wear in tires and ropes and other high-strength composites. Kevlar's most impressive qualities are that when compressed it behaves more like a metal and will bend, when glasses tend to break. This bending uses the resins to spider fracture in the affected area. Kevlar can be used most effectively the inside of the boat where the stiffer layers of glass can add strength to spread forces of impact over a wider area. Kevlar is quite expensive and is five times as strog as steel for it's weight/pound. It comes in 5.1 oz/yard square.

<u>4. Nylon</u> This has unusual impact strength. It is not the same nylon you'll find at the fabric store. It is a specially treated industrial grade fabric. It's disadvantages are that it is very flexible, has poor bonding to polyester resins, and fuzzes when abraded. (Not good for outside layers). It is cheap and light 4.2 oz/yard square. Wrinkles must be ironed out before using.

<u>5</u>, There are other fabrics used in boat building that are exotic, hard to find and require exacting techniques house properly. Examples are: Diolin, chemically activated polyester propylene and Dynel.

Resins (ester resin systems)

<u>Polyester resin</u> is made from malic acid and ethylene glycol to form polyester and water. The water is removed at the factory and styrene is added to the system to form a cross link between the long polyester molecules when catalyzed. Methyl ketone peroxide is the catalyst for both polyester and vinyl ester resin systems.

Temperature plays a vital role in the reaction of the system. Polymerization is extremely slow below 60° F. Styrene is a diluent and when polymerization occurs, styrene is volatile and hence the fumes. These should not be inhaled since they're bad for the liver! Also no open flames nearby since the flash point of styrene's 90° F.

Polyester and vinyl ester resins are air inhibit, so that when exposed to air they will not fully cure and will stay sticky for a while.

Polyesters come in two basic varieties, Flexible and rigid. For boat building and repair neither alone is good. To get the right rigidity and flex in the system, a mixture should be used. A combination of 3 to 1 and 5 to 1 rigid to flexible is a good rule of thumb is the bigger the boat, the more ridging it needs to be.

Contributed by Sam Moore Bowlines July 1980. Director of custom boat building for BWA members O.K., There's a lot of expert paddlers in the BWA, but are they great to hang out with or just a group of been-there done-that know it alls?

Well, some of us do know a lot, but we do like to have a good time when we boat & camp... especially around the fire we like to pass the bottle.

It is hard to be smart when you are drinking "Wild Turkey 101" but we are friendly!

Take Chief for example, we think of him as an (almost) old timer.

There was a time when he swam the Tellico, but it was said "not as Much", ask him to tell you about it as you pass the bottle.

Chief (John Kulka) has been around for a lot time but many do not know all the stories about his early days. Here are a couple for a start.



Chief Early Days Elkhorn

Chief: When the going got tough...there was Chief

Sam Moore

Chief is the original happy paddler. You always can count on having a great adventure when Chief is along. He brings out the liberation of your inhibitions in a great way,

I first remember meeting Chief at the Cumberland "Below the Falls" clinic. He had a tough day. The bets were that we would never see this guy again on Saturday afternoon. Later in the evening when the partying was going strong no one would have said that. Chief paid his dues to the no-roll gods early on and learned to make the snap and the rest is history as they say.

I'm pretty sure I remember a high water run with Chief soon after he got is roll and I think he had the "Big Eye" down the entire strainer strewn creek. I think the Emory was running somewhere in the 20K range. It didn't take long to get to the take out.

Not too long after that Chief had his leap to fame in the Red River Gorge. We were all impressed. Anyone who can camp, eat beans and drink bourbon, then survive a 100 ft fall in the gorge has got to have something strong going. So we invited him to join us on his first trip west.

This was the summer of the Olympics in Mexico, you might ask how I remember? It was the Kahlúa of

course. On the way out of town we loaded the van with Vodka, all the Kahlúa (in the gold commemorative Olympic bottles) the liquor store had and we were off to Colorado in Ed's van. We made one last stop for a gallon of milk. You can't make a "White Russian" without milk.

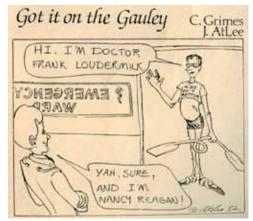
Some 24 hrs later we were approaching the front range and Chief yelled out "Mountains, I see Mountains". It was his first look at the Rockies and our last look at the Kahlúa. It was somewhat like one of Chief's favorite sayings "Where are we, we're 64 beers south of Lexington".

We started paddling on the Arkansas at just below flood stage. It was too high for the commercial rafts. We had a blast. Jerry Hey asked about what else we had planned for the week. I told him "this is the warmup"..... More partying ensued. On the third day we went to the Roaring Fork. The group made it fine through John Denver falls. On down about a mile, Chief and everyone else dropped into a riverside hole. Chief was one of the few to make it out in one piece. After that I always had a lot of respect for Chief's ability on and off the river.

Then there was the phase about "Big Time Wrestling", it went on for several years. I learned a lot of moves from "The Chief". It's a miracle we made it to the other side.

Love You Chief!

After all, ninety percent of paddlingis half mental.Frank Loudermilk



John Kulka acquired the name Chief in the early 80's. As best as I can recall, he was going to a concert in Cincinnati wearing a child's Indian

headdress. Sometime later, another paddler recognized him from waving at fellow motorists on I-75. "I know you, you're The Chief." and the name stuck. It is a particularly appropriate moniker in that he is a natural leader, the kind you want to follow down a difficult rapid, he is deeply connected with nature and at times he can be a little wild.

The Chief has long since surpassed me in skill, but I will take credit in teaching him the Eskimo Roll. It took him perhaps 8 sessions to come up for the first time but he had already run a lot of class 4 stuff without one.

Chief, in turn, taught me about the best kinds of beers, free, cold and best of all free and cold.

1981 Chief, Dale Shearer and I squeezed in to my VW Rabbit and drove the 16 hours to Madawaska Kanu Camp in Ontario where we sought instruction from world class slalom racers. There was a special t-shirt and plaque for the "Ich Binder Beste" (I am the Best) Award. A trick performed first by world champion Norbert Sattler, one had to side surf Gravel Pit Suck Hole, while twirling one's paddle three times saying "Ich Binder Beste" with each revolution. At Chief's level of expertise, I frankly thought he was nuts to try this. Yet for 4 days one could see him walking around camp bending far laterally at the waist practicing his paddle twirl. When the time came, he dropped into the hole shouting and twirling. It took him 6 twirls however as his head was completely submerged for three of those, but he became the BWA's first recipient of the award.

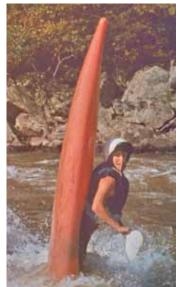
When I think of Chief, I am reminded of the old saw.

" Can you play the violin? Dunno, haven't tried yet."

He might just pick that bad boy up and play the crap out of it.

I believe, if asked, he would attribute his considerable mental toughness to the copious amounts of pro wrestling watched during his formative years. After all, ninety percent of paddling is half mental.

Chief, an inspiration to the old farts and the newbies alike. A Treasure (Lythia /The Metz)



In 1980 I got the coolest job ever, working at Sage Outfitters in Louisville, Ky.fresh out of high school. Sage Outfitters was a backpacking/kayaking/outdoor adventure supplier back in the early days. I wanted to get into kayaking, and my boss – the infamous Steve "Chuck Tubbo" Morgan told me I should contact the BWA in Lexington and go to the roll sessions. He mentioned this guy Chief. So, being the Girl Scout that I was, I followed his advice. Next thing I knew, I was hip snapping in the pool and then it was on to the Deadly Elkhorn. My memories of the early days with Chief intertwine a lot with memories of Dad (Dave Weiland)... as we sang "killing Miss Softly with this \$40 knife"... and trips to Frozenhead in the Super Truck. I think one time the police came there while Dad was holding me up by my ankles and they made Chief pour out the adult beverages. Chief always had the silver tongue that would get us the nod and wink from the local law enforcement agencies!

Lythia, Gauley Chiken Ender 86

Chief and I had some pretty good 'rassling' moves that we showed off from time to time in the ring of fire, he had a very competent way of performing the "pile

driver" on me without doing any permanent damage... so far I have had no neurological symptoms, anyway. We learned a lot of those moves on the rare weekends that we were not paddling and instead hanging out at 5020 Todds Rd. on Sunday mornings with YT, Gerry and whatever other roomie...I will not elaborate on the herb breakfasts...

Which by the way reminds me of Kentucky Derby Daze with Chief and Gerry Hey and a busload of other folks. We left Lexington and went 62 beers north to the Kentucky Derby. Let's just say I babysat some "grownups" in the infield with a bunch of hammerheads, but Chief picked the winner! I remember walking up 3rd Street drinking generic beer (the kind in the white can that just said "beer" - honk if you remember that one!)

Back then we rocked to the B52's Rock Lobster- and partied hard. We loaded up almost every Friday afternoon and headed to the river... slept in tents or sometimes in a sleeping bag on a tarp in the dirt. We rolled in ice water to cure the hangovers... writing this after all this time is making me nostalgic because I think it's too easy these days. Chief was a pioneer of river running – no fear, full of life, always the one to take the next big step – to run the drop first. Back in those days, the BWA was a baby too, feeling our way as a club.

No fear of liability like there is now...but we decided to elect A SAFETY OFFICER! Chief ran for that office on the platform that "I should be safety officer because I have been in every dangerous situation that there is". Many years later I was reminded of that statement on a Grand Canyon trip – Chief was rowing a raft – can't remember the rapid... OK maybe the pile drivers did a little damage... but there was an incident where he got bucked out of the raft. His comment – "luckily the rope wrapped around my leg and drug me so I didn't get separated from the raft"... Yes that's how awesome he is – never lose contact with the beer cooler!

The one thing Chief could never tolerate was "duds". Yep, he had a strict code of conduct that way, which was why he has gone out of his way his entire life to teach people the ways of paddling, encourage everyone to enjoy the beauty of the rivers, the nature and the nurture of the paddling community... he is a leader, a mentor and an inspiration to the old farts and the newbies alike. A treasure ...

A Woman in Rubber, Lythia Hard driving paddler and part of the BWA's Woment in Rubber

From the 10th Anniversary Newsletter 1986 Survey Results Carole Bryant

So here it is folks, the results of our survey.

The typical BWA member is 34, paddles a blue dancer and is either currently or has been in the past employed by UK. Our typical paddler] made their first whitewater roll on the Elkhorn, owns a 35 mm camera, a dog, wears seat belts] end lives in Lexington. So what else is new? Well . . .

Occupations range from Physicians to Exotic Dancers to Drug Smugglers. The river most paddled by our members is the Ocoee. Though we've decided not to reveal the "biggest dud", and someone said, I understand Jerry Hey's sister-in-law is right up there", Sam Moore won hands down as "favorite dud".

In response to the question" what injuries have you had while paddling?" Many said "bruised or "hurt pride". However, one of our oldest members responded "knee, face, arms, bond, foot, fingers, car, nose, side, back, and shoulder". Another, younger but certainly not more youthful paddler said "cut finger on pull tab."

Our members have paddled many, difficult rivers throughout the world. Selected as the most difficult river paddled by a member is "Howards Creek at no wator with a chain saw" with "'The River of the Mind a close second.

Though we all have different ideas about what is the best paddling vehicle, we liked "someone elses" and "P.I. Helecopter with wet bar" best. Among outdoor activities in which we participate (other than paddling) were power lounging and partying and of course partying

Duct tape certainly has been put to good use by members of the BWA. Some of uses are: to join two halves of my bashing suit, reinforcing pipe bombs, water proofing a baseball hat, fixing a radiator hose, to shave with and to silence a barking dog.

I'm pleased to report that most of us don't any Michael Jackson albums. One person did say that he used to have four but traded them for two Barry Manilow and one Slim Whitman. This person went on to suggest that if we need any MJ records we need only to ask Spangler.

According to the survey, we've all called in sick at one time or the other to go paddling except one person. His reason: "I don't have a job."

Only one person said she'd ever gone paddling with Sam Moore when he didn't yell at her. Seems like it was on the Colorado in '81 - "He was too busy swimming."

Though peach schnapps was our over all "favorite", I think I agree with the response "whatever Don is carrying."

Few hearts were broken when John Lovett married and one of our Californians even replied by saying "No, I'll catch him the next time around when he's richer."

Most admired paddlers "whomever I'm following through a rapid", "Don Spangler - he's easy going, not afraid to portage and a great cook", "Karen Moore - she puts up with Sam", and "Frank Loudermilk - photogenicity - I could see slides photos, and videos of myself for hours" and "for an old man, he has the most high tech gear I've ever seen. "

We aren't certain but believe, that the longest swim taken by a BWA member was "The English Channel".

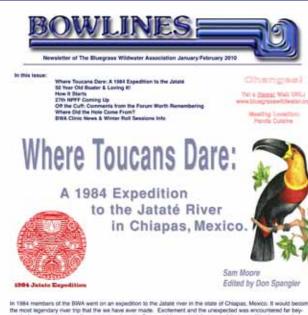
The earliest any of us ever actually "put on the river to paddle" is reported to be 6:30 am- Barry) and the coldest air temperature endured to paddle was 11 degrees. (If you want to belive that). BWA members selected 102 degrees as the perfect temperature setting for hot tubs.



WIR Carole Bryant dancing with admirer at NPFF Party

Carole Bgyant was know for her sharp wit, a creative Bowlines Editor and a Women In Rubber

Here's Something Else that is exciting you could do in the BWA!



In the method a time trave which an expension a time asset met in the task of Ungata, theory, in the time mode ligancing river tig that the we have were made. Exclosered and the usegocide was encountered in aurid what you might normally expect on a river tip. Sam and I have reliablishe aboy of that expedition in a gree expended version that Sam wrote in tBM. Also included are a great many photos which have never been seer Don figurages.

Limestone canyon walls towered hundreds of leet over my head and a silver mist rote above the horizon line on the river. I looked down the river and realized that it would lead me to all my hopes and lears I had divaried of for so long. A white knuckle grip on my paddle, it look the first stroke that would take me over the ledge into the rapids. With that stroke the caryon became real, it was no longer a dream, but a reality that would have

excitement , adventure and danger beyond anything I may have dreamed.

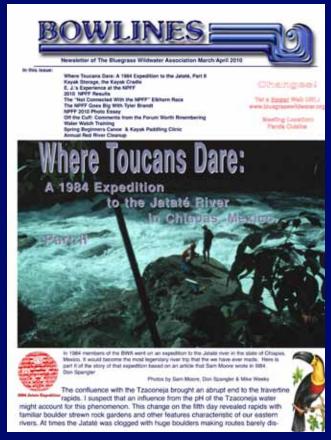
The inspiration that led to this moment started years surfier. In 1971 Dr. Walt Blackadar, a whitewater pioneer from table, made a solo run down Turnback Caryon on Alaska's Alsek RiverLit was a feat that acquirt the adtention of even those in the non-padding world and was compared to the first

http://www.bluegrasswildwater.org/bowlines/BowlinesJanFeb2010.pdf

Read about this exciting Expedition the BWA did in 1984 on the remote Jataté River



1984 Jatate Expedition



http://www.bluegrasswildwater.org/bowlines/MarchApril_10%20Bowlines.pdf

So, does that answer as to what is next after the Clinic?

The Bluegrasss Wildwater Association is a great Paddling Club. You can do a lot & learn a lot when you join us as an active member.

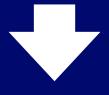
"So, looking forward to seeing you on the river!"

One last thing.... we recognize great members:

You could become a BWA LIFETIME MEMBER

Lifetime Member: Complimentary membership and club privileges for life for a member who has contributed substantial time, leadership, and actions that were significant to the good of the club and its stated goals; voted on by the club members.

The latest member to be awarded the honor of Lifetime Membership



Lifetime Membership awarded to Mike Larrimore at BWA June Elkhorn Meeting!

One giant big thanks to Mike Larimore for all the hard work and support you've given the BWA over the years. You've been there for your fellow paddlers for everything from funerals to wedding to becoming a huge supporter of The Great Elkhorn Creek Trash Bash. I couldn't be happier or think anyone more worthy of winning the BWA Lifetime Membership Award than you. Thank you so much for all you've done for the club. You've been a loyal friend when we've needed one. Bob Larkin



