



# Coastal Canoe NEWS

The Newsletter of Coastal Canoeists, Inc.

Summer 2003

Dedicated to the Preservation and Enjoyment of Wilderness Waterways

## Smokehole 2003

by  
Tom McCloud

Petersburg, WV, Friday, 18 April, 03, The start of another Smokehole Easter weekend, and the weather is cool and gray, but the good news is that it had been raining, and we are guaranteed water this time.

After a short conference at the parking lot, we headed for the North Fork, South Branch. The Hopeville canyon from Dolly's (about 1 mile above the canyon entrance), to the Cabins USGS gage at Smoke Hole Road bridge is a run of 7 or 8 miles where the most interesting white-water, and prettiest scenery, is in the canyon near the start. Water level - low side of moderate. The Cabins gage had not been working, but Petersburg was at ~3.5'. Participants: OC1 Dave Stockdill, Don Leeger, Mel Neef, Randi Neef, Bob Whiting, David Bernard, Katherine Mull, Bob Kimmel, Tom McCloud & C1, Courtney Caldwell & nephew Eliot.

The high for the day was maybe 50, and we had some light drizzle and fog. We saw a bald eagle early in the day. The run had been fairly uneventful, until near end of the canyon section. There is a long boulder-fan rapid that has several routes, but an interesting route drops off the right into a rock cliff. At this water level the slot was narrow but I lead through there and several others

*X-rays showed that he had a broken humerus (right arm) and cracked rib. Tough guy!*



*A storm imminent, Larry and Gretchen Cornell push their group on their spring South Anna trip.*

followed, including Mel. But he clipped a rock on the left side of this steep slot, got pitched out of the boat, and fell on his right side. He got up slowly, was in pain, but passed on an early take-out when we reached Harman's Pool. He paddled all the way to the takeout. He slept in Big Bend Campground where we were camped, but was still hurting in the morning, so headed home and then to the clinic.

X-rays showed that he had a broken humerus (right arm), and cracked rib. Tough guy!

A couple hours of moderately hard rain Friday night caused all the gages to bump up a little: Petersburg hit 4.0 at noon Saturday, Franklin (best

*See "Smokehole" page 12*

## Canoeing After 80

by  
Charlie Random

I'm reminded of a book I saw about 20 years ago, *Sex After Sixty*. The author and publisher's names escape me, but I vividly recall the graphics of its striking two-color cover. It was 240 pages—240 blank pages.

This is different. Canoeing after 60 was not only possible, it was as enjoyable as ever. Likewise, after 70. After 80, though, it is becoming something else. Lessened strength, lessened "stamina," lessened agility conspire to dictate a much more cautious approach to the sport—a sport where caution is not the primary hallmark.

There was a time when I resolved to "hang it up" upon reaching the point

*See "Canoeing After 80" page 14*

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The Editor encourages you to submit your articles, art, trip reports, advertisements, letters, photography, poems, etc. Articles must be electronically transmitted using WordPerfect or Word. The Editor reserves the right to edit any article. Photographs may be submitted hardcopy, but tiff, gif or jpeg formats are preferred. Please submit your material to:

**Scott Wiggins**  
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**Submission Schedule**

Issue	Date	Issue	Date
Winter	December 1	Summer	June 1
Spring	March 1	Fall	September 1

**Inside This Issue**

**Committee and Officer Reports**

Board of Directors ..... Page 4  
 Conservation ..... Page 5  
 Cruise Schedule ..... Page 15  
 Membership ..... Page 6,7  
 Multimedia ..... Page 8  
 Prez Sez ..... Page 3  
 Program and Quarterly Meeting ..... Page 9  
 Safety ..... Page 9

**Trip Reports**

Smokehole by Tom McCloud ..... Page 1  
 High Water on the Yough by Jim Loffredo. Page 14

**Other**

Charlie Random ..... Page 13  
 Marital Blissters ..... Page 13  
 Slalom by Lisa Langlinais ..... Page 10  
 Parting Shots ..... Page 16  
 Canoeing After 80 by Charlie Random ..... Page 1

**Giving Back**

We've all benefitted from someone else coordinating a trip, setting up a meeting, writing a newsletter article, chairing a committee, participating in a board meeting or planning a program. Now is the time for you to give back to the club. Below are opportunities for you to serve your club.

Club Need	Contact
Trip Coordinators	Ken Dubel
Associate Editor (Advertisements)	Scott Wiggins
Associate Editor ( Trip Reports)	Scott Wiggins

Make a club officer, director, or appropriate committee chair aware or your comments or recommendations on any aspect of the club. Phone, write or e-mail while it is fresh in your mind.

**Advertising in CaNEWS**

Advertisements can be sent to the Editor but must be sent in camera ready format and prepaid. Classified advertisements are free to club members. Advertisements and payment must be received by the submission due dates for each issue.

Size	Dimensions	1 Issue	2 Issue	3 Issue	4 Issue
1/4 pg.	3.75 in x 4.75	\$50	\$75	\$100	\$125
1/2 pg.	7.5 in x 4.75 in	\$75	\$125	\$200	\$250
Full pg	7.5 in x 9.5 in	\$100	\$150	\$200	\$300
Roster	Contact Editor	\$100			

## CaNEWS Editorial Page

### The Prez Sez

Richard Walters

I felt that there were three areas of concern that needed to be addressed about our club. After much reading, listening, and talking I have determined that my presidency will concentrate on these three areas:

1. Club business practices
  2. Get the club into a teaching/ learning activity (therefore new members)
  3. Spread the word about the Coastals as a leader in the paddling sport
- This figures to be a tough job and needs more than just the Board Members to do.

We have been getting older without replacing or growing. The membership is down and people who organize trips are getting fewer.

To this end the Board has started to do some good things but will need the membership to participate in these activities.

1. Please, try and go on the Club Trips if possible. The Trip organizers spend time and effort to put them on. In some cases (the Lower Yough) money is spent for permits and bus tokens. *CaNEWS* carries the trip reports and they do draw new members.

2. The club is putting on courses for the membership. New paddlers are the targets of these courses (see Trip Section for courses by Rob Ault).



*Richard on 2002 Grand Canyon Trip*

3. The club does do things that are nationally seen or at least mentioned by other organizations (e.g. Paddler Magazine, ACA, and the AWA). These are usually in paddling concerns such as conservation and river access (Johns Creek). Liz Garland (Conservation Chair) heads that activity for the Coastal Canoeists.

Recently Paddler Magazine carried the story of the Coastal Canoeist Club trip down the Colorado River though the Grand Canyon (see yours truly picture above).

When we get some of these activities done I would like to get them published so others can see the good that this club does. Of course your inputs and participation is greatly needed and appreciated.

4. The Board is revising the By-Laws on the club. The reason is that they have gotten out of date and some of the practices have not been followed. Les Fry (one of the club's founding fathers) chairs the committee, composed of Charles Snyder and Norm Shafer, that is drafting revisions for the Board to review.

After Board review, the By-Laws will be posted for membership review and action at a later quarterly meeting.

### Editorial: Coastal's Membership Stats Are Not a Problem

Board members are expressing concern about Coastal's declining membership. In Oct. 1997 Coastal's membership reached 749 members. Today, it stands at 506.

I believe this concern is unwarranted. Coastal's declining membership is largely caused by factors we cannot control.

First, Coastals membership is primarily baby boomers. Alas, because our parents were better at reproducing themselves than we (and we think we discovered free love in the '60s), fewer paddlers are replacing us.

Second, organizations such as the Boy Scouts and environmental groups that feed members into paddlesport are experiencing declining membership.

Third, Gen Xers have options baby boomers never had. Paddling and environmental issues are not priorities.

With declining membership, Coastals can expect more difficulty in finding volunteers for critical jobs. But that is because less than 20% of the membership leads the activities that define our organization. More members won't help that much. Getting more current members active will.

Individuals need to grow to remain vital. Companies need to grow to survive. Organizations such as Coastal Canoeists need only remain true to their mission, recruit from within to fill jobs as best as possible and membership statistics will take care of itself. *Editor*

***After much reading, listening, and talking, I have determined that my presidency will concentrate on these three areas.***

## Board of Directors Meeting Ken Dubel



### Board of Directors Meeting Saturday, April 19, 2003

Location: Calhoun's restaurant, Harrisonburg, VA  
 Meeting type: Regular quarterly meeting  
 Meeting chaired by: Richard Walters  
 Meeting recorded by: Ken Dubel, from notes taken by Doug Jessee

Attendees: Officers: Richard Walters Members: Doug Jessee, Bernie Farmer, Dave Stockdill, Paul Helbert Committee chairs: Charles Berkey, Scott Wiggins, Les Fry

Status of prior meeting minutes: Approved prior to this meeting via email

### Officers Reports:

**President:** We are currently challenged as regards the publishing of the newsletter and roster and are pursuing solutions aggressively. Scott Wiggins has agreed to step in as editor and will meet with Lisa Langlinais in order to secure the materials necessary to do the job.

An ad hoc committee was appointed to review and comment on the club's By-Laws. A report will follow.

**Treasurer:** No report  
**Secretary:** No report.

### Committee Reports:

**Membership:** Stands at 506 families, down from 524 last quarter.

**Newsletter:** Scott Wiggins has agreed to edit.

**Safety / Education:** Several activities have been arranged including a swiftwater rescue class, a sponsor-a-newbie trip, playboating classes, basic river rescue, a rescue PFD class, and a novice clinic.

**Programs:** A nicely catered meal was enjoyed followed by a "Paddling New Zealand" program given by Ed Gertler, heck of a show.

**Raffle:** This meeting's big winner was Ole Geezer, Jim Blake, who took home an \$80 water purifier.

**Multimedia:** No report.

**Sales:** No report.

**Conservation:** No report.

**Website:** Lisa Langlinais will become webmaster.

**Cruise:** Still, as always, looking for input and for volunteers.

**Unfinished business:** There is work to be done. As this was the first meeting with our new El Presidente, several topics were tabled for now. Among them: Collection of dues once per year, budgets, chuckwagon.

**New business:** A committee was formed to review and comment on the clubs By-Laws. A thorough review was performed and reported to the board along with a revised version of the By-Laws. Most of the revisions had to do with clearing up inconsistencies in the language and with updating terms to be more in line with current communication methods. It was noted that considerable communication currently occurs via telephone and email and that the By-Laws should perhaps be amended to include these topics as well. The topic was returned to the committee for some fine-tuning.

**Many thanks** to the committee consisting of Les Fry, Charles Snyder, Norm Shafer.

**Announcements:** We sure had fun paddling the upper Smokehole and the Moorefield rivers! Top notch scenery and tons of non-lethal (thank Goodness!) carnage. Many thanks to Tom McCloud. ... And we saw eagles!

**Motions adopted:** To accept into club record the initial draft of the revised club By-Laws.

**Motions rejected:** None.

**General announcements:** Garland Reece's sons Jesse and Dale are now in the roster and, hence, will receive newsletters. **Meeting was adjourned.**

## Conservation Liz Garland

### Decision Pending on King William Reservoir

By the time CaNews hits your mailbox, the U.S. Army Corps of Engineers should have rendered a decision on the development of King William Reservoir. The project has been actively pursued by the City of Newport News for at least ten years (I first saw initial plans when I was working in Hanover County in 1981!) The City services approximately 400,000 customers now and predicts a growth to 600,000. The City's plan is for an earthen dam, 78 feet high and 1700 feet long on Cohoke Creek. Water would be withdrawn from the Mattaponi River into the 1500 acre reservoir.

Several problems exist with the plan. First, the diversion of water from the Mattaponi represents potentially serious dewatering. Dewatering would affect, among other concerns, one of the east's most important shad spawning grounds. The area would also impact numerous Native American archaeological sites. Members of the Mattaponi Indian reservation feel that their fishing rights and historical resources are being unnecessarily jeopardized.

Yet, the City of Newport News has spent nearly \$19 million studying and reviewing reservoir options. City official, Randy Hildebrandt, was quoted in the May, 2003 Bay Journal saying "The public benefits clearly outweigh the temporary impacts in state-owned bottom land or resources." The reservoir will drown 430 acres of wetlands irreparably. The area's largest permitted wetland destruction would not be temporary.

### The Water Keeper Alliance

The Water Keeper Alliance supports approximately 63 Keepers of waterways throughout the United States. There are five Keepers with oversight in Virginia. A Keeper "watchdogs" the river, bay or other area in his jurisdiction. A Keeper may orchestrate river clean-ups, be a spokesperson for the formation local water quality policy or, monitor and report polluters.

A couple years ago, the Coastal Canoeist's annual meeting included a presentation by Lynn Ridley, then Riverkeeper for the James. The James River Association, host of the James' Riverkeeper, has recently hired a new Riverkeeper, Charles (Chuck) Frederickson ([keeper@jamesriverassociation.org](mailto:keeper@jamesriverassociation.org), (804) 730-2898). The James and its tributaries have 380 river miles on the state's 303d impaired waters list that are eligible for clean-up plan and implementation under the Clean Water Act's Total Maximum Daily Load program. Chuck will train volunteers to perform stream assessments and collect baseline data for the program. Volunteers will measure and monitor non-point pollution sources of fecal coliform and nutrients throughout most of the impaired waterway.

At the same time Lynn Ridley spoke to Coastal Canoeists, the Club awarded Jeff Turner, the Blackwater/Nottaway Riverkeeper, the Coastal Canoeists Conservation Certificate. Jeff continues to diligently monitor those two eastern watersheds. He protects the river's wildlife, keeps the rivers clean and is a spokesperson for the rivers amongst local government agencies. Jeff can be reached at (757) 562-5173 or [blknotr@earthlink.net](mailto:blknotr@earthlink.net). Visit the Blackwater/Nottaway Riverkeeper web page at [www.geocities.com/blknotrriverkeeper](http://www.geocities.com/blknotrriverkeeper).

New to the Riverkeeper program is Ed Merrifield as the Potomac Riverkeeper. Ed has been a Doctor of Chiropractic for 20 years and a water quality activist for many years. Ed serves on the Maryland State Water Quality Advisory Committee and Maryland Middle Potomac Tributary

Team. Formerly Ed served the Sub-committee for Drinking Water Protection of Maryland and served in many capacities with local, state and national Sierra Clubs. To take a part in shaping the Potomac Riverkeeper position, contact Ed in Rockville, Maryland e-mail [ed@potomacriverkeeper.org](mailto:ed@potomacriverkeeper.org) or visit the web site [www.potomacriverkeeper.org](http://www.potomacriverkeeper.org).

On the coast of Virginia, a multi-state Keeper similar to the Potomac Riverkeeper, is Jay Charland of the Assateague Coastal Trust operating the Assateague Coastkeeper program. To learn more about the keeper of that rich natural resource, contact Jay at [jcharland@dmv.com](mailto:jcharland@dmv.com) or (410) 629-7538.

The other coastal Keeper is Roberta Vallone, Virginia Eastern Shorekeeper from Cape Charles, Virginia. Reach Roberta at (757) 331.1079 or via e-mail at [cbes@esva.net](mailto:cbes@esva.net).

The Keeper programs thrive on the participation of local water users. If one of these programs is in your backyard, find out how you can monitor the quality of your waterbody or participate in a clean-up by contacting your Keeper.

### Book Review

A Canoeing and Kayaking Guide to West Virginia (formerly Wildwater West Virginia) by Paul Davidson, Ward Eister, Dirk Davidson. Revised and edited by Charlie Walbridge with Bobby Miller and Turner Sharp. Available through Mena-sha Ridge Press distributors for \$16.95 or through West Virginia Rivers Coalition (304-637-7201) for \$24.95 (including shipping) with the additional funds being a donation to conserve and protect the rivers of WVa.

The language and content of this guidebook delivers safety, conservation and historic themes - all the facts laden with a little wit and reality. The book presents a good mix of old school style and new school ambition. It's a guidebook for anyone who loves the river adventures of West Virginia.

**Membership - Chuck Berkey**

**Membership information is removed from the online version of CaNEWS**

## Membership - Chuck Berkey

Membership information is removed from the online version of CaNEWS

### Safety *from page 10*

**Rescue PFD Class**, Sunday, July 20, at the summer meeting. This 4-hour class will teach you how to really use a rescue PFD. You must have prior river rescue training and get pre-approval to take this class. You should also have a rescue PFD, but I might have an extra or two available. Free to Coastals and open to 10 students. If there is enough demand, I might teach

two sessions, or I might teach this on Saturday instead of the Basic River Rescue class. It all depends on what gets the most interest.

**Advanced Swift Water Rescue** August 2-3, Richmond. Chesterfield Parks and Recreation is offering this class. It's \$40 and open to anyone. Call Greg Velzy at 999-9999 for more details. If you couldn't make the June 14-15 Coastals' Advanced Swift Water Rescue class, here's another chance to get this comprehensive

rescue class.

#### Article Suggestions

Let me know what you'd like to read in future safety columns. email me, post a suggestion on the message board or call me or email me at:

Phone: 999-9999.

*Coastals' Safety Chair Rob Ault is an ACA-certified instructor for swift water rescue and whitewater kayaking.*

## Multimedia

**Susanne Smith**

To obtain books or videos from The Coastals' Multimedia Library - FREE - contact Susanne Smith. Here is a listing of available materials:

### BOOKS

Basic River Canoeing, Robert E. McNair, 1972.  
Canoeing and Kayaking, American Red Cross, 1981.  
Catch Every Eddy, Surf Every Wave, Tom Foster and Kel Kelly, 1995.  
Exploring the Chesapeake in Small Boats, John Page Williams, Jr., 1992.  
Falls of the James National Recreational River Feasibility Analysis 1992.  
James River as Commonwealth, The, ed. Ann Woodleaf & Lynn Nelson 1984.  
Kayaking, Kent Ford, 1995; whitewater and sea kayaking.  
Knots for Paddlers, ACA, Charlie Walbridge, 1995.  
Paddle America, Nick Shears, 1992.  
Paddle Your Own Canoe, Gary & Joanie McGuffin, 1999.  
River Rescue, Bechdel & Ray, 1997; self-rescue to big water teamwork.  
Rivers and Trails, David Gilbert, 1978.  
Texas Whitewater, Steve Daniel, 1999.  
Virginia Whitewater, H. Roger Corbett, 2000; paddlers guide to Va. Rivers.  
Whitewater Rescue Manual, Charlie Walbridge and Wayne Sundmacher, 1995.  
Wildwater Touring, Scott and Margaret Arighi, 1974.  
A Canoeing and Kayaking Guide to the Carolinas

### INSTRUCTIONAL VIDEOS

American Red Cross Presents "Whitewater Primer", "Uncalculated Risk", "A Margin for Error" 1979.  
"Breakthru!"; 2000; intermediate and advance kayaking techniques.  
"C-1 Challenge, The"; Kent Ford, 1990; outfitting, rolling, and stroke instruction.  
"Cold, Wet & Alive", A.C.A., 1989; paddling story about how hypothermia develops.  
"Drill Time, Solo Playboating II", Performance Video; 1997; canoe drills.  
"Drowning Machine, The"; dangers of lowhead dams and basic rescue techniques.  
"Fast Track to Kayaking", Sam Drevo; 2002; comprehensive beginner's video.  
"Grace Under Pressure", 1992; learning the kayak roll.  
"Guide to Canoeing", L.L. Bean; types of canoes, equipment, strokes, maneuvers.

"Heads Up!"; ACA; 1993; river hazards and rescue techniques.  
"How to Organize a Successful River Outdoor Cleanup", Surf Dog Productions, 1991.  
"In The Surf"; 1999; surf kayak instruction; 60 min.  
"Introduction to Canoeing".  
"Kayaker's Edge, The"; 1992; rolliing, bracing, surfing techniques.  
"Kayaking", Eric Jackson; skills video - strokes, concepts, and rolling.  
"Liquid Skills", Ken Whiting; 2001; techniques for beginners to advanced kayakers.  
"Path of a Paddle"; Bill Mason, 1977; complete course on whitewater canoeing.  
"Path of a Paddle"; Bill Mason; canoeing-solo and double, basic and whitewater.  
"Play Daze"; 1999; freestyle kayaking techniques.  
"Retendo!"; 1996; art of precision playboating.  
"Sea Kayaking, Getting Started"; 1995; beginner sea kayaking.  
"Soar, Skills of All Rivers"; intermediate and advanced kayaking techniques.  
"Swiftwater Rescue Training"; actual footage of a rescue at Williams Dam, Richmond.  
"Take the Wild Ride"; 1994; freestyle kayaking w/ the world's best playboaters.  
"Whitewater Kayaking - National Paddlesport Safety System", A.C.A.;

### VIDEOS

"Area Verde Expeditions", 1997; kayak expedition in Guatemala.  
"Class VI River Runners Raft Trip", 1989; Gauley & New.  
"Costa Rica Rios Aventuras"  
"Deliver Me From The Paddlesnake 2"; 2000; Chattooga.  
"Forks of the Cheat", 1989; history, present issues.  
"Grand Canyon Adventure", 1995; home video.  
"Grand Canyon Whitewater", 1995; home video.  
"James River in Richmond in 1970"; home video.  
"Over the Edge", 1999; freestyle kayaking, and world record waterfall descent.  
"Paddle Frenzy", 1994; kayaking Northwest whitewater.  
"Perpetual Motion", 1994; kayaking Glade and Manns Creek  
"Savage"; commercial video of rodeo boating - Savage gear.  
"Steep Geeking with Catfish", 1993; home video - carnage.  
"Rick Taylor's Solo Canoe".  
"Token of My Extreme"; 1992; hairboating w/Thrillseekers and squirt boats.  
"Treeding Water: A Fight for the Survival of the Pamunkey and Mattaponi Rivers".  
"Upper Tye and Piney Rivers", 1972; Les Fry footage.  
"White Mile"; an HBO original movie starring Alan Alda.  
ACA Quick Start your Canoe  
ACA Quick Start your Kayak

## Programs

### Paul Helbert



**Summer Meeting**  
**Saturday, July 19, 2003**  
**Glen Maury Park**  
**10th Street**  
**Buena Vista, VA**

#### **Directions to Glen Maury Park:**

From Interstate 81, enter Buena Vista on Rt.60. Turn south on Rt.501 at Hardees. Go about one mile and turn right at the sign for Glen Maury Park. Cross the river, turn right into the park. We will be down by the river.

**Camping:** Camp beside the river. \$4/person/night. Shelter #5 has been reserved for Friday and Saturday evenings.

**Program:** Dinner at Shelter #5 around 6:30 p.m. Business meeting around 7:15 p.m. followed by a program and social.

**Paddling:** Balcony Falls Saturday and Sunday. The main group will meet at the putin and be ready to shuttle by 11:00 on Saturday, and 10:00 on Sunday.

**Dinner:** Please help round out dinner by contributing. If your last name begins with A-F bring dessert; G-M bring salad, N-Z bring veggies, chips and dip.

## Safety

### Rob Ault

**The Rescue Sequence**  
**2003 North American Safe Boating Campaign**  
**Upcoming Safety classes**

### **The Rescue Sequence**

If you're ever involved in a rescue on moving water, you want to choose the rescue that will keep you as safe as possible but still be successful.

To help you choose the best option, swift water rescuers use a sequence that goes from the safest and easiest rescue technique to the most difficult and dangerous technique.

The memory aid for the sequence is TRETROG-H.

- **T** is for Talk. If you're on shore or in your boat, you can give directions to the victim – Feet up! Swim for that eddy! etc. – then you don't endanger yourself and you don't need any special equipment or additional people.
- **RE** is for Reach. If you can extend an arm, a stick or a paddle to a victim, you've got a fast, easy technique that's not too risky, especially if you're still onshore.
- **TH** is for Throw. If you throw a rope or rescue ring or spare PFD, you've got another fast and very effective technique. For white-water boaters, our most common rescue tool is the throw bag, so it's important to carry a throw bag and know how to use it.
- **RO** is for Row. If the other methods won't work, you might have to get in your boat and paddle to the victim. In many of today's playboats, a boat-based rescue can be a challenge. It's a frequently used option, but now

you need more equipment and more skills, and you put yourself at greater risk. A rule of thumb for boat-based rescues is to attempt them at least one level below your top paddling level. For example, if you've got your hands full with class IV rapids, then class III is the highest level you can attempt a boat-based rescue.

- **G** is for Go. If all else fails, you may have to do a swimming rescue. This puts you in real danger, and it's often hard to perform. Using a rescue PFD can make swimming rescues more effective and much safer, but you need to know how to use one and you need people on shore who know how to belay you and understand your hand signals.
- **H** is for helicopter. If all other methods have failed or aren't possible, then a helicopter might be an option. But helicopter rescues are risky for both victims and rescuers. Plus, they require lots of time and coordination with government agencies. For most boaters, helicopters aren't a realistic option.

### **2003 North American Safe Boating Campaign**

The American Canoe Association is one of the groups involved in the 2003 North American Safe Boating Campaign. The 2003 campaign's focus is getting boaters to wear PFDs, and the campaign's slogan is "Boat Smart. Boat Safe. Wear It!"

If you're reading this column, then you probably always wear your PFD, but many paddlers don't. In 2001, nearly 85% of all drowning victims weren't wearing PFDs. Canoeists and kayakers have the highest number of fatalities from drowning. Many of

*See "Safety" next page*

## Safety

from page 9

these victims never had any paddling or rescue instruction, and most of them weren't wearing a PFD.

So why should you care? With the increased participation in paddlesports, there's also been an increase in paddling fatalities, which is stirring interest in government agencies. And that means there're are more chances for restrictions on paddlers.

Last year in Virginia, for example, Coastal Canoeists were part of a broad coalition that defeated regulations that would have required canoeists to carry throwable floatation devices.

You can help protect our paddling freedom by always wearing your PFD and encouraging other boaters to always wear theirs.

To learn more about boating safety, visit these Web sites:

[www.safeboatingcampaign.com](http://www.safeboatingcampaign.com) and  
[www.acanet.org](http://www.acanet.org).

### Upcoming Safety Classes

**Basic River Rescue**, Saturday, July 19, at the summer meeting. This one-day class focuses on the fast, simple and most important rescue techniques, including swimming, wading and throw bags. No prior experience required, but you must be in decent shape and able to swim. Free to Coastals and open to 10 students. I need at least 4 students to teach this class.

See "Safety" page 7

## Slalom

Lisa Langlinais



### U. S. Junior Team Trials

The 2003 U. S. Junior Team Trials were held May 17-18 in Durango, Colorado. Fifty young athletes from all over the Nation, were blessed with an abundance of water this year as warm Spring temperatures triggered mountain snowmelt and filled the free-flowing Animas River with 2100 cfs by the 2nd day of competition. The rise in the muddy brown whitewater, what the locals call "coffee with cream," created a challenging Class III+ course for the 2003 USA whitewater Slalom Junior Team Trials. Remember last year's drought? By comparison in 2002, the Animas was only flowing at 100 cfs. All week leading up to the two day racing event, athletes worked out on a steady flow of 1200 cfs.

On the first day of competition, the young paddlers and their coaches were surprised that the Animas offered 1600 cfs. The race course had been set the day before and was challenging enough at 1200, now there was an additional 400 cfs! You need to understand that once the course is set demonstration runs are made usu-

ally by attending Senior U. S. Team members. Race participants are not allowed to enter the course until their first run. Imagine seeing the course along with the demo runs and having to think about it all night long before the race, then coming to the course on race day with additional water. Not for the faint of heart.

The Animas claimed a few boaters that first day, particularly an enormous wave-keeper hole called "Smelters" where the local rodeo boaters get their kicks. Smelters was responsible for disappointment as "DNF" (did not finish) was entered into the swimmers' stats. Normally receiving a DNF would totally disqualify a paddler from the race, however, the Junior Team Trials is a two-day competition. Here's how it works:

Athletes get four runs in this event, two the first day and two the second day. The course is set differently on each day. Each racer's worst run is thrown out. Now comes the complicated part, the performance requirement. Selection criteria for the Junior Team not only involves being one of the top three (gold, silver, bronze) paddlers in your class, but you must also fall within a certain percentage, 17% for Juniors, of the lead boat in order to earn the chance to race in Europe at the Junior Pre-World Championships and Junior Global Cup.

Eleven Boats were named to the 2003 USA Whitewater Slalom Junior National Team while only five of those met the required performance standard and earned the chance to race internationally. The Animas River was selected for the Team Trials due to similar whitewater features found at this summer's Junior Pre-

See "Slalom" page 11

## Slalom

from page 10

World Championships in the mountain village of Lofer, Austria.

In short, your three best runs are tallied to determine 1st, 2nd, and 3rd places in each division. Then, if you want to compete internationally, you will need to score within 17% of the lead boat of the race. Let's say you are a 15 year old C1 boater and you take 1st place in the C1 division. The lead boat could be an 18 year old K1 boater. You will need to be within 17% of his time for international competition.

Aaron Mann, 17, from Bethesda, MD became the top boat in the Men's Junior Kayak class (K-1), followed by Jim Wade, 17, from Boise, ID and Eric Hurd, 16 from Atlanta, GA. The big water performances by all three put the World on notice that they are contenders for medals.

Will Seeley, 17, also from Bethesda, MD took the top spot on the Junior One Man Canoe (C-1) Team while Gwen Greeley, 18, from Suamico, WI led the Women's Junior Kayaks (K-1W). Both Will and Gwen finished fourth respectively at the SENIOR 2003 USA Whitewater Slalom Team Trials, one spot from being on the National Team! It was their ability and experience that set a difficult standard for Chad Lewis and Kurtis Palmero (finishing second and third respectively) in the C-1 class and Molly Stock and Candice Caldwell (finishing second and third respectively) in the K-1Ws.

The criteria for making the U. S. Cadet Team (14 and under) became even more complicated this year. Cadets do not compete internationally and yet they still were required to make the performance percentage of

the lead boat to be named to the U.S. Team. What this meant for Cadets is that on an extremely difficult course, one in which Davey Hearn, former Olympian, was quoted as saying that the course looked more like a World Cup Senior level course than a junior course, they not only had to make three solid runs, but perform within a certain percentage of the lead boat. So, someone like Coastals Member Robyn Abernathy, age 13, had to fall 1st, 2nd, or 3rd within her division, plus perform within 35% of the lead boat, in this case, Aaron Mann of Bethesda, age 17. A very difficult thing indeed. Considering that only three Cadets qualified within the performance percentage in Durango, they have one more opportunity to

make the U. S. Team at the Junior Olympics. JOs will be held this year on the Nantahala River, July 19-20. This race should be extremely exciting as the Cadets will be duking it out for the eleven remaining seats on the Cadet National Team.

Our young athletes are individuals of character in whom we should be proud. They accepted the challenges of the difficult race course, performance criteria, and the surprises given them by the Animas River. Although fierce competitors, they demonstrated old-fashioned good sportsmanship as they celebrated their kindred ship by having some plain old fun in Durango. Every competitor proving to be a real Champion.

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## Smokehole 2003

*from page 1*

gage for upper Smokehole) peaked at 3.1 around midnight and slowly dropped to 2.9 at noon Saturday. I don't know how long it takes the bubble to get from Franklin to the Smokehole, but we floated it near its peak. Moorefield went up only from 2.3 to 2.4, so that's what we had Saturday afternoon.

Saturday morning: the Upper Smokehole canyon run from near 220 bridge to the low water bridge. Paddling were: Ken Dubel yellow K1, Tom McCloud OC1 Sunburst II, Glen Chalkley blue K1, Charles Ware OC1 red, Scott Broaddus OC1 blue Sunburst II, Michael Hoon & Diana Rodum tandem red Dagger Dimension, Courtney Caldwell C1 and nephew Eliot C1, Jim Blake C1 black, Katherine Mull OC1 dark blue Rampage, Bob Kimmel OC1 blue Mohawk, Dave Kessman red K1, John Sills OC1 red, Chip Walsh OC1 pink, Mark Jones K1, Elaine Casper K1, David Bernard OC1, Andrea Jones in a Shreader along with Don Leeger, Bob Whiting OC1 blue - and I probably forgot someone - sorry.

The upper part of the Smokehole canyon has the best rapids of the South Branch, but also takes more water than the lower canyon. That little bit of rain we'd had 12 hours earlier bumped it up just enough. And we had a clear, and partly sunny morning. The Landslide rapid was very benign at this level, yet still claimed several paddlers - as it always does. These were all safe, short swims with quick rescues. And a surprisingly large number of portages through the huge boulders on the right. There were a couple more swims at the next rapid below. But from then on we moved right on down the river, rather fast, because I had a second run planned.

The Moorefield, or South Fork South Branch, is the furthest east of the upper Potomac headwaters, so closest to Harrisonburg, which is where many of us intended to eat supper and attend the Coastals meeting. The Moorefield is a smallish river which rarely has water except when the weather is very cold. We had just barely enough, about 2 inches over zero, so couldn't pass on this rare opportunity. I was surprised how many of our paddling group, which included many with years of experience, who had never seen the Moorefield. We put in at the new Rt. 3 bridge, Pendleton Co., near Ft. Seybert and took out at the Milam bridge on the same road, which is called Rt 7 in Hardy Co., around 7-8 miles. We lost a few boaters from morning but Don Leeger paddled OC1, and we gained Steve Thomas, OC1 Sunburst 2. The afternoon was much warmer with some sunshine, so much the better to enjoy this very pretty river. We saw another bald eagle, an osprey, and an American egret. There was again unanticipated carnage, this time at 'Tight Squeeze' rapid (sometimes called keyhole) due to tightness of the slot and a rock in the wrong place, just below the slot on the right, which claimed Steve, Chip, & Court. Michael & Diana in that big Dimension got wedged at an angle on the same rock, but managed to pull the boat out without what could have been a much more serious pin. And below here Don took a swim in a steep boulder bar.

These problems caused us to fall an hour behind our anticipated departure for Harrisonburg, so after an inordinately long time getting the reverse shuttle run, we headed east on Rt. 33, and made to Magraders and the Coastals meeting, after supper had already started. That long drive back into Big Bend campground was even longer than usual.

Sunday - Lower Smokehole Canyon from Big Bend campground to Petersburg - Rt. 220 bridge, about 14 miles. Moderately low, maybe 3 or 4 inches of paddling water. A lot of folks headed home from Harrisonburg, but returning for the Easter Sunday paddle were Tom, Scott, Chip, BobK, BobW, Don, Dave, Katherine, John, plus Bing Garthright, & Hendrick van Oss, all OC1 and Dave Kessman K1, Court & Eliot, C1. And 3 acquaintances of Hendrick -- Hans Haucke, Eric ? and Felicia Miller in kayaks. We set the shuttle into Petersburg and returned to launch by 11 am.

The morning started dreary but we had filtered sun by mid-morning and temperatures reached the high 60s, so very pleasant. Smokehole Canyon was at its prettiest with pastels of green - trees just coming out, and redbud, shadbush, columbine, Virginia bluebells and many other wildflowers. It would be very hard to arrange a prettier river to float. We drifted down to Chimney Rock Slide, the traditional lunchstop on river right, just below the rapid. Several other canoes had just left there ahead of us, having camped there the previous night. No difficult whitewater on this section, just constant current. You float, enjoy the deep canyon scenery, look for wildlife, keep the boat pointed straight and in about 4 hours you'll end up in Petersburg. We have always looked forward to those ledges in the last mile prior to takeout, but even those are not there at present, I assume buried beneath shifting gravel. We and loaded up and were on the road home from Petersburg by 4pm.

Another successful Smokehole weekend, and this time we actually had enough water to float those sections of the upper Potomac that are sometimes too low. Put it on your calendar now for next year.



When's the last time you saw a Class IV rapid? I've notice that most of 'em mentioned in trip reports are I, III, or V.

If there was one thing we could have learned from George Brumble (beyond how to paddle, how to teach it, and how to be a very nice person) it's "never tie a knot where a hitch will do." This is something he picked up from the Chinese while serving with them in the China-Burma-India theatre of operations during "the big war." They hauled materiel all over Asia by pack animals and never tied anything on with a knot. The hitch not only serves the function of quick release, but saves considerable needless wear on the line. So, if you want two negatives that make a positive, knot *not*.

Yes—Iron Ring in an open canoe! There are those who swear they saw it. One must feel a sense of obligation to do these things when he's bent on becoming a legend. Better 50 years a tiger than 100 years a chicken.

Cutesey doesn't cut, but you've gotta like this one from Charlie Walbridge, ACA Safety Education Chairman: "Not all frozen turkeys are found in supermarkets." . . . and from a Corps of Engineers bumper snicker: "Don't Drown—it'll spoil your day."

Another veteran open boat white-water paddler, on reading of the latest kayak entrapment fatality, unequivocated, "Man, I wouldn't be caught dead in one of those things."

There's a certain irony in physical conditioning: The better shape you're in, the less your defense against hypothermia—the less flab you have insulating the body core.

A Lynchburg store advertised it was selling "outdoor phernalia." I guess, like most other stores, they sell it only in pairs.

## Marital Blissters

The tandem canoeist threatened to get his wife a pair of paddling gloves, conspicuously marked L and R; so when he yelled directions to her, she could tell left from right. We've even heard a paddler shout at his bow partner, "The *other* right!"

A lot of that goes on. Spouse and I discussed the matter calmly shortly after we started canoeing and judged that a second canoe would not only be much cheaper than a divorce, but would contribute mightily to our continued enjoyment of the sport. Not all couples have been so fortunate. Occasionally one partner addresses another as "Dear" when you can tell by the tone and volume that he'd like to pitch her overboard. In a solo boat, if you hit a rock or things don't go just right, you know whose fault it is. There's no need to turn the air blue with invective and lessen the pleasure of everyone else on the river. We were along on one trip when a guy got so infuriated with his wife for not avoiding a sub-surface rock that he whipped the canoe around and made them paddle back upstream several boat lengths, against a pretty stiff current, so he could point out to her, "Now, dammit, *that* is a rock!"

On the other hand, we've observed many times that dating couples paddle together in perfect harmony. She guides the boat up on a rock that would be obvious to a blind man, and he makes excuses for her, "That's all right, angel. You'll get the hang of it. The current was just forcing us over that way." Butter wouldn't melt in his mouth.

One of our younger members brought his new girl friend on a trip—perfectly flat water—no danger of capsizing. But he hadn't given her the word about wardrobe. All of us were in appropriately grungy wear—mostly shorts and t-shirts over swimsuits, old sneakers or wetsuit boots. "Precious" came out there looking like a magazine cover: bold striped middie blouse, white duck pedal pushers, cute little skimmer, white sandals on three-inch platform heels. More appropriate for an afternoon aboard the prince's yacht. He had her sit on the bow seat. None of this kneeling in the bilge for her—no, sir. As the morning wore on, the temperature rose and she stripped away a layer at a time. He had given her a paddle, but she didn't have the slightest idea what to do with it. She didn't have to. He was perfectly happy to do all of the paddling from the stern, while she applied fresh layers of sunscreen.

If 58 years in the ad biz has taught me one thing: It's that our attention is attracted by 1) movement, 2) light, 3) color, 4) size. Once that little darling was peeled down to her bright yellow bikini, moving through patches of dappled sunlight, she attracted the attention of everyone on the trip—male, female, young, old—and, perhaps, attracted the *envy* of some.

And never was heard a discouraging word.

## Canoeing After 80

from page 1

in my paddling career when I needed the help of others in handling my gear or in getting my boat back up on the van. I would often race ahead to the campsite or to the takeout in order to get all my gear ashore and squared away before help could be offered. But, more recently, racing ahead became out of the question. I'm now more often the last to arrive.

One develops a deeper appreciation for those with whom he's paddled over the years, those who (though younger—often *much* younger) continue to put up with his diminished physical ability. Help never seems begrudgingly offered. More, it conveys a genuine feeling of helpfulness, of deep friendship, of (dare I say) love.

Always with the heaviest boat and the most equipment in the group, I suffer twinges of imposing when someone lends a hand. But far outweighing such feelings is the overwhelming sensation of abiding gratitude.

I love canoeing. I love my paddling companions.

## High Water on The Yough

Jim Loffredo

Sat. May 25 and Sunday, May 26. Paddlers: Mr. and Mrs. Richard Walters, Ken Dubel, Brandon Bertsch, Jon (lost your last name), Bill and Mike Smith, Andrea Coble, Gene Langlinais, Marybeth Wheeler, and Jim Loffredo.

With all the rain on the east coast the last few weeks, the lower Yough trip was iffy days before the actual trip. However, the last minute outlook from PA gave us the hope with river levels between 3-3.5 ft.

So Coastal members from the mid-Atlantic area rushed out of work on

Friday to get to SW Pa in hopes of playing some Friday or getting a good campsite. Unfortunately, I68 was shut down due to a 73-car accident related to the fog and rain. Yes, rain. The 20 % chance of rain turned into a 12-hour downpour. So, after dealing with bumper-to-bumper traffic the paddlers scattered to spend the night in hotels and enjoy a dry room and a cold beverage.

To our surprise, however, Saturday morning gave us a warm sunny day. New hope came after seeing the gauges shoot up to 4.6 ft. So, with the club president and club trip coordinator and a mixed ability level of paddlers we decided to head off to the Casselman River. Ken Dubel insisted on taking charge and with the help of a map and Andrea they led the caravan of automobiles on a scenic drive through several counties and towns. Some areas we enjoyed the sightseeing so much that we repeatedly turned around to drive through the same area to see its beauty again. Truly breathtaking. After this epic drive, we finally arrived at a take out not the takeout only a takeout.

The Casselman was beautiful. The level was nice, the weather perfect and a fun group of people on the river. With Richard in his raft and 8 kayakers we headed off into the water. We all enjoyed the rapids, which were surprisingly juicy. We only had one boater who turned into a swimmer and raft support helped greatly here. After about 3.5 hours on the river we noticed a large group of kayakers taking off at a bridge. They tell us this is the takeout! Well, not our take out. We decided as a group to go for the more aerobic work out and paddle five more miles of flatwater. It was a good decision, because the takeout gave us all a chance to work on front strokes, which might have gotten rusty over the winter months. Ken's cooler kept our spirits high

after reaching the end of the river.

Next we decided on dinner. Again, land navigation led us through some more extremely beautiful scenery. Again, we could not stand seeing it only once so we did several turn arounds to enjoy the same strip of road again. Dinner was right on.

Day 2 again saw beautiful weather and led us to an early putin. This time we struck out for the Lower Yough. Richard's raft led and 3 kayaks followed. Well, usually we were behind. Other than the times that Jon and Brandon decided to play chicken with the raft, or was the raft aiming for the kayaks. I guess we will never truly know. The Yough was empty this early in the morning to our surprise. We did not run into another boater the entire time on the river. Truly amazing. Ending our paddling, we enjoyed a nice long sun tanning session waiting on the shuttle bus. A great time to watch a kid with too much energy whack down weeds with a stick. Exciting. After paddling, Coastal members showed they can cross train with a beautiful hike on the Beach Trail to end the sunny day. Sunday night brought more rain and Monday saw the group divide up with some going home and some staying to raft and paddle more. I for one had poison ivy from any early campfire on my hands and decided being in paddling gloves was not for me. I would truly like to thank Ken for helping with the Casselman part of the trip and for finding that random wallet in the road. I would like to thank Richard for taking people in his raft who would not otherwise have seen the river this early in their kayaking career.

The next trip will provide lower water levels and more paddling time. Thanks to the rest of you on the trip for your flexibility and humor. Oh yeah, and dealing with my lack of downer medication. Fun is what you make of it. It is good.

## Cruise Schedule

*Ken Dubel*

**The rules are few but very important.**

Coastal Trips are for Coastal members only. We encourage you to join our club and participate in our trips. Participants assume full responsibility for their personal safety. Coastal Canoeists, Inc. assumes no responsibility for your safety, skill level or any other factors affecting trips.

Trip Coordinators only facilitate trips. Email or call the coordinator before 9:30 p.m., Thursday prior to the trip. You cannot bring unexpected guests. You must self-rate your real skills for any trip. To assist you in selecting a trip, trips are rated according to the AWA Safety Code for Class I-VI rivers.

Trip updates can be found on [www.coastals.org](http://www.coastals.org).



Weekend	#	River	Rated	Coordinator	Email	Telephone	Comments
7/19	1	Qtr. Meeting, Maury / Balcony Falls	N/I	Ken Dubel			Summer quarterly meeting.
7/26	2	Dan River, Kibbler Valley race	N/I	Robert Weddle			A fun race in southern VA
7/26	2.1	New River Gorge	A	Richard Walters			Join Richard on big water.
8/2	3	Mobjack Bay Sea Kayak	N/I	Richard Walters			The bay always has good water!
8/2	3.1	New River gorge first timers trip	I/A	Gene Langlinais			For first descents. Safety boaters needed!
8/9	4	Maury River cleanup and paddle	I/A	John Van Luik			Clean a beautiful gorge, get in a good paddle.
8/16	5	Eastern Shore Sea Kayak	N/I	Richard Walters			There's still water in the bay!
8/16	5.1	Annual Seven Islands float trip -- James Hardware to New Canton	N	Ted & Caroline McGarry			VERY relaxing summer weekend trip
8/23	6	New River in VA, Ivanhoe - Foster	B/N	David Bernard			Take out above or below Foster
8/23	6.1	Southern Dams	I/A	Robert Weddle			8/21-24. Pigeon & Ocoee Rivers.
8/30	7	New River Rendezvous	B/A	Ken Dubel			Labor Day classic. Fun for all levels.
8/30	7.1	N Branch Potomac @Bloomington	I	For			
9/6	8	Camper on Greenbrier River	N/I	Larry Gross			Spend the night on the river.
9/6	8.1	Gauley Release	A/E	For			
9/13	9	Appomattox	I	Jenny Wiley			Enjoy this historic waterway.
9/13	9.1	Gauley Release	A/E	For			
9/20	10	Rappahannock watershed	N/I	Richard Burke			Richard promises to find you some water
9/20	10	Gauleyfest	A/E	For			
9/27	11	Ohiopyle Falls race, Youghiogheny	A	Ken Dubel			Fling yourself over the falls?
9/27	11	Gauley Release	A/E	For			
10/4	12	North Carolina Camper Sea Kayak	N/I	Richard Walters			Extend your summer a bit in NC
10/4	12	Russell Fork Rendezvous	I/E	Robert Weddle			I or E run + a funky festival great scenery
10/4	12	North or South Anna	N/I	Jenny Wiley			Jenny comes through w/her home rivers
10/4	12	Gauley Release	A/E	For			
10/11	13	Dealer's Choice, west central VA	I	Richard Burke			Not too far from Culpepper

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*"Paddling just doesn't get any better than this". Gretchen Cornell on her and Larry's spring South Anna Trip.*

Scott Wiggins  
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**Quarterly Meeting**  
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