



The Voyager's Companion

Newsletter of the Rocky Mountain Canoe Club
www.rockymountaincanoecub.org

Newsletter of the Rocky Mountain Canoe Club
August 2008 issue
COLOR VERSION at <http://rockymountaincanoecub.org/newsaug08.pdf>

www.rockymountaincanoecub.org
Jeanne Willson, editor

Prez's Paddlemania

It has been a good summer so far, with lots of water everywhere. We ran the Yampa on June 21-22 from Craig to Juniper Hot Springs at a high 6900cfs, and it was still a good beginners' run. We were cruising at 6mph – 13 people and 4 dogs!

A few things to keep in mind when someone wants to lead this trip again.... Loudy Simpson County Park was a nice, inexpensive place to camp the night before paddling - - if you don't mind sharing the park with the local teenagers. Starting there added 5 pleasant miles to the first day.

We saw both bald and golden eagles and twenty-some deer. Every time that I've done the full run to take out at Juniper, there have either been tons of mosquitoes or lightning and wind, so I'd recommend taking out at the Duffy Mountain ramp – even if it is hard to catch at high water.



Gail Campbell relaxing in camp; More happy Yampa campers—John and Laurie Quam and Liz Fagen in the foreground

We've had at least 8 new club members joining us on the Yampa, on Bill A's day paddle and at the Rendezvous. It's good to have some new blood. Speaking of the Rendezvous, it was fun doing Pumphouse to State Bridge (across 2 days) with the water at 1630cfs. We had beautiful weather, good food, and 3 musicians (not counting all of the singers) this time. Thanks to Bill and Kathy A. for leading 2 sections and doing the pancakes. Thanks also to Mat Bozek for herding the cats, er, experienced group.

Hopefully some of you seasoned paddlers will join Doug H. on Flaming Gorge Labor Day weekend. Last time we ran it, there was a moose in the river right at the takeout. Then I

hope you go with me on September 6 and 7 for stretches of the Colorado below and above Dotsero. We plan to camp at the Sweetwater Lake Resort on the edge of the Flat Tops, just 10 miles from the river. And then there's another Fruita to Westwater trip after the temperatures cool off a bit at the end of September.

Mark October 1st on your calendar for a photo show and potluck, and then November 12 for the business meeting and elections. I hope to see many of you on the river yet this year.

–Karen A

2008 RMCC Rendezvous Roundup

By Bill Ashworth

Nearly 200 years ago, intrepid French, English, and American trappers, explorers, and voyageurs met annually on rivers and lakes in the Rocky Mountains to trade goods, swap stories, and purchase livestock and wives. Once again, we've kept this tradition alive at the annual encampment at Radium on the Colorado River, affectionately known by the Burlington Northern as Steam Whistle Training Area 51. The goods were great, the tales were tall, and livestock was especially perky. However, the usually brisk business in bride barter was dampened by the general downturn in the economy ... and a lack of willing participants!

Figure 1 Willing participants on the State Bridge Run: Lewis and Shawna Phillips



By Saturday morning, we were well over 30 strong and divided into a beginner/intermediate group for the State Bridge to Landing Strip run under the unsteady command of Bill and Kathy Ashworth, and an intermediate/ advanced group for a Pumphouse run led by Mat Bozek and attended by our talented president Karen Amundson and equally talented webmaster and newsletter editor Jeanne Willson (always flatter your editor). While the Pumphouse run presumably saw conventional whitewater hulls, the State Bridge contingent looked more like the results of a garage sale with boats that ran the gamut from ww tandems, ww playboats, sea kayaks, recreational kayaks, and the apparent winner of an "Anything that Floats" contest. However, everyone finished and everyone had a great time. The routes on Sunday were Landing Strip to Catamount and Yarmony Bridge to State Bridge with the same trip leaders. Remarkably in the case of the beginner/intermediate group since their leader had completely missed the entrance to the

only challenging drop on Saturday and his midstream "no go" paddle signal was interpreted as a "go for it, cowboy" encouragement instead. Ah, loyalty.

Above: Ray Morrison on Yarmony Rapid, Colorado River

Saturday evening saw the traditional Dutch Oven competition with wonderful entries and delightful side dishes provided by all the members. In keeping with the Rendezvous theme, we even had a Yankee peddler hawking potent Russian vodka to the naive natives. A wonderful night under the stars. Yes, stars. Our quartermaster dutifully brought the fabled circus tent but the consensus was that the fair weather would hold and we left it in its duffel.

So, in summary, wonderful weather, glorious flows, delightful company, fabulous food, and another two nights' sleep lost to America's insatiable need for train-delivered Colorado coal.

Jeff Marsalis made a Rendezvous album at:

[http://jeffjupe.spaces.live.com/photos/cns!7CA30B6F6E99D886!210?authkey=vXbNUvPo2FI\\$](http://jeffjupe.spaces.live.com/photos/cns!7CA30B6F6E99D886!210?authkey=vXbNUvPo2FI$)

FITNESS TRAINING FOR CANOEING

By Jeanne Willson

As with most sports, your canoeing performance will be improved by using both general and sport-specific cross training methods. Please, please check with your doc or physical therapist to be sure that you are doing what is right for YOU. Broad areas to focus on are: aerobic base, flexibility, balance, strength and explosive power, and nutrition and hydration.

What follows are many suggestions; some readers will already be doing 10 times as much as I have listed here, and others might be overwhelmed. If you are in that second group, just pick one change to make in what you are currently doing and get competent in that before you think of adding anything else. Also, I'm not trying to be comprehensive here regarding specific routines or exercises; you'll need to go elsewhere to get instruction on how to do exercises mentioned here.

AEROBIC BASE: Any day you aren't canoeing, you should do something (else) aerobic. Target an hour 5 times a week, year 'round ... for the rest of your life. I probably don't have to tell you that this improves your heart function, whole-body circulation, energy level, ability to run up and down the hill from your canoe to your campsite carrying all your gear, and general ability to paddle for hours in a headwind. You have many choices. Here are some good ones:

- **Machines** (ellipticals, bikes, stair machines, ski machines, treadmills, etc.) at the gym. Good choice for convenience, bad choice for general fun. If you can read at the same time that you are exercising, you aren't working hard enough. Check your heart rate (proxy: are you breathing hard but not so hard you want to stop soon?) to be sure you are in a good fitness training zone, generally 65 to 80% of your age-based max heart rate. Yes, you can train in your so-called fat-burning range (60-70% of theoretical max), but you won't get really fit working in that range.
- **Swimming:** GREAT for canoers. Engages all those good back muscles. Jerry Nolan finds it gets him in great canoe-race shape. You'll need to swim at least ½ mile, and twice that or more if that is the only aerobic exercise you are doing that day; again you should be sweating (in the water) and breathing hard. If you haven't taken lessons for 30 years, or ever, consider taking 3 to 5 private lessons with a swimming teacher. It'll do wonders for your speed and enjoyment.
- **Running, jogging:** ditto for heart rate. Almost nothing beats running for intensity in a short amount of time (except, maybe, snowshoeing uphill in deep snow and skate-skiing). Running helps maintain bone mass, too.
- **Rowing machines:** If it is good for your back, it is good for your canoeing. You don't get the twisting and lateral ab strength that you need for power stroking but it's still great. Don't worry about it not being one-sided, either. Just do it, if you like it. Ask someone to show you how to get the rhythm right – legs push, torso pulls, arms pull, arms release, torso and legs release.
- **Biking:** a few more words on this, because it's a great exercise. And it's some of the most fun you can legally have. It provides great lower body counterbalance for your mostly upper body canoeing. Also, real bike training will make a huge difference in your body balance as you increase speed around corners, follow painted street lines precisely, ride no-hands, and such; this balance will transfer to your canoeing. Mountain or road, I don't care. Just ride. My rides take me by mountain views, prairie, wetlands, songbirds, waterfowl, hawks – only a good canoe trip beats this.

More on biking...

- **YOUR BIKE:** First, service, upgrade, or even replace your old bike, for the sake of both safety and enjoyment. Keep your tires inflated – pump up every week as they lose air. Avoid bike trails (thorns) unless you have Slime in your tire tubes. Consider clipless pedals. They really help, especially since they will engage more leg muscles.
- **CLOTHES:** Buy those nice padded bike shorts or find shorts with no crotch seams. Wear gloves. Snug up your brain bucket (skid lid). Wear bright clothes because car drivers are stupid and blind.
- **BIKE FIT:** Get a pro to fit your bike to you. Really. This is critical if you use clipless pedals. Your knees need to be aligned properly & your legs need to extend just right.
- **RIDE:** Ride for AT LEAST an hour (more is better) and ride so you are breathing noticeably but sustainably harder much of the time. This is aerobic, remember? Target a peddling cadence of 75 to 90 RPMs, even going up hill; get more low gears if you can't go 70 RPMs up most hills. This peddling rate is most efficient and will save your knees for canoeing, walking, whatever. It feels easy (once you train yourself to go that fast) but trust me, you are getting an incredible workout. Arms and hands: Shoulders relaxed, unhunched & down, back straight. Try to use your core (belly and back) muscles to hold most of your weight on the bike seat and NOT on your hands. Your hands and arms should be relaxed. This helps you ride better AND improves your core strength, which we always love. Now, un-hunch your shoulders again. Creeps up on you, doesn't it?
- **BACK/ BUTT PROBLEMS?** OK, did you get your bike fit like I suggested? Are you wearing padded shorts? Have you been doing your core strength exercises (see below)? Are you riding at least twice a week for one to two hours? Come

back to me after six weeks of riding twice a week and I'll bet your back problems are all better, AND your back is stronger, which as we know by now is *good for your canoeing*. Between now and then, ask your doctor if ibuprofen is right for you. Vitamin I, we call it.

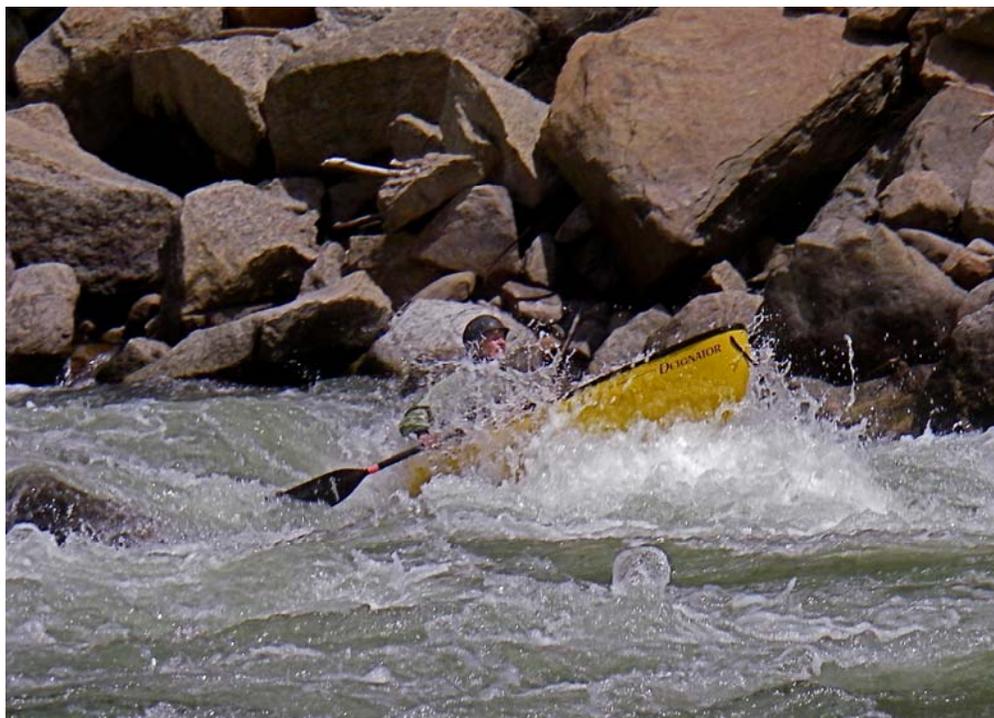
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- **Snow Sports:** You are aiming for sustained, heart-pumping effort. Take a snowshoe or Nordic ski clinic at REI or with the Colorado Mountain Club if you need help getting started.
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Figure 2 Bonnie Gallagher in Brown's Canyon

- **Hiking/snowshoeing:** There is nothing like a good 6 to 10 mile hike in the mountains for improving your overall health and spirits, and if you go that far, it **WILL** be aerobic. If you are new to hiking, or to Colorado, please read up on navigation, hypothermia, lightning, avalanches for you back country snowshoers, and rain/snowstorms. Learn how to be prepared for bad weather and other emergencies. If you are new to the club, be aware that we love to go on short hikes up side canyons on our longer river trips and you want to be ready for these.

- **Gardening:** Are you kidding?

- **Group/team sports, e.g. softball:** Just be sure you are getting sustained intensity for aerobic benefit. Otherwise, it's like ... gardening.



Now, on to all the other stuff you need to raise your overall fitness:

FLEXIBILITY: Yeah, boring. Do it. Stretch after exercise, not before, so you let your muscles warm first (and stretching first actually reduces muscle power during your workout); don't bounce, and stretch everything. Well, at least every now and then. You may find that Asana (physical) yoga works well for you and improves your flexibility as well as strength. Try it at the gym, a studio, or get a DVD at the library to get you started.

BALANCE: Balance is a newcomer on the fitness scene. Balance is critical in a canoe (nose over navel), critical as you get older. Yeah, none of *us* are getting older. That's because we are secretly doing all sorts of balance exercises using a variety of torture instruments. Balanced people trip and catch themselves; old people trip and fall down. Get a book or go to a trainer and learn about this. Balance exercises (including free weights) engage many more muscles than machine-controlled weights. You need one-leg standing balance (be like a stork putting on your socks in the morning while standing); sitting balance (sit on a balance ball or disc while you watch a DVD; for extra points lift weights while sitting on the ball; walk, jog, and step on a BOSU; do your crunches on a balance ball or BOSU, etc.); arm balance (pushups with hands on a Dyna Disc or a medicine ball; free weights) and kneeling balance – here is one of my current favorites: put your big balance ball near a steady support and KNEEL on your balance ball. Let go of the support. Baaalaaanncce. Raise and lower your body from your knees, twist, do a motion like weighting your right leg then left leg like you are rocking the stationary canoe side to side or turning your moving canoe (nose over navel here, too). There are 20,000 great balance-and-strength exercises out there so you won't get bored.

STRENGTH: Weight and resistance training is a critical part of overall fitness and you should plan to do it at least one hour each week (two to three sessions is better) for the rest of your life. No kidding. Go to classes, read books, but in my experience there is nothing like a few sessions with a personal trainer to get you going and keep you going. A trainer will show you how hard you should work, and on what. You can continue on your own using books and on-line trainers to keep your workouts interesting and

helpful, or continue with your trainer in person, even just every other week. Now, what to train? Spend 25% to 33% of your time on core and full-body training – all of those abs up down and sideways, and your mid and lower back, plus all parts attached to those parts. Do crunches, back crunches, air swimming on your belly, planks, planks with leg raises, full body pushups (yes, girls, you too), pushups with your feet on a balance ball (owwch) and on and on. For those all-out full-body canoe power strokes, do explosive crunches where you throw a 10 pound medicine ball to a patient friend *while you do a sit-up*. This is one of those throws like a throw-in from the sideline in soccer – your strength comes from your abs -- but you start it lying down. The rest of the time your weight training should focus on all muscles in your arms, legs, and back (yes, back is core, but you've got those deltoids and lats and neck muscles to get super strong for canoeing).

Shoulder injuries (dislocation, rotator cuff) are common among canoers. After my surgery (no, it was skiing), my ortho surgeon said that to protect the joint, I should work hard to maintain all of the musculature around my shoulders and neck. This means you should do push & pull routines in all directions (out to the side, too), plus special rotator cuff exercises with bands. Ask your trainer for specific exercises.

Your weight training should go fast enough to get your heart rate up and to get you breathing hard. No chitchat at the water cooler. Keep lifting. You should be sore the next day, which is why you should give worked muscle groups a day to recover before working them again. Appropriately heavy weights will increase your power – power to do a good draw, power to get your canoe on the car, power to live your normal active life. Weight training will help you maintain muscle mass and bone mass as well as you, ah, age. Sorry to mention it. *** **Highly recommended books: “Younger Next Year” and “Younger Next Year for Women” by Chris Crowley and Dr. Harry Lodge.** ***

NUTRITION AND HYDRATION: There is lots of information out there these days about this. The good stuff boils down to this: Quit eating junk food. Eat lots of colorful fruits and vegetables. White fruits and veggies (apples, cauliflower, potatoes) don't have as many vitamins etc. as colored ones do. Eat whole grains, not whitened ones. Avoid solid fats and use liquid oils instead. Drink lots of water. Eat more fish and less red meat. Drink and eat before and after a workout. Don't believe everything you read on the Internet.

Tell me how it goes! See you on the river ... or biking ... or ...??

First Aid Kit for Canoe Trippers

by Eric Hermann

We carry first aid kits, like most emergency gear, hoping never to use them. We want them to be accessible, dry and compact, yet cover any injury or illness we might face on trips often far from roads. Most river rules mandate a major kit on overnight trips.

I'm no expert. The web provides plenty of access to those who are, like known wilderness medical authors, and groups like NOLS, National Outdoor Leadership School. What follows is nowhere near a full account. For that, read the books and take the classes. For books on paddler first aid, try http://www.paddlermagazine.com/issues/1998_3/health.html.

A good read is “Put a Doctor in Your Pack: Looking inside first aid kits,” by Michael Hodgson at http://www.mountainzone.com/gear/First_Aid_kits_Review.html, and I'll draw some ideas from that.

According to one study, the most common backcountry problems were insect bites, wounds, blisters and sunburn. “Asthma, allergic reactions, and lacerations were the most common of the serious medical problems.” According to a NOLS study, sprains, strains, and cuts accounted for 56%, and fractures and dislocations accounted for 4.6% of all injuries. Diarrhea accounted for 60% of illness cases and several others were dental problems. It seems that outbackers carry an average of 48% of the first aid supplies they need. So, stock your kit, pack it water tight, and keep it ready for use anytime. NOTE: Many of the items in a pack such as bandaids, elastic, and medicine should not be kept in hot places such as a car or canoe unless you are prepared to replace them every few months as the heat will destroy the rubber, adhesive, and chemical properties of much of the stuff in your kit.

Below are the contents recommended by the Grand Canyon Private Boaters Association. <http://www.gcpba.org>

INSTRUMENTS

First Aid book, small waterproof

*to refresh your memory**
 Paramedic shears/knife, 1 medium size
clothing/tape/dressings
 Razor, 2 safety type
removing hair for taping, suction
 Tweezers, 1 medium (maybe tick tweezers too and hand lens)
splinter removal
 Safety Pins, 10-20 various sizes
triangular bandage
 Cotton Swabs, (Q-tips) 1 package
cleaning lacerations and eyes
 Note pad/pencil, 1 pad
recording all procedures
 CPR face shield, 1
used as a barrier device
 Disposable gloves, 2 pair
used as a barrier device
 Pen light, 1
extra light/ [use a small LED headlamp or squeeze lamp]
 Snakebite kit, 1 kit [Sawyer Extractor]

WOUND MANAGEMENT

Antibacterial soap, 8-12 oz. bottle
cleaning wounds
 Moleskin, 1 pack
for blisters [and Molefoam, Spenco Second Skin]
 Band-aids, 1 pack, 1"
for lacerations, scrapes
 Butterfly closures, 15-20 various sizes
for closing lacerations [Use wound closure, or suture, strips]
 Anti-bacterial ointment, 1-2 tubes
antiseptic for wounds
 Carlisle dressing or Kotex, 3-5 (4" wide)
for large bleeding wounds
 Ace bandage, 2" or 3"
for sprains
 Chemical ice, 1 package
to reduce swelling
 Sterile pad gauze flats, 18 (2" x 2")
for small wounds
 Sterile pad gauze flats, 18 (4" x 4")

for large wounds
 Adhesive tape, 2 (2" rolls)
for bandages, sprains
 Triangular bandage/safety pins, 4 (40" size)
for arm or leg support
 Roller gauze, 5 rolls (2" x 5 yards)
for holding gauze flat
 Sam splint, 1 or 2
for arm and leg splinting

MEDICATIONS

Ex-lax, 1 small package
constipation
 Syrup of Ipecac, 1 bottle
to induce vomiting
 Eye drops, 1 bottle
eye wash
 Kaopectate, 1 bottle
diarrhea [Immodium works better]
 Ear drops, 1 bottle *clogged ears*
 Water purification tablets, 1 bottle
 Vaseline, 1 bottle
dry skin/lips [improve suction for Sawyer Extractor] and also good emergency fire starter
 Oral glucose, sugar, honey, 1 tube
treatment of diabetic condition
 Neosporin ointment, 1 tube
for the control of infection
 Thermometer, 1 (in plastic tube)
for fever/hypothermia
 Baby shampoo, 1 bottle
to wash an open wound
 Robitussin, 1 bottle
for cough and cold relief
 Antacids, 1 box
for indigestion
 Alcohol swabs, 10 packets
for surface cleaning
 10% povidone-iodine solution, 10 packets/1 bottle
disinfectant
 19% hydrocortisone cream, 10 packets/1 tube *to prevent infection*

* I see the *Pocket Guide*....

Add to this a 20cc irrigation syringe, Clorox hand wipes, a dental repair kit, sterile eye pads, knuckle bandages (extra latex gloves can keep water out of finger wounds—cut the fingers from the gloves). I have rarely seen band-aids or adhesive tape that is really waterproof. One made by Smith & Nephew really works—hard to find. Have duct tape! I include a mini led lamp, and a trash bag to keep supplies clean when I spread them out, and then for first aid scraps. Include a hand lens for splinters and an eyeglass repair kit. Check out others on the web, especially the Comprehensive Medical Kit from Chinook Medical Gear, recommended by NOLS, at http://www.chinookmed.com/index.cfm/fa/product.display/product_id/244/Adventure%20Medical%20Kits%20Comprehensive%20Kit.cfm

Extra latex gloves can keep water out of finger wounds. I have rarely seen band-aids or adhesive tape that is really waterproof. A brown tape made by Smith & Nephew really works—hard to find. Have duct tape! I include a mini led lamp, and a trash bag to

keep supplies clean when I spread them out, and then for first aid scraps. Include a hand lens for splinters and an eyeglass repair kit.

Two doctors long with the Wilderness Medical Society and with extensive backcountry experience commented on the contents of first aid kits. Use SAM splints, they said, which can be cut and molded to fit any extremity, and an irrigation syringe to cleanse wounds. Butterfly strips have now been replaced with wound closure strips, which can be ordered from supply houses like Chinook Medical Gear, Inc. <http://www.chinookmed.com/> --phone 1-800-766-1365. Tincture of benzoin wiped on the skin cleans sweat and helps bandages adhere better. So will Purelle. I keep a disposable safety razor to clear away hair, and to shave off tiny cactus spines that I can't pull. For blisters, use Spenco's Second Skin—and catch them early, when they're just hot spots. For snakebite, get a Sawyer Extractor, the only snake bite kit actually acknowledged as useful in certain situations. Use the safety razor around the area first. Afterward, get the victim to a hospital where antivenin may be given safely. Throw away the old suction kits with little razors. They're useless and dangerous.

For all meds, check with your group for allergies to drugs. Tylenol for fever and pain, Ibuprofen for inflammation. Benadryl for mild allergic reactions. Now, consider the Epi Pen for more serious allergic reactions that might otherwise be fatal. I paid a doctor about \$80 for the training that allowed him to write me an Epi Pen prescription. Then I found that Epi Pens cost another \$90 or so, AND they expire inside of a year. Spend all that if you're with a group of kids, maybe, but tell any seriously allergic adult not to come unless they bring their own Epi Pen. Insist that anyone with a personal medical problem carry their own emergency equipment, like inhalers.

Michael Hodgson recommends purchasing a commercially packaged kit from one of the following companies: Atwater Carey (800/359-1646), Adventure Medical Kits; <http://www.adventure-medicalkits.com/> (800/324-3517), Outdoor Research; <http://www.orgear.com/>, (888-4-ORGEAR), and Chinook, mentioned above. "Other commercially packaged kits cannot hold a candle to any of these," he says. I find that buying a commercially packaged kit costs about double what buying the ingredients costs.

For a waterproof case, options include a surplus ammo can—very secure. Paint it white, to ward off sun, with a red cross. A Pelican plastic case is nicer, lighter and softer. I use a clear dry bag, which is kept inside a gear dry bag. Let others know where it's kept! I also carry a mini-kit for cuts, blisters, pain meds, etc. It's in a ziplock, kept in my ever-present day/emergency bag. Ask each boat in your group keep a mini-kit, too, so you're not digging out the big kit for each splinter or cut. Keep the big kit for big needs—hopefully never opened!



3 Fractions: Bill Rivers, Karen Jankowski, Al Johnson, Rick Barich

Bob Cook has made a photo album of the Brown's canyon trip at:
<http://gallery.me.com/bobcook0c1#100258>



Rocky Mountain Canoe Club – Contact Information

Website:

<http://www.rockymountaincanoeclub.org>

Membership: \$20 per year, per household. See Membership section of our website, for forms and information:

E-mail list: Check the web site for new information.

Please send any updates of your contact info (mailing address, email, or phone number) directly to Kathy Thanks!



ROCKY MOUNTAIN CANOE CLUB
c/o Kathy Ashworth
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Boulder, CO 80308-1064

TO:

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Instruction	Jeff Oxenford
Quartermaster	Doug Hurcomb



In This Issue: Letter from the President; Yampa and Rendezvous Report; Browns Canyon & other photos; Fitness Training for Canoeing; First Aid Kit for Trippers.

Schedule of events -- see web site; call the contact person to sign up.

Lessons with Jeff Oxenford, [redacted] to arrange private or small group lessons on-demand
August 16 –Gross Reservoir paddle & picnic. Jeanne Willson, [redacted]
August 30-Sept 1 – Green River, Flaming Gorge section, Class II –III, Doug Hurcomb [redacted]
September 6-7 – Dotsero Duo! Colorado River, Dotsero to Hanging Lake on Saturday, and Twin Bridges to Dotsero Sunday (car camp overnight) Karen Amundsen [redacted]
September 27-28 – Fruita to Westwater, Fall Color Special. Bill Ashworth. [redacted]
October 1 – 2008 Summer Highlights Meeting, REI Denver - 6:00 members only potluck followed by 7:00 - 8:30 Show and Tell (for public) of the summer's canoeing activities