



The Voyageur's Companion

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

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April 2009 issue

COLOR VERSION at <http://rockymountaincanoeclub.org/newsapr09.pdf>

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Jeanne Willson, editor

The Prez Ponders

What to do when the economic woes limit your spending? ... Go canoeing!! As Bonnie G. says, "It's good bang for your buck". Most of us already own a canoe - - or a fleet of them. So the main expense is gas. River food doesn't cost much, and you have to eat anyway. Occasionally there is a permit or shuttle fee, but that means you are on a very special river - so double the enjoyment factor. Really, it is hard to find a more pleasant multi-day activity unless you spend 5, 10 or even 20 times the money. Instead of letting the recession get you down, use it as an opportunity to get outside and enjoy Mother Nature in your canoe.

I'm happy to report that the Chama permit Gail C. drew for the June 26-28 trip quickly resulted in 16 people signing up, so we are keeping a short wait list since there are usually a few folks whose plans get changed.

And due to some persistent dialing by Bonnie, I am the proud owner of a late season - July 18 - Yampa Canyon permit. Bonnie, Richard F. and the Ranger claim we'll have enough water for canoes at this time. While I normally use the "first come" method on any trip (along with of course a skill level qualification), on this one I plan to give some priority to people who have been leading trips/events or volunteering as an officer in the recent past. We can always use more Trip Coordinators. If 15 people would volunteer to lead at least one trip, that would take some weight off of Bill A's and my shoulders. Step right up.

Bill Haas and Kerry Edwards have an "all money back if you attend all sessions" setup for their late May Basic Canoeing Instruction, so be sure to take advantage of this great offer to attend a class essentially for free. It looks like another good water year, so let's get out there and paddle!!!

Administrative Update

Here is an update on some club administrative changes that are happening. Most of you got an email from me in February stating how much you owe for 2009 RMCC dues. We have gone back to the annual method for dues payments as it focuses that chore to one time of the year and allows us to let FedEx Kinko's perform

TAKE NOTE!

The season is coming! This newsletter covers some new and old territory:

- **Canoeing with kids! RMCC parents give us their best ideas**
- **Pay your dues & send in your waiver!**
- **Perspectives on trip leading - you can do it, we can help!**
- **The fun to come! A great compilation of river trip opportunities.**

Paddling in Kootenay NP, British Columbia from Tom Jacklin, Calgary, AB



all of the copying, folding, tabbing, addressing, stamping and mailing chores on the newsletter. Jeanne can just focus on editing, compiling and formatting – which she does quite well.

A big thanks to all of you who followed up and sent in your dues recently. I did get feedback from 2 parties who preferred the old paper form attached to the newsletter. This probably means that 20 more members are thinking the same thing, but not actually telling me. Therefore we have gone ahead and attached that form to this newsletter and postponed the club roster to the June issue.

It (June newsletter) will be on paper and will be mailed to everyone who gets the dues in by May 31. If you've paid in the last 6 months, you are fine; everyone else should check the email I sent to most people around 3pm on February 25 to see if you owe \$20 or a lesser amount. Contact Kathy A. if you have questions.

Since we are moving the Roster newsletter out to June, we will postpone the online newsletter to August. Note that the roster will include an email address and cell phone for both members of a household, so be sure to give us that info – on the application form or on an email to Kathy – if you want to publicize it. The default for newsletters starting in August will be online. We'll give info later as to how you can opt to have paper instead of the online method, but we hope to keep the dues to just \$20 for several years by going mostly online.

It's unclear now whether the 2010 newsletters – normally done in Feb-Apr-Jun-Aug-October will include one or possibly two paper newsletters mailed to everyone, but the roster would never appear online. The next set of officers can decide. Speaking of which, let me encourage all of you to rotate through an officer position. We have streamlined a few processes, and holding office is quite manageable if done for just a year or two. I WILL be taking a year off in 2010, so consider running for Prez in November.

Also, let me remind everyone that Karen J. is managing two email lists. The older one – rmcc@indra.com is open to anyone who self-subscribes, and anyone can send emails to that entire group of people. Follow a link on the lower left corner of the RMCC home page to get signed up on that list. The rmccmembers@indra.com is new as of 2 months ago and all RMCC members are automatically put on this list by Karen J. Note that currently only the officers can send emails to the entire membership via this list. If you have a message that you want to send to members only, please send it to any officer and ask them to distribute it to the full membership via this list. In the November meeting, there will be discussion concerning whether to keep this method for the two email lists or to change it.

-- Karen A.

Editor's note: remember to go to the link to see the newsletter on line and in color:

<http://rockymountaincanoecub.org/newsapr09.pdf>

Children in the Outdoors and in the River: Fun? Frustration? Or Future Investment?

By Bonnie Gallagher and other RMCC Parents

I was at the pool at our first RMCC roll session this last January with my college age daughter Tricia, when Jeanne Willson pointed out to me that if we raise our children right they will be taking us on river trips in the future. So what is it that we have to do to “raise our children right” so that they have a love of the river and want to lead river trips themselves?

From what I can tell there are many stages and strategies for instilling a love of the river in our children. So, I asked several parents to comment on how paddling and children mingle.



Kraig Lund says:

(Kraig's new baby is less than 6 months old.)

Honestly I haven't really thought about it much. I know I won't be paddling as much, but that's about it.

I know when our baby gets older I'm going to want to get her involved in paddling some way but that's a long ways off ... I don't know yet...I'll think about it, but between working 60 hours a week and coming home to a tired mommy who needs a break, my downtime consists of veggin' out.

Hang in there, Kraig! --ed.

Helen and Douglas Kretzman say:

Helpful Hints from Helen.....

The trick is the three S's: lots of Sun, Swimming, & Sandwiches (or Snacks). The canyonlands in warm weather where the kids can jump in and out of the boats to cool off and play on sandy beaches and snack all day are the most successful river trips. Try not to go on a paddling trip in the cold and rain. You risk the small bodies getting chilled, and nobody has fun. Water guns / Super Soakers are a must. Consider rigging a shade structure for the canoe and figure out a good seating arrangement that makes napping more comfortable – a Crazy Creek chair works well if it is situated against the cooler or a support for the head.

Bring lots of vaseline for that swimsuit rash! Having other kids along makes it easier - the tribe will occupy itself on rocks with sticks and stones, and there is less whining if there is a crowd of kids. Bring along a kayak or inflatable for the older stronger kids to share - a 10 year old is quite capable of doing a warm flatwater stretch for a while. Wind is another destroyer of fun, because the paddling gets more serious, but there isn't a whole lot you can do about that unless you are on the river very early in the morning, and with kids that is a challenge.

Karen and Jim Baker-Jarvis

say:

(The Baker Jarvis children are 17 and 23 years old now.)

The first canoe trip we brought one of our kids on was in 1987 in northern Ontario. Duff, our son, was age 3 then, and still in diapers that we had to burn each night. We did a 100 mile loop. As the kids got older we continued to take them on long Canadian trips most years in Ontario and later in Saskatchewan and we always had the best family times on these trips. On traveling to the put-ins and coming back on these trips we always car camped in gravel pits,

which was a real adventure for the kids. On one Canadian trip, Aquene, age 4 at the time, fell asleep on top of the packs in the canoe on a large lake and rolled into the water. The kids got really good at portaging and swamp wading, canoe lining up rapids, and fishing. The kids seem to learn a lot about things like building fires and staying warm in the rain. We've never had any complaining about the rigors of a trip; I guess it seems normal to them. It was surprising how fast they picked up route finding, and skills such as when to take a chance, or when not to take a chance, and confidence in traveling alone for weeks. Aquene was age 3, the first time down Deso. Duff started getting pretty good at whitewater canoeing and started canoeing Bridges and the like. I canoed the National Whitewater Open Canoe Slaloms with him in the senior-cadet race when he was 12 and again at age 14 and we got one second place. **What a thrill... and I was so very proud of him!** Duff then took up solo boating and did well at Nationals competing with the experts. I canoed a few local races with Aquene and we flipped in Golden on one icy, snowy April race. Aquene is now 17 and still travels with us to Canada and on some local trips.

Little baker-jarvis kids

Bonnie Gallagher says:

My boys never caught the boating fever from me....I am not sure why. But both of my girls see paddling as one of their major past times. I think I must have done something right in rearing my kids in the water because my daughter Tricia won a permit on the Grand Canyon and we are traveling together for a month on the river. My daughter Catie is moving to Maryland in a month and she has decided to take her paddling gear with her to paddle in the Potomac and West Virginia. I'm hoping that in the future when I am too old (maybe 20 years from now?!?!?) to organize the gear and people for a canoe outing that my children will be the ones getting me out on the water.

Jeanne Willson says:

I bought our first family canoe when the kids were 8 and 10. (As a single parent, I needed them to be old and strong enough to help me with the canoe.) Strictly lakes at the time. Love at first sight for the two kids. One of my finest family memories was camping at Ruedi Reservoir where the kids, then 9 and 11, had their first chance to really just play with the canoe and learn how it works without adult interference. We were in a sunny, sheltered, fairly shallow bay on a lovely August day. The water was clean and warm. How often does that happen? I encouraged the kids to tip the canoe, learn how to right it, learn to paddle on their own for the first time, try to tow the boat by swimming with it, tow a person behind the canoe, paddle with water in the boat, see how the life jackets work in actual water, try to get a person back in the boat while in the water (followed by towing a person in the water!) – all of it very playful and fun, very experimental – I only suggested stuff for them to try, and I tried hard NOT to instruct. Play is educational enough! There was time later for formal instruction. Post script: They are in their twenties and canoe with me often, even the one who lives out of state. ‘Nuff said.

Mike Langello says:

Before we had kids, my wife and I floated rivers in both canoes and rafts. It was a test of togetherness that was not always pure harmony. We survived and experienced many single and multiday trips through the years. Then, we decided to have kids. We now have three children and they all started floating rivers with us by 2 years of age, as soon as a river-worthy life vest would fit. At this young age, we could tackle Class 1 and 2 rapids. There were several adjustments needed to make the trips “kidcentric”. Kids need to feel safe, be warm, have full bellies, and be allowed to play.

Mike and Addler



Kids are natural explorers and are fairly hardy. To ease their fear around water, think about pool play time and swimming lessons as early as possible. They need to feel safe in and around the water. They also need the right equipment and weather wear. An appropriate life vest with the correct rating is required. If the vest does not have a crotch strap, add one to avoid the chance of the vest slipping off their slightly built bodies. If the weather and water temps are warm, swimsuits and t-shirts are enough (remember liberal use of sunscreen and bug spray). However, as with most trips, plan for the worst and that means kid sized poly pro, pile layers, and waterproof rain suits. You don't have to spend a lot of money, but you do have to outfit them right. We had rubber boots and PVC slickers from army-surplus stores as an example. Rain ponchos work as good splash jackets. Be sure to keep these essentials handy in a smaller water proof bag so that they can be easily accessed when the weather changes, as it often does when floating mountain rivers.

When on the river, it is important for adults to be aware of the kids at all times. This does include all of your river partners. Safety extends to what order to place boats and how to prepare for little swimmers in the event of a swamp or flip. Hold safety talks every day and plan. Our rule of thumb is to have one rescue adult per kid beyond a parent piloting the boat and always put the kids between seasoned boaters. Think 2:1 ratio of adult to kid. A parent managing a boat can't effectively rescue at the same time. As the kids get older and

learn more about canoeing and rafting, they can contribute to river safety. Our son made his first throwbag rescue of a swimmer in Westwater Canyon on the Colorado River when he was 9! Keep in mind a child is at a greater risk of hypothermia sooner than an adult. They have very little fat for insulation and their little muscles fatigue quickly. Get them out of the water, assess their condition and get them warmed quickly.

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Kidcentric days on the river should be about fun. Remember their pace is different than most adults. Keep snacks handy and plentiful. Allow them to drink as necessary. Their little bellies hold little amounts of food so plan for frequent refueling.

Adjust your expectations. Enjoy the day. Take short side hikes. Bring water toys to play with and nets to catch minnows and bugs. Fishing equipment is always a pleasure. Let them look at the river map and keep track of distance and time. If possible, be flexible on when and where to camp.

When in camp, let them help set up, but don't place great expectations on them. There is time in their future to have greater responsibility, so keep in mind age appropriate tasks. This is as much personal philosophy as warning to keep things fun. Let them play. The weather outside is immaterial. With our kids, they always found something to do. If the weather was warm, they would find playing in water, mud and sand fun. When the weather was cold and rainy, they put on rain gear and played outside because they did not enjoy being stuck in the tent. As evening comes, get them dry and layer them as you would yourself. We used their previous season's skiing bibs, jackets, and snow boots in camp.

High mountain river camping in the summer can still be cold at night. Have a good sleeping bag and closed cell pad. It is hard to find quality kids bags. Therefore, we had adult synthetic (vs. down) 20 degree sleeping bags cut and sewn mid thigh to make infant and child bags for each of our children. These lasted several seasons and were sold off to other parents. We also made sure our kids were well rested for a day on the river. We were flexible with our standard bedtime, taking advantage of family time around the campfire and when they were young, they would often fall asleep in our laps. We did let them sleep in and awaken naturally. As parents, it gave us time to relax and enjoy the morning with a good cup of coffee.

Kidcentric trips are a great pleasure for the family and can be fun for adults that don't have children or whose kids have moved on with their lives. The adults and kids on trips have had a great impact shaping our children's lives. Their positive memories have reinforced why we love the great outdoors and by extension share our lives and future. Thanks to all who have tolerated us and our kids. Stay safe, have fun, and enjoy the great outdoors.

The Paddling Season Ahead

Bill Ashworth

The season has already started, and here's what happened on March 22:

2009 South Platte Joint Clubs Spring Paddle Trip Report:

In baseball, getting a hit every other time at bat is considered outstanding, right? So the March 22 Joint Clubs Spring Paddle trip achieved a stupendous .500 average with the best weather (nearly 80 deg F at the take-out) in recent memory as well as worst water level (around 300 cfs). But fortunately, the low flow was still perfectly boatable with only a few boats occasionally briefly grounding on gravel bars. Ah, nothing like the sound of an aluminum canoe grinding across gravel!

The great weather brought out a good showing of boats and people, with somewhere between 50 and 60 boats counted at the Evans put-in.

And the split between canoes and "other" (i.e. river kayaks, sea kayaks, inflatables, etc) was about 50/50. RMCC was represented by about 20 paddlers, including many dads and kids.

There were some benefits to the low water, however, as both the portages around the low-head diversion dams were a snap. The lower, lunch spot portage didn't even require taking the boats out of the water - they were just lined and lifted down the left side of the channel. The cooperative bucket brigade got everybody over in record time. Including a few boats that looked fiberglass but felt like rejects from college concrete canoe competitions.

All in all, a great start to the paddling season. And thanks to Eric Nyre for organizing this year's edition of this annual event. Oh, and Eric's suggestion for next year if we face low water again - everybody flush twice before leaving home.

And now for the rest of the season:

Our outing calendar is beginning to flesh out (see below) but there are lots of empty spring, summer, and holiday weekends yet to be filled. We'd love to see spring trips on the other great Colorado and nearby western rivers. Remember, you don't need to be an expert boater to organize a trip. Get it on the schedule and the moss-backed paddlers will come to you. Anyway, here's what we have so far:

April

- One day Tripping Class

May

- White River
- Multi-day Basic Canoeing Class

Joint clubs trip: making portaging easy and safer!

June -

- Beginner's Brighton to Ft Lupton on the South Platte
- Rio Chama (full but with a waiting list)

July

- Desolation-Grey Canyons on the Utah Green
- Rendezvous at Radium on the Colorado
- Yampa

August

- Kootenay and White Rivers, BC, Canada

September

- Loma to Westwater on the Colorado

We'd all love to see more trips on the schedule. See Karen Amundson's list of easier river sections to get you going. Either lead it yourself, or – and we are serious about this – talk with me, or one of the other officers or other trip-coordinator types, and let us know of your interest. A trip just might develop. So drop me a note (washwort@comcast.net) to discuss a trip you'd like see happen.

Editor's Eddy Lines

Karen's put together a pretty amazing list of "easier" rivers within range of Denver. If you are new to river paddling, you might be surprised to learn that more experienced paddlers find these "easier" rivers to provide such a great experience that we still want to go on them over and over again. So if you join a beginner or novice trip, don't be surprised to find that you are paddling with some very experienced paddlers who still love the scenery, the geology, the human history, the spring wildflowers, the fishing, the camaraderie, the whole desert experience. Many of the trips we go on would cost well over \$100 per person per day if you were paying an outfitter to take you. And with the club, you just have to find the gear, pack your bags, cook your own meals – all of which can be part of the fun. Oh, and you have to lead a trip if no one else is ...

It's time to think about a season of paddling, and it's time to think about safety. The American Canoe Association has quite a bit of safety information on their web site. Also look at the NRS site and paddling.net. Take some time to read or review some of the safety sections. Take the time to attend the excellent 16 hour Wilderness First Aid classes through the Colorado Mountain club, or through a different provider. Take a course on water rescue. And just perhaps one of you would like to start writing a series of safety review tips for this newsletter. It would be a great addition and a great service to the club.

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Big Bend Trip, March 1-14, 2009

Jill Stecker

We were very impressed with Big Bend Nat. Park on our 2-week trip there with our camper. We were fortunate to get a 14-day back-country camping permit for designated sites along the dirt and gravel roads in the park. And surprisingly the fee was only \$5.00.

The park covers such a vast area and has much diversity. We hiked 18 miles in the High Chisos mountains, at 7,000 ft

elevation. There were wonderful geologic features--spires, pinnacles, huge rock boulders, as well as grand vistas of the Chihuahuan desert below. We hiked 10 miles in the desert into interesting slot canyons with impressive pour-offs (places where intermittent streams make a 100 ft or more sheer drop to the canyon below).

The last wonderful feature of the park is the Rio Grande River. It has carved four large and beautiful canyons in the area. The water is low and slow (200cfs) this time of year due to no rain, so we were able to paddle both upstream and downstream from our put-in and then return again---no shuttle needed.

On our way to Big Bend we stopped in three national parks for a quick visit and some hiking: Carlsbad Caverns, Guadalupe Mountain and Fort Davis Historical Park.. At the beginning of our trip, we paddled 16 miles in the Hot Springs and Boquillas Canyon area and enjoyed a nice hot soak in the Langford hot springs right on the river. At the end of the trip we drove to the opposite end of the park and paddled 22 miles over two days in Santa Elena Canyon. The canyon had 1500 ft sheer walls. It was about the most geologically interesting canyon we have ever paddled in. There were so many different layers of rock in the canyon walls and they were sculpted into interesting forms. There was one huge cavern in the wall---perhaps as high as 3 or 4 telephone poles end to end.

We ended our trip a few days early since some cold, windy and wet weather moved into the area. We will have to save Big Bend Ranch State Park with its mountain biking trails for next time. We really recommend this as a trip you can do on your own when you don't have a group or shuttle.

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RMCC SUGGESTED RIVER TRIPS - CLASS I to III

River	Stretch	Class	Days	Time of Year	Comments [APR = Avoid Peak Runoff]
ARKANSAS	Fractions (above Buena Vista)	III(+)	1	May-Aug	APR
	Buena Vista Town Run	III-	1	May-Aug	APR
	Milk Run (Stone Bridge to Salida)	II+	1	May-Aug	APR - Lowhead dam has boat chute on left
	Salida to Rincon	III-	1	May-Aug	APR
	Rincon to Vallie Bridge	III-	1	May-Aug	APR
	Florence to Pueblo Reservoir	I+	1	May-Aug	APR - twisty with strainers
	Pueblo Reservoir Dam thru town	II	1	May-Aug	APR - 1 or 2 dams to portage
BLUE	Green Mtn Res Dam to Spring Creek Road	III-	1	July-Sept	APR - 2 diversion dam drops and a hopping narrows section; tough put-in is best done with ropes
CHAMA	El Vado Res Dam to Big Eddy Take-out	II+(III)	3	May-June (- Aug?)	APR - Lottery Permit; Season varies widely by snowpack; weekend releases start late Friday mornings.
COLORADO	Pumphouse	III-	.5	May-Sept	APR - often combine 2 of these 3 sections
	Red Canyon (Radium to Yarm.Brg)	III-	.5	May-Sept	APR
	Yarmony Bridge to State Bridge	II+	.5	May-Sept	APR
	State Bridge to Landing Strip	I to II	.5	May-Oct	APR - usually paired with next stretch to Catamount
	Landing Strip to Catamount	I	.5	May-Oct	APR - usually start at State Bridge
	Catamount to Twin Bridges	II to III-	1	May-Oct	APR - portage Rodeo Rapid (III+ and sharp concrete) on right
	Twin Bridges to below Swtwtr Rd.	III-	1	May-Oct	APR - or start earlier at Pinball put-in
	Below Sweetwater Rd. to Dotsero	II+	.5	May-Oct	APR
	Dotsero to Hanging Lake	I+	1	May-Oct	APR - good beginner run with 3 small rapids
	Grizzly Creek to Glenwood Springs(2 Rivers Park)	III-	1	May-Oct	APR
	Glenwood to South Canyon	III-	.3	May-Oct	APR - can get very windy; done with Cemetery or Grizzly runs
	New Castle to Silt	I+	.7	April-Oct	APR
Rifle to Rulison/Parachute	II+	1	April-Oct	APR	
Fruita to Westwater	I to II	2-3	April-Oct	APR - do <12,000cfs; summer's crowded; car vandals at	

					Loma
	Cisco Landing to Dewey Bridge	I	1	April-Oct	APR - can do this with next 2 sections
	Dewey Bridge to about Onion Crk	II	1	April-Oct	APR - can do this with next section
	Onion Crk to above Moab	III-	1	April-Oct	APR - also called the Day Run; popular with rafts
	Moab to Potash Mine	II?	1	April-Oct	APR
	Potash Mine to Spanish Bottom	II?	2-3	April-Oct	APR
<i>DOLORES</i>	Cahone to Slick Rock	III+	2-3	May-earlyJune	MANY rapids; Portage Snaggletooth Rapid - class IV
	Slick Rock to Bed Rock	III	3-4	May-earlyJune	Prior section and this 1 depend on big snowpack
	Bed Rock or last bit of San Miguel to Gateway	III-	(2-)3	May-June	Runnable due to San Miguel water, even if the Dolores is not getting a release from McPhee Res.
<i>EAGLE</i>	Edwards to below Wolcott	II+(III)	1	May-July	APR
	Gypsum to Dotsero/BairRanch	I+(II+)	1	May-July	APR - No Eagle R. takeout at Dotsero, so add Colo. R. miles
<i>GREEN</i>	Below Fontanelle Dam to I-80	II	3	May-Sept?	No camping in Seedskaadee Refuge, so 2 segments; camp twice at the first location below the dam
	Flaming Grg Dam to Swallow Cyn	II+(III)	3	May-earlyOct	Must reserve 1st river campsite
	Lodore to end of Split Mtn	III+	4-5	May-midOct	APR - Lottery Permit; can't always get 5th day
	Deso-Gray, ends @ Green R, UT	III	6-9	April-Oct	Want 1500-6000cfs, but can do less
	Labyrinth - Green River, UT or Ruby Ranch to Mineral Bottom	I+	2-4	April-Oct	
	Stillwater - Min. B. to Spanish Btm	I+	4-6	April-Oct	APR of Colo R last 2 miles; need jet boat up Colo R.
<i>GUNNISON</i>	Delta or Escalante Bridge to Whitewater	I-II+	2-3	April-August	APR - usually do a full day of hiking Dominguez Canyon; car vandalism at both ends, so park at motel in Whitewater
<i>NIOBRARA</i>	Near Valentine, Nebraska	I+	2	May-Sept	Spring fed river keeps fairly constant cfs
<i>N. PLATTE</i>	Six Mile Gap CO/WY line to Treasure Island Rec Site	II+(III)	3	midMay-midJune	APR when BIG snowpack; only runs for a week or less in low snowpack years
	Saratoga to I-80	I+(II)	(2-)3	May-earlyJuly	Put in at hot spring or Foote camp ground; great beginner overnigher except for difficulties at diversion dam

	Wendover Cyn - Glendo 2 Guernsey	I+(II)	1	May-midSept	
<i>POUDRE</i>	Bridges Filter Plant	III(+) III-	.5 .5	May-Aug May-Aug	APR - 1st bridge is dangerous/fatal at higher water APR - Very popular
<i>RIO GRANDE</i>	Above Creede Wagon Wheel Gap to S. Fork	III(+?) III-?	1 1	May-June May-June	Want around 500cfs; River Hill Campground to private trailhead
<i>ROARING FK</i>	Cemetery - S. Glenwood to Colo R	III-	.7	May-July	APR - Usually combine with Colo R to S. Canyon
<i>SAN JUAN</i>	Sand I. (Bluff, UT) to Mex. Hat Mexican Hat to Clay Hills Crossing	II(III-) II(III+)	(2-)3 (4-)5	lateApr-midOct lateApr-midOct	APR - Lottery Permit; extreme wind can add 1 day; flash floods APR - Lottery Permit; extreme wind can add 1 day; flash floods
<i>SAN MIGUEL</i>	Ledges - final miles before Dolores	III	1	May-June	APR?
<i>S. PLATTE</i>	Below Deckers xx picnic site to above Chutes Chutes and a few miles down C470 to Union Chutes Brighton to Ft. Lupton Evans to Kersey/Kuner	I+ II+ II+(III+) II-III- I+ 1+	.5 .6 .4 1 1 1	May-July? May-July? May-July? April-Oct? April-Oct? midMarch-Oct?	APR - Good training for new boaters APR - Water depends on Cheeseman Res. release APR - Chutes are very scary; car portage them to a bad put-in APR - river is easy, but man-made drops/chutes are trickier APR - cfs varies; 1 dam portage when gate is down 2 dam portages
<i>WHITE</i>	Rangely/Bonanza 2 Enron GasWIs	I-II	3	May-June(July)	Several put-ins to manage long mileage; shuttle is a maze
<i>YAMPA</i>	Craig to Duffy Mtn Ramp	I	2(-3)	midJune- earlyJuly	Want <9000cfs; tough to catch Duffy ramp at >6000cfs; may need to go extra flat/windy miles/half-day to Juniper Hot Spgs

Notes for the River Trips List

- 1) *This document purposely is not listing class III+ to IV day trips such as Brown's, Shoshone, Westwater, and Numbers which are usually done by the "A" Team (A = Adrenaline-addicted).*
- 2) *Information given (especially in the Comments) are parameters designed to help decide if you want to lead a trip. Good points and trip description are left out due to space considerations. They are all good.*
- 3) *All trips listed are within a medium day's drive of the Front Range; 455 miles to the San Juan is the longest distance. To go further afield, consider:*
 - a. *Montana - Smith River (lottery permit) or Missouri River*
 - b. *Teton/Jellystone N.P. region - Snake and Yellowstone Rivers*
 - c. *Minnesota - Boundary Waters or Quetico (Canada)*
 - d. *Texas - Rio Grande - several sections in and near Big Bend N.P.*
 - e. *Missouri - Buffalo River*
 - f. *CANADA - Endless possibilities*

Just Doing My Part

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I read somewhere once, that in most volunteer organizations, 10-20% of the members do 80-90% of the work. From what I've seen as a member of many different organizations, this seems about right. On the other hand, the Rocky Mountain Canoe Club already breaks the 20/80 rule with numerous trip coordinators, participants in Pot Luck dinners, folks showing slides and movies of their adventures, as well as contributors to the Club newsletter (which is REALLY nice, thanks Jeanne.) If you are Wilderness First-Aid trained, CPR Certified, Swiftwater Rescue trained, or have other similar skills and expertise, just joining an outing is a contribution to the rest of the participants; sort of like a throw rope, it's there if someone needs it, but we all hope not to. We prepare for the "*just in cases.*" The Club is probably close to 2/3rds (or about 65%) of the members contributing something. Arriving early and helping set up tables, or helping pitch the big tent at the Summer Rendezvous, these are very helpful things, and just by leaving your home 15 minutes early, you can help make sure the show goes on.

Maybe I can help some of the Rocky Mountain Canoe Club members who might want to coordinate an event, but don't know how to get involved, potentially raising our statistics to 90% or more "active" members. Coordinating a trip can be very easy. Paul H. mentioned some of my journeys in a previous newsletter, so I want to encourage new coordinators. The Club has held training for Trip Coordinators in the past, as well as a semi-formal mentorship for those interested in leading/coordinating.

Do you have to know the river? Nope, but you should have someone on the run who does. I have coordinated more than one trip on a piece of river that I had never paddled before. A fellow paddler had paddled the stretch of river many times, but due to business demands, didn't have the time to answer all the calls about the trip, and briefing participants on what to expect.

Coordinate and plan an easy trip for your first few ventures. I have lead/coordinated numerous trips on the South Platte, from Brighton to Fort Lupton. It's a perfect run for the newbie coordinator. After leading a few trips on this easy river, I started coordinating day paddles to the South Platte at Deckers, and eventually, overnight trips. At the time, there were a few trips for "empty nesters" that didn't want kids on their trips, while I had a number of kids myself, so we did a few overnights encouraging kids.

The two weekends that always had the highest paddler turn-out were on Memorial Day and Labor Day weekends, but we only went for one night on the river; paddle to camp Saturday, paddle to the cars and drive home Sunday night. Most were Loma to Westwater on the Colorado River, but for Memorial Day we have done the Gunnison River, the Yampa River and the White Rivers. We'd meet and paddle early in the morning, having a "brunch" along the way, but no serious stop until we got to camp. This meant we could get one of the better campsites, and allowed people time to hike around at the camp-site, and not have to fight some of the legendary Colorado afternoon winds. Another popular trip coordinator and past President, Dave Allured also has arranged boating/hiking weekends down the Colorado River from Loma to Westwater, taking three long, leisurely days, and hiking the most notable side canyons.

The Rocky Mountain Canoe Club is full of helpful, wonderful people. Just tell folks you're new at this, and to be patient, and any of the Club members will offer to assist if they can. I still remember one of my earliest Club paddles from Brighton to Fort Lupton; a previous president (name omitted as a courtesy) who was getting up in years, showed up to enjoy the leisurely cruise down the river with his wife. They were unable to load or unload their canoe from their vehicle. The next thing you knew, the boat was on the edge of the river (a couple hundred yards away,) plus all of their paddles, PDFs and water bottles were sitting gently next to the canoe. Myself, in 2006, I hadn't been in a canoe since my back surgery in 2003. Dave and Karen got me out in a canoe, and I got to paddle a couple hundred yards. Unfortunately, I had another surgery that fall, so I haven't been in a boat in almost as long again! But I know I can call many of the friends I made while being a very active club member, and get out in a boat quickly.

That is why we do try to do something for the Club at least once a year, to give back to the members, as the membership has done for us in the past. If everyone participates in at least one club activity per year, that's an awful lot of volunteering from our large organization.



Rocky Mountain Canoe Club – Contact Information

Website: <http://www.rockymountaincanoecub.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!

Waiver page



ROCKY MOUNTAIN CANOE CLUB
c/o Kathy Ashworth

Boulder, CO 80308-1064

TO:

CLUB CONTACTS

President	Karen Amundson
Treasurer	Kathy Ashworth
Newsletter	Jeanne Willson
Schedule, Web	Bill Ashworth
Membership	Gail Campbell
Advertising	Greg Jankowski
Conservation	Jerry Nolan
Quartermaster	Doug Hurcomb



In This Issue: The Prez Ponders; Kids and Canoeing; The Paddling Season Ahead; The All-Club Paddle; Upcoming events; Big Bend; Editor's Eddy Lines (Safety) The Amazing List of Over 60 Great River Trips; Doing My Part

Also in this issue is your waiver to sign and mail with your membership check!

Schedule of events: Trips: Classes in May; White River; Chama; South Platte; Yampa; see web site for details; call the contact person to sign up.