




Rocky Mountain Canoe Club News

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MARCH 1985



Rocky Mountain Canoe Club
c/o Rocky Nelson
Denver, CO 80222



Once again the canoeing season is upon us and it is time to make all the necessary preparations. April is the time to make the transition to the warm weather sport and it is the time to organize all the upcoming events for the 1985 paddling season. Gary Cox is keeping with Lyn Berry's spirit of an excellent training program by offering an extensive training program for any type of paddler; it almost appears he will be doing this as a full time job. Becky is in the midst of organizing a display for the whitewater festival being sponsored by REI and located at the REI store on May 4th. Becky is looking for themes, slides, blow ups or anything pertinent to canoeing in Colorado. On that very same day, May 4, I will be organizing an introduction of the fine sport of canoeing to the Boy Scouts of the Denver Council at the Soda Lakes in Morrison at their centennial Jamboree; this will involve active participation from the scouts who will have their canoes and gear supplied to them from their council. Also, Bill Nelson, Kerry Edwards, and Barbara Ozgood have developed a set of proposed trip leader guidelines you will read in the latter sections of this news letter; these guidelines have been developed due to growing concern of club members and government organizations about the lack of safety on some river trips in Colorado. These guidelines mean a lot to us as a club and individual members.

All these events are important to the development of the RMCC. Yet, they require an incredible amount of time and effort on the part of those involved with their development. As president of the Canoe club I would like to encourage all members to support this club by becoming involved with one or more of these events. Your help, suggestions, and feedback would be greatly appreciated. If you would like to become involved in any of these areas please contact the appropriate person or persons.

As a final note:

Beginning this page and continuing on page 7 you will find this years trip schedule. If there are any delitions or additions you see necessary please let me know before April 26.

Also, if you want anything printed in the May newsletter please have all the articles or adds to Becky or myself before April 26. The next newsletter will contain a listing of all club members and a trip schedule update. If you have not paid your dues please make it a point to do so before the next newsletter comes out or this will be the last.

Your President, M. A. Danst

APRIL 1 MONDAY

South Platte River. Sterling to Denver. Bring your muscle arms and plan on paddling from sun-up to sun-down, (or longer). Class I or less water and all the oysters you can eat. Ron Singleton . P.S. IRIP OF THE YEAR; Do not miss this trip.

APRIL 14 - SUNDAY

There will be a trip leaders meeting to discuss the new trip leader guidelines being drawn up for the upcoming canoeing season by Bill, Bicky, Kerry, and Barbara. Bob and Carol Aikens; , 7:00 P.M., phone:

APRIL 15 MONDAY FIRST AID CLASS

170 Steele St. 7:00 p.m. Call Barbara or Bruce;

APRIL 16 TUESDAY FIRST AID CLASS.

This will be the second nite of instruction.

APRIL 19 FRIDAY

Spring Meeting; Glendale Community Center. 7:00 P.M. 999 S. Clermont St; Glendale.

APRIL 20 - SATURDAY

South Platte. Near deckers. Class I-II. Good play trip, be prepared for a lot of rock dodging, close to town; Kerry Edwards;

APRIL 21 - SUNDAY

St. Vrain River I-25 to Milliken. Class I. Flat, scenic, family trip. this trip is good for beginners. Scott Cragle

APRIL 23 TUESDAY RED CROSS CPR TRAINING.

170 Steele St 7-10 p.m. Bruce and Barbara; daytime

DECKED OR OPEN?

After the roundup this year Lyn Berry mentioned to me that it seemed as though the club was undergoing a conversion from open boats to decked boats. He said it in jest but it did spur some thought on my part. Since I was implicated as playing a role in the alleged conversion (Pauline and I both recently acquired decked C-1's and a decked C-2) I thought it might be appropriate for me to put down some thoughts concerning the advantages of decked and open boats. This might be particularly helpful for new paddlers contemplating buying boats.

Some immediate correlations sprung to mind. Open: cargo, comfort, long trips, versatility, bailing. Decked: rolling, playing, little room, no bailing, little comfort. Those words express the differences in the two styles of boat for me. Let me elaborate.

Open boats are great for overnight and extended trips. They can carry a lot of gear and enable one to paddle in a variety of positions which means that a large degree of comfort can be maintained on long paddling days. The drawbacks of open boats are few and most can be rectified. Paddling in Colorado generally means running big waves which leads to extensive bailing at the bottom of each rapid. This can be rectified by installing a fabric cover (commercial or homemade). The drawback which cannot be easily rectified (although some people do roll open canoes) is that they cannot be rolled upright once tipped over. This problem needs to be weighed against the fact that open canoes are generally wider than decked canoes and therefore are not subject to capsize as easily as decked boats.

Decked canoes are great for playing. They can easily be rolled upright when capsized. This advantage means that aggressive playing on the river is made easier since there is no worry of a swim and time consuming rescue if you go over. The opportunity to be more aggressive in playing the river means that paddling skills can be improved more quickly. These skills can also be applied to paddling open boats. For instance, if you learn to roll a decked canoe, chances are your low brace which you use in your open boat will greatly improve. The drawbacks of decked boats are more difficult to rectify than those of the open. Comfort is a problem. You paddle all day in one position. The first day I paddled a C-1 (I might add that I did not have it properly outfitted) someone had to help me out of the boat at the end of the day and I had to sit on the river bank for a few minutes until I could recall how to walk. Rectifying this problem usually amounts to just getting used to it. Cargo capacity is another problem. Most decked boats are considerably smaller than open boats. This means that extended trips either need support from other boats or packing very light and limiting the length of trips.

The long and short (or decked and open) of it is that the choice to paddle one or the other is related to a number of factors. The two basic factors are your style of paddling and the size of your checkbook. If you are an all round paddler who goes on extended and day trips, the most versatility can be found by having both a decked boat and an open boat. This is my choice. However, if you choose to limit your paddling to day trips a decked boat may be the best choice for you. If you limit your paddling to extended expeditions an open boat possibly with a fabric deck may be the best option. But whatever you choose, remember there is no inherent goodness to either style of boat. Both styles of boat are designed to fit specific needs and both fit these needs well. The crucial factor is ascertaining your own needs.



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TRIP LEADER'S GUIDELINES

These are the guidelines that the committee suggested should be adopted by the club. There are some additions to the guidelines that the club previously used. All trip leaders should read these guidelines and be prepared to discuss, add, subtract, or modify them at the trip leaders meeting on April 14 at the Aikin's house. If you cannot attend the meeting please submit your comments in writing to Bill Nelson, Denver 80222.

Proposed Trip Leader Guidelines

Qualifications of trip leaders

- knowledge of CPR
- approval of peers (i.e. other leaders) as leader
- to become a leader you must co-lead a trip with an approved leader
- Knowledge of river signals
- knowledge of rescue protocols
- knowledge of the symptoms of hypothermia
- good judgement
- Leaders should assess for themselves their ability to run and lead a trip on the rivers they plan to run

Responsibilities of the leader (in general)

- to provide the most up to date information regarding the particular trip
- to know the river (except for exploratory trips)
- legal arrangements regarding the trip
- to make sure boaters have minimum safety equipment for a trip i.e. flotation, pfd's, extra paddles, painters, throw bags, sponge, bailer
- to carry his own minimum equipment e.g. maps, first aid equipment, throw bag, extra paddle
- to advise participants regarding wet suits, camping equipment, clothing
- to know his/her own limits regarding their skill level
- to have knowledge of nearest hospitals, sherrifs offices, and other pertinent emergency numbers

marks?

Before the Trip

- decide when people should call the trip leader
- decide when to close the trip
- screen prospective boaters (experience level, training, name, phone number, throw rope yes or no, paddling partner yes or no, first aid kit, etc.)
- screen the equipment of prospective boaters i.e. lifejacket, spare paddle, knife, whistle, painters, bailer, sponge
- provide information regarding difficulty of the river, water level, forecast, other mitigating circumstances.
- determine location and time of put in
- obtain permits and permission to trespass
- determine size limits of the party
- keep track of people needing partners
- to ask participants if they have relevant medical problems
- the minimum number of boats for a club sanctioned trip is 3

Day of the trip

- determine punctuality, how long to wait for late people
- make last minute decisions regarding such things as surprise boaters, surprise equipment, different water and or weather conditions.
- assign a sweeper and leader
- review river signals
- review basic etiquette for the trip (advise boaters to keep the boats in front and behind in view
- final decisions on cancellation depending on circumstances
- determine protocols for splitting a trip up if necessary
- make final decisions as to worthiness of river craft and the abilities of boaters

During the trip

- decisions regarding stops and campsites
- scouting guidelines
- to make decisions regarding portages

After the trip

- turn in a trip report with a description of the river conditions for future reference

See inside back cover for a continuation of participant responsibilities.

APRIL 25 THURSDAY CPR CLASS

170 Steele St. 7-10 p.m. Class continues from April 23 class.

APRIL 27 SATURDAY

South Platte River near Deckers. Class I-II. Repeat of April 20 trip. Kerry Edwards []

APRIL 30 TUESDAY

Instructors meeting at Bob Atkins House. This meeting is for all those interested in instructing. Call Gary Cox []

MAY 3 FRIDAY

South Platte River from Chatfield to Bowles Ave. 7:30 P.M. Class I. Full moon trip; be prepared for canoeist. Who else? Call Scott Cragle []

MAY 4 SATURDAY

This is a big day for the Rocky Mountain Canoe Club. We have been asked to introduce the fine sport of Canoeing to the Boy Scouts at their Centennial Jamboree on one of the Soda Lakes near Morrison; all the canoes, lifejackets, and paddles will be supplied. Call Mike Danahy at []. Also, we as a club have been asked to participate in a whitewater festival sponsored by REI outdoor sporting goods store. Becky Nelson is looking for any suggestions or help you may have to offer; call Becky at []

MAY 5 SUNDAY

South Platte Florida Ave-38th St. Class I-if you portage the rapids. Class I-III if you run the rapids. Bike Shuttle. Portages are easy. Scott Cragle []

MAY 11 SATURDAY

South Platte Near Deckers Class I-II. Repeat of April 20. Call Kerry Edwards. []

MAY 12 SUNDAY

South Platte Near Deckers. Class I-II, maybe III Repeat or modification of previous days trip. Gary Cox []

MAY 19 SATURDAY

Blue River Below the canyon to Green Mtn. Reservoir. Continuous Class II. Rescue difficult. For high intermediate or advanced paddlers. Fun river. Scott Cragle. []

MAY 19 SUNDAY

South Platte River ; Chatfield To Bowles. Class I picnic trip. Bring your barb-ba-cue. Parasol and your oar or women. Good trip for the family. Call Kerry Edwards at []

MAY 20 MONDAY-MAY 24 FRIDAY; OUTSTANDING TRIP

San Juan River. Sand Island to Clay's Crossing. Class II-III. Intermediate. Gradient is consistent. Canyons are outstanding. Well worth the drive. If you want to experience a desert river at its best paddle this one. Bob Aikin. []

MAY 25 SATURDAY-MAY 27 MONDAY

Rio Chama. El Vado Dam to Aquibi Reservoir. Class II-III. Three day canyon trip for advanced paddlers. New trip for the club. Supposed to be outstanding. John Shugrue. []

MAY 25-27

Need a trip leader for an easy trip on this three day weekend. If you would like to do this call Mike Danahy. []

MAY 28 TUESDAY

Training program. BASIC RIVER CANOEING--Classroom session. 170 Steele St. Call Gary Cox []

MAY 30 THURSDAY

BASIC RIVER CANOEING. Sheridan Recreation Center Pool. 7pm Call Gary Cox []

JUNE 1 SATURDAY

Poudre River. Advanced trip. Class III-IV. Section to be decided dependent upon water level. Mike Danahy []

JUNE 2 SUNDAY

BASIC RIVER CANOEING. Lake Session. Location to be announced. 10am-4pm. Call Gary Cox at []

JUNE 2 SUNDAY

Any other trips going this day please call Mike Danahy []

JUNE 3 MONDAY

BASIC RIVER CANOEING. Classroom 170 Steele St.; 7:00 p.m. call Gary Cox []

JUNE 5 WEDNESDAY

BASIC RIVER CANOEING. Classroom 170 Steele St.

JUNE 8 SATURDAY

Pre-Fibark Training. Arkansas River. Salida to Cotapaxi. Class II-III-IV depending on water level. Mike Danahy. []

JUNE 8 SATURDAY

St. Vrain. 1-25 to Milliken. Class I. Easy family trip. Good for beginners. Good bird watching. Call John Licht. [] or Gaither Randall. []

JUNE 9 SUNDAY

BASIC RIVER CANOEING. Flatwater training session. River to be announced. Gary Cox. [] Gary will need help with this from experienced boaters. Give him a call.

JUNE 15 SATURDAY

South Platte. Chatfield to Bowles. BOOZIN AND BRAGGIN. Class I-II. Good family trip. Return to Gaither's house at the end of the trip for some infamous boozin and braggin. Everyone is welcome even if they dont like to booze and brag. Gaither Randall. []

JUNE 16 SUNDAY

BASIC RIVER CANOEING. Final river session. Trip will be on a moderate class II river to be announced. Call Gary. []

JUNE 16 SUNDAY

FIBARK RACE. Arkansas River. Salida to Cotapaxi. Advanced to very advanced. Call Mike Danahy. []

JUNE 22 SATURDAY

Colorado River. Rancho Del Rio to Railroad Bridge. Class III at this water level. High intermediate to advanced paddlers. Rapids will be wide open with BIG waves if there is a lot of water. A real kick in the Kerry Edwards []

JUNE 23 SUNDAY

Colorado River. Sweetwater to Dotsero. Class II. Intended for intermediate paddlers who want to improve their skills. Terry Owen. []

JUNE 23 SUNDAY

BASIC RIVER CANOEING. Makeup river trip for those who missed the previous river trip. Moderate Class II water. River to be announced. Gary Cox []

JUNE 23 SUNDAY

Conejos River. Class II-III. For intermediate to advanced paddlers. Participants must wear Indian garb or be prepared to become canuists. Scott Cragle. []

JUNE 29 SATURDAY

Poudre River. Easy trip, class I and one Class III drop. Call Jeff Keeler; call Jeff at [] Also, Lyn Berry will lead an advanced trip on the Poudre through some class III and Class IV rapids; call Lyn at []

JUNE 30 SUNDAY

Poudre River. Lyn will stay the nite and continue paddling the same class of whitewater he did from the previous day. Call Lyn for details; []

JULY 4, 5, 6, & 7; THURSDAY - SUNDAY

Southern Colorado Exploratory trip. Explore a river not yet done by club members. There is strong talk of paddling the San Miguel or another river in southwestern Colorado. Call Scott Cragle or Lyn Berry; Scott; [], or Lyn; []. There may be two trips and the trips will be considered class II-III because of their exploratory nature.

JULY 4, 5, 6, & 7; THURSDAY - SUNDAY

Little Snake River from Baggs Wyoming to the Yampa. Class I river; call John Shugrue, []

JULY 13-14 SATURDAY and SUNDAY

Arkansas River; Canyon City to Pueblo Res. This is a class II run and an introduction to intermediate water; call Terry Owens - []

JULY 13-14 SATURDAY AND SUNDAY

Colorado River; Sweetwater to Dotsero. Gary Cox will continue to run his training on a rather large river. This is a class I-II run; call Gary at []. On Sunday Gary will continue his training on the Colorado River from Grissley Creek to a point to be determined; class II-III depending on water level. Call Gary Cox []

JULY 13-14 SATURDAY AND SUNDAY

North Platte River; Six mile gap. Overnite trip, class II intermediate run. Call Bob at []

JULY 20 SATURDAY

Colorado River, State Bridge to Cataract Bridge; class I-II sit back and cruise this section. Maybe, one class-III rapid at the beginning of the trip if there is high water. This is another training trip call Gary Cox at []

JULY 21 SUNDAY

Colorado River, Rancho del Reo to Railroad. This is another training trip; class II-III on a relatively large river. Call Gary Cox at []

JULY 27-28 SATURDAY AND SUNDAY

Colorado River; Hoursethief and Ruby Canyons. This is an excellent family type trip through some rather spectacular desert river canyons; class I water, call Lyn Berry []

AUG. 3 SATURDAY

Arkansas River; Browns Canyon, solid class III. Ron Singleton and Bill Nelson will lead this challenging trip. Call Ron at [] or Bill at [] NOTE: Ron should be back from his April 1 trip down the South Platte, be prepared for some exciting (tall) tails.

AUG 4 SUNDAY

Arkansas River; Milk Run, class II maybe class II-III depending on the water level. Call Ron Singleton at [] or Bill Nelson at []

AUG 10 - 11 SATURDAY AND SUNDAY

MAIL SOUP WEEKEND. This year we will be holding the mail soup special in Deckers on the South Platte River. Stay tuned for further details.

AUG 17- AUG 18 SATURDAY AND SUNDAY

Colorado River; Burns to Dotsero, class II-III. This is a beautiful trip through some rather challenging water if you so desire; the infamous "Rodeo Rapid" will challenge the best of boaters. Call Mike Hardesty at []

AUG 17 - AUG 31

John Licht will be leading a family trip through the lake boundary waters of Canada and the United States; call John for specific details: [] This should be an outstanding trip through some of the most beautiful lakes in the world. Where else can you drink water by dipping your cup in one of these lakes?

AUG 24 -25 SAURDAY AND SUNDAY

Colorado River; WESTWATER CANYON, class III-IV. Ray Crockett will be running this trip through some rather intense whitewater. This is an advanced trip; call Ray at 753-1569. NOTE: this trip is subject to a Park Service Permit.

SUG 24 - 25 SATURDAY AND SUNDAY

Gary Cox will be leading more training trips for those interested in running more difficult water. The location of these trips will be announced latter. Rapids will be class I-II-III; call Gary at []

SUG 31 - SEPT. 2 SATURDAY - SUNDAY.

Colorado River; Loma to Westwater, Class I-II. The class II rapids can be run if you can find them. This is a very easy trip through some outstanding desert river canyons. Call Kerry Edwards at []

SEPT. 8, 9, 10, 11 SUNDAY - WEDNESDAY.

Green River; Gates of Lodore - Split Mountain. I wonder what this trip would be like when it is warm? Terry Owens will not guarantee a lack of snow, but he will guarantee a very memorable trip. This is an advanced, overnite trip through class II-III water; call Terry at []

So be the outline of this years scheduled trips. Lets make them safe and fun. If you have any corrections or you would like to help with any of the club activities please call Mike at ([]) or Becky at ([]) or the appropriate person. Much thanks goes to Bill, Becky, Kerry, and Catherine Janes for helping get this newsletter to print.

UPCOMING EVENTS

April 14--Sunday. Trip Leaders Committee. To discuss trip leaders guidelines. All trip leaders invited. Bob and Carol Aikin's house, [] 7:00pm. Call Kerry Edwards for more information. We need the input of all trip leaders.

April 15&16--Monday and Tuesday. First Aid Classes at 170 Steele St (The Red Cross building) 7:00pm. Call Bruce or Barbara Osgood-Cox to sign up. Days [] nights []

April 19--Friday. SPRING MEETING Glendale Community Center 999 S. Clermont. 7:00pm. Park on the south side of the building, cars in other lots will be towed away. Remember T-Shirt entries are due, they will be judged at the Spring Meeting.

April 23 & 25--Tuesday and Thursday. CPR Classes at 170 Steele St. 7:00-10:00pm. Call Bruce or Barbara to sign up. Days, [] evenings, []

April 30--Tuesday. Instructors meeting. Aikin's, 355 S. Logan. For all interested in participating as instructors in this year's training program. Call Gary Cox. []

May 4--Saturday. Whitewater Festival at REI. From 9:30-5:00. RMCC will have a display. Volunteers are needed for 2-4 hr. shifts. Call Becky Nelson, []

NEW (BOATING) YEAR'S RESOLUTION

OR

How to Create a River Bank in your own Home

Many times as I have paddled down an enchanting river I have resolved to give money to river conservation groups so that that river or others like it can be preserved for future enjoyment by myself and others. However, these resolutions have tended to be overlooked once I get home and the bills come in. In light of this economic press and persistent procrastination I have made a resolution for the new boating season and invite anyone else with similar concerns to make the same resolution.

AT THE END OF EVERY TRIP I TAKE THIS YEAR I AM GOING TO PUT \$1.00 ASIDE FOR EVERY DAY I SPENT ON THE RIVER AND AT THE END OF THE SEASON CONTRIBUTE IT TO A RIVER CONSERVATION ORGANIZATION.

This token sum will add up to a significant amount at the end of the season for an avid boater, and one dollar a day is a paltry sum when I think of the immense satisfaction that I have received from paddling the rivers that our planet offers. Initially I was going to call this my river Piggy Bank, and put a coffee can in the house with that name on it. But, a more appropriate name it seems to me is RIVER BANK. I encourage everyone who finds enjoyment in paddling rivers to follow this same practice and create a RIVER BANK in your own home.

Kerry Edwards

Green River through Dinosaur by Terry Owen

Some of us made our first trip through Dinosaur National Monument on the Green River last October. The temperatures varied from 17 to 40 degrees that trip. Most of my Memories are of cold fingers and toes.

We have another opportunity this year to see the river in warmer temperatures. I have a permit for the Green from Ladore through Split Mountain starting September 8 and ending September 11. Campsites are Pot Creek, Rippling Brook and Jones Hole. I'd like to try to run the shuttle on September 7. That means we'll need six days including driving time. This year we want to hike into Winnie's Grotto and up Jones Hole Creek.

I have to have my passenger list into Monument Headquarters by early August so I will need a firm list by at least July 20. This is not a trip for the lighthearted so if I don't know how well you paddle, I will need a recommendation from another leader in the club. If you're interested you should be on the rivers this summer demonstrating your abilities.

For those of you interested in expanding your canoeing horizons I offer the following information. There is an international canoe club called The International Long River Canoeist Club headquartered in Great Britain which is a clearing house for information on rivers all over the world. They have members in 23 countries and have means for passing along information to members on rivers paddled by the other members in their countries. I recently corresponded with the president and he told me that he had recently returned from a canoe trip down the River Kwai. Dues are only three pounds a year which with the current exchange rate on the dollar translates to a little more than \$3.00 per year (perhaps \$3.50). This seems to me to be a real steal since membership includes not only access to all the information of the club but also a year's subscription to their bimonthly magazine entitled Paddlers World. Anyone wanting more information on the club or a membership application form, contact me.

Kerry Edwards

Training Program for 1985

Lyn Berry, training officer in 1984, is a tough act to follow. In an effort to maintain continuity in the club's training program, I will structure this summer's training on the Red Cross program that he began.

For 1985, training will progress through roughly four stages. First, Barbara Osgood and Bruce Cox will hold two classes in Basic First Aid on April 15 and 16 from 7:00 P.M. to 10:00 P.M., followed by two CPR classes on the evenings of April 23 and 25. These classes will all be held in the auditorium of the Red Cross offices at 170 Steele St. Those wishing to attend either or both of these classes should contact Barbara during the day at [] ext. 40 or evenings at [] ASAP as class sizes will be limited. Anyone who travels rivers should take advantage of this chance to brush up, but I think it is especially important for trip leaders and instructors to review both subjects and hold current cards. These classes will be followed on Tuesday April 30 by a trip leaders and instructors meeting at 7:00 p.m. at Bob and Carol Aikins house (355 So. Logan). In this meeting we will review trip leader guidelines and safety procedures for the 1985 season.

The second phase will begin on May 28. The club will sponsor instruction in Basic river canoeing, progressing through flatwater fundamentals, equipment, river reading, river tactics and maneuvers, safety and rescue to actual practice on moderate class II whitewater. The course will be structured for persons new to our sport and also for members who want to brush up on their river skills to make their whitewater paddling not only a more safe experience, but more fun. Classroom sessions will be held at 170 Steele St. from 7:00 P.M. to 10:00 P.M. beginning Tuesday, May 28; Monday, June 3; Wednesday, June 5; Monday, June 10; and Wednesday, June 12. Water sessions will be Thursday, May 30 at a swimming pool from 7:00 P.M. to 10:00 P.M.; Sunday, June 2 on a lake from 10:00 A.M. to 4:00 P.M.; Sunday, June 9, 10:00 A.M. to 4:00 P.M. on a flat river; Sunday, June 16, 10:00 A.M. to 4:00 P.M. on class I and II rapids. Those successfully completing this course will receive Red Cross certification in Basic river canoeing. To register, drop me a post card. Class sizes will be limited, and several people have already signed up.

The third phase of training will consist of weekend day trips I will run during the balance of June and July for those who have completed the Basic River course, or who have equivalent skills and knowledge for the purpose of developing intermediate skills on Class I and II rivers.

The fourth phase will begin in August. We will run day trips for those ready to advance to more difficult water. The joy of playing and surfing in more technical Class II and III water will be explored for those who feel the itch. Emphasis on these trips will not be distance, but on honing the skills necessary to safely paddle some of those beautiful class III canyon rivers we have in the West that are inaccessible to the inexperienced.

1985 training will conclude in the fall with a Red Cross canoeing instructors course which will once again be taught by Barbara Osgood and Bruce Cox. To take this advanced course you must have successfully complete the Basic River Canoeing course. Due to the phenomenal growth in our sport, there is a need for trained instructors and you will be needed in the 1986 season.

If you are a Red Cross instructor and would like to help with instruction in this training program, please contact me. The more help I have, the more students we can accept. Call me at 1-587-4507 or drop me a card.

"There is a magic in the feel of a paddle and the movement of a canoe, a magic compounded of distance, adventure, solitude, and peace. The way of a canoe is the way of the wilderness and of a freedom almost forgotten.".....Sigurd F. Olson, "The Singing wilderness"

****REMINDER****

If you have not paid your dues for 1985 this will be your last newsletter. Please send your dues to the address on the back of this newsletter. Dues are \$10.00 per year per family.

Preparing your Canoe for Whitewater

First, your canoe should be designed for whitewater. Royalex construction is the most durable for Colorado Rivers. Blue Hole, Mad River explorer, and Old Town tripper are the canoes most used by Colorado whitewater paddlers, with some Mohawk designs beginning to show up.

Painters should be attached at bow and stern. They are handy for tying up to a bank, but their primary purpose is for rescue. They should be at least 15 feet in length. 3/8th inch polypropylene is excellent, as it is strong, durable, and it floats. There should be no knots or "monkey fists" tied in a painter that could become entangled in rocks branches or around your leg. Painters should be neatly coiled and secured by velcro or shock cord on both decks so that they will stay put until you need them. There should be no loose ropes in your canoe that could entangle you in an upset.

I feel that flotation bags or truck innertubes are a must for class II or III water, and they must be securely tied into your canoe. The purpose of extra flotation is to displace water--to keep water out of your canoe and in the river. Extra flotation serves as a safety function in that you are far less likely to be pinned against a rock by a canoe filled with airbags. A canoe full of water in a mild current weighs a ton and can crush you. Extra flotation also makes self rescue and rescue by others easier, as your canoe will be much lighter. And since canoes with flotation ride higher in the water when swamped, the chances of wrapping your canoe around a rock are much reduced. If your flotation is not securely tied into your canoe, however, it will wash out in an upset and become useless. Drilling out gunwale rivets and replacing them with small eye bolts is one method used for tie-downs. "D" rings glued to the bottom of your canoe is another.

Thigh straps and knee pads. Once you have used them, you will probably never paddle without them again. With thigh straps you feel a part of your canoe. Your balance improves greatly. Instead of fighting to keep from sliding from the stern to the bow in that steep drop, you can concentrate on more important things like how the hell to get off that pillow you didn't see in the middle of that downstream V.

Winter is a glorious time of year when we canoeists get our boats ready for spring, when the snow we are skiing on, will turn to magnificent moving highways through enchanting canyons. **Hear the roar? Feel the mist? Are you ready**

Gary Cox

If you do not understand some of the terms used in the preceding article, you might want to attend the classes being offered by RMCC in May.

FOR SALE

Two Phoenix #4 dry bags (bags). \$25.00 each
One candle lantern (new \$15.00). \$10.00
Two bent shaft paddles. \$17.50 and \$27.50
One Optimus 8R stove. \$30.00
Call Scott Cragle

Mad River Explorer. 16ft. Royalax (ABS).
Excellent whitewater and tripping boat. Good
condition. Yellow with kevlar skid plates.
Numerous extras. \$600.00 Call Chris Bidwell.

participant responsibilities

- to be aware of their own skills and abilities
- to have the proper equipment for a trip
- to be aware of the pertinent conditions of a trip i.e. weather and water levels (gotten from leader)
- to notify the leader of any medical problems that may be pertinent
- to support the trip leader and abide by his decisions
- know river conditions
- to notify the trip leader if you cannot go on a trip
- to be on time
- to respect the environment and the other boaters on the trip and to act in a responsible and courteous manner
- to notify the leader if you are not comfortable in running a particular stretch of a river