



The Voyageur's Companion

NEWSLETTER OF THE ROCKY MOUNTAIN CANOE CLUB

March 2001

TRIP AND INSTRUCTION ISSUE

Inside this issue:

Trip Social	1-4
Trip and Event Sc	5
Treasurer Report	2
Classifieds	4
Style-Paddling	3
Instruction	6-7
Pool Sessions	8
Membership	7

Special points

to ponder:

Renew your membership send back page to Dave and Jeannie Ney

Go to trip party see page 1

Lessons to be given this spring, see pages 6 and 7

Get your own Porta Potty "Boombbox" at the April Meeting

Be a volunteer and have fun putting together the Club's newsletter! (see article right)

In partnership.....



Trip Social, Spring Meeting Sat April 28 6:00 PM at St Jude's, Safety Fair next day page 4

Free Eats and (Not) Trip Coordinators Seminar

by Ken Bauer

This little social will be held Friday April 6, 7:00 PM, at Bob & Carol Aikins house, [redacted] Denver. Easy access from Alameda Ave exit. Call [redacted] or just show up. Pizzas (veggie, too), salads, and beverages. Hopefully, you the free eats

bring you in. We will then bring up the idea of trip coordinating (not leading) slowly, while you sate yourself.

The idea? Two fold. One is to gauge from the people who show up what trips people want to see. Secondly, to show those willing but tentative that coordinating a trip is not terribly hard.

Why do I say coordinating and not leading? Simple. A leader will assume a god-awful lot of responsibility, coordinate logistics, vet

qualified participants, and worry a lot. That's OK for a huge wilderness trip fraught with many potential adventures(!). And those people that do that have put a lot into doing that and hardly need any pointers or ideas of where to boat.

But this little get-together is just to present a range of relatively simple, nearby rivers to float and show all interested members and guests how to put together a trip. We will list the rivers

(Continued on page 4)

NEWSLETTER EDITOR RESIGNING NEED REPLACEMENT ASAP

Due to work commitments, I will have to hand over the editing of the newsletter to another volunteer.

As this is my last newsletter, let's see someone come forth to make a quick and smooth transition.

Volunteer duties entail:

- Reminding everyone of the upcoming deadline.
- Receiving articles, pictures, announcements,

upcoming events, and ads.

- Layout, editing when-ever necessary, sending file to the printer
- Arranging to have finished copies mailed after getting an updated file containing most current roster.

Consider doing this even though you may be shy on the software side. I will give you publishing software and advice as to how you can do this without leaving the comfort of you desktop!

Please direct you communications to:

ALSO NEEDED: ADVERTISING PERSON

This position entails

- contacting potential canoe related businesses (look at past issues of Voyageur's Companion) and getting commitment to advertise.
- Also must arrange for files to be sent to the editor.
- Communicate to editor what ads go in each issue.
- Must also collect payment and submit to treasurer.

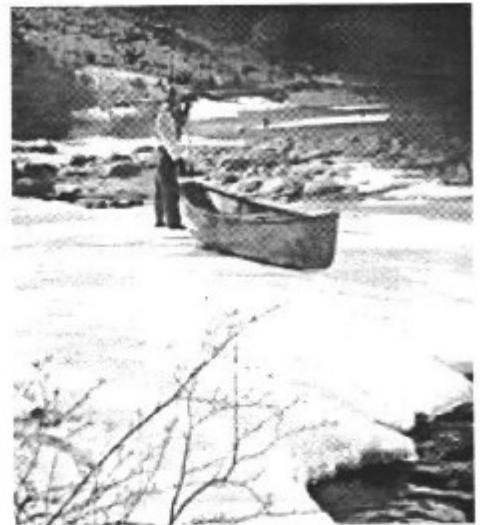
Hello folks. get this, on my way out of the condo yesterday to go snow shoeing, I stopped and felt the air temperature. it was, relatively, a very warm day(48deg.), and the sun was shining on my end of the valley. after some contemplation, I decided that the day that I had been waiting for was here. I ran back inside, shed some clothes, grabbed the paddles and the life jacket, then grabbed the "nanoe voyager" (the red canoe). Nancy eagerly requested to come along, and so we started heading down the eagle river behind my condo! it was very exciting to be on the river again. it was even making me a little nervous. some parts were very shallow. there were some sections which required extremely technical moves to navigate through boulder fields of large boulders. some of the boulder fields were impassable. a few times we had to get out of the canoe, either stepping on boulders or ice, and carry or line the canoe past the obstructions. in one portage, I slid the nanoe voyager across ice for about 30 yards. we had one very impressive maneuver, in which we entered the current via a sliding entry off the ice, leaned down stream aggressively, cut across the current, rotated 90 degrees to point downstream, then back ferried diagonally through a small opening between two boulders to enter a channel of

current in reverse, then while keeping the stern steady in the upstream current... swung the bow around into the channel and continued to head downstream in the clear channel. all of which happened in tight spaces between boulders. the rapids were weak, yet in some parts there was a significant current. there were not any parts that I considered a risk for capsizing. the only exception might be the sliding ice entry into the strong current, but I was sure to have us lean aggressively. something else that was interesting, I was dressed in my sorrels in preparation for snow shoeing. but then I decided to keep them on for the put-in and take-out in which I might have to step in some water. they were actually quite handy, when more than once, I got out and walked in water up to 10" deep to get us through some impassable areas. they kept my feet completely dry. after a few hours...my hands, and all of Nancy, were cold. so we got out, and took a long, relaxing walk home to retrieve the truck.

alive...awake...receive...feel...see...
experience...truth. bittersweet. life.

Summer Elias

WINTER CANOEING



VEEP RESIGNS

In keeping with the Editor, Ron Schmidt, your potty friend, illustrious former sidekick to the Pres, is resigning. In lieu of the current co-presidency, he doesn't feel there is a need for his services. He will continue in the obnoxious form of "RMCC member at large". You still will not be able to ignore his presence at gatherings and trips.

SUMMARY FROM THE TREASURER:

account balance end-1999: \$1826.00
income 2000: + \$4505.00
expenses 2000: - \$3641.29
account balance end-2000 \$2689.71 (theoretical, that is, when the above numbers are added and subtracted)
account balance end-2000 \$2692.71 (actual) Since I'm no accountant, I make no apologies for the \$3 discrepancy! This is what we really had in the bank.

\$500.00 of that account balance is being held "in trust" for later donation in support of a downtown whitewater park. Thus, the RMCC treasury actually had \$2192.71 at the end of 2000.

DETAILS:

EXPENSES 2000: INCOME 2000:

postage, copying, stationery: \$ 684.15 membership dues +
Rend. fees: \$3473.00 newsletter printing: \$1123.68 advertising
revenue: \$ 25.00 meeting expenses: \$ 968.46 donations: from
REI \$500.00 collected at Oct. mtg for downtown ww park
\$380.00
donations:
to downtown ww park \$ 120.00 sales of stickers, etc.
\$ 12.00
Am. Rivers, Am. Whitewater \$ 100.00 banking fees: \$ 9.20

dep. to RMCC, but sent to ACA for Paddle America memberships \$ 115.00 pmts. to ACA for Paddle America memberships \$ 115.00 Internet site thru Mar. 2002 \$ 520.80

\$\$\$ out: \$ 3641.29 \$\$\$ in: \$ 4505.00

Several Notes:

The account balance at end-2000 includes the \$500.00 which is to be donated to the J. Kinney Foundation when (or if) they begin to lobby for a downtown white water park. Hence, RMCC's treasury held \$2192.71 at year end. This is \$366.71 more than the \$1826.00 which we held at the end of 1999. However, the 2000 amount includes an unexpected donation of \$500. from REI in October. It therefore appears that the club spent slightly more money or had slightly less dues income in 2000 than in 1999.

Per conversations with Ann Nye-West in September, we expect some \$500. in advertising revenue for advertising in year 2000 issues of the club newsletter. I do not know the current status of those accounts, and only \$25. in advertising revenue had been received at the end of 2000.—*Joanne P.*

Brown

Paddling in Style

By Jeff Oxenford

For a brief time in February, a small lake in Florida looked and sounded like Canada. Sixteen and seventeen-foot canoes were seen doing intricate maneuvers, words like "bout" and "A" were used, distances were measured in meters, and even a chorus of "Oh Canada" was heard echoing across the lake.

The reason: the first Canadian Recreational Canoe Association (CRCA) instructors' training course to be held south of the border (almost as far south as you can get). This special event was designed to introduce American Canoe Association (ACA) instructors to Canadian-Style paddling. Bob and Jill Stecker and I had the pleasure of being involved in this exciting event.

What is Style paddling – In the words of the lead instructor, Doug Gifford, "Style paddling is an approach that focuses on the canoe and not the paddler. It involves graceful and elegant maneuvers with the paddle used on only one side of the canoe." Canoes are of the traditional design, with the solo paddler kneeling in the center of the canoe. In Style paddling the canoes are heeled over (gunwales dipped to the water) to facilitate turning and to make it easier to reach out of the canoe. In a day of specialization, it was quite a change to paddle canoes that could do everything from tandem (or even three people) to solo; short-day trips to extended camping excursions. With designs dating back 30 and even a 100 years ago these all-purpose boats remain effective vehicles for traveling across the water.

Being a whitewater paddler I couldn't help but wonder why one should spend all the time and money to go to Florida to paddle a big boat on flatwater for five days. However from the moment the class started, I knew I was in for an interesting experience. The tone was set when we had to sit in the bottom of the canoe and listen for five distinct

sounds and then move the canoe using our hands only.

Someone once asked me, "isn't canoeing just canoeing." My answer is unequivocally maybe. Why concept of canoeing is the same approaches to paddling and teaching vary greatly. In Style paddling, the emphasis is on the boat, not strokes. Anyone who has ever taken an ACA class goes home to dream about a laundry list of strokes and has nightmares about the nuances of the perfect stroke. In Style paddling, the focus is on understanding how the forces from the paddle affect the canoe, and rarely are strokes named. Emphasis is placed on boat control and fluidity of motion. As the days wore on, I was too busy worrying about my canoe to think about what stroke was I doing. I also noticed that all my strokes blurred into one continuous motion combining numerous named strokes.

One thing that I had to struggle with was keeping the power of my strokes low. In Style paddling, you're after constant speed, not power. There definitely was no mention of torso rotation or hip thrusts. Strokes were short, hands kept low, and contact was maintained with the water. I was really thankful for those stable boats when doing a large number of underwater recoveries.

Our canoeing skills were constantly tested with drills that challenged the best boaters. These skill emphasized boat control. One exercise was to pivot the canoe in each direction three times (talk about agony) while keeping your body in a Hula-Hoop suspended above the water from a dock. Another was to pinwheel the canoe, placing the bow against a buoy, rotating around the buoy without having the bow stray.

As we were taking a certification class, each skill needed to be performed to a set list of criteria. These included splashless strokes, defined corridors for travel, imperceptible roll, constant speed and controlled yaw. Yaw is the side-to-side motion of the canoe typically viewed from the bow. A very challenging test was the straight line. Keeping within a one-meter corridor, we had to start from a dead stop, paddle in a straight line, stop, then going backward along the same line and stop again. The

whole time keeping the yaw to less than 10° while moving and 20° when stopping. One hard stroke, or any uncorrected, stroke and it was all over. I'm happy to report that Bob, Jill, and I passed all the tests and are now CRCA certified Lakewater 2 instructors.

All of the testing aside, the true joy of Style paddling came with the introduction of the dance. In canoe dance, groups of two or more canoes perform a series of complex maneuvers. Each maneuver requires precise boat control and timing matched with your partner(s). One of the first maneuvers was interlocking pivots. This involved forming a T with two canoes and then spinning the canoes such that each take a turn in the center of the T. Bob, Jill, and I spent hours on an H maneuver, with the boat on the inside pivoting and the outside boats doing a combination of pivots and circles.

As our class finale, we did a dance with 10 canoes. It was an amazing experience doing these complex maneuvers with a group of excellent boaters. We'll be showing the video at the next film festival, guaranteed to keep you riveted to your seat.

As I hope you can tell from this article, I was fascinated with the Canadian approach to paddling. For five days, I was challenged on a small lake and in many ways reunited with this thing we call a canoe. The concept of the dance has me intrigued with the possibilities of working with others and the potential hours of fun we can have. I'm already choreographing the Golden shuffle, so watch out!



Canoe Dance photo by J. Oxenford

Happenings in Golden

There are plans for dredging the whitewater course below drop 6 (the long ledge) this spring. In August, plans will be started for a 2002 expansion of the course. The goal is to bring the course all the way into downtown.

April 21-22, 2001 - Colorado School of Mines Ice Breaker Race—A Citizens Race open to anyone start at 12:00 on Saturday April 21.

June 2-3 - Clear Creek Whitewater Festival

Wednesday evening - paddling in Golden with Jeff Oxenford and Bob Stecker. Should start in the late spring or early summer.

Special Class Offering

June 28 - One day canoe clinic with Joe Jacobi and Bob Campbell in Golden. Joe Jacobi is on the US Olympic team and Bob Campbell is a coach for the team. The clinic will be for intermediate and advanced paddlers and attendance is limited to 10. Cost will be \$45/ person. For more information contact Jeff Oxenford [redacted]

CLASSIFIEDS

FOR SALE: Bell Wildfire. NEW (a few demo scratches). Red, aluminum gunwales, Kevlar/glass. A 14-foot Sport/Freestyle canoe ideal for solo trips with gear, or for fancy flatwater moves, especially for the heavier (160 lb.) paddler. \$750 (list \$995). Call Steckers [redacted]

FOR SALE: C-1 Cruise Control, spray skirt, great condition, \$250 Bonnie, [redacted]

FOR SALE 17' Grumman Canoe, fitted with brackets for thigh straps, comes with portage yoke, \$450 obo, call Bob Shannon [redacted]

For Sale: Perception C-1 Gyramax, with spray skirt and float bags, excellent condition, \$450 obo, call Susan [redacted]

FOR SALE: Dagger Prophet, \$450. Contact Jeff Oxenford, [redacted]

Inflatable Kayak Wanted: Seeking a whitewater oriented, "self-bailing" model for the 'significant other'. Contact Kevin Bedard @ [redacted]

FOR SALE: solo whitewater .Wenonah Rondevous, \$1,400
More info: [redacted]

FOR SALE 16' Winona Adirondack, \$450, Karen, [redacted]

(Continued from page 1)

and difficulty levels, describe how to organize and coordinate getting people from one place to another and down the river. We might even touch on safety, although the Safety Fair later in the month is the most valuable way to pick up on that, being on the water and all.

For all who have read this far, a real incentive. Everyone who puts a trip at or before the Spring meeting will be entered in the raffle at the Spring meeting to win prizes! Right I am thinking of 3 prizes, ranging from really great to nice to have. Cheap bribery and candy-baiting? You bet. Am I ashamed to resort to this? Not at all. We did it years ago and it worked well. Plus we had lots of trips and more tales and whoppers to tell at the end of the year than you could fit in a tripping boat.

All you have to do is come, eat, en-

summer employment.

The River Reach Youth Initiative is looking for an operations director to work F/T during the season (may-aug) and must have experience in working with youth. Contact Greg Pratt@sprintmail.com River Guides (18 or older) are also needed for summer employment.

Continued from headlines

The spring meeting will be held at St Jude's April 28th at 6:00 PM. There will be a pot-luck supper, followed by a meeting. The following day, Sunday, April 29, the Annual Safety Fair will be held at Geo. Meyers Pool in Arvada. See back page for map. Dennis Adams will be the organizer.

PRIVATE INSTRUCTION AVAILABLE

Flat. Moving. Whitewater .
Solo. Tandem

Susan Graham
3830 Tradition Drive
Fort Collins, CO 80526
970-225-1254
sgloon@aol.com

Time of the Fair, 8-noon.
This year Kerry Edwards will be giving a Kid's canoe class, April 22 and 29 at Geo Meyers Pool . Contact Kerry at [redacted] for further information.