



# The Voyageur's Companion

NEWSLETTER OF THE ROCKY MOUNTAIN CANOE CLUB

November 2003

## Hello Fellow Club Members...

### Greetings from the new Co-Presidents

*Ron and Nancy Stanker*

We are looking forward to the fun times and challenges of being Co-Presidents this year. One of our first tasks is to keep everyone informed of what is happening with the Club.

As some of you know, Paul Holcher the Treasurer, presented a projected budget for next year at the Fall Pot Luck in November. Lower membership, hence reduced income through annual dues, and increased expenses contributed to his prediction that, at the present ratio, the Club's margin would dwindle drastically in the coming year.

After Paul's report, club members present at the meeting voted to raise the annual dues. At the same time, members also decided to hold the Spring Pot Luck at the REI Flagship Store. REI offers their meet-

ing room, including audio-visual equipment, at no cost. These motions were steps in the right direction financially.

Increasing revenue through a membership drive was proposed. Karen Jankowski hosted a RMCC information table at REI's Flat Water Day last spring with good results. The follow-up Newcomer's Paddle and Barbecue from Dotsero to Hanging Lake could become another club tradition!

Another moneymaker in the past has been advertising in the Club Newsletter. Some

problems with this source have involved coordinating publication dates with the advertiser's sales. Perhaps advertising on the website might offer more flexibility in this area.

There was discussion, too, of updating the Canoe Club's brochures and printing RMCC

business cards. These would be a handy way for everyone to pass out information about the Club to friends and relatives.

On the other hand, expenses that might be reduced include not renting the big tent for the Rendezvous at Radium in July. (It has blown down for the past two years, anyway!) Other expenses involve the Newsletter and website. These are cornerstones of camaraderie and communication for the Club. How they can be utilized best will be discussed at the Officer's Meeting on December 14th. Various combinations are possible. For example, members could access an electronic version of the

Year End 2003 Newsletter

### In This Issue:

New Officers, 2004.....	2
Saskatchewan canoeing.....	4
Dinosaur National Monument.....	5
Coppermine River.....	7
ACA Workshop.....	8
"Principles of Paddling".....	9
Clearwater River.....	10
RMCC Officers.....	11

**Participate/Contribute to your Club... Contact any one of the RMCC Officers (see page 11)**

Your opinion, comments, suggestions, questions are invited and encouraged. The future makeup and characteristic of the Club will be discussed at the December Officers' meeting.

### Pool Sessions

#### Sundays 10am to 2pm

George Myers Pool  
7900 Carr Drive, Arvada  
One block west of 80th and  
Wadsworth

December.....	Only Dec. 14
January 2004.....	All Sundays
February.....	All except Feb 29
March.....	All except Mar 7
April.....	All Sundays
Rate is \$6.50 per person	

All Club Members are encouraged to participate at pool sessions. Every year it's been a battle keeping these sessions going because it's not profitable for the pool. Frequently there have been only 1 or 2 boats, which is not a good business decision for the pool.

While it's great having the pool to oneself, it is much better with many folks paddling together. If we don't use it, we may lose it.

So if you don't have plans next Sunday, grab your friends, neighbors, or some other Club member and head to the pool.

Keep in touch with RMCC on the WEB at

[rockymountaincanoecub.org](http://rockymountaincanoecub.org)

Trip Schedules  
News & Information  
Pictures  
Training  
Schedule Your Trip

Continued, page 3

## Officers for 2004

### Meet your new RMCC Officers

Each officer is anxious to serve The Club, and they can best do that by first hearing from RMCC members.

Go to page 11 for a complete list of all RMCC Officers.

### Doug Green

Hi Folks, I'm your new *Conservation Officer*. I learned to paddle as a youth, at a boys camp that did multi-week wilderness trips in Ontario, Manitoba, Saskatchewan. Lots of miles. But that was 30 years ago, and though I've done a few canoe trips in the years since then, mostly I've been carrying a backpack out in the canyons. Then four years ago read a poem by Robert W. Service, "Nostomaniac", and the love of paddling came flooding back. I bought my first whitewater playboat and joined the club. Started running Class IV this summer, thanks to the friends I've made and skills I've learned through the club.

*Time to put something back* for all I've gotten out of the club. My bachelor's was in Environmental Conservation from C.U. Boulder, so I've got some background in most of the issues confronting us. I'm personally interested in river access vs. private property, recreational releases, and defeating the Fee Demo program. We should fight against permitting for Browns Canyon and other runs. I'd like to hear from anyone who thinks the club should speak on any particular conservation issue. And I hope to prod our membership into writing letters from time to time, because sometimes the bureaucrats-in-charge need to see it under their noses to get the message!

### Ron and Nancy Stanker

### Co-Presidents

We moved from the Bay Area to Colorado in May of 2000. One of our first exploring trips took us along the Cache la Poudre River to Red Feather Lakes. That day, the hook was set and the question asked, "How do we get on the river and not just drive by it?" Our answer was to stop in Fort Collins on the way back and book a rafting trip for the next weekend. Back in Denver, I bought over-sized inner tubes from Discount Tires, and we even took kayaking lessons on the Arkansas River. Sorry, we were desperate! An REI demo day at Sloan Lake sealed our fate with the purchase of our first canoe, an Appalachian Old Town. Soon after, we joined the Rocky Mountain Canoe Club and went on our first trip, Loma to Westwater.

Ron had paddled with our son's Boy Scout Troop in California, but I had no experience in a canoe. I'm still grateful that Nancy and Sammer lunged into the cold Colorado and snagged the bow of our canoe as we barreled past the beach at Black Rocks on that maiden voyage.

Convinced of the need to improve our technique, we launched into the 2001 season with gusto. Taking advantage of the great instruction offered through the Club, we practiced tossing throw bags at the Safety Class in April and catching eddies in the Basics Class in May. Paddling Pumphouse at the Rendezvous, along with the Stecker's White Water Class helped our confidence and skills.

We've enjoyed all of our trips with the Canoe Club. We have loved the adventure of paddling new rivers; our list includes the Poudre, Arkansas, Yampa, Gunnison, as well as multiple trips down parts of the Colorado. We have loved, too, the camaraderie camping on crowded sand-spits or crooning songs around a campfire. The highlight of our 2003 season was canoeing down the Green River below Flaming Gorge Dam and successfully running Red Creek Rapid (Class III).

Our goal for the coming 2004 season is to each learn to paddle solo. Of course, this means adding more boats to the two canoes and two kayaks already in the garage. We look forward to serving as Co-Presidents with enthusiasm and a strong desire to share with others the joy that we have experienced being part of the Rocky Mountain Canoe Club.

### Doug Hurcomb

I got into canoeing because I like being on the River.

Paddling looked as easy as falling off a log but I am finding the sport is very technical. I got into the club because I wanted to learn to canoe solo and use the pool. I enjoy leading easy trips and canoeing with my kids. I'm also involved in Scouting and have to fix 6 aluminum canoes before next summer. My goal is to paddle Westwater Canyon with son Wes and Jim Baker-Jarvis next summer.

### Karen Amundson

#### Trip Coordinator

I grew up in Minnesota and Texas where I did some water skiing, and then some rafting in the Outing Club at Texas Tech. My first multi-day canoe trip was in 1974 in the boundary waters of Minnesota. In 1978, I moved to Denver and started rafting. I wore out 1 raft in Brown's Canyon and bought another, as I wasn't smart enough at that time to pay close attention to water levels. I moved on to other things for several years - hiking, skiing, volleyball, and yoga. Then around 1990, I started doing a canoe trip or 2 each summer with a group of friends from work. As these people fizzled out, I took 2 trips with Centennial Canoe and then joined RMCC in 1999.

## Karen Amundson; con't

Since that time, I have acquired my 3 canoes and tackled a bit of class 3 white-water. My favorite canoe trip was 5 days on the Lodore section of the Green River. I have been introduced to freestyle and want to do more of it. My goal as Trip Coordinator for 2004 is to drum up more scheduled canoe outings. I'm planning to host a permit party in early January and perhaps other activities to encourage people to lead at least 1 trip. We can help out the newer members by showing them the ropes, including some fun stretches of river.

## Thanks From the Jankowskis

We would personally thank each one of you (*previous and continuing officers*) for your volunteer services while we were tenured at Trip Coordinator for 3 yrs and then 3 yrs as Co Presidents. Our family grew up with the club. The Club has given us many fond memories and we know many more to come.

Warm regards,  
Karen and Greg Jankowski

## Greetings from Ron and Nancy con't from page 1

Newsletter, posting trip details, etc., while non-members would see a limited version for trips, but a complete posting of events and membership information.

At that meeting, too, we'll be planning events like a permit party, the Spring Pot Luck, Safety Day, Basic and Whitewater Canoe Classes, the Rendezvous, and some traditional Club trips. We'll do our best to get the 2004 Calendar established and published as soon as possible. That way, everyone can attend as many of these fun activities and events as possible.

Once again, we are excited and looking forward to a good year!

## Arkansas Eddylines

*Lyn Berry, Editor*

It is winter time again, and the Arkansas River is getting colder. Ice has already formed in the eddys and has stretched across the river in the quiet sections. Everything is very pretty.

### Paper or Computer

There has been, and will continue to be, much discussion revolving around RMCC finances. One suggestion that has been presented does deserve much serious thought. Should the *Voyageur's Companion* be available on the Rocky Mountain Canoe Club Website? Specific details of how to best accomplish this, and also to limit access to dues paying members must be worked out. This would likely save a large chunk of money; money that could be spent in other worthy efforts and/or used to keep dues low and affordable. On the other hand, should the newsletter continue to be distributed to all members on a periodic basis?

The *Voyageur's Companion* is primarily the venue for the RMCC to post trip schedules, classified ads, and related material, enabling members to share and enhance their canoeing interests. A well fondled edition of our Club newsletter serves as an obvious means to facilitate a broadbased interest in what our club is doing, and is scheduled to be doing in the future. Approximately \$10.00 of the \$15.00 dues pays for this benefit and thus is a big portion of the value to belong to RMCC. I feel that it would be awkward, and expensive making this benefit only available to a chosen few members. This might be required if the newsletter were available on the Web with a paper copy available on demand to those requesting.

Traditionally, and even now in our modern computerized world, many members trust the value of this benefit.

### Next Issue

Look for information and forms to enable membership renewal. By then the amount of the proposed dues increase will be known.

America Canoe Association information will be outlined about individual membership and what it means that RMCC is a Paddle America partner in the ACA.



**Karen Baker-Jarvis**

We encountered an interesting 1/2 mile section of muskeg swamp. Since the water was about a foot lower than normal you could not paddle through the swamp and at the same time you could not push from outside the canoe since it was 5 foot deep of bog. We all had to get out of the canoes and grab the bushes and bog and swim and pull the canoes through. It was much like the scene in the Humphrey Bogart Movie "African Queen". It was tiring not knowing how far we had to go through the mire. At one point

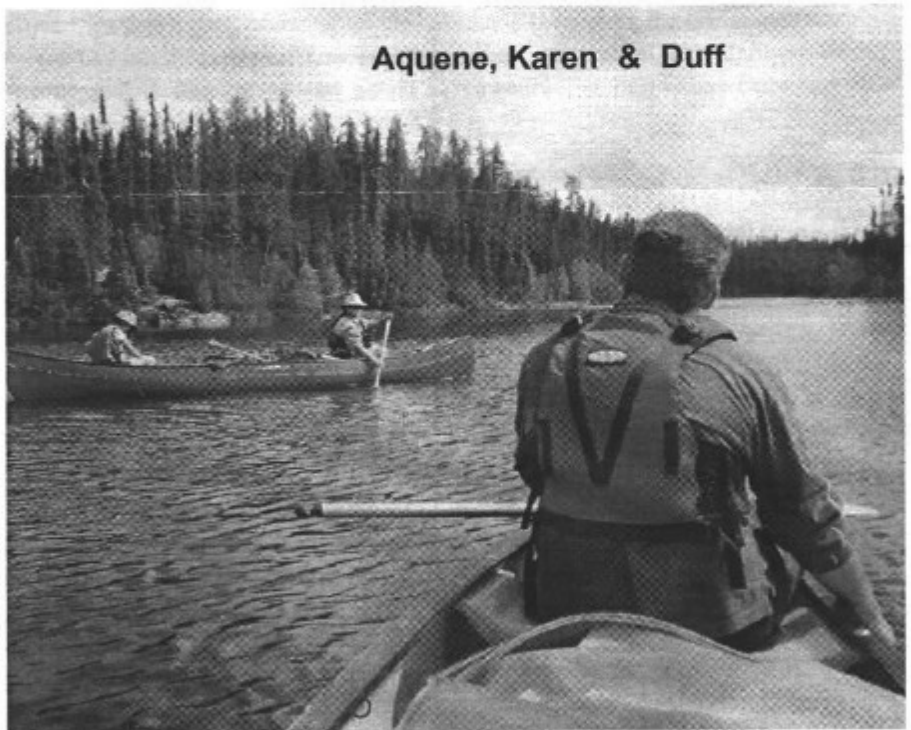
**Aquene Baker-Jarvis**



## Canoeing in Saskatchewan 2003

*Jim and Karen Baker-Jarvis*

Our children Aquene (age 12), Duff (age 17), our dog Wheezer, and us had a good time canoeing in Saskatchewan for 8 days doing a nearly 100 mile loop from McClelland Lake to Otter lake which transversed 15 lakes, 19 portages (plus many beaver dam pull-overs), and short sections of rivers. We traveled through a beautiful, remote section of Saskatchewan where complex, island studded lakes are connected by portages and rivers. The route we chose this year stayed primarily on medium-sized lakes so winds were not too big a problem. The lakes were fairly complex and required constant attention to map and compass to stay on course. We paddled two canoes. Aquene and Jim paddled our 17' prospector, and Karen and Duff paddled a borrowed Old Town 169. We had many windless days where the water on the lakes was completely calm. Hardly a bug on this trip and fishing for lake trout was good and of course pike and walleye.



**Aquene, Karen & Duff**

Wheezer had, had enough and jumped out and tried to swim to solid land, but soon got stuck and Karen had to wade/swim/crawl in the slim to get her back. Once we emerged from this we got to a beautiful lake and camped on a pristine island where we could catch fish with about every cast and swim. The large number of portages was tiring after a few days and we tended to go to sleep early and then get up and be on the trail by 6:30 AM. We always like to travel early and finish paddling by around 1:00 PM when the winds are just starting to blow (because of this we don't believe many people in the club would like our mode of travel, but we have found this to be the best over the 25 Canadian canoe trips we have been on over the years). We enjoy traveling as a family in a remote area. We had great campfires every night, roasting fish.

# DINOSAUR NATIONAL MONUMENT RIVER TRIP

by Garrett Downs

## The Yampa River Canyon

It starts in Northwestern Colorado and winds its way through an upwarp in layers of sedimentary sandstone and limestone. Just short of the Utah State Line, The Yampa joins with the Green River in a broad canyon called Echo Park. The Green River then meanders through Whirlpool Canyon, the wide-open valley of Island Park, then winds up with a fun-filled run through Split Mountain Gorge. This large upwarp in rock layers is known as an anticline. In the heart of this geologic structure, many layers of rock were exposed by the river. The combination of the thick layers of sedimentary rock and the river that has exposed them created the canyons that make up the heart of Dinosaur National Monument.

Although these canyons lie within a National Monument, They were almost flooded back in the 50's by the proposed Echo Park Dam. As one gazes up at these incredible canyon walls and enjoys the unique character of these rivers, it becomes hard to imagine flooding this natural treasure for the sake of "progress". Well, politics works in strange ways and as the Echo Park Project was shelved, The construction of Glen Canyon proceeded. While I have not seen Glen Canyon in its natural state, I can imagine the sense of loss I would feel had I experienced it the way I have seen Dinosaur.

## River trip, 2003

In Early July, I had the chance to paddle through these canyons with Karen Maley, Dave Allured, Laurel Adams, Greg & Karen Jankowski, Kevin Bedard, and Dave Pearson. After being fortu-

nate enough to experience this place with this great group of people, I feel a connection with these Canyons and am thankful to those who worked for their preservation.

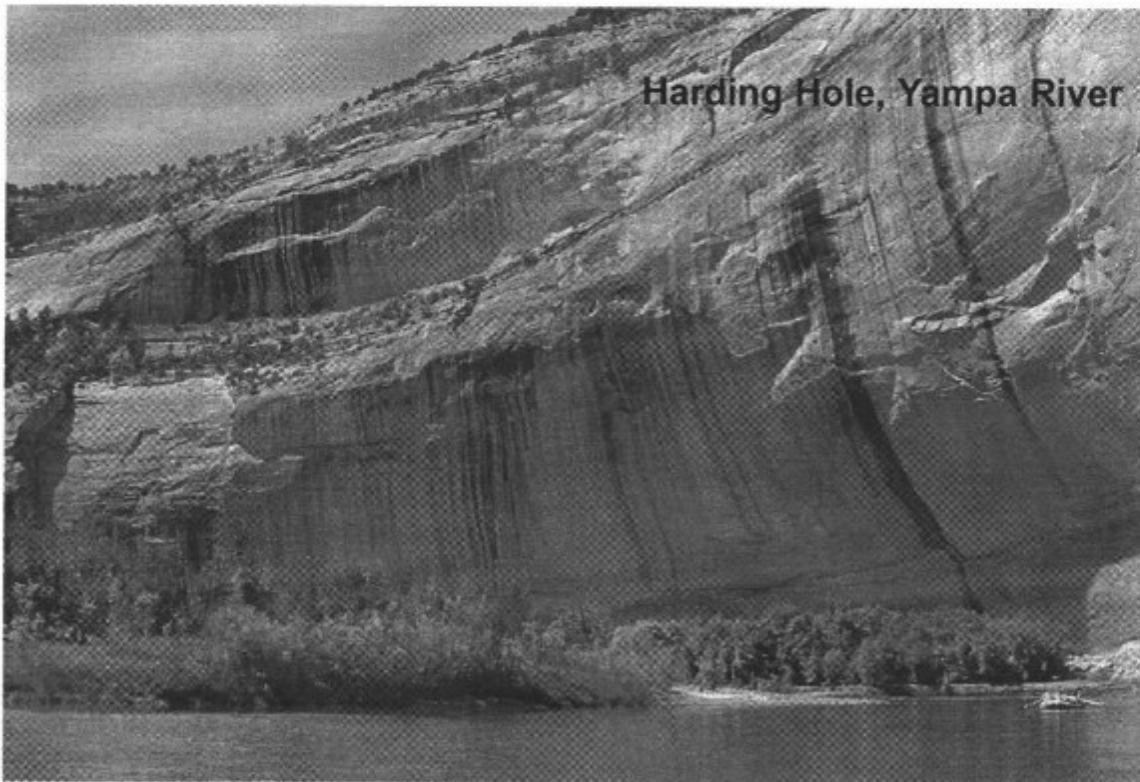
The put-in at Deerlodge Park, was infested with bugs, so we were all anxious to get on the water. This is a permitted run, so we waited for the ranger to check us out, then we were on our way. We are a unique group on the river: One raft, one duckie, one tandem whitewater canoe, and 3 solo whitewater canoes.

The river starts out very wide and very shallow, but quickly constricts as we enter the canyon. Not long after we disappear around the first bend, the river changes character, small riffles appear and the speed of the river quickens. We are in a hurry to make it to camp before the dreaded afternoon winds pick up. It becomes hard to take out your camera, and keep your boat pointed straight at the same time. As Greg & Karen Jankowski paddled circles around the rest of us in their tandem canoe, those of us in our solo boats struggled in the wind. We chose whitewater boats because we must face the imposing class 4 rapid "Warm Springs" on the third day, but during the peak of the wind, it doesn't seem like I have made a prudent choice. As we arrive in camp, sore muscles, hunger, and dehydration set in. I realize the challenge of drinking enough water while wrestling with my boat in the wind. I also realize the dangers of "overminimalization" - trying to live for five days on the contents of one small drybag. The next day begins with enthusiasm. We find many spots to play in class 2 rapids and many canyon walls to photograph, along with a few bighorn sheep. This afternoon brings us to my favorite spot along the river- Harding Hole.

**Harding Hole** is a great sandy bench at the base of a massive sandstone cliff. The river echoes off of the wall and it seems like the water is flowing out of the rock somehow. As I lay on the sand and look up at the darkening evening sky; I become dizzy looking

at the wall's concave shape against a brilliant, star-filled sky. Or maybe I'm still dehydrated? Well, after drinking and eating and sleeping, we start the third day ready to make the long paddle to Warm Springs Rapid and run it before night-fall. The day starts out with more gentle riffles and sunshine, but as we start to near the rapid, the river becomes like a pool. The canyon is stunningly scenic, but I get a little nervous. I have not attempted a class 4 with gear in my boat, and I've had a few scary experiences in

Harding Hole, Yampa River



**Continued**

## Dinosaur, con't

rapids rated easier. Apparently this rapid was formed by a side-creek that flooded and carried large rocks out into the river. The boulders acted to dam the Yampa behind the rapid and create a sort of lake. Well, the sound of the rapids travels upriver at least a mile and echoes of the walls, there is no way this rapid could sneak up on you. After a long approach, we beach our boats upstream of the rapid and scout it extensively. Fortunately, our campsite is just downstream, so we portage our gear and set up camp. A clear sidestream dumps into the river and provides clean water to filter and we replenish our dwindling supplies. I don't mind the mineral taste of this water at this point- I'm just glad I didn't have to filter water straight from the main river. The Yampa, pretty as it is, is quite muddy.

### Warm Springs rapid

The rapid has a "sneak" on the right side that allows our group to make it through with flying colors. Laurel Adams leads the way followed by Kevin Bedard in his duckie. Then it is the canoe's turn. I follow Greg & Karen Jankowski along the right side, but we go out just a little more into the bigger stuff to push our luck just a tad. Dave Allured comes up afterwards and makes his first solo class four rapid look easy. We realize that the sneak allowed us to run a rapid that otherwise might have flipped more than just a few of us. The canoes gather at the take-out and prepare for the big raft coming down. Karen Maley and Dave Pearson are on the raft. The speed of the river is so fast at this bend, that the raft could miss the landing, and have no way of getting back to camp. We stand on shore and get ready to catch a rope from it's bow. Mission accomplished ! This night, we share food and celebrate the Fourth of July on the river. No fireworks, but plenty of excitement and great food thanks to Karen. The view of the canyon walls becomes magical as the sunlight fades and darkness turns them into imposing silhouettes against a star-filled sky. Kevin and I stay up until the late hours of the night talking about life.

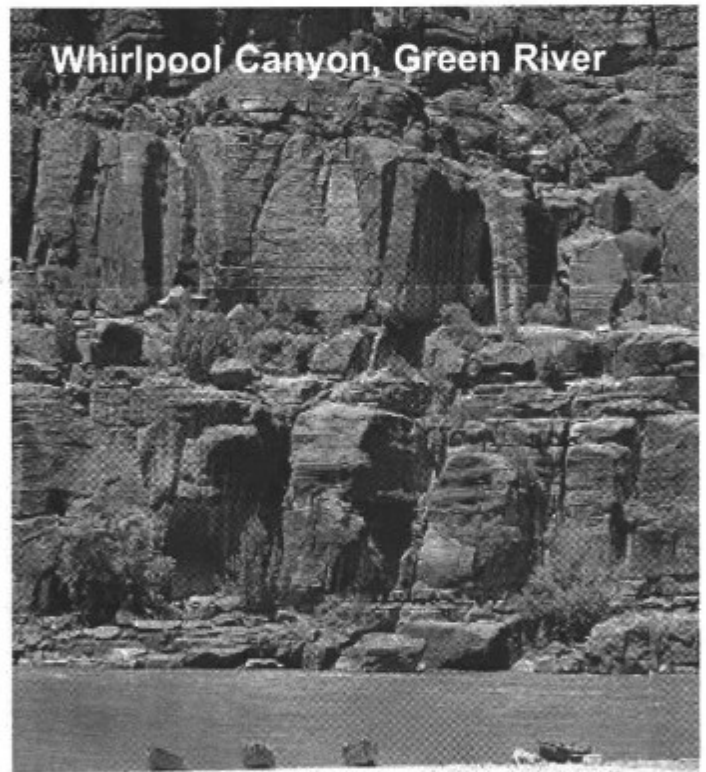
After putting in from Warm Springs campsite, we float down into Echo Park. At the confluence of the Green, we see that it is the Yampa that is responsible for most of the flow. The discharge is at about 2500 c.f.s this week. I paddle upstream into the Green a hundred yards or so and notice the water is a different shade of brownish-green, and running at about 800 c.f.s. This is our first encounter with hordes of rafters since putting in 3 days ago. Echo park affords us an opportunity to re-fill our water supply again. After a break, we paddle down through the impressive Whirlpool Canyon. The main rock type changes from sandstone to limestone. The bright orange gives way to a deeper red. Limestone can get very jagged and I put a scratch in my hull by getting in water to shallow. We arrive at wide spot in the canyon named Jones Hole for our side-hike. Jones Creek is a clear creek that comes into Jones Hole from the north. There are petroglyphs and a nice waterfall to be seen up the side canyon.

Next day as we float downstream, the river is leaving the large "anticline" that it cut through and becomes a braided and slow-moving stream. This is Island Park. The scenery becomes subdued, and the flies attack. I have a hard time picking the best channel and labor to pull my boat through the water before the wind

picks up. The river takes a turn to the south and re-enters the geologic structure at Rainbow Park. We pull-out for our last lunch on the river and we realize our five-day adventure is winding down. Day-trippers put-in here to run the famous Split-Mountain Gorge. "Don't worry", Laurel tells me, "the best is yet to come!" There are four named rapids ahead and not much flatwater to deal with. Sounds good to me. I'm starting to get tired from fighting the wind and flatwater.

### Split Mountain

We don't have the river to ourselves anymore, and I can see why this stretch is so popular: Moonshine Rapids and my favorite: SOB rapids. I seem to remember getting almost airborne on a wavetrain through SOB and yelling something I can't repeat here. Next, were Schoolboy and Inglesby Rapids. All very fun and not to intimidating. Laurel and I have fun playing "follow-the-leader" through a maze of boulders, eddies, and small waves. Split-Mountain Gorge stays very interesting right up to the take-out. The park service has a great boatramp there compared to the "mudramp" at the put-in and we are all thankful. After 5 days and



Whirlpool Canyon, Green River

about 72 miles on the river, we were all ready to eat. Any great river trip is not complete without a great meal at the end. If you ever find yourself in Northwest Colorado and are looking for something to eat, I recommend the small restaurant in the town of Macedona. The perfect end to a perfect trip.

# It was the Best of Times... It was the Worst of Times.

## Coppermine River

Bonnie Gallagher

As I lay in my tent on a bed of lichens at 10:00pm in the unaccustomed bright summer sunlight of Nunavut, Canada, I tried to decide what to write in my river journal. I had experienced my best day ever on the river and probably my worst day too. I decided to write first about the best time of the day.

We had seen the three caribou from a good distance that afternoon. As we paddled our canoe closer it became apparent that the largest male was moving towards the Coppermine River, which we were floating. We continued paddling to get a closer view until this majestic animal was coming right towards us. We floated...gently trying to guide our canoe away from where it appeared he was headed. He was huge and the velvet on his antlers reminded us of suede gloves on a huge hand. He really didn't care that our canoe was near him or in the river at all. I guess he knew that it was His River, His beach, and His crossing spot. He was apparently indifferent to sharing it with us. As he approached the river, our canoe somehow caught a current, which headed us directly for where he was headed. Speaking in whispers, we floated, trying to give him as much space without paddling forward or backwards. I found myself holding my breath. (Why had I left my camera in the bow of the other boat? ...Talk about missed Kodak moments!) As he approached the water our canoe floated to within one or two boat lengths of him. He stood in ankle deep water while we listened as he defiantly relieved his bladder and proceeded to walk into the deeper water. As he forcefully swam to the other side, I felt a sense of overwhelming awe...or as my teenagers say..."Like Whoa!" Someone in one of the other canoes in our group of six boats was able to photograph him as he bounded out of the river and took off for cover. Maybe this experience was nature's way of making it up to me for the morning of vicious weather.

started out bright and I used my sun block carefully. The people in our group who had wisely brought their drysuits choose not to wear them. Shortly after we began paddling the temperature started to drop. Since our group was trying to make 30 river miles on a sluggish river, we had all eaten an early breakfast. However by the time we stopped for Second Breakfast, the temperature had started to fall. Our trip leader's jacket thermometer was reading 34 degrees. The air felt like snow. I was too cold at this point to dig much food out of my lunch bag so I spent the morning break dancing around on the cold wet ground hoping for some warmer weather. As we climbed back into the canoe, the freezing rain, or sleet, or wet snow, or what ever you want to call it began. I was wearing all the river layers I had, my Colorado raincoat, (which is not an Arctic raincoat), my Colorado rain pants, (which are not Arctic rain pants), my neoprene gloves, and one poggie on the bottom hand of my paddle. I paddled our loaded 18-foot canoe for all I was worth. I paddled hard. It was the only thing keeping me warm. My hands were aching. I couldn't stop for a moment. I was constantly changing from left handed to right handed paddling to keep both hands feeling the pain of being cold. As



the freezing wetness continued, the river widened and with it came the shallow water making it impossible to pass without getting out of the boat. After a short walk in the cold river, we were on our way again. A few minutes downriver, my hands quit hurting. That's when I knew we had to stop and do something. We looked for a place to pull over and finally found a soggy sand bar where we dug a trash bag and dish gloves out of the kitchen box. Ken cut holes in the orange trash bag to put over my raincoat. Merlin told me to warm my hands on my torso before putting on the extra dish gloves. (Was he crazy or something? No way was I going to do that!) While reloading our canoe, Ian realized that I was not really thinking straight and told Merlin to have me put my hands on his chest. I clearly remember the pain as the blood returned to my right hand... but at least it was returning. Shortly, my hands felt cold again and we were able to paddle to a dryer warming spot where someone built a roaring lunchtime fire. The fire, the friendships, and the food warmed me.

Lunch time, Break time...

by Bonnie



*It was the Worst of Times.* The morning (5:15am is when I heard a wake up call)

After lunch break and the fire, the weather turned and the sun was starting to show itself again. I stayed mostly cold for the remaining eight days of the trip. My fingers and toes are still tingling, but I can't really remember if it rained any more that day because..... *It Was the Best of Times.*

#### **Coppermine River Trip Details:**

Our group of six tandem boats with spray covers, paddled 275 miles on the Coppermine River, Northwest Territories to Kugluktuk on Coronation Bay. Fly in and fly out was by float-plane. (14 river days plus 2 layover days and 2 flying days)

The trip had significant stretches of lake and slow moving river. One rapid was a mandatory portage. We scouted 4 others and lined the bottom half of one rapid. Some of the boulder gardens provided an exciting and wet ride.

Rain and snow were the predominant weather even in July and August. As a result, the expected black flies were not a problem. A few good weather days were in the 50's with sun.

About half of the people in the group ended the trip with tingling hands and toes from Trench Foot, a problem caused by extended periods of cold and wet. Several had shooting pains up the soles of their feet as well as cramping.

Although we had filters and iodine, I drank the water straight out of the river for the last week of the trip. Others in the group drank river water for the entire trip.

Fishing was good, providing us 2 complete fish dinners, grayling mainly.

Everyone in the group owned ample warm weather gear much of which had been left at home due to a per person weight restriction of 100 pounds in the float plane fly in. (This 100 pounds was to include all food and paddling gear except the canoe itself and the spray deck.)

The Inuit people in the town of Kugluktuk were delightful and helpful.

We met two other groups of paddlers the whole trip, one commercial trip of 12 people and another group of 2 boats, including

## **Ken and Carol of Larmie, WY Escape Rapid, Coppermine River by Bonnie**



a 3-year-old child who had been on the river for 28 days.

Caribou were plentiful along the river. Also visible were musk oxen, white wolves, grizzlies, tundra swans, eagles and hawks.

## **ACA INSTRUCTOR CERTIFICATION WORKSHOP**

### **Beneficial to the RMCC**

#### *Doug Hurcomb*

The ACA Basic River and Whitewater Canoe Instructors Developmental and Certification Workshop was conducted locally the second weekend of August 2003 at Bear Creek Park, Morrison, S. Platte R., and Clear Creek, Colorado. Jeff Oxenford, lead instructor/ IT candidate,

and Bob Foote assistant/evaluator, capably conducted the course for 4 instructor candidates and 1 re-certification candidate. The big news is that Jeff received his certification to teach! Jeff received IT certification from mentor Bob Foote, which is HUGE. Those of you certified under Bob can imagine the difficulty. Jeff can now certify and re-certify instructors locally without candidates having to travel to Timbuktu.

Worthy candidates were awarded Introduction to Canoe and Basic River certifications. Some of us are working with Jeff to improve our skills and demonstration capabilities. Christine Burke, Paul Sobiech, Bill Hass, Randy Hertzman, Doug Hurcomb, Bob Foote, Karen Knight, and Jeff Oxenford participated in the program.

Additionally, Jeff has indicated that he will be offering a developmental workshop and re-certification for club members next year. Contact Jeff for more information.

# “Golden Principles of Paddling”

and Some Thoughts from Bob Foote,  
August 2003

by Doug Hurcomb

*“I stole some of this from [westernwatercanooclub.org/bfpaddlingclass.htm](http://westernwatercanooclub.org/bfpaddlingclass.htm), consulted Christine Burke, and added my own thoughts based on the Instructor Development Workshop recently taught by Jeff Oxenford and Bob Foote.”*

**Etch-a-sketch** - Both hands should be over the water, a lot. This is for forward and correction strokes, starting with the stern pry, ending the stern draw, duffek, draws, etc.

**Vertical Paddle** - As seen from the front of the boat, paddle should be vertical on any power strokes, (forward and back strokes). Get both hands over the water.

**Quiet Paddle** - Your paddle should not make noise or have swirling eddies behind the blade. If it does, work on feeling the paddle stick.

**Quiet Boat** - Your boat should be held steady and not move around when your upper body moves around. Work towards steady boat heel and control.

**Practice** - Practice quality, not quantity. Do things slowly and well and then build up speed.

**Sit up Straight** - (Posture) - Maintain balance by sitting up straight. Keep your nose over your navel.

**Rotate, Rotate, Rotate** - Rotate your body to facilitate the stroke; think body position rather than paddle position. Another way of putting this is to link the paddle with your shoulders. Use the glass plate concept to protect your shoulders: Think of an imaginary glass plate attached to your back; if you move your arms and elbows through the glass plate you are setting yourself up for shoulder injury. Use rotation instead.

**Elbows** - Keep your elbows close to your body. If you are extending your elbows have a good reason; prevent shoulder injuries with the elbows in close and not extended.

**Cross Forward** - Only do cross forward strokes when carving to your off side. Vertical paddle. Push your torso back to upright for power with arms straight. Count one, two, three and recover and steer on two, three. Steer at the pivot point for sharp

turns and further forward for more gradual carving turns.

**Power to the Knee** - Stop all, I repeat, all power at the knee on a forward stroke (for a solo boat). The tandem bow paddlers can add power a little further back.

**Practice ferries** - Ferries will test the effectiveness of your stern pry and stern draw. A poorly executed correction will force your boat down stream. A well executed correction stroke when adjusting your ferry angle, will allow your boat to move sideways with minimal forward strokes instead of drifting downstream due to ineffective corrections.

**Table top concept** - Don't let your hands drop below the gunnels on the forward stroke.

**Timing is everything** - “This” and then, “this” and then, “this”... Execute your strokes rhythmically with grace, control and mental tranquility.

**Zen** - Sit Zen-like in the canoe; get centered with one hand on the grip and one on the shaft.

Completely rotate to your inside so the grip hand is over the water (stretch), then rotate back to center. Completely rotate to your offside so both the grip hand and the shaft hand are over the water (really stretch). Do this indefinitely if you don't have anything better to do.

**Momentum** - Use position of the boat and momentum and carve into eddies in harder water rather than rely on turning strokes. Paddle like hell.

**ACA Instructor Training course at C-470 and S. Platte River.**  
From left to right; Paul Sobiek, Christine Burke, Randy Hertzman, Bob Foote, Jeff Oxenford.

by Hurcomb



## The Clearwater River

By Paul Holscher

Lloyd Lake Saskatchewan – We spent the first day of our trip crossing Lloyd Lake. After paddling 11 miles from the put in on the first day, my son, Tim, and I entered the narrows around Gibson Bay early on the second. In an hour or so we would begin our descent down the Clearwater River. This river alternates between dead calm and up to class IV whitewater throughout the 70+ miles of river on this trip.

Though the put in and take out are 76 and 43 miles respectively off the same lonely gravel road that runs north out of the town of La Loche, this was a remote trip. There is very little traffic on the road, the first fourteen miles across Lloyd Lake go east, away from the road, and the river doesn't come near it again until the last day. Because of the rapids and rock gardens, the river is not suitable for powered boats, so there are no outfitters after Lloyd Lake, and the river is too narrow and shallow for float planes. All of this combines to produce a river to which only canoeists have access. For the 6 days we were on the river, we encountered only birds and bears.

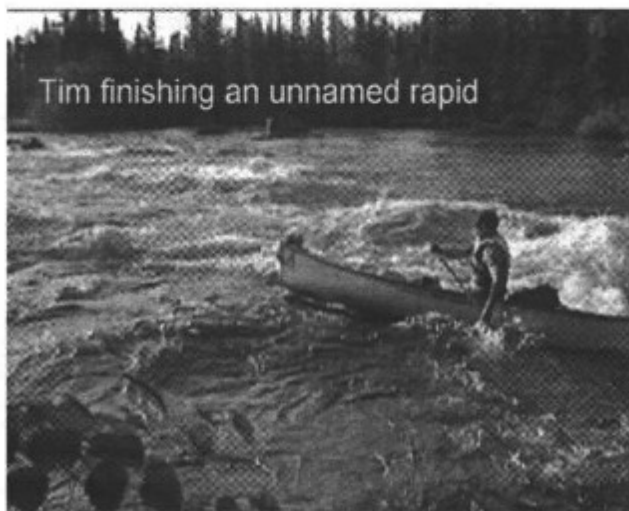
Because of the remote nature of this trip and because there was only two of us, we set two rules for running the more difficult rapids: 1) we had to be confident that we could do it successfully and 2) there had to be slow moving water at the bottom of the rapid if it turned out we had been overconfident.

All of the major rapids have relatively short portages around them with one notable exception. We called it Bear Portage due to its difficulty (wetlands and a cliff must be overcome), length (1500 meters), and because we saw 4 grizzly bears along the trail. It bypasses a long series of difficult rapids that have been the cause of many wrecked canoes and several near fatalities. It starts off with a steep 4 foot water fall with a dangerous backwash, the only class IV rapid on the trip, followed by a class II section, followed by a long section of III to III+. The class III to III+ section could not easily be scouted and any thoughts of trying were quickly dashed when we saw the grizzlies moving from the portage trail down toward that part of the river. It took about seven hours to complete this portage and was by far the longest and most tiring day we had on the trip.

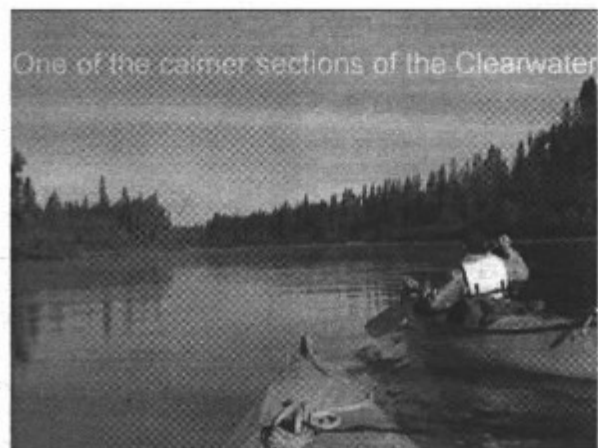
The Clearwater flows through that area known as the Canadian Shield which is noted for its rocky nature; however, much of the area surrounding the river is sandy. This makes for easy portages (the canoes can often be dragged rather than carried), many wooded but relatively open campsites capable of accommodating much larger groups, and soft, comfortable beds.

What aren't soft are the many parts of the river that are rock gardens with moderate drops. These vary in length from a few hundred meters to about three kilometers, have no portage trails and, at lower flows, could produce delays, scratched canoes, and frustration. We were fortunate. Though we were paddling in late July and early August, there had been a lot of rain in the spring (though we had none of significance during our trip) and the river was running much higher than normal. At these flows rock gardens became pleasant impromptu slaloms to test our adroitness over long unplanned courses.

This was a wonderful trip that did not require long days – even Bear Portage could have easily been broken into 2 much shorter days, had generally fair weather with light wind, and only light bug densities after leaving the put in.



Tim finishing an unnamed rapid



One of the calmer sections of the Clearwater

# Rocky Mountain Canoe Club 2004 Officers

*we are here to help, call us*

## Co-Presidents

Ron & Nancy Stanker.....

## Instruction -Whitewater & Freestyle

Bob & Jill Stecker ....

## Treasurer and Membership

Paul Holscher.....

## Instruction -ACA Trainer & Basic

Jeff Oxenford.....

## Newsletter

Lyn Berry.....

## Trip Planning Coordinator

Karen Amundson .....

## Web Master

Dave Allured.....

## Conservation

Doug Green.....

## Web Photo Page

Garrett Downs.....

## RMCC Discussion List

Liz D'Antonio-Gan....

## Advertising

Doug Hurcomb.....  *band new*

## Classifieds...

Classifieds information is best obtained from the Rocky Mountain Canoe Club WEB SITE. *This AD is new, and particularly relevant:*

**Wanted:** (This from Jeff Oxenford) Centennial Canoe Outfitters is recruiting new guides for the 2004 season and beyond. They're a good company and its a great way to paddle and get paid for it. They are looking for outdoor enthusiasts with flexible summer schedules. Canoe paddling experience is helpful but not required. Guiding can be a very rewarding, challenging and lots of fun. Not to mention a great way to see remote areas of Colorado, Utah and Wyoming via the river. We do strictly canoes and overnight trips. A symposium will be held in February 2004 to introduce you to Centennial. Please call Marty Genereux at 720-283-0553 for more details and visit their website ([centennialcanoe.com](http://centennialcanoe.com)) to learn more.

Centennial Canoe Outfitters, Inc.

P.O. Box 3365

Centennial, CO 80161

The *Voyageur's Companion* is a periodic publication of the Rocky Mountain Canoe Club. It is primarily the venue for the RMCC to post trip schedules, classified ads, and related material, enabling members to share and enhance their canoeing interests. Members are invited to contribute articles on canoe trips as well as informative articles on subjects such as: Paddling techniques, Equipment, Rigging the canoe, Environmental issues, River safety, Camping techniques, Canoe history. Please restrict articles to less than about a page and a half. BUT, nice photos enhance the interest in your news.

**Submitting Articles:** Editorial material for The Voyageur's Companion should be sent to: Lyndon Berry, Editor, The Voyageur's Companion, [redacted] Buena Vista CO, 81211 [redacted] OR e-mail to: [redacted] [redacted] Prefer Word format via e-mail, but most other formats and paper is OK too. I have a scanner, so pictures are welcomed. JPG format is preferred for electronic photos, but most other formats OK also.

*Deadline for a next issue is January 25. Get it to me, See it in print.*

RMCC Membership:  
\$15.00 per Household per Year.  
Contact Paul Holscher at [redacted]  
Mail applications to:  
[redacted] Englewood CO 80110



New Officers



Newsletter of the *Rocky Mountain Canoe Club*, an *American Canoe Association Paddle America* partner.

**The Voyageur's Companion**

C/O Editor

[redacted]  
Buena Vista Colorado 81211-1846

