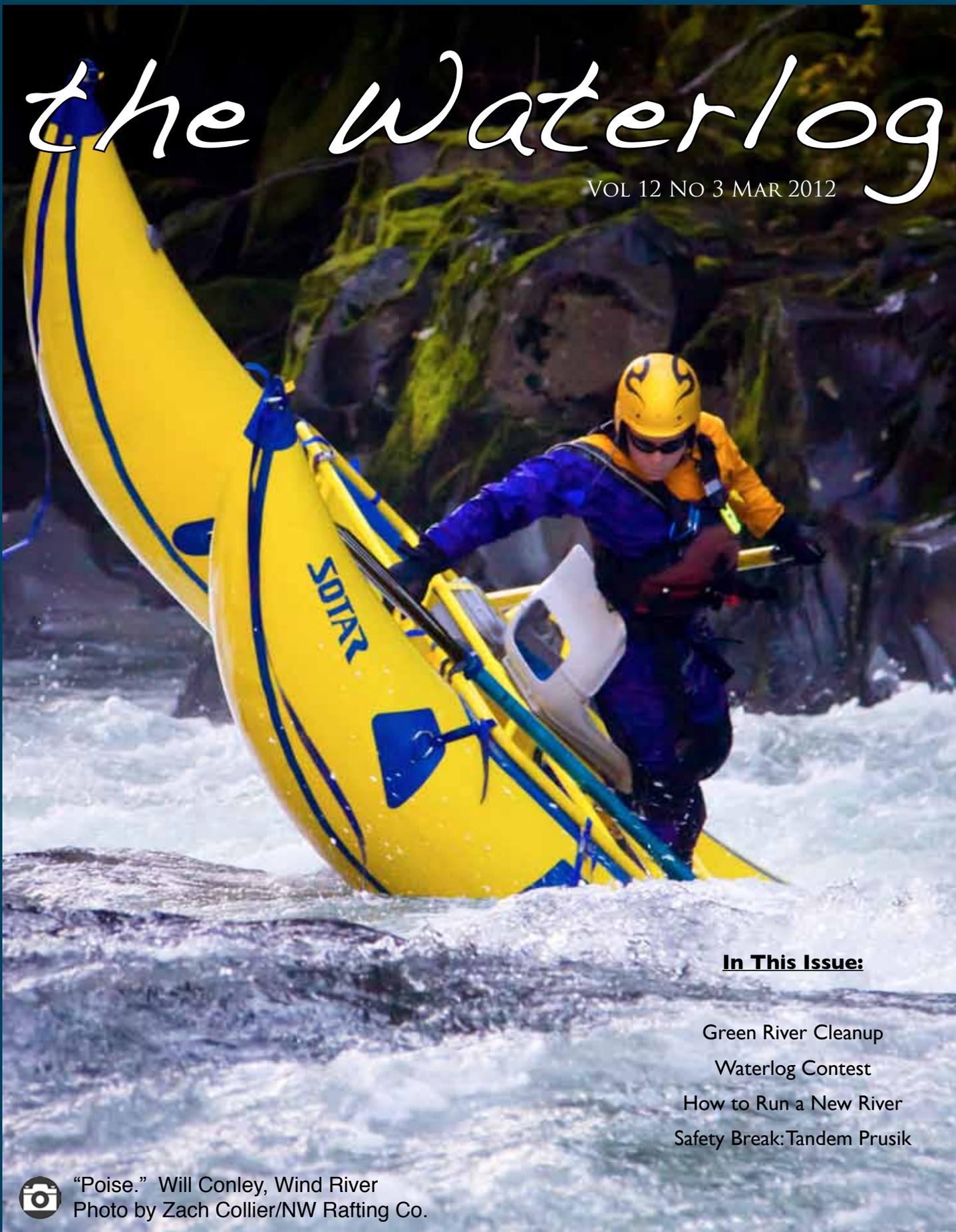


THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS

the waterlog

VOL 12 NO 3 MAR 2012



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How to Run a New River

Safety Break: Tandem Prusik



"Poise." Will Conley, Wind River
Photo by Zach Collier/NW Rafting Co.

JOIN THE FUN! BECOME A MEMBER OF THE "GREATEST WHITEWATER CLUB IN THE HISTORY OF THE WORLD".** Washington Recreational River Runners is a private, non profit corporation organized to promote river running as a safe and fun sport and to provide for an exchange of ideas among its members and public issues concerning rivers. Membership is open to anyone having an interest in the recreational use of rivers upon payment of annual dues as shown below. To join or renew your membership, cut out this form, fill out and mail to the address listed below. The Release and Indemnity Agreement **must** be signed before your application is processed.

- Select Membership level. Prices effective 6/6/08. All membership levels include the newsletter and access to club events
- \$25 SINGLE -membership for one
 - \$30 FAMILY for the whole family
 - \$40 SUSTAINING -same as family plus
5 free raffle tickets at Wenatchee Rendezvous and 1 free hand at the Poker Run
 - \$55 BENEFACTOR -same as family plus
10 free raffle tickets at Wenatchee Rendezvous and 2 free hands at the Poker Run
 - \$100 SPONSOR -for those wishing to advertise a product or service (must be river/outdoor-related) & UP

New Member Renewal Returning Member
(prior membership ran out)

Name(s) _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ 2nd Phone _____
 Email Address _____

I hereby state that I wish to participate in courses and/or activities offered by Washington Recreational River Runners Association (WRRR) a non-profit corporation. I recognize that any outdoor or aquatic activity may involve certain dangers including, but not limited to, the hazards of traveling by boat on rivers or other bodies of water, accidents, or illnesses in remote places or occurring during portages, forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, officers, and members, WRRR would not be able to offer its courses and activities.

In consideration of and as part of my payment for the right to participate in the activities offered by WRRR, I hereby release WRRR and its leaders, officers, and members from any and all liability, claims and courses of action arising out of or in any way connected with my participation in any activities offered by WRRR. I personally assume all risks in connection with these activities, and further agree to indemnify WRRR and its leaders, officers, and members from all liability, claims, and courses of action which I may have arising from my participation in activities including, but not limited to those involving death, drowning, personal injury, and property damage. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, assigns, personal representatives, and for all members of my family including any minors. [Parent or legal guardian must sign for all persons under eighteen (18) years of age.] This agreement is effective as of the date signed, and has no termination date. I have fully informed myself of the contents of this release and indemnity agreement by reading it before I have signed it.

Mail your check and signed Agreement to:
Washington Recreational River Runners
 PMB 501
 330 SW 43rd ST. Ste K
 Renton, WA 98057

Signed _____ Date _____
 Signed _____ Date _____

*Journal of Self-Serving Statistics, June 2009

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COMMITTEE CHAIRS

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RIVER WATCH/Lyles Larkin **SAFETY & EDUCATION**/Lyles Larkin **COMMUNICATIONS**/Jim Johnson **THE WATERLOG**/Brian Vogt

Board meetings are held the 2nd Wednesday of the month at 7:00 PM (except December).
 Please contact the WRRR Yahoo! or Facebook pages for meeting locations.

THE WATERLOG

EARN BIG-TIME RIVER KARMA! Flip less often! Get shuttles from bikini models! Stop losing your hair! Your boat will look better; your beer will be colder; the sun will shine every day you're on the river and it will rain every day you're off the river! All you have to do is...**SUBMIT ARTICLES TO THE WATERLOG!** (Photos & cartoons too! It's just that easy) The Waterlog is published 11 times a year. (Monthly except December) Material for publication should reach the editor by the 25th of the month. An attempt will be made to place submissions received after the 25th. However, no guarantees are given. The editor reserves the right to edit all submissions for clarity and length. Articles and editorial comment do not necessarily reflect the view or opinions of WRRR, its Board of Directors, or its membership...They seem to think it's important that I print that last bit for some reason, go figure. Authors are solely responsible for the content of their articles.

Submit material for publication in The Waterlog to the editor:

Brian Vogt
 bvogt@wwik.org

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The 27th Annual Green River Cleanup 5/5

The Green River Clean-up is around the corner! Get ready for the wettest Cinco de Mayo you've ever had. Come join us for WRRR's first outing of the year at the 2012 Green River Clean-up.

The biggest, oldest, bestest river clean-up in Washington State is organized by Washington Recreational River Runners (WRRR) and Friend of the Green River (FOG) – primary sponsors. Other sponsors include: Washington Kayak Club, Paddle Trails Canoe Club, Washington State Parks, Middle Green River Coalition, The Mountaineers, and others.

Bring your family and friends to enjoy a beautiful day on the river while looking for anything that doesn't belong there and hauling it down the river. Takeout and garbage disposal is available at Shangri-La for WRRR members only. There will also be a disposal area at Flaming Geyser State Park.

To celebrate Cinco de Mayo a mexican feast will be provided to all WRRR participants at Shangri-La. Test your dutch oven skills at this year's dessert dutch oven cook off. End the evening sharing river stories around the campfire, music and more.

Registration: 9 AM - 11:30 AM at Kanaskat Palmer State Park or Headworks. Sign-in at either location and get trash bags.

Remember that when you sign up you are committing to pick up all the trash you can. Let's set a new record for boaters on how much trash we can gather. You'll stop to pick up trash along the shores and haul it down to Shangri - La or Flaming Geyser State Park. If you have a small boat, gather trash and you may leave it on shore at an eddy where a bigger boat can stop to pick it up. If you boat downstream from Flaming Geyser and need to leave trash by the road, let us know so we can arrange for a pick-up.

Camp at Shangri – La: Camping is available for WRRR members Friday and Saturday night at Shangri – La. If you camp at Shangri – La, please help out in cleaning the park afterwards. We need to leave it in better shape than we found it. Shangri – La is located about one mile downstream from Paradise.

April Board Agenda

Board Meeting Agenda April 11, 2012 7-9PM Renton Round Table

- 1) Call to order
- 2) Review and Approval of Previous Months Minutes (10 min)
- 3) Officers Reports - 50 min
 - a. Chairperson (5 min) Review Robert's Rules Guidelines, Review Agenda, By Law reminders
 - b. President (5 min) Status on current work (old action items): Securing hanger for membership meeting. Present new items/decision/actions/motions
 - c. VP River Ops (20 min) Status on current work (old action items): Green River Cleanup, Wenatchee. Present new items/decision/actions/motions: Wenatchee, White Salmon
 - d. VP Business (10 min) Status on current work (old action items): Review current sponsors. Present new items/decisions/actions/motions

- e. VP Finance (10 min) Treasurer's Report (minimal report is 4 numbers: Opening Balance, Income, Disbursements, Closing Balance), Board approval of upcoming payments (including scholarship reimbursements)
- 4) Standing Committee Reports - 60 min
 - a. Membership Committee (10 min) Status on current work (old action items)/Present new items/decision/actions/motions
 - b. River Watch Committee (10 min) Status on current work (old action items)/Present new items/decision/actions/motions
 - c. Programs Committee (10 min) Status on current work (old action items): Lochsa, Flip Practice. Present new items/decision/actions/motions
 - d. T-Shirt Committee (10 min) Status on current inventory. Present new items/decision/actions/motions
 - e. Safety and Education (10 min) Status on current work (old action items): New Boater Float. Present new items/decision/actions/motions
 - f. Communications (10 min) Status on current work (old action items): Web update Present new items/decision/actions/motions
- 5) Old business
 - a. VP Business to provide clarity to Feb motion passed for budget of new boater program based on recording
- 6) New business
 - a. Any New Business Items to add not covered
- 7) Announcements (Good for the order)
- 8) Adjournment

Waterlog Story Contest

The WRRR Board is excited to announce a contest for best river story or picture.. Win a \$25 credit towards annual membership or WRRR Merchandise.

To enter, send a story, photo, cartoon, or anything river related (except Joe's socks!) to the editor. A winner will be chosen by the board and announced later this summer.

Share your river adventures, safety tips, favorite carnage story, or anything else river trip related. Fight the IKTimes, and write about rafting or catboating!

Bob Johnson Memorial Wenatchee Rendezvous

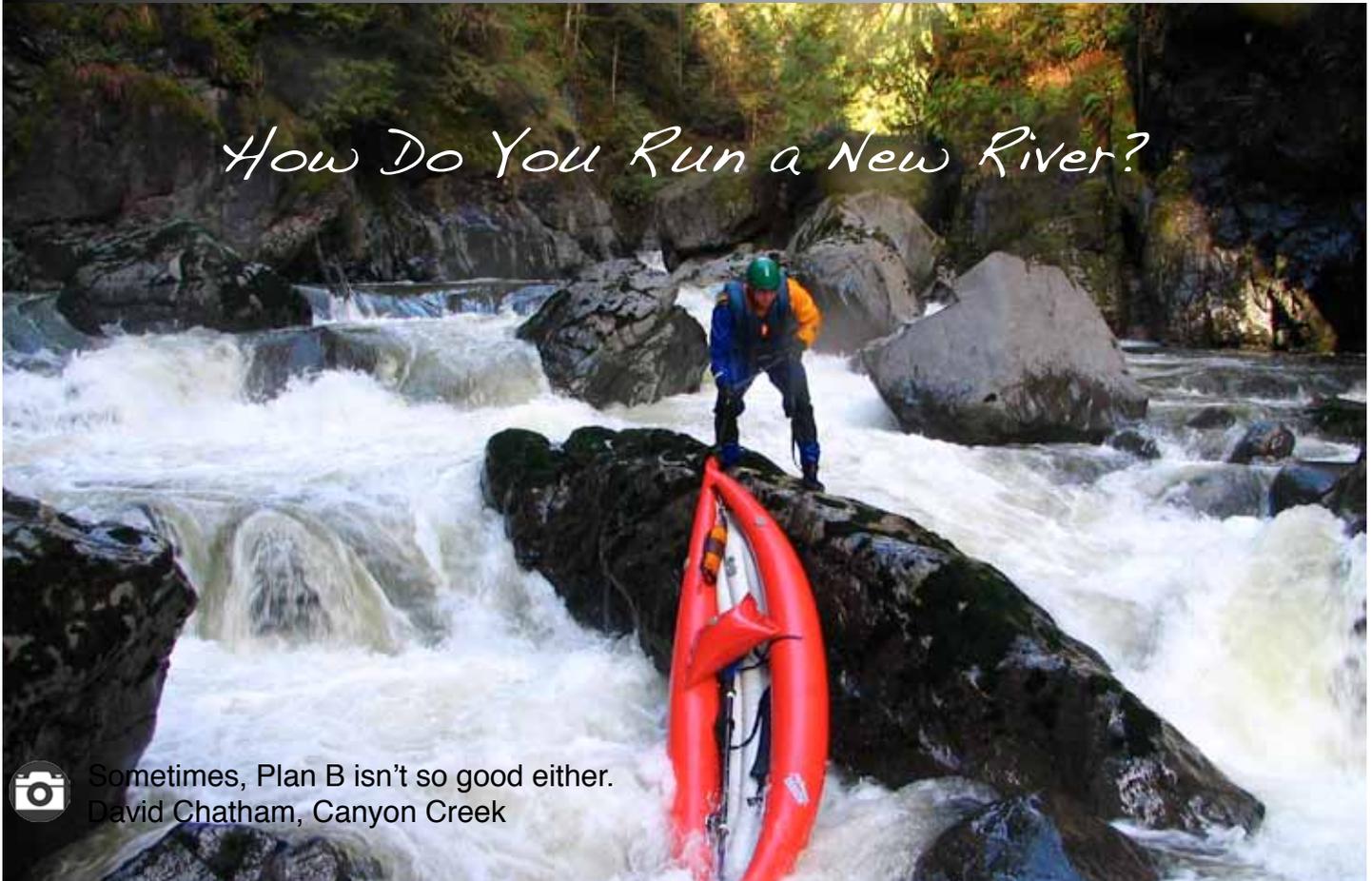
FRIDAY- SUNDAY JUNE 1ST - 3RD 2012

Come join your fellow WRRR members for our annual Bob Johnson memorial Wenatchee Rendezvous. Be part of the greatest Flotilla of inflatable boats the Wenatchee has ever seen. End the day with a potluck diner, a raffle of fantastic prizes, campfire stories, music and more.

The Rendezvous is a fun filled adventure for the whole family to enjoy, and with snow packed mountains the water level should be great.

Camping is free for members at the Tumwater Camp-ground Group Site. Camping for non-members is \$10 per person.

How Do You Run a New River?



Sometimes, Plan B isn't so good either.
David Chatham, Canyon Creek

The other day, sitting in an eddy, a friend asked me how I approached taking off to an unknown multiday river. Admittedly, it is a little different than reading a Bennett write-up on a new 6 miles of class III.

I like to start by looking at what I want to get out of the trip. My usual priorities are pretty straightforward: I want no roads, few people, and good weather. If those conditions are met, most river trips are pretty great, at least in some aspect. Because I like to boat low water technical rivers in my IK, I often gravitate to smaller rivers. But really, if the river isn't full of other people who know it, you have to be prepared to navigate it on your own

skills, regardless of river size or choice of craft.

So now I've got a target. When does it run? How does the snotel report look for the drainage? Is it predictable, like a snow melt river, or is it a spring weather-driven run, with little predictability? Can I determine a reasonable range of flows? I scour books and the web for beta and collate. Multiple reports of a tricky spot or a good camp or a hot spring or a side hike or a portage or a petroglyph panel? I use this to start building the maps.

I like to download the 7.5' USGS quads. Most public universities have these available for free for their home state. High res

tiffs, stitched together, serve as the basis for consolidating as much as I can glean from the beta. Some people like a more exploratory philosophy to their trips. This can definitely add to the sense of adventure. My view is I'm spending bucks on travel, burning vacation time -- I want to hit the quality hike, get a night in the prime camp site, and have a measure of choice about the pace and flow. This aids the mental relaxation aspect of an enjoyable wilderness sojourn.

Sometimes the river will dictate how you pack. If I'm running the Jarbidge, my IK is easier to portage around the falls, which is a fairly long portage. Low water on the SF Salmon might reward

packing a bit lighter, so I'll forgo a few amenities or downsize the footprint of the kitchen. In all respects, I'm trying to balance several factors: the whitewater and its demands, the kind of camping experience I want to have, hiking or lazy afternoon luxuries. I like to take a little camera gear for the evenings and mornings (and carnage!!).

I find this upfront work is rewarding. It's enjoyable simply from the perspective of spending time thinking and reading about new rivers. And good planning is always a boon on the river. Knowing the mileage you need to make, having some idea what to

expect on the water, just having a gestalt for the range of conditions people report about a river helps manage expectations and anxieties. If you are a trip leader, the people on your trip will universally appreciate a leader who can reliably set expectations. That trust is invaluable and a good leader cultivates it.

This can be a lot of work, especially for those trips that don't pan out. It's easy to get burned out with it, so don't over do it. Even better: cultivate or find other boaters who are compatible and willing to share these responsibilities. I've been really lucky to meet Nick and Shaun

and Joe and David E who have all taken on many of these aspects of trips in the years we've had adventures.

The final thought I'd share on exploring a new multiday trip isn't a planning one. It's about running the river. Leading unfamiliar water is a challenge. If it's difficult whitewater, the mental effort exceeds that implied by the nominal rating. Leading class IV no one in your party has run always feels harder than it is for the third boater, who knows absolutely that the next 100 yards is runnable. Leading is rewarding, and it is an excellent way to build water reading, leadership, and



Fresh wood on Joseph Creek - not on any map.
Photo by Shaun Riedinger

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river decision making skills. It can also be truly exhausting, mentally and emotionally, if one person is expected to lead demanding water without breaks. So spread those leading responsibilities around. Don't leave one person out front dealing with blind wood and corners for hours -- it is possible to burn out and lose perspective on the necessary decisions. Sharing leading responsibilities will strengthen the weaker members of the party, and will ensure the gnar probe is fresh and balanced if a leading situation that demands their skill arises.

So, there you go. I personally find running a new wilderness canyon to be one of the most rewarding experiences in boating. If you haven't gone and spent a few days exploring a new canyon, well, what can I say? Go do it! We have so many trips in the northwest, anything from 30 to 300 miles is possible. No one else wants to go? Well, gimme a call! I might just have one or two available vacation days for a new river. I almost certainly know of something that is running. Say, have you ever taken a look at Sheep Creek in the Jarbidge drainage? I been thinkin' ...



Setting safety is never a bad idea.
Steve Munk, Yacolt Falls



Web Hits

Web Hits highlights excellent content from across the online boating communities in the western states. What exciting news and events have happened lately? Check these links out:

Lower Canyon Creek Oregon
<http://bit.ly/HlaQFy>

Oregon's Coast Range
First Descent
<http://bit.ly/Hla63k>

Condit Dam Deconstruction
<http://bit.ly/A9IC2e>

Habitat the Film: 35 Years of
PNW Rafting History
<http://bit.ly/H0zID0>

Video: BombFlowTV 8
<http://bit.ly/Hs30vQ>

C&K: Tao Berman Retires
<http://bit.ly/zbPdx4>

C&K: PNW a Hotbed of
Extreme Rafting
<http://bit.ly/GSa2bt>

C&K: Best River Shelters
for PNW
<http://bit.ly/GSyNr2>

C&K: Rites of Passage on
BC's Homathko River
<http://bit.ly/Hl7xyj>

AW: Guide for Stream
Modification Projects
<http://bit.ly/HnieEc>

AW: Gas Drilling Coming to
Green River Basin
<http://bit.ly/GDqYFY>

AW: Public Comments for
Boating on Merced River
<http://bit.ly/HlCsge>

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So what's runnin'?

March boating: The melt may not be on just yet, but the daylight hours are back, after work runs are in play, and the roads are starting to melt out. Time to get on some new rivers!



**Start of the raft race, Upper Wind River Festival 2012
Photo by Zach Collier/NW Rafting Co.**

Palouse II

Get out of the rain and head east to the Palouse for rolling hills, basalt canyons, and the high desert plateau. This scenic run is a spring time jewel with amazing canyon views and a short season. Check it out, and don't forget to scout 190 foot tall Palouse Falls.

Washougal III

The rainy season is coming to end, which means the end of Washougal season. The Washougal is chock full of great runs from III to V, but the main run is a rollocking good big water class III staple.

EF Lewis IV

The East Fork Lewis is another sw Washington staple. With several different runs, there's everything from II-III drift boat fishing to white knuckle big water IV+. There's something for everyone, and the upper watershed is a lovely forested canyon.

Wind River V

With the end of rainy season also comes the end of Wind season. A Washington proving ground matched only by Tumwater or the Cascade, the upper canyon on the Wind dished out hard lessons and stellar rapids.



Safety Break: Self-Distributed Tandem Prusik

Here's how to set up self-distributed, tandem hauling or braking prusiks. Use these when you need a stronger attachment to the main line than a single prusik can provide.

Take two prusiks sized appropriately for the haul line and get them on the main line with 3 wraps. The distance between the two prusik knots as they sit on the main line should be 2 to 3 inches. (A)

Next, put a locking carabiner on each prusik. (B)

Then take either a short webbing loop or another tied prusik loop and place it through the gates of the two carabiners. (C) This 3rd sling (if long enough) will self distribute and balance the prusiks. It is important not to make this sling too long (over 4 or 5 feet of loop) because, if there was a prusik failure, the extra length could get up a head of steam up and cause a shock load

situation. Similarly, 3rd sling too short and you lose the adjustability of the self distribution.

Now reach in between the two prusiks, grab the webbing and pull it out (with a 1/2 twist) to mate up with it's other side. The half twist is critical in case one of the prusiks fails. (D)

Hook your next carabiner here, add a pulley if needed, and haul away. (E)

This technique is extremely valuable. With just a bit of practice it doesn't take that much time and saves your main line from getting abraided from just using one prusik. Doubling up the prusiks clutching power or ability to firmly grab the main line without the damage or failure of an ascender is important not only in hauling, but also in the braking aspect.

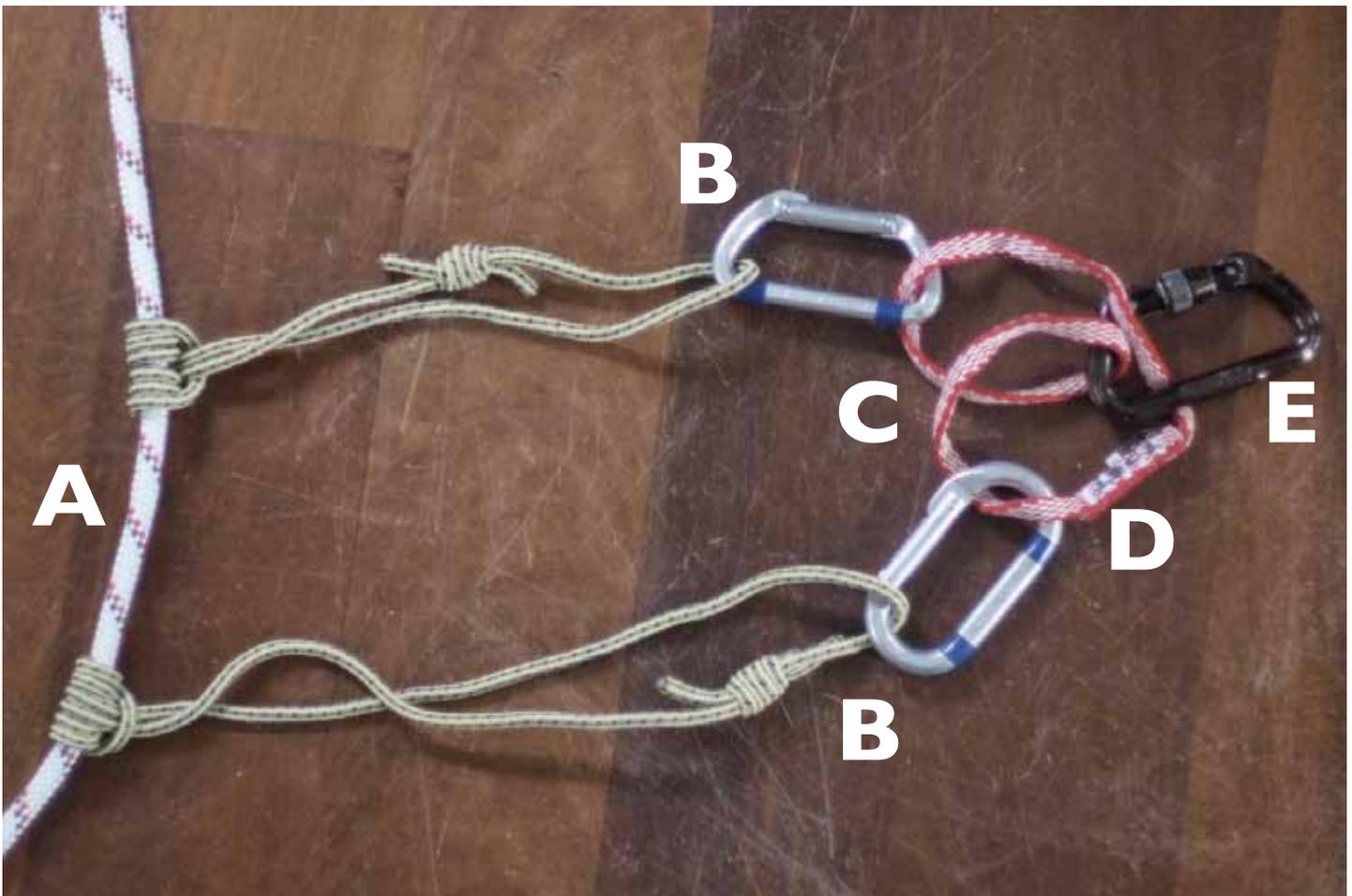
Dr. Whitewater
Casey Garland

Board Meeting Minutes

In order to comply with the bylaws, which stipulate written published board meeting minutes must be verbatim, board meeting minutes will not be published in the newsletter. Minutes are taken by written note, and are available electronically to membership.

Any member can request meeting minutes from the board. Meeting minutes are available only after they have been approved by the board, normally granted at the following board meetings. Request a copy of minutes here:

<http://wrrr.org/board-members/>





WRRR members can receive a 15% discount on any OS Systems surface water product, including drysuits, drysuit options and upgrades including custom sizing charges, undergarments, and accessories. This will not apply to drysuits made for other uses, to repair parts or to repair services. Visit <http://ossystems.com/> for info

on their drysuits and accessories. If you are in the Portland area and are a WRRR member, Andy & Bax will honor this discount as well. You will need a WRRR membership number to order. Contact the Membership Chair to get your membership number.

DAY/DATE	RIVER/DESCRIPTION	CLASS	CONTACT
April 11th	WRRR BOARD MEETING Round Table Pizza Renton, WA	IV	Nancy Douty
May 5th	GREEN RIVER CLEANUP	III-IV	WRRR Board pinkifilippini@yahoo.com
May 26th - 28th	KLICKITAT OVERNIGHTER Memorial day weekend 3 days 2 night, upper, middle and lower	III	Mark McGraw RutRowlb@cablespeed.com
May 29th - Jun 2nd	WENATCHEE RENDEZVOUS	III+	WRRR Board pinkifilippini@yahoo.com
July 20th - 22nd	WHITE SALMON	III	WRRR Board pinkifilippini@yahoo.com
Aug 9th - 12th	SKAGIT POKER RUN. Safety Olympics / Potluck / Prizes Saturday Group Camp reserved Thurs night thru Sun Noon	II-III	WRRR Board pinkifilippini@yahoo.com
Aug 20th - 21st	THOMPSON RIVER, BC Come see the big water and bigger canyons of British Columbia	III-IV	Shaun Heublein wrrmembership@live.com
Sept 8th - 9th	WRRR TIETON WEEKEND	III	WRRR Board pinkifilippini@yahoo.com
Sept 15th - 16th	WRRR / OWA WEEKEND Potluck Saturday night	III	WRRR/OWA Board pinkifilippini@yahoo.com
Sep 23rd - 27th	ROGUE RIVER Pending Permits, Semi Wilderness	III-IV (V)	Brenan Filippini pinkifilippini@yahoo.com



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Directions to Shangri – La
34401 Enumclaw-Franklin Rd
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- Follow SR 169 S for 18 miles to Black Diamond
- Left at Lawson St (becomes SE Green River Gorge Rd)
- Cross bridge, continue on Enumclaw-Franklin Rd SE
- Look for sign on right side of road

www.facebook.com/greenrivercleanup
www.greenrivercleanup.org



Randy and Nancy's team in The Nozzle
Green River Cleanup 2005

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