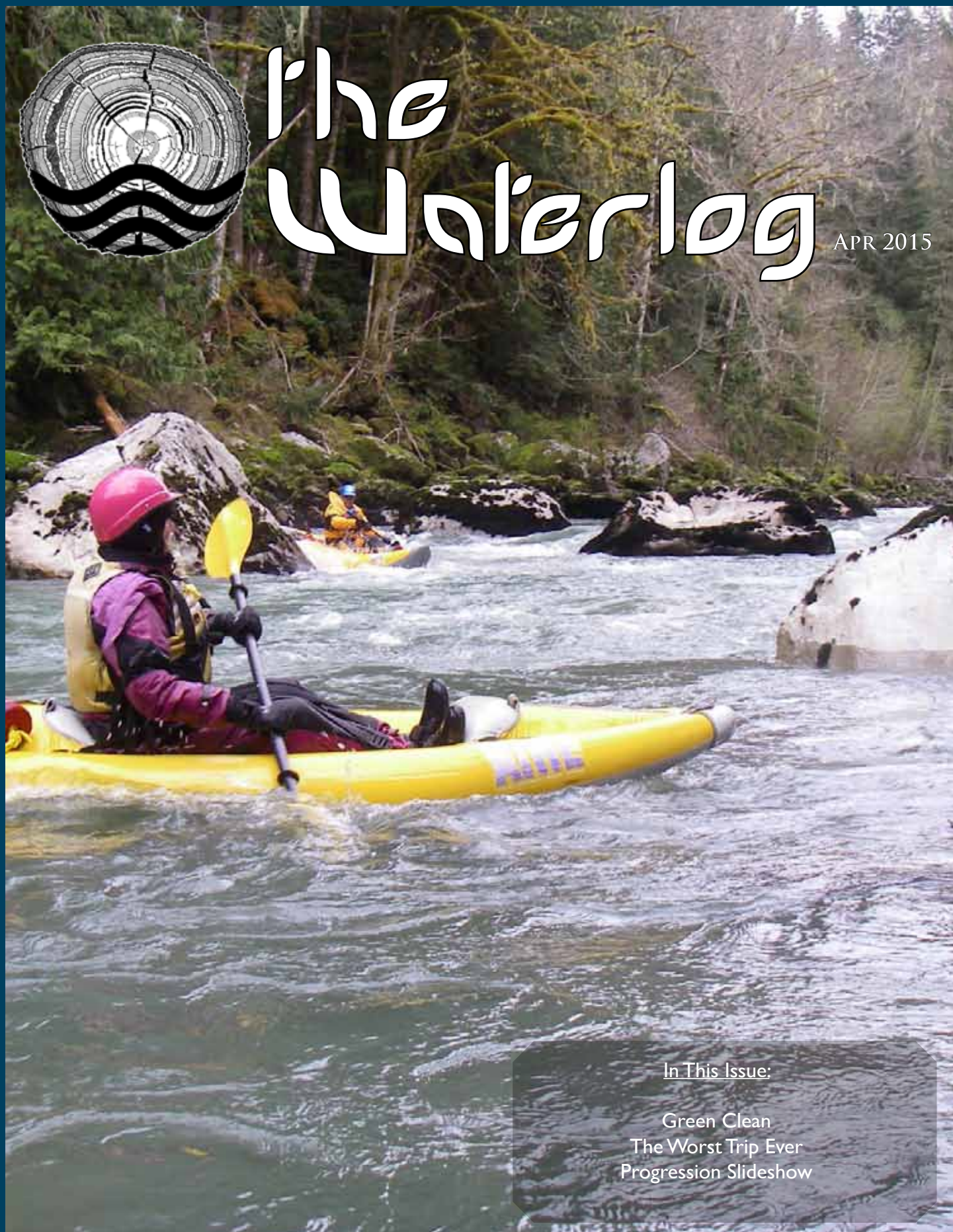


THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS



# the Waterlog

APR 2015



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Green Clean  
The Worst Trip Ever  
Progression Slideshow

*Kim and Steve progressing their game on the Sauk*



**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 \$1/1/13. All membership levels include the newsletter and access to club events

☐ **\$30 HOUSEHOLD** - everyone residing at the registered address

☐ **\$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)

☐ New Member ☐ Renewal ☐ Returning Member (prior membership ran out)

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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.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

Mail your check and signed Agreement to:  
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\*Journal of Self-Serving Statistics, June 2009

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**THE WATERLOG**/Brian Vogt

Board meetings are held the 2nd Wednesday of the month at 7:00 PM (except December).

Please visit <http://www.wrrr.org/> 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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# 30th Annual Green River Cleanup



WRRR is coordinating the following trips: (See WRRR's website or facebook feed for more info and people tagging along).

**Friday** we are small boating the gorge to Shangri-La. Meet at 10am Shangri-La. Trip Leader: Brenan Filippini

**Saturday** there are several small boats / IK's going down the gorge. (Not as many as in the past) (Class 4, recommended portage of the Nozzle) Trip leader: Many

Saturday there will be ground crews at the KP boat launch area. (Class 1 ALL AGES!!!) Trip Leader: Brenan Filippini. We have trucks to shuttle trash to Flaming Geyser. Bring reflective clothing if possible. This is a WRRR led trip (non members welcome) 9-11am and 2-3pm Trip Leader: Brenan Filippini, Chris Koker

Saturday there will be boats going from Shangri-la to Flaming Geyser

Saturday there will be a trip going down from Headworks to lower KP (Class 3) Trip Leader Kim Filippini Safety Talk 11:30, Launch 11:45 This is a WRRR led trip (Non members

welcome, provided they follow AW safety protocols.)

Saturday there will be ground crews starting out of Flaming Geyser 10am-1pm. Trip Leader Pat Sumption

**Sunday** we are running from Shangri-La Down Time (Class 3) TBD This is a WRRR led trip, all boaters (WRRR or not) are encouraged to participate (Provided they follow AW safety Protocols.

WRRR will be hosting the BBQ at Picnic Shelter #3. \$5 suggested Donation for Non WRRR Members. Camping is available at Shangri-La for WRRR members. Gates open Friday at 10am and Close Sunday afternoon. We will spend an hour cleaning up micro trash at Shangri-La Sunday. Bring firewood if you have it

Group camping is available for ALL Cleanup Volunteers at KP's Group camp. If the group camp fills up, please contact the park or get a site. If you have to pay, please forward me the ticket and you will be reimbursed for camping for the Green River Cleanup (if the group site is getting full)

Discover passes are not required Saturday May 2nd, 2015

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## *River Rescue Certification*

May 30 & 31, Cedar River

“Hand me that prussic.” “We need an anchor on that rock.” “Three whistle blasts, what does that mean?” “Someone asked me to set up downstream safety. What exactly does that mean?” “A boat just wrapped at the nozzle. Who is in charge?” These are great questions and if you want to learn more about river rescue we are offering just the class for you. The WRRR safety committee is putting together a class in conjunction with Sierra Rescue called the River Rescue Certification. This class was developed by Sierra Rescue (now approved by Rescue 3) to fill the gap between rescue agency courses which are heavy on river dynamics, Incident Command System and technical rope work and courses put on for agencies that need to train biologists how to be safe when counting fish or taking water samples. Sierra Rescue recognized the need for an in depth course for recreational boaters that already have great knowledge of river dynamics and personal protective equipment but need training in basic first responder actions during an incident on the river. Here is the excerpt from the Sierra Rescue website:

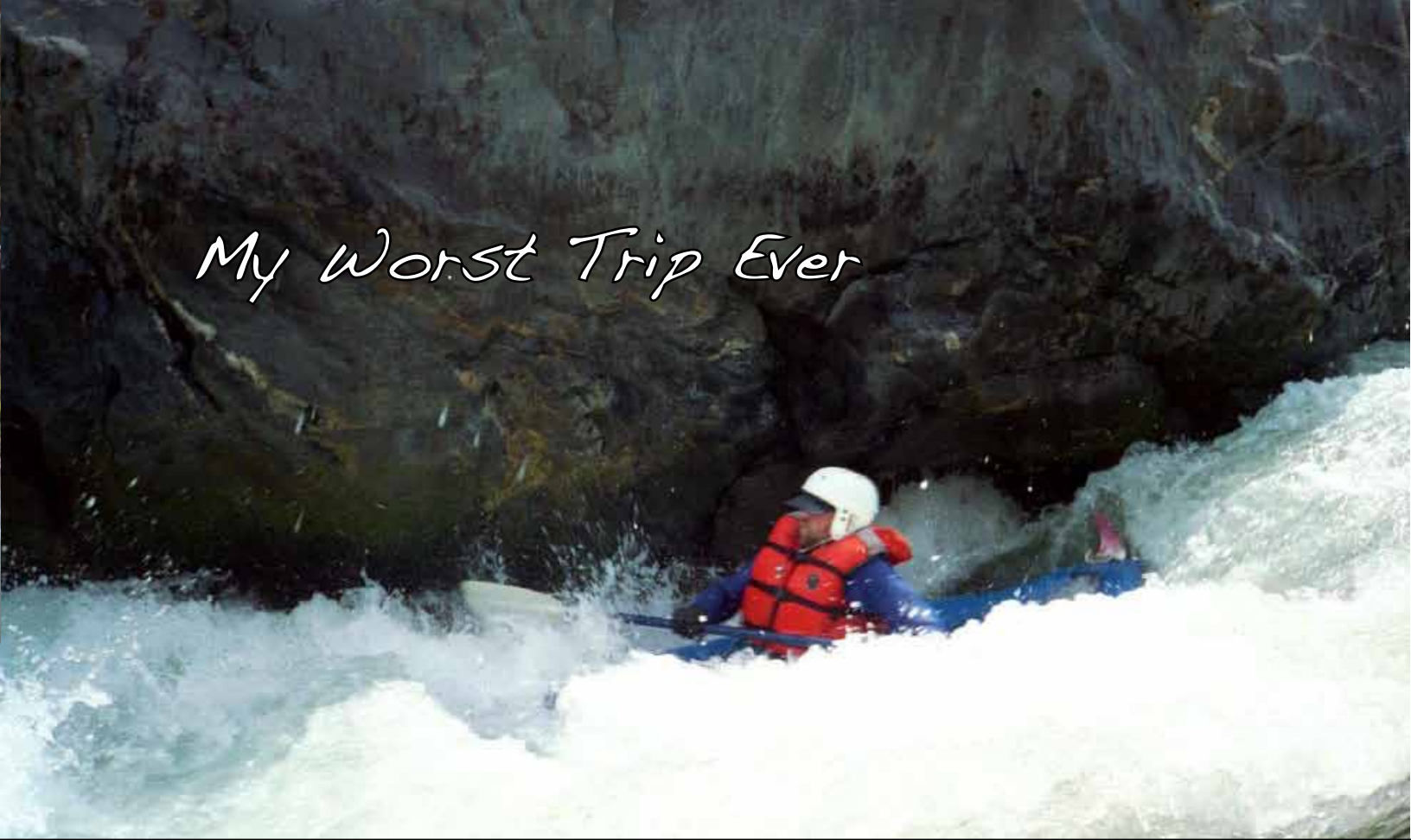
A DYNAMIC water rescue course specifically written and designed for private boaters, kayakers and non-profit organizations! Basic river skills are a prerequisite! Emphasis is on identifying hazards and on RESCUE itself; both of self and others. Thinking through rescues is also emphasized. This

is the class you want as a boater to stay safe and know what to do if something goes wrong. Although this course meets agency Swiftwater Rescue certification requirements for river guides and kayakers; its pace allows for thorough integration of knowledge and practice of the skills that matter. The two day format makes the course more affordable and accessible. This course should be a prerequisite to anyone boating on any river anywhere! The course addresses the river rescue needs of rafters, cat boaters, kayakers, pack rafters, canoeists, riverboarders and SUP paddlers.

Our instructor will be a professional who works in the rescue industry - either as a commercial guide or as a firefighter/EMT.

The cost will be \$150 per person. Our minimum class size is 8 and maximum is 15. This class is currently full. For details or inquiries please email Rebecca Post (repo461@yahoo.com).

# My Worst Trip Ever



I recently read an article about some people who had a bad boating trip and walked out, and I tried to remember my worst ever trip. The overwhelming majority of my trips have been wonderful, and I'd gladly repeat them. I've had trips that had bad parts. On my first trip, I got yelled at by the guide and got the worst sunburn of my life. After I IK'ed Burnt Ranch Gorge, I decided to stop running class V. I couldn't walk the day after I rafted Giant Gap on the NF American. I've had tough swims - even trips where I had multiple tough swims. I've been injured. I've rowed my boat hard and not gone anywhere. I've had to be saved and I've had to help save people. I've even had days where I had to talk myself into continuing. But every one of these trips had an element of fun.

Except one.

I had only been boating for three years, and I was starting to step up my game. We were planning to run class V Burnt Ranch Gorge the next month (we ended up running the Cal Salmon instead), so I needed some harder runs for practice. Some people put together an IK trip on the NF Stanislaus. The flow was very low - around 175 - but we decided to go anyway. I met someone on the way and we carpooled in his car.

On the drive up, he asked what rivers I had run, and he ad-

vised me to start below the first rapid. The rapid was tough as it was, and with the low flow it would be even tougher for me in my big IK. The "portage" was easy - probably about the same as the put-in for the rapid above. I walked back up to the top of the basalt cliff and watched as people ran the rapid. It seemed to take forever because they would run a little section, wait for everyone, and then scout the next little section.

Finally, they ran the last drop - a nice 5 foot plunge into a pool, and we headed for the first rapid. This was followed by a long portage for all but one boat, which was really tiny. We ran a couple of rapids and then scouted a class IV. It was not easy, but we were all able to run it. I remember I had the weirdest run. I ended up in a boulder box at the end, but I was able to get out of it without portaging. I had a short swim on a class III, and then we had another portage for wood.

We stopped for lunch. My big IK simply was too big for this flow, and between the continuous maneuvering, portages, and swim, I was getting pretty tired and we were only half-way done. Even worse, my lunch was wet. A wet sandwich is not very good when you're feeling fine, so you can imagine how it tasted. Blechh.

After lunch, we continued down and reached The Thing. I

**TOP:** David Elliott goes big on Burnt Ranch Gorge. Photo Tom Pohorsky



was the last boater, and I saw a couple of people run left and I was going to follow them. Suddenly, a bunch of people on a rock on the left started yelling at me. I got confused and thought there was a problem on the left, so I started right... right into a log. I tried to remain calm, but the boat was stuck on this log and I was scared of going under it. Someone threw me a rope. I clipped it in and they tried to pull me upstream, but that just made the boat fill with water. I came out and went right under the scary log.

It felt like I dropped 10 feet. I emerged and the current magically took me to the beach on river left. I got out and watched my boat rocking against the log. The people with the rope let it go. The paddle fell out of the boat, and then it and the boat went under the log. They both floated right over to the beach and we got them out.

We continued down the next rapid, a class IV mess called Boulder Maze. I flipped near the top and ended up going over a big drop. I landed hard on my rear end. This, combined with a bicycle accident a few months later, gave me a lower back injury that took 10 years to mend completely. We finally got to Upper Sequoia, the first of two big, technical drops. It was beginning to get dark, and I was losing my confidence. I ran the rapid fine, but I was glad when some-

one offered to take my boat down Lower Sequoia and let me walk the trail up to the parking lot.

OK, so we were done. I changed. Oh, I guess I forgot to mention that I didn't have a wetsuit yet. I was wearing bicycling shorts and tights, a long underwear shirt, and a raincoat for a splash jacket. As it got dark, it got cold quickly.

We went back up to the put-in and got the car. We got dinner at Giant Burger and started to head home, but the car wasn't running right. It wasn't going to get us home. It took us a couple of hours to find a garage that would take the car. We unloaded the gear and moved it into another car. We drove back to where my car was and moved the gear again. Rather than going right home, I had to take the other guy home first. I'm betting I slept all the next day.

The next summer, I got to run the NF Stanislaus again. The flow was 350 cfs, and the run was awesome! We rappelled down the cliff to run the last little drop on the first rapid. Every rapid was clean, and we were able to read and run everything. The Thing was a blast - no log and no problems. We all had great runs on every rapid.

And none of the cars broke down.

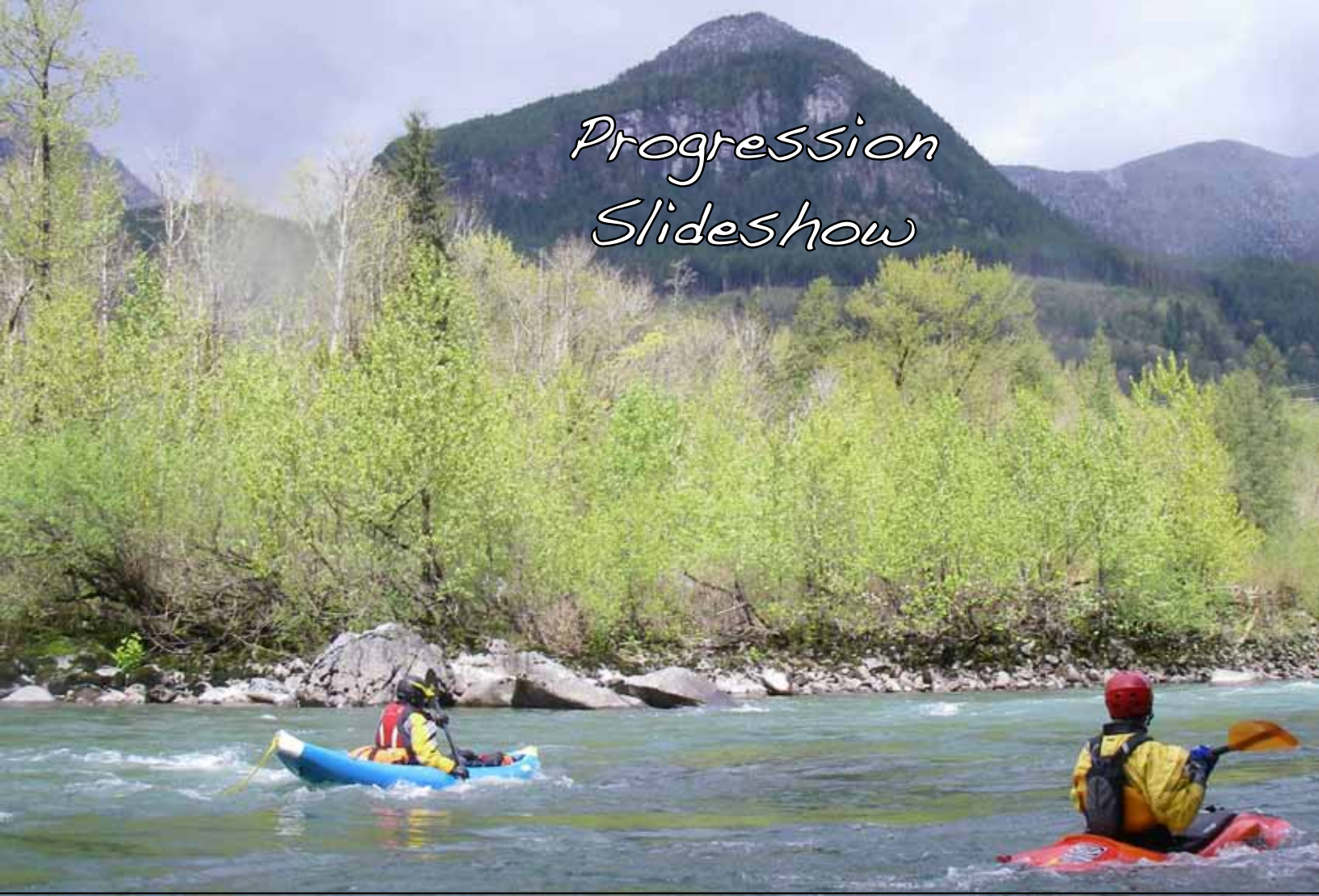
**--David Elliott**



**Bottom:** David Elliott and Tom Pohorsky on the Trinity River. Photo Bill Tuthill



# *Progression Slideshow*



**TOP:** Sky surfing with Rebecca and Lyman. **Bottom:** Brennan works the low brace. Photos Chris Herman





**TOP:** Sauk wood portage practice. **Bottom:** Scouting and line discussion on the Sauk. Photos Chris Herman





**TOP:** Koker explains where he keeps his feet. **Bottom:** Self-rescue practice on the Sky. Photos Chris Herman



# *Skykomish Access Update*



**TOP:** Cable Drop Access Party! **Bottom:** Setting and trimming posts for the boat slide rail. Photos Kim Filippini





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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
May 2nd	GREEN RIVER CLEANUP	IV	WRRR Board
May 30th - 31st	CEDAR RIVER RIVER RESCUE CERTIFICATION	III	Rebecca Post repo461@yahoo.com
June 2nd	BOB JOHNSON MEMORIAL WENATCHEE RENDEZVOUS	III+	WRRR Board
June 13th - 15th	WENATCHEE RIVER FESTIVAL	III+	Mike Curtis riverbooty@yahoo.com
June 27th - 28th	SAUK SUMMER OVERNIGHTER	III+	WRRR Board
July 18th - 19th	WHITE SALMON RETREAT	III+	WRRR Board

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