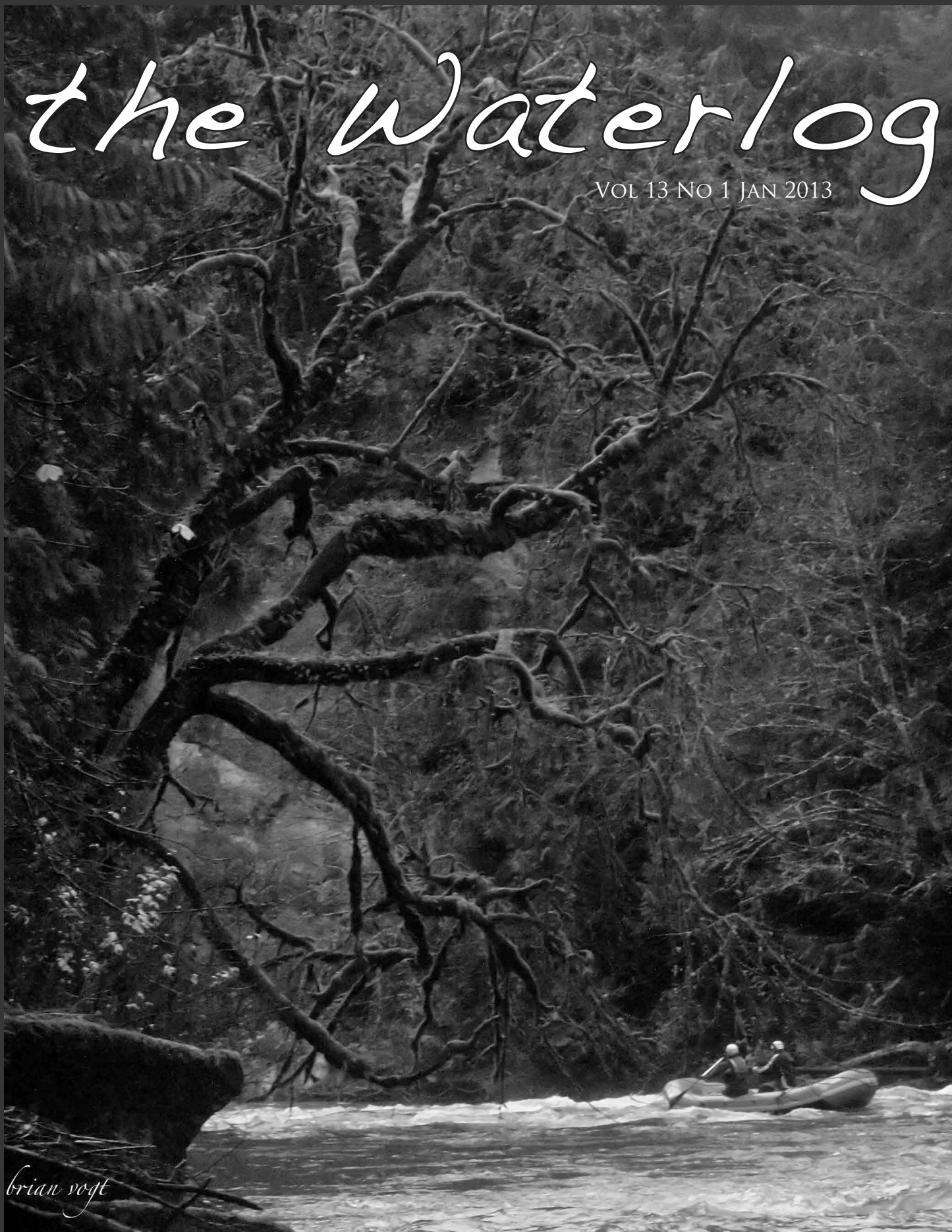


THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS

the Waterlog

VOL 13 NO 1 JAN 2013

brian vogt



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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
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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:
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Renton, WA 98057

Signed _____ Date _____

Signed _____ Date _____

*Journal of Self-Serving Statistics, June 2009

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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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Message From the President

For those of you who know me, hello! For those of you who don't, allow me to introduce myself. I am David Elliott, and I am the WRRR President for 2013. I began whitewater boating in 1989, and I joined WRRR when I moved to Washington in 1999. I previously served on the WRRR Board of Directors from 2003-2008, including 3 years as President. You will mostly see me in an inflatable kayak, but I also run a cataraft at times.

One of the key elements to being in WRRR is opportunity. Before I lived in Washington, I had to drive a minimum of 3 hours each way to run rivers, which limited my opportunities. Here, I have several quality rivers less than an hour away, and 3 hours gets me to over 2 dozen great runs.

We all have the advantage of year-round boating in our own and neighboring states. More importantly, being a WRRR member means we have lots of great people to boat with and learn from. I hope that all of you get to use all of the opportunities that your WRRR membership offers - from fun trips to safety classes to free camping to great food and fun!

I would like to commend the 2012 WRRR Board of Directors for doing a great job, and welcome the 2013 Board. I would also like to specifically thank a few people. First, I'd like to thank Jessica Dyson for her efforts to bring the club into the 21st century. She was instrumental in making the electronic newsletters the norm for the club, getting the new web site created,

and bringing the by-laws up to date. Next, I would like to thank Lyles Larkin. This is his seventh year on the board, including serving as President and currently as VP or River Ops. Lyles, along with his wife Stacy (or the other way around, as she would put it) have been putting on great club events, and are fun people to boat with. Finally, I would like to mention my good friend Brian Vogt, who is beginning his third year as newsletter editor. Brian has been doing a fantastic job, which is not always easy, especially since most of you have not written articles or provided pictures for the Waterlog. Don't let the opportunity pass you by.

Thanks, everyone, and have a great year on the river!

-David Elliott

President's Day Tilton

WRRR is very pleased to announce a new club trip: the President's Day Weekend Tilton Trek! President's falls on February 16-18.

President's Day weekend has a long and storied tradition as the WRRR/OWA winter time Clackamas trip. Unfortunately, that event seems to have gone away over time, and hey, the Clackamas is quite a haul! So, in order to make the most of our long and variety packed winter boating season, a new destination for this traditional club trip has been suggested: The Tilton!

Located near SR-12 some 30 miles east of I-5, the Tilton is a class III-IV run suitable for all craft. It is less technical than the Green River Gorge, but it tends to be a little more pushy as it is more constrained in a tight bedrock channel. The run is 7 miles long and starts with a mel-low class II warmup. When you reach the canyon, it's game on! For miles the Tilton carves a deep canyon in dark ominous bed-

rock. Many rapids ranging from steep but short ledges to complex boulder rapids fill the canyon. Bouncy wave trains are loads of fun. Waterfalls pour over moss covered walls. Surf abounds. There's a great lunch beach.

And the best part of all is the take-out: Washington State Park's Ike Kinswa park on Mayfield Lake. We'll have several campsites reserved for tent camping and a group potluck breakfast Sunday. There are also 5 cabins available at Ike Kinswa park. They sleep 5 people each (1 dbl futon, and a bunk bed with a dbl lower and single upper bunk), have parking for 2 vehicles, and have heat, power, lights, and an outside picnic table and firepit. They can be reserved online for around \$60. If there's enough interest, the club might opt to cover cabin fees in future years.

The Tilton is a rain fed run, so flows could be all over the place. It's a great IK run down to as low as 500cfs. Above 2000 or so, it gets a bit burly in IKs unless

you are a big water fan. We'll be a go in big boats at any flow 4000 or less. A scenic II-III run offers 8 miles of backup plan if flows get huge. The Tilton is run higher flows, up to 8000, but will develop class V character. Joe will lead us down. If the Tilton is not in, many good nearby runs exist, such as the IV Upper Cispus, the II Cowlitz, the III+ Toutle, and the III Kalama. We'll boat at least 2 weekend days, and hopefully 3.

If you haven't had a chance to run the Tilton, put this on your calendar! It's among the most scenic and action packed runs in the state, full of great rapids, surf spots, and all set in one of the most under appreciated canyons in Washington. If you like the Green, you'll love the Tilton! I'll plan to bring both my IK and my catboat and will lead the run in whatever craft makes most sense for the group.

For questions about accommodations or trip details, contact Brian Vogt at <http://on.fb.me/WLNyzI>



Thanksgiving on the Green



Mark Burns in Ledge Drop 2 on the Green

The Green River Gorge has become a favorite run of mine. Ok, I live within a half hour, so that's a factor. But hey, it's 15 miles long instead of the more common 5 mile run. It's got a good warm up, densely packed rapids, a roadless canyon of sublime scenery, and the quality of the rapids is rather high. The final float out is perfect for a flatwater sprint workout, or a float with your beer of choice. So, things have to be pretty good to get me to travel farther with \$5 gas and a trailer. I'm very thankful for the Green.

With a timely storm, 2012 provided an excellent Thanksgiving destination in the Green. Flows were between 1700 and 2500 from the Tuesday before the holiday though the next Monday. Now there's something to be thankful for! I got a chance to say my thanks to the Green with Mark Burns, Matt and Nate Holmes, John Miesalowski, and several other enthusiastic folks. Surf was up, tons of lines were available, and the fun factor was high! It was a great way to celebrate the holiday.

My time with WRRR started with the Green when Paul Sestak invited me to the Clean Up some 10 years or so ago. I didn't know anyone, and had been struggling to find boating partners for years. Bob Rodgers led me down. Bill Yager helped me out when I went right under the Franklin Bridge.

I met a lot of great folks though WRRR and through the Green. David Elliott turned me on to IKing. Tina and Eric took me on some great trips to new places. I met Nick Borelli and Joe Sauve and Shaun Riedinger, who've made the IK overnighiter scene so superb. I've met many of you out there on the waters of the Green over the years, and I look forward to meeting those of you I've not had the pleasure to meet yet one day too.

So in the spirit of the season, I'd just like to pass along my thanks. To the Green and her majesty, patience, and teaching. To this great club that has brought so many great stories and people into my life. And most of all, to the people and friends I've shared the Green with. I can't imagine a better back yard run, or a more special group of folks to share rivers with.

May 2013 bring you prime permits, extra beer in the cooler, and a swim free year of adventure!

-Ed

Déjà vu

From Wikipedia: Déjà vu, from French, literally “already seen”, is the phenomenon of having the strong sensation that an event or experience currently being experienced had been experienced in the past.

In 1994 I met a boater by the name of John Miesaloski (now known as Puma John) while doing the Green River Cleanup. John and I became friends and later that year John decided to ride in my raft going down the river. John did not have much experience in the Green River Gorge and he thought it would be safer to ride in my raft to learn the river.

The river was going 3000 to 4000 cfs if I remember correctly. Everything was going well until we got to the island above Paradise. This is the last obstacle in the Gorge before the Franklin Bridge. It was common knowledge that we needed to go left of the island because the right side was blocked by trees (and often still is). At the top of the island, an old growth tree stump that was 20 feet in diameter was stuck partway out to both sides of the island. To go left a boater needed to approach the stump slowly and then push hard left. This was safer than running into a river wide tree on the right of the island.

I made the worst decision possible as I approached the

tree, I hesitated. When I finally started moving forward it was too late. My raft was wrapped on an old growth tree in the middle of the river. Some glorious highsiding occurred but John and Lance both ended up in the water and I ended up climbing the raft and getting on top of the tree.

John made his way back to the raft and we tried to free the raft but it was finally upside down under a smaller tree trapped by the bigger tree. The water level was high enough that the raft was pinned upside down and eventually we went downriver in somebody else's boat with the plan to return the next day.

The next day I borrowed a catboat from Paul Sestak and John caught a ride from Al Mickelsen so that he could row a boat out once we freed my raft. The water level had dropped to 2500 cfs and getting my raft out should have been very easy.

John was in Al Mickelsen's raft as Al approached the accident scene. Al highsided on the tree and John was wrapping on the tree for a second day in a row. Luckily, Al's raft did not flip. I was able to get my raft out but John was very excited. He kept talking about when they were highsiding in Al's raft that he thought he had been there before.

We named the rapid Déjà vu and John has always taken his own boat down the Green River since that time. Puma figured that if he was going to flip, he could do that just as easy in his own boat. Now it is almost two decades later and we still call the rapid Déjà vu, Puma John still rows his own boat, and the right channel still gets trees blocking.

- Mark Burns



Nate Holmes manages to Don't Go Right



 Lining up for The Nozzle at the bottom of Mercury



 Nate Holmes in Let's Make a Deal

The Green River Gorge and Hypothermia

The Green River Gorge is where I learned various stages of hypothermia and was the first place I saw someone's lips turn blue from Hypothermia. I believe it was chronic hypothermia, which I have also experienced.

According to Forgey in Wilderness Medicine, 4th Edition, Chronic Hypothermia is defined as taking six hours or longer to arrive at the cold core.

While it only takes a few hours to float the Green, boaters that do not have solid class 4 skills often do not have proper winter boating clothing, are not as adept at managing timeframes, will often take longer to get through the gorge as they try to scout, and often get wrapped on a log or a boulder. All of these factors increase the time in the gorge and contribute to hypothermia.

Add in a little Acute Hypothermia by being in under 50 degree water for twenty minutes and you have the recipe for a very bad experience. Even if you stay in your boat, what happens when you need to stand in the water to rescue a paddling buddy?

Why does Hypothermia Matter?

- Dehydration and poor decision making skills (which lead to more hypothermia)
- Exhaustion (that prevents you from paddling/rowing out)

- Semi-comatose state and worse
- Death from rewarming efforts

Prepare for the Cold!

- Good quality gear that keeps your head, body, arms, and legs warm
- Pack warm liquid (non alcoholic) in a thermos or bring a packpaker stove and cups of noodles
- Be warm before you launch. This is really important. Wearing a rain coat over your drysuit at the put in as you rig your boat is a really good idea.
- Pack a fleece coat that you can put on in if you get cold.
- Bring extra pairs of gloves
- Wear a helmet liner and if your helmet comes with holes on top, cover the holes with duct tape.
- Bring a thick hat for lunch unless it is snowing and you lunch in the Snow Cave where falling slivers of rock will kill you much quicker than hypothermia.

-Mark Burns



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so what's runnin'?

Upper MF Snoquamie II

Fresh snow in the mountains makes the upper MF a lovely float. Pack a hot lunch and snag a beach with a view to make the most of this one.

Rapid III+

This roadside maelstrom of river is fast, continuous, and woody. But it's easy to scout and lap, and a hoot to paddle. A great way to step up your IK game.

Foss IV

This Skykomish trib makes a great paddle boat run for those looking for something new. Keep your eyes peeled for wood, and scout Ken and Barbie!

Washougal Waterfalls

Above the class 3 Washougal run lies a quaduple serving of verticality. Super clean bedrock falls offer a variety of lines in this rainy season playground.



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:

AW: White Salmon Open
<http://bit.ly/SluEeV>

AW: 2013 Calendar
<http://bit.ly/ueVqyS>

Vimeo: Malad Gorge
<http://bit.ly/TrVvML>

C&K: GC Speed Record Attempt
<http://bit.ly/I0potOI>

C&K: Live-bait Rescue
<http://bit.ly/QK72rs>

C&K: Triumph and Tragedy on the Stikine
<http://bit.ly/TrVXdj>

C&K: A First Look at the Lower White Salmon
<http://bit.ly/V4Uzu7>

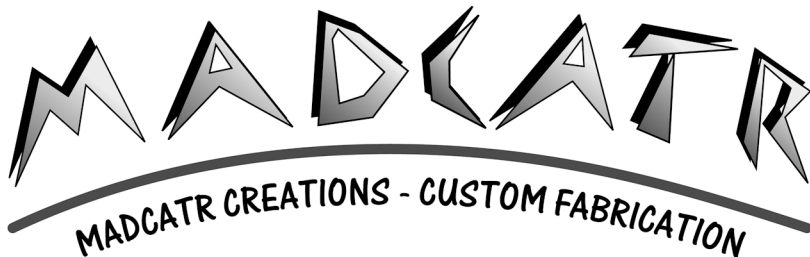
C&K: Recuse Vest Round Up
<http://bit.ly/TkYAKt>

Wheels and Water Best Photos of 2012
<http://bit.ly/Vceg8U>

Fracking along the Colorado
<http://bit.ly/U1zjnK>

Wheels and Water Best Photos of 2012
<http://bit.ly/Vceg8U>

MB: Best Hikes From a Boat
<http://bit.ly/VjRgEg>



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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
January 1st	NEW YEAR'S HANGOVER FLOAT Cedar River	II-III	Nancy Douty 425-413-0948
January 17th	ANNUAL MEMBERSHIP MEETING Overlake Round Table Pizza, 7pm	II	Nancy Douty 425-413-0948
Feb 16th -18th	TILTON TREK	III-IV	Brian Vogt bvogt@wwik.org
May 4th	GREEN RIVER CLEANUP	III-IV	Lyles Larkin ik4fun@comcast.net
June 1st	WENATCHEE RENDEZVOUS	III	Lyles Larkin ik4fun@comcast.net
July 20th	WHITE SALMON RETREAT	III+	Lyles Larkin ik4fun@comcast.net
August 17th	CAREY BERGER MEMORIAL POKER RUN Skagit River	II+	Lyles Larkin ik4fun@comcast.net
September 14th	WRRR TIETON RALLY	III+	Lyles Larkin ik4fun@comcast.net

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