

THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS

# the waterlog

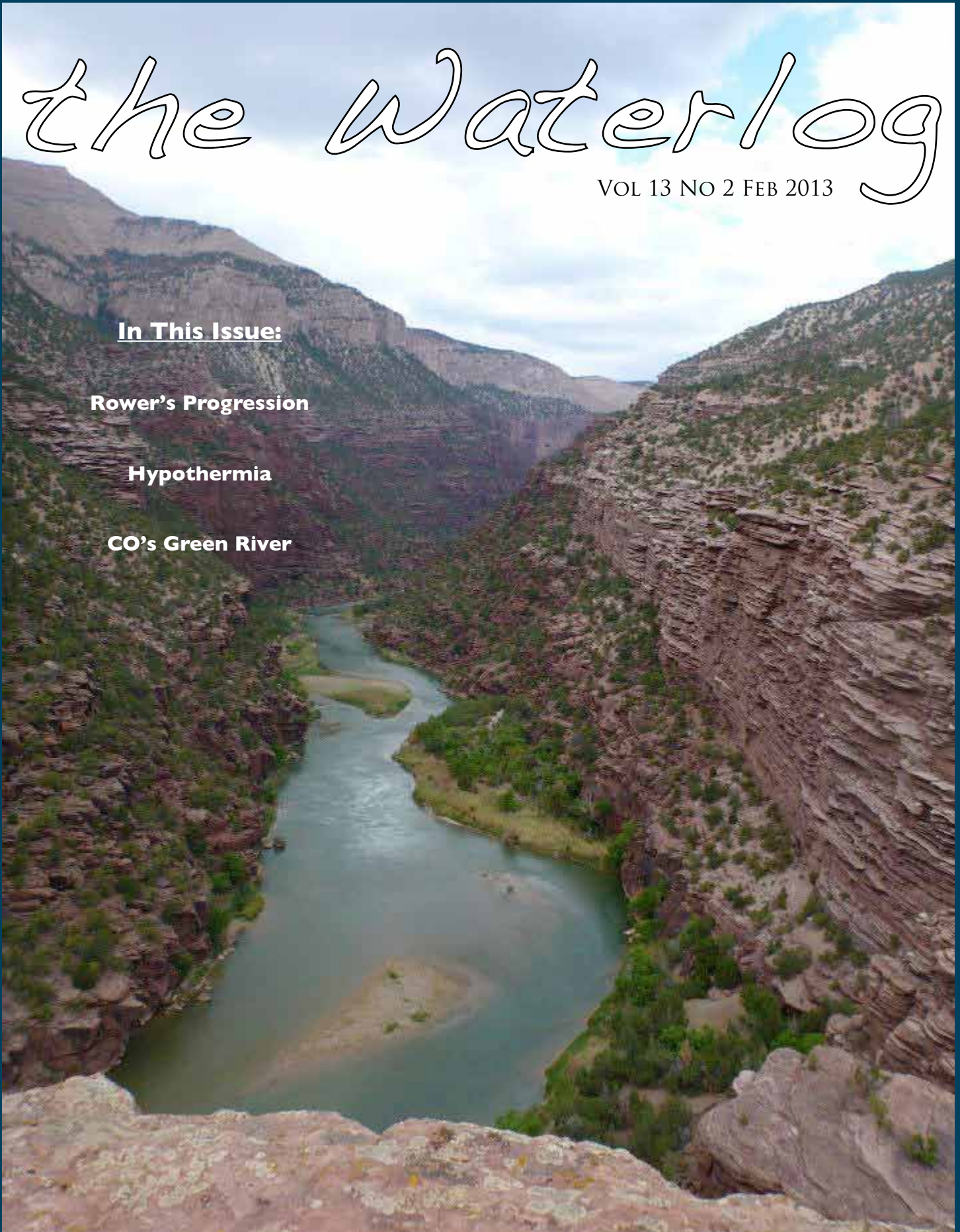
VOL 13 NO 2 FEB 2013

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**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  
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Home Phone \_\_\_\_\_ 2nd Phone \_\_\_\_\_  
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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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## Green River Cleanup May 4th

It's time again to mark your calendars for the 29th annual Green River Clean-up. Grab your family and friend on May 4th to help WRRR clean one of the most beautiful rivers in the NW.

Camping and takeout access will be available Friday and Saturday at Shang-ri-la below Paradise for WRRR members and their families. WRRR will be sponsor-

ing a B-BQ at Flaming Geyser State Park after you get off the river (for WRRR members only or \$5.00 donations if not a current member). There will also be a dutch over dessert cook-off Saturday night at Shang-ri-la, so come prepared to fix your favorite dessert.

For more information, contact Lyles Larkin at 425.894.5465 or [ik4fun@comcast.net](mailto:ik4fun@comcast.net)

## Rowe's Progression

Brian Vogt will be leading a workshop on rowing this spring. This is a chance to start from the ground up and gain some mastery on the sticks, some confidence on the water, and a chance to meet others at a similar level as yourself.

We'll have a variety of participants. Some will be solid boaters looking to change craft, some will be true novices. I will expect novices to attend all sessions of the class.

Here is the proposed schedule. This is subject to change as this gets refined -- roll with me, ain't never done this before.

### Sat Mar 16

Club Stretch Snoqualmie

Class I+

intro to rowing. Basic strokes. Ferries.

### Sat Mar 30

Class II+ Skagit

complex strokes, portagee technique. Eddies

### Sat Apr 13

Lower Sauk II-III

technical boating, micro eddies

### Sat Apr 27

Upper Sauk or Middle Middle III+

Scouting, line choice, eddy hopping, follow the leader.

If you are interested, have questions, or suggestions, hit me up. Depending on class size, I might need a fellow mentor/instructor. If you'd be interested in helping out, even just as a safety boater, please join us.

See the WRRR Facebook page for more details!



# *Indian Summer on the Green*

Well as luck would have it, I did draw a mid-September Green permit last year. I'm hoping that didn't blow my permit karma for this year as I just filed for Selway, MF Salmon and Main Salmon.

Taking advantage of Shaun's move to SLC, I boarded the short Southwest flight with IK and overnight gear looking to capture one last warm memory of fine wilderness overnight boating in 2012. Just Shaun Riedinger, Erik Miller and I were making the 4 night trip.

We camped at the put-in which was under partial lockdown due to an outbreak of some nasty virus carried by rabbits. This was concerning especially after the folks that died in Yosemite by a similar vermin carried fate. We took our chances with the furry invaders and somehow prevailed.





There were only 2 groups launching in the AM...our 3 person, 3 boat float and a huge multi-boat cluster of folks. I was determined to get checked in by Ranger Rick first so we could be on our way on this clear beautiful day. But passing muster from Ranger Rick was not as trivial as I had hoped. He went through EVERYTHING and even though we had compliant minor and major first aid, he paused and said "I'm looking for more". Just when I thought we were done, he says you are short a PFD. Well, that's odd since I brought one extra and it was prominently on display on Erik's Puma. But the extra PFD policy has an interesting "rounding" that I misread, for a party of 3 does need 2 extra PFDs. So after a brief stare down, he says I can borrow a USFS PFD. The process took about an extra 45 minutes...filling out 3 forms, getting the jacket, and all the assorted BS that went with it on how to return it. But, somehow after rabid rabbits and rangers, we pushed off and into the Gates!

We had a great float down to Pot Creek, expect for about an hour of warm headwinds that were gusting to 35 MPH. Lots of bighorns to gawk at. Pot Creek is a great camp, even though we could see the party's glowing fire down in Pot Creek 2. The next day we continued down, with the usual oohs and aahs that come with experiencing such a great canyon for miles and miles. We camped at Limestone and got there early enough for lots of beach Frisbee, swimming and even a hike up to the rim. Limestone was a top camp venue!

Next day was getting to the Yampa confluence and of course Steamboat Rock. The Yampa was "running" 90 cfs, and was barely

noticeable. But the incredible rock formations that are there cannot be missed.

We continued past Steamboat rock under grey skies and much cooler temps. The last time I was here was in 2009 coming off of the Yampa at 12000 cfs in a sleet storm. I got a better view of Steamboat this time and my hands were not frozen solid so I could take a picture. We paddled a long day down to Cove, so we could make it out to Split Mountain take out the next day. Cove is just an OK camp compared to the ones we had, but it did give us an epic sunset.

The morning brought MUCHO flat water and sand bars to avoid. It was a grueling 2 hours of very slow going until we got to the beginning of Split Mountain Canyon. This was the part of the trip I was really interested in to see...last time through here at 12000+ cfs it was survival IK boating with giant features, holes, and ridiculous eddy fences. The fact that I made it through without swimming still surprises me. At the low summer flows, the rapids were barely recognizable. In fact they were easy Class 3, at best. The good news was I actually got to look up and see the beautiful formations of Split Mountain Canyon this time.

The trip ended all too soon of course. But, the other day I got a call from Ranger Rick asking for his PFD, of course which I had turned in months ago. He was going to look for it, but I bet the next time I run the Green or Yampa, I'm going to get a bill.

**-Nick Borelli**

# Hypothermia and You

Hey Fellow River Rats! I am excited to serve as co-chair with Chris Koker for your WRRR Safety Committee for 2013. We hope to refresh your skills and provide insight on how to enjoy your days on the river safely. As part of our efforts, there will be ongoing articles in the Waterlog on safety related topics. Keep your eyes focused and your head above water! Here's to a great boating year!

**-RiverPixie**

What better topic to start with mid-winter than Hypothermia? Mark Burns touched upon this in the last Waterlog; some of the same info is included but I had already started writing this article. In any case, this is a topic that bears repeating in the Northwest. Anyone who's boated in the winter has probably experienced or seen this in a fellow paddler to some extent. I've been there. On a Clackamas trip with an Oregon group years ago when I had my two piece drytop and bib combo...that wasn't so waterproof. Then again, I'm generally cold-intolerant all year long and freeze up in a stiff wind.

Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce, causing a dangerously low body temperature. Normal body temperature is around 98.6 F. Hypothermia sets in as your body temperature drops below 95 F. When your core temperature drops, your body can't work correctly. Left untreated, hypothermia can be fatal. Hypothermia is most often caused by exposure to cold weather or immersion in a cold body of water. So, it is a serious risk for boaters.

You can lose heat by having unprotected/uncovered parts of your body (especially your head and extremities), by wind carrying away warm air from your body (wind chill), and by direct contact with something cold. Water is very good at transferring heat from your body, so body heat is lost much faster in cold water than in cold air. Up to 25 times faster! And like wind chill, the effects of cold water increase with faster current. Sudden immersion in snowmelt or spring runoff is extremely debilitating causing a substantial loss of strength, coordination, and judgment rather quickly. Remember, it's not just when you are in the water. It also includes all those cold wet clothes that hang off your body after your out-of-boat experience.

A person with hypothermia usually isn't aware of his or her con-

dition, because the symptoms often begin gradually and confusion prevents self-awareness. Shivering is your body's automatic defense against cold temperature — an attempt to warm itself. Constant shivering is an initial key sign of hypothermia! Metabolism can increase to five times the normal rate; the body starts to burn roughly 400 calories per hour. At some point, the body starts to realize it is beginning to lose its battle to heating everything. So it drives blood flow away from the skin and outer tissues to your vital organs. Strenuous activity only exacerbates the situation.

When core body temperature fails below 95°F, shivering diminishes. A victim may become confused and have poor reasoning. They may become argumentative or combative and refuse assistance. With continued heat loss, the body decides to sacrifice parts of itself so that the brain can survive. By reducing the area being heated, life is prolonged. First, the body decides it doesn't need the extremities, and carbon dioxide and lactic acid build up in these areas. Then it begins to shut down blood flow to unnecessary organs. Once the core body temperature drops to 90°F, shivering is replaced by muscle rigidity. The victim is semiconscious progressing rapidly toward unconsciousness. Respiration slows. Heart function deteriorates and eventually leads to cardiac arrest.

## Quick Overview of Drop in Body Temperature

**\*Above 95°F** Conscious and alert. Vigorous uncontrollable shivering, pain or numbness in extremities, loss of manual dexterity, slurring of speech, rapid breathing, mild confusion, fatigue.

**\*90° to 95°F** Conscious but confused. Poor coordination. Drowsy. Lack of concern for themselves. Diminished shivering is replaced by muscle rigidity. Slower breathing and pulse.

**\*86° to 90°F** Semi- or fully unconscious. Severely impaired mental function; may appear intoxicated. Rigid muscles, cardiac arrhythmias.

**\*80° to 86°F** Unresponsive, unconscious. Rigid muscles, dilated pupils barely responsive to light, diminishing or nonexistent pulse and respiration, blue-gray skin color.

**\*80°F** Ventricular fibrillation, cardiac arrest. Pupils fixed and dilated. Death.



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### What can you do to help?

\* **Be prepared. Be vigilant.** Boaters suffering from hypothermia may become unable to paddle effectively or to assist in their own rescue. Keep on eye on other boaters around you. Help if you can but don't become a victim yourself.

\* **Be gentle.** When you're helping a person with hypothermia, handle him or her gently. Limit movements to only those that are necessary. Don't massage or rub the person. Excessive, vigorous or jarring movements may trigger cardiac arrest. If they are shivering, getting them moving slowly (like walking or marching in place or waving their arms) is ok. But if they show more advanced signs, like confusion or clumsiness, quick physical activity could make them worse!

\* **Move the person out of the cold.** Move the person to a warm, dry location if possible. If you're unable to move the person out of the cold, shield him or her from the cold and wind as much as possible. This also includes protecting them from the cold ground. Lie them down on an emergency blanket, on top of a raft, or whatever dry surface is available.

\* **Rewarming.** If the person is wearing wet clothing, remove it. Put dry clothing on them, in layers is possible. Cover them with an emergency blanket. Try to cover their head and extremities since those lose heat the fastest. Share body heat. In extreme cases, this may require skin-to-skin contact. FirstAid Heat Warmer packs are good but do not put directly on the skin. Place in the armpit, groin, or chest wall to maximize heating.

\* **Monitor breathing.** A person with severe hypothermia may appear unconscious, with no apparent signs of a pulse or breathing. If the person's breathing has stopped or appears dangerously low or shallow, begin cardiopulmonary resuscitation (CPR) immediately if you're trained.

\* **Prevention is always the best Measure!** Wear appropriate layers of thermal, breathable, wicking fabrics. NEVER COTTON! Wear a hat or a liner with your helmet. Carry extra clothing. Maybe you won't need it but your friend might. Wear gloves: neoprene, pogies, wool. Drysuit > wetsuit. Whatever you have, make sure it is in working order (no tears, broken zippers, torn gaskets.) Keep Tear-Aid or Duct Tape handy for on river repairs. Don't wait too long at lunch spots- you will cool off quickly after working up a sweat. I like Mark's idea of wearing a raincoat over your drysuit while getting ready to launch. Keep extra dry clothes at the takeout if possible.

Hypothermia can occur at any time of the year! It doesn't matter that it's 95 degrees outside. The river may still be 40-45 degrees. Have a plan. Be prepared. Dress warm. Now go have some fun out there!

Info gleamed from the Mayo Clinic on Hypothermia, and from The Whitewater Rescue Manual by Charles Walbridge

## HYPOTHERMIA

### How to Avoid, Recognize & Treat

#### Avoiding Hypothermia

- Dress warmly & in layers
- Base layer (next to skin): Anything but cotton; Wool & 100% polypropylene are recommended
- Insulating layer: fleece will help move sweat from your base layer & is very lightweight
- Outer layer: should be waterproof & windproof / Gore-Tex & eVent are excellent
- Wear a hat, neck scarf, gloves & heavy pants to protect the large blood vessels
- When warm, remove the outer layer to prevent perspiring
- Carry at least one thermal heat blanket in your survival kit



#### Symptoms

- Shivering (if constant it means the body cannot warm itself)
- Loss of coordination
- Mumbling and slurring of speech
- Difficulty forming thoughts
- Confusion
- Lack of energy
- Unawareness of a life threatening situation
- Person is unconscious
- Pulse is weak
- Shallow breathing

*Hypothermia happens gradually and as people become confused they are not aware, they are developing this life threatening condition.*



#### Treatment

##### When You Can't Call 911

- Quickly seek shelter & cover with blankets near a heat source
- You can both strip & have skin-to-skin contact under the blankets
- Remove wet clothes immediately
- Give warm beverages, but nothing containing alcohol or caffeine.
- Place warming packs/compresses from a first aid kit on the chest and groin area, NOT on legs or arms (which will force cold blood to rush to the heart)

##### DO NOT

- Lay them directly on the ground
- Rub the body; handle gently as heart may be struggling
- Drench the body in hot water
- Apply a heat source (such as a heating pad) directly to the body. This can cause skin damage or, if heartbeat is irregular, cardiac arrest.





# so what's runnin'?

## Lower Skagit II

The Bald Eagle floats are a WA specialty. Don't miss them! Enjoy a mellow float with lots of eagle viewing, and pack a warm thermos!

## Lower Foss III+

The lower foss starts with a series of continuous III boulder gardens with myriad lines to choose from. Run quick laps, hot the nearby Beckler, or turn the corner onto the SF Sky!

## Rapid IV

This Skykomish trib packs a heck of a wallop! It's roadside, woody, continuous, and a blast! The last mile is perfect for running laps, and if the Sky's high, the Beckler can be fun too.

## Tumwater Canyon V

To me, August is tumwater Season. But some like it iced! Ideal flows abound in the winter, and the run is short and close to warm pubs. Regale the bar with your stories of gnar!







Clean drops on the Tilton. Look for stories and photos coming in March!

## 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: W&S MF Snoq/Pratt?  
<http://bit.ly/1275oUv>

AW: Support Mining Cleanup  
in Oregon  
<http://bit.ly/ueVqyS>

AW: BLM Survey Users or  
Oregon Public Lands  
<http://bit.ly/10keVlq>

C&K Rivers Be Dammed  
<http://bit.ly/119fPI0>

The River of Return: Round  
Trip in the Frank Church  
<http://bit.ly/XQ8IIN>

River of Life and the Flow of  
Time  
<http://bit.ly/WQpBb6>

TR: Green Respite on the  
Rio Verde  
<http://bit.ly/WVDtBm>

Protect the W&S Chetco  
<http://bit.ly/YUqHEA>

AW: Yakima Nation Boater  
Survey  
<http://bit.ly/YUqK3d>

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<http://bit.ly/X5jhMx>

C&K: Who Owns the Water  
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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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