

THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS

the waterlog

VOL 13 NO 7 JULY 2013

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**Safety Kit and First
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Fall in the Wall



The eponymous Stillwater Canyon

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.

<p>Select Membership level. Prices effective 6/1/13! All membership levels include the newsletter and access to club events</p> <p><input type="checkbox"/> \$30 HOUSEHOLD - everyone residing at the registered address</p> <p><input type="checkbox"/> \$40 SUSTAINING - same as family plus 5 free raffle tickets at Wenatchee Rendezvous and 1 free hand at the Poker Run</p> <p><input type="checkbox"/> \$55 BENEFACTOR - same as family plus 10 free raffle tickets at Wenatchee Rendezvous and 2 free hands at the Poker Run</p> <p><input type="checkbox"/> \$100 SPONSOR - for those wishing to advertise a product or service (must be river/outdoor-related)</p>	<p><input type="checkbox"/> New Member <input type="checkbox"/> Renewal <input type="checkbox"/> Returning Member (prior membership ran out)</p> <p>Name(s) _____</p> <p>Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Home Phone _____ 2nd Phone _____</p> <p>Email Address _____</p>
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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.

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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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

Atlas Fabrication

Raft Frames • Boat Repair
General Welding and Fabrication

Jim Shefro
425-343-4105

2013 Tieton Rally

Tieton Rally

Friday–Sunday • September 13-15, 2013

Annual WRRR-Oregon Tieton Weekend and Potluck

Friday–Sunday • September 20-22, 2013

Camp with WRRR members, friends and family on the sunny Tieton River. The Tieton is a class III+ run with continuous gradient, lots of fun rapids, few eddies, and a runnable dam. It is a favorite end of summer run for many boaters. The combination of great camping and fun whitewater is not to be missed, and since boaters flock to the Tieton from all directions, it's a great place to catch up with old friends. There will be WRRR Board led trips leaving from the WRRR camp spot on river right Friday through Sunday.

Camping: Club members and friends camp for free on the Forest Service land in the same spot WRRR has been invading for several years, just downstream of Blue Sky outfitters. WRRR will provide a clean portable toilet but there are no other amenities except what you bring and some trees, rocks, dust and a swift river. Bring a chair, and a musical instrument if you play, for the evening camp circle. If campfires are banned we will make a circle of heaters, bring them if you have them. For those who would like a little more privacy, there are some USFS fee campgrounds along the river that have running water, are more suited for large RVs or low clearance vehicles, and they are a little less dusty.

Please note that the campground is usually crowded and noisy. Filled with old friends and new. That is what makes this a fun event. We encourage fun and unamplified music but we also encourage respect for our fellow boaters. The quietest campsites are those away from the fire circle and toilets.

Food: The WRRR-Oregon Weekend has a potluck dinner planned for Saturday night. There are no other planned club meals so bring your own food and/or join up with other campers for meals. If the fire danger is high open fires will be banned, check with the Forest Service if charcoal BBQs are allowed. There is a restaurant in Rimrock Retreat and one up on Rimrock Lake.

Trip leaders wanted: If you are planning your own run and would like to let other members join your group please notify a board member or the newsletter editor of meet place and time. Or post on the Yahoo group (<http://groups.yahoo.com/group/wrrr>). A variety of launch times and places give members more options that will fit their schedule.

Trip Leaders: WRRR Board, contact any board member for more information or check the WRRR Yahoo group for updates. It's likely that there will be more trips every weekend that the Tieton is running.

Directions: A half hour East of White Pass turn off highway 12 onto Tieton Road (if coming from the east the turnoff is 1/2 mile west of Hause Creek Campground). Tieton Road immediately crosses the river. Turn right on the graded gravel road about 1/4 mile past the bridge. In less than 1/2 mile after leaving the pavement turn on the 3rd dirt path to the right and curve straight back to the river. Turn left at the boat launch dustbowl and go 50 yards. Look for the WRRR banner and "WRRR Camp" signs. You are there.

The Future of WRRR Depends on YOU!

Join the Board!

WRRR is looking for board members to lead the club in the coming years, and that starts with getting new people into Director-At-Large positions. The next President, VP of River Ops, VP of Business, and VP of Finance will first need to learn the job as a Director-At-Large.

Over the next two months, we will be searching for candidates for these future positions, and we need everyone in the club to think seriously about taking on one of these jobs. Sure, there are all kinds of reasons that you're too busy to be on the board, but it's no different for those of us who are on the board. The rewards of making WRRR so much fun are worth the extra effort.



Stillwater Harvest

In April of 2013, the planets aligned, and we were able to accomplish two major objectives in one excursion: Stillwater and Labyrinth Canyons of the Green River (Utah), and a visit to The Harvest Panel, a Barrier Canyon pictograph site located in The Maze district of Canyonlands National Park.

The Maze being difficult to access without rock climbing skills and a true 4wd vehicle that you do not mind abusing, we decided that floating to the trailhead via the Green and Colorado Rivers was the easiest way to get into the panel. We had long wanted to see this section of river anyway. A trip was born.

Logistics involved river permits for both canyons of the Green, backcountry permits for the Maze, and a cacheing permit, since we would be leaving our boating gear at Spanish Bottom for 3 days. In addition, we would need a jet boat ride back to Moab, as we were not equipped or permitted to run Cataract Canyon, which starts just below Spanish Bottom.

All the details under control, we arrived in Moab with a tandem Tomcat, two 12 ft Sotar rafts, backpacking gear, and supplies for 11 days. The Sotars were certainly overkill as far as the river challenges, but it was nice to have all the comforts and coolers on such a long trip. As part of the jet boat pick up, Tag A Long shuttled us out to Ruby Ranch, and we were on our way.

Labyrinth and Stillwater Canyons are flat water boating, which made it easy to float dreamily along taking in the spectacular landscape, except when the winds came up, then you had to earn your miles. Inattention was sometimes penalized by getting stuck on an inconvenient sandbar.

There were several scenic small campsites in Labyrinth Canyon, but Stillwater, except for the mouths of a few tributaries, has been badly infested with tamarisk, which creates an impenetrable barrier all along the river's edge. One benefit of the low water level

was that plenty of sandbars were available for camping.

We passed by several archeological sites visible from the water, and there were interesting side canyons calling, but time was short on this trip. We will simply have to come back!

Eight idyllic days after launching, we turned the corner onto the Colorado, and arrived at Spanish Bottom. It was time for a paradigm shift!

Boats were broken down, and river gear neatly stacked, awaiting the Tag A Long jet boat, scheduled to arrive in 3 days. Boots and backpacks were unearthed from drybags. Next morning we headed up the trail to the Dollhouse, on the canyon rim. We enjoyed views of the Colorado, and a pleasant stroll through the fabulous rock formations before picking up a jeep road that would take us to Chimney Rock. At Chimney Rock we got our first view into The Maze, and found our expectations had been far exceeded by the reality of the place. It was a privilege to finally be here.

After camping on the slickrock about half a mile below Chimney Rock, we followed the Pete's Mesa Trail to a tributary of Pictograph Fork, where we climbed down into the drainage, and followed the streambed to the canyon containing our goal.

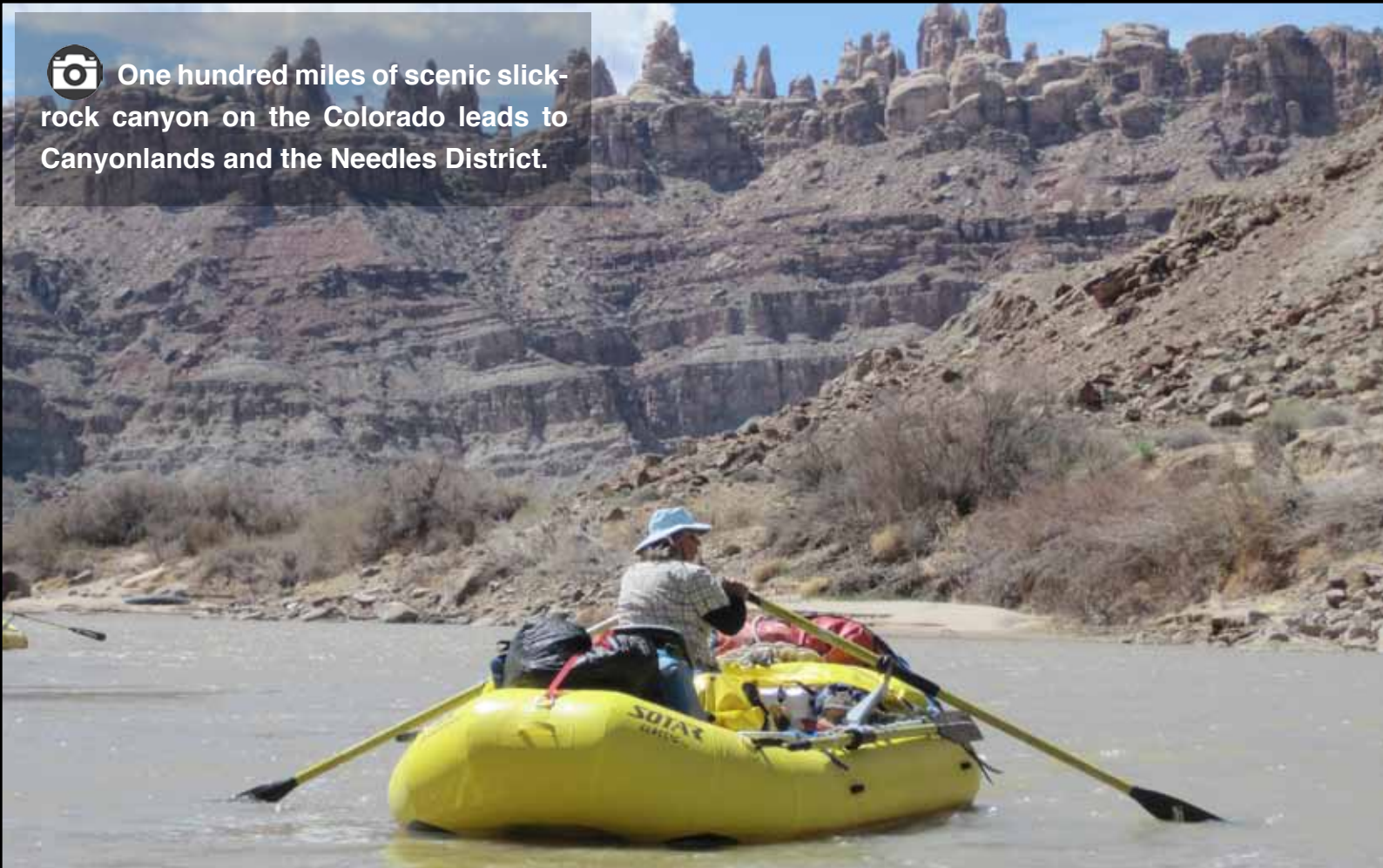
We spent a good bit of time communing with the Harvest Panel, soaking up the ambiance, our reward for all the planning and effort it took to get here.

Our time up, we topped off our water at a nearby spring, climbed out of the canyon, and set up camp in the dusk. The next morning we were greeted with dark skies and major wind. It started raining about 30 minutes before we arrived back at Spanish Bottom. Fortunately the tent was set up and waiting, and we all dove in and took a nap!

-Niki Vogt



One hundred miles of scenic slick-rock canyon on the Colorado leads to Canyonlands and the Needles District.



Stashing the boats at the Green-Colorado confluence, Joe, Niki, and Matt Vogt hike into the heart of Canyonlands National Park





Amongst the many treasures lies the Harvest Panel, life-sized ancient pictographs.



Boaters can float out another 100 miles through Cataract Canyon, or jet boat back up the Green to Moab. Either way, reaching the confluence by boat is a great way to explore Canyonlands.

What Should I Carry On My Boat?

"Boat: check. Oars: check. Helmet: check. Drysuit: check. PFD: check. Booties: check. Fireball: check. HmMMM, what am I forgetting??? Seems like it is something important..."

Is this you? Are you a boater minimalist? Well, sometimes, bad things happen to good boaters. Hopefully, you have built up a healthy bank of river karma and the carnage will be minimal. 'Tis better to be prepared for the worst though, just in case. That Fireball is not gonna stop the bleeding from your hand you just gashed open climbing over the DemonSeed rock you just wrapped your boat on. And that guy you counted on bringing all the safety & first aid gear,? He's downstream surfing this really awesome wave. Good thing you are prepared for a self-rescue!

A rescue kit should include three main components: a First-Aid kit, pin kit, repair kit, all in addition to your 10 Essentials. Listed below are suggestions for a day or overnight trip. An expedition trip like the Middle Fork Salmon or Grand Canyon requires a more intensive kit. One person-usually the sweep boat- carries the major First Aid Kit; other boats can carry a smaller but still comprehensive kit on expeditions.

Pin Kit

Locking carabiners (2-4)

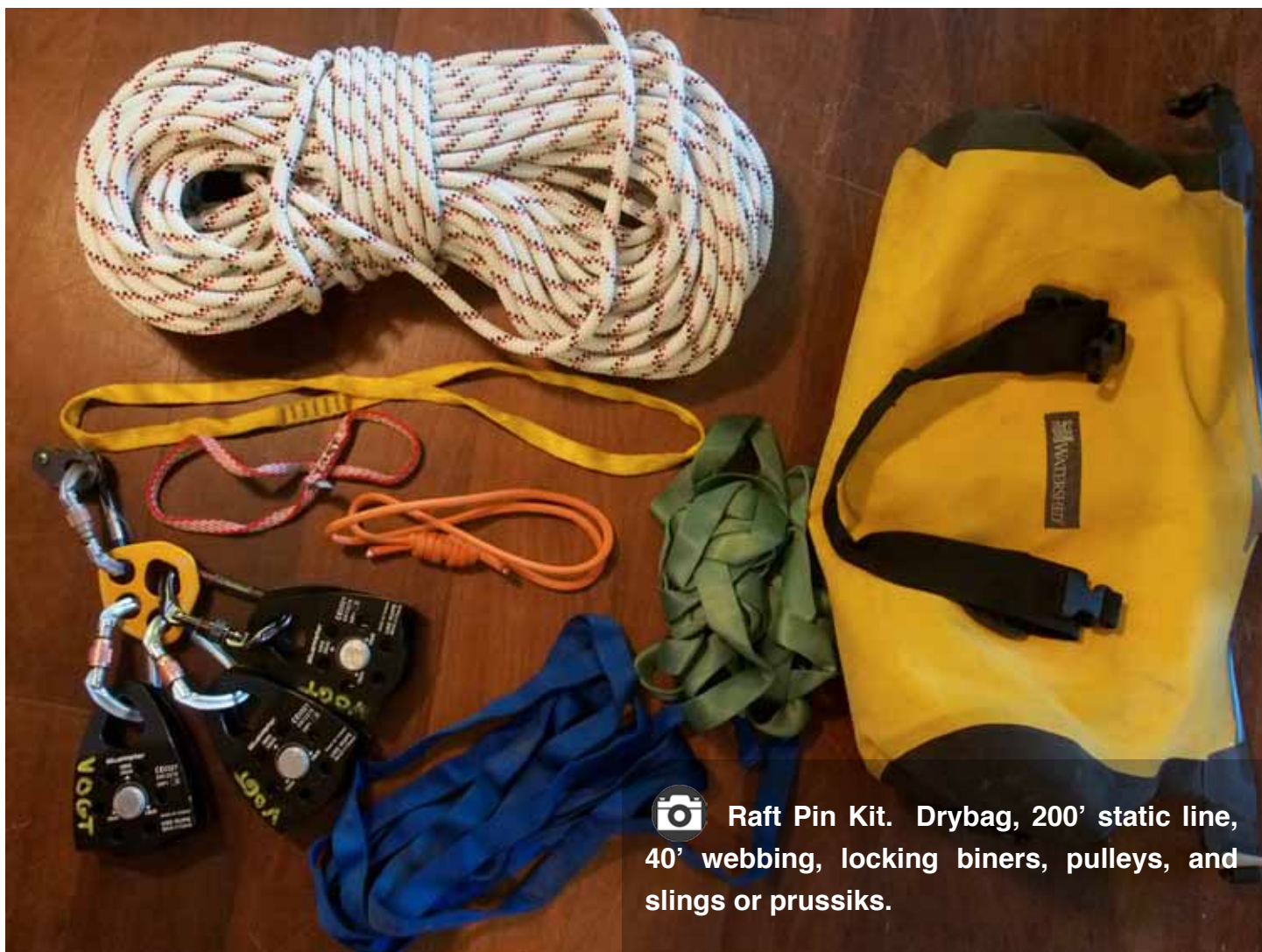
Pulleys- pulleys should have sealed bearings and preferably prusik minding (2-3)


Prusiks x 2 (half the diameter of your static rope)

Webbing and other anchor material (20-30 ft)

Rope (100-200 ft) – most use throw bags if they are rated for rescue and long enough. Aim for 3/8 inch to 1/2 inch diameter.

Collapsible hand saw (not an absolute but would be nice to deal with a strainer)



 Raft Pin Kit. Drybag, 200' static line, 40' webbing, locking biners, pulleys, and slings or prusiks.

RIGHT> A minimalist pin kit. 70' spectra throw-bag and 20' webbing. Use Petzl Tibloc and Ultragere climbing tools to serve as pulleys and prussiks.

Repair Kit

Small sewing kit
Frame and valve wrench
Pump
Spare Oarlock or Spare raft/kayak paddle
Spare O-rings for Oarlock
Patch material & tool/glue e.g Tear Aid & Seam Sealer
Duct tape
Small hand towel (do you really want to wipe that grease and glue on your drysuit?)

The Ten Essentials

Food
Water
Extra clothing
Medical supplies (asthma inhaler, diabetic insulin/glucose, epi-pen, etc.)
Cell Phone
Throw bag (on your boat easily accessed)
River knife (on you)
Whistle (on you)
Head lamp - essential for some of us who shall remain nameless ;)

First Aid Kit

Rubber Gloves (at least 2 pair)
CPR pocket mask
Sterile band aids – multiple sizes
Steri- strips (helps to keep small wounds & lacerations closed)



*These are usually not waterproof
Cotton swabs and/or cotton balls (3-4)
Non-stick Gauze pads and roller gauze (3-4)
Feminine pad (for heavily bleeding wounds)
Ace wrap
Waterproof adhesive tape
Triangular bandages
Splinting material – (“SAM” splint)*On a day trip in WA, you can usually find a small branch to use as a splint. But you will need those triangular bandages or rip up a clean shirt.
Safety pins (6-10)
Scissors

Tweezers
Antiseptic wipes or cleaner (2-3)
Alcohol pads (2-3)
Triple Antibacterial ointment (1-2)
Irrigation needle & sterile water (or a way to make sterile water; iodine)
Space blanket
Lighter or matches; fire starter
Hydrocortisone cream, Benadryl cream, and or Sting Away swabs
Medication: aspirin, glucose & electrolyte tablets, inhaler, epi-pen, benadryl, pain killers, immodium, Burn gel, and Sunscreen

<LEFT A basic repair kit. Aquaseal, duct tape, AIRE tape, Tearaid A and B, 303, pump lube, goretex patches, scissors, multitool, valve wrench, oarlock, oarlock pins, hose clamps etc.





^ABOVE: Minimalist pin kit, left. Repair kit, center. First Aid, right. It doesn't take much space or weight to cover the basics. These kits get used all the time and can be the difference between a fun day and a miserable day. Be prepared! **VBelow:** Minimalist First Aid: CPR mask, iodine, sewing kit, clippers, tweezers, lighter, new skin, lotion, bandages, headlamp, cough drops, benadryl, vicodin, mucinex, vitamin I, pepto bismol, etc.

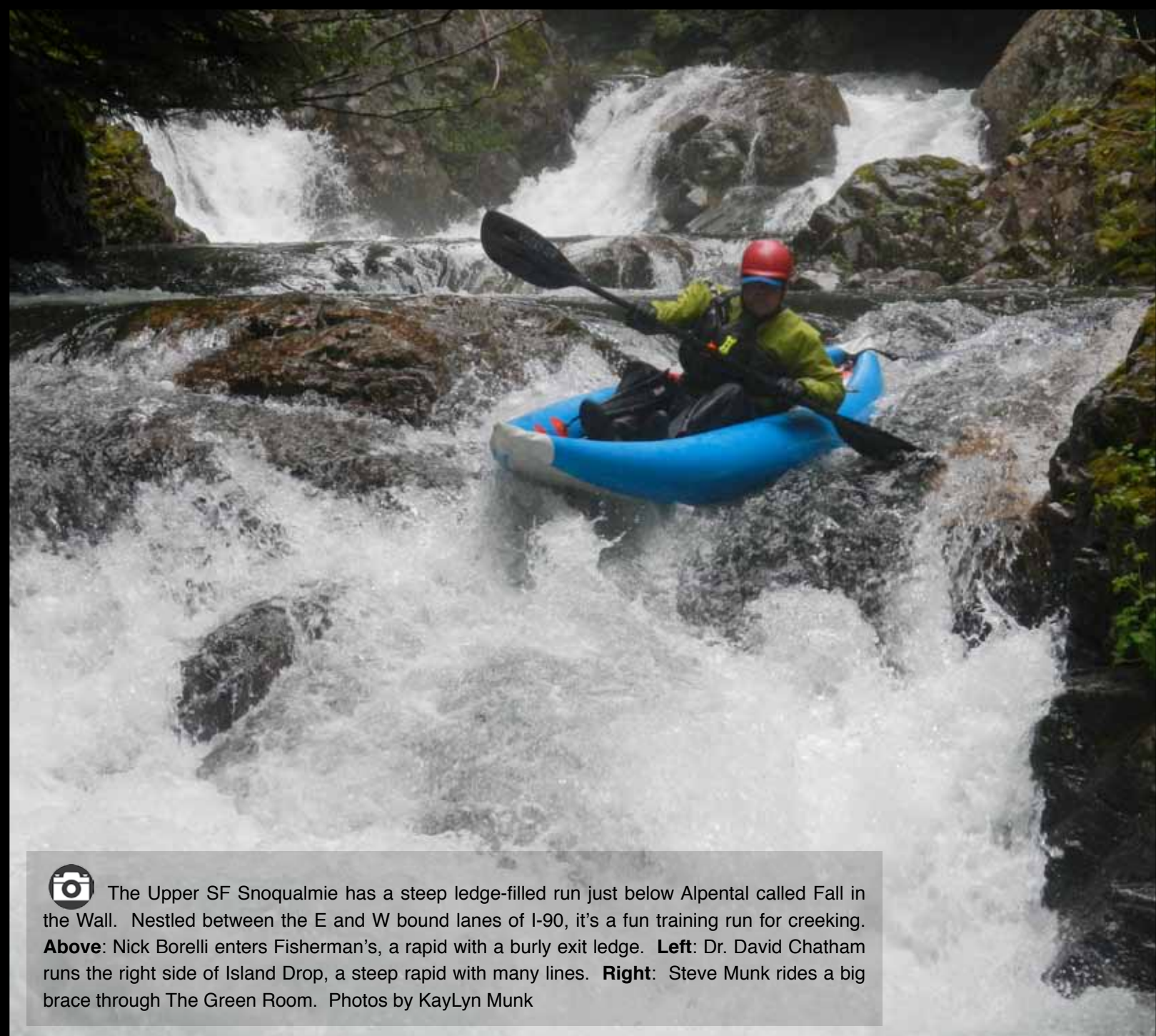
WAIT! Don't go buy a larger size boat just yet! It seems like a lot but you can condense this stuff down into a reasonable sized kit. A small- medium sized pelican case would work. Some companies sell First-Aid and gear repair kits "Ready-to-Go" in various sizes. A great brand is Adventure Medical Kits; they even make a series for boaters that comes in a waterproof bag. And they are reasonably priced (Ultralight/Watertight person x 2 days is \$17.) If you want to make your own kit, get a bunch of friends to go in with you to split the costs of buying some of the items in bulk. It could save you a few bucks. At the very least, pack a gallon ziploc with some band-aids, gauze pads, alcohol pads, waterproof tape, duct tape, whatever fits.

A great resource for updating your medical kit is the website <http://www.minimus.biz/> which sells single-serving packages of all the bandages and medicines in your kit. Keep an eye on the expiration dates!

No-one ever thinks they will encounter an emergency... it happens in an instant. I have lived in WA for 10 yrs now and have come upon 4 serious to life-threatening medical emergencies. All away from my job. All off the river. And all by happenstance. Be safe and be prepared!

-RiverPixie





The Upper SF Snoqualmie has a steep ledge-filled run just below Alpental called Fall in the Wall. Nestled between the E and W bound lanes of I-90, it's a fun training run for creeking. **Above:** Nick Borelli enters Fisherman's, a rapid with a burly exit ledge. **Left:** Dr. David Chatham runs the right side of Island Drop, a steep rapid with many lines. **Right:** Steve Munk rides a big brace through The Green Room. Photos by KayLyn Munk





OS SYSTEMS

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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
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 13th - 15th	WRRR TIETON RALLY	III+	Lyles Larkin ik4fun@comcast.net
September 20th - 22nd	WRRR-OREGON TIETON POTLUCK	III+	Lyles Larkin ik4fun@comcast.net
October	WRRR REPAIR PARTY & GEAR SWAP	II	Randy and Nancy



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