

THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS

the Waterlog

VOL 13 NO 8 AUG 2013

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The Skagit Poker Run is perfect for families!

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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 5/1/13! 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

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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 Sheflo
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.

Gear Swap & Repair Clinic

October 12, 2014 - 11AM-4PM

We're continuing the tradition of a Gear Swap and Repair Clinic for the October General Membership meeting. Come join us to find out who the candidates for the 2013 WRRR Board will be and have some fun with boats and gear.

Randy Rogers has generously offered his hanger to give our members space to repair and swap their gear. We are inviting you to bring your gear, and whatever supplies you will need: glue, D-rings, patches and valves, and we will attempt to fix it on the spot. We recommend you bring your repair kits. The club will supply some glue, but if you need a lot, bring your own. We encourage you to bring along any gear you no longer use to sell or trade to other club members. This can be a great opportunity to clear out your storage space and pick up some needed items. Even if it's not in prime shape, it may be perfect for someone starting out.

We will be meeting at the Auburn Airport where Randy Rogers has a hanger that will be available to us for shelter. The address is 2527 "E" St. N.E., hangar # 503. There is a locked gate so if you have a trailer, you can contact Randy on his cell phone and he can open the gate to let you drive in. 206-669-1877

We will start at 11:00 am so we will have plenty of time for the glue to dry. WRRR will be providing pizza and you should provide your own beverages. There will also be a 50/50 raffle, with tickets costing \$1 each - proceeds to benefit the WRRR safety and education fund.

Whitewater Whirlwind: Steppin' Up!



As many of you probably know, getting ready for a long boating trip takes quite a bit of logistical planning. The Fourth annual whirlwind kayak trip was no exception. The difference here is that I was going to be the single female with guys trying out first descents for all of us. Compared to them I am a sissy. I usually feel safer after going down a river once. I also like to scout the river whenever possible before my first decent. Like I said, I'm a sissy and to quote Andria Davis' article "Embracing Your Inner Dumbass: A Girl's Guide to Paddling Like a Guy," I don't always embrace "my inner dumbass," but I do have courage. In the case of one of the rivers, I had to trust the information passed on by hard-shellers and in my feminine mind of analyzing outcomes that was no comfort to me.

Day 1: We embarked on June 28, stocking up on some extra food essentials and meeting up with the other Inflatable kayakers (IK) in Spokane at The Riverside State Park adjacent to The Bowl and Pitcher and The Devils Toenail on the Spokane River. This particular trip was named, "The Four Better or Four Worse" Tour. We were going to run four basins, each one having Class IV runs in them in the fourth year of this event. Since all of us had done the Spokane River before, we decided to take off the next day to run The Alberton Gorge section of The Clark Fork River in Montana. I had run this section of the river between 3500 CFS to 4000 CFS. Today it was going to be 8100 CFS.

The first night brought on thunder storms which encouraged us that maybe the water would come up even more than the snow melting. After the three hour drive to the campground, unloading our camping gear at the campsite, organizing all our kayak gear in one vehicle to go to the

put-in, being detoured ten miles out of our way due to road work getting to the take-out, we finally arrived at the put-in later than expected. Due to one of the vehicles being brand new and having the paddles stashed on the ceiling in a net, they had been left in the take-out vehicle. Since we lost an hour due to the time zone change and our energy was running on empty already, going back to get the paddles was too much so we decided to postpone the run until the next day. Personally I was alright with that especially since I had to gear myself up to taking on the rapid "Tumbleweed" at these levels. Instead, we decided to try to find an outfitter who might clue us in on the river. We found one who wasn't the warmest. He did inform us that a person had been injured that day on Tumbleweed. He had been flipped out of a raft and was pinned behind the raft and a rock in the gut of the rapid. At least we had the night to prepare ourselves for Tumbleweed.

Day 3: The next morning at 9:10 A.M. we put in at Cyr. We ignored the no parking sign and unloaded our gear. The Park Ranger came along and told us to move. We were the only ones there so we figured we could unload. We speculated CYR stood for "Can't you read?" because we ignored the no parking signs. I had another foible. When I went to put on my dry suit, I found it was my 6'2" 225 lb. sons' suit. Oops. Thank God the weather was in the nineties. I just wore neoprene instead. As we were preparing, we met Mike from Montana Photos who told us about Tumbleweed. He also told us the flow was at 8400 CFS. That was big water for all of us.

The first hour of the Alberton Gorge was a good warm up with several Class II rapids. Then it progressed into a Class III action. It was great fun as we paddled through wave trains,

ledges and around cliffs. Then we got to Split Rock Rapid which preceded Tumbleweed. The reason I pay so much attention to this Tumbleweed Rapid is that it has a HUGE hole that has its way with anyone who goes near it and there isn't too much area to avoid it. I wanted to avoid it. At lower flows there is a kayak sneak to the right. At this flow, the sneak becomes part of the boat eating hole. We all decided as we approached it that we weren't going to scout it and just go for it. I was second in line. I approached from the left with my nose aimed at the humongous surging lateral wave.

What was cool about that was that you could almost look into the eye of the raft eating hole as you rode downstream. Phew, made it. Next up was Fang; a huge wave train running river right to left that tends to flip boats at will. The last time I ran Fang, a guy we were with had a garage sale in that rapid. He was lucky he still had his pfd and helmet on. This time, fully prepared, Fang was huge but what the real surprises were the swirlies at the end of the rapid. Bracing was definitely in order. That day was stupendous and successful.

Day 4: North Fork of the Clearwater in Idaho. The road to the put-in and take-out is a curvaceous one lane gravel road. What you can see of the river is beautiful. We were told that the Black Canyon section we were about to do was Class III with a couple Class IV rapids below that. One of the people we were with boats every week in class III so this wasn't going to be much of a challenge for him. I on the other hand get to boat only occasionally in the Spring and Summer and Sometimes fall. I wasn't thrilled that once again I didn't have

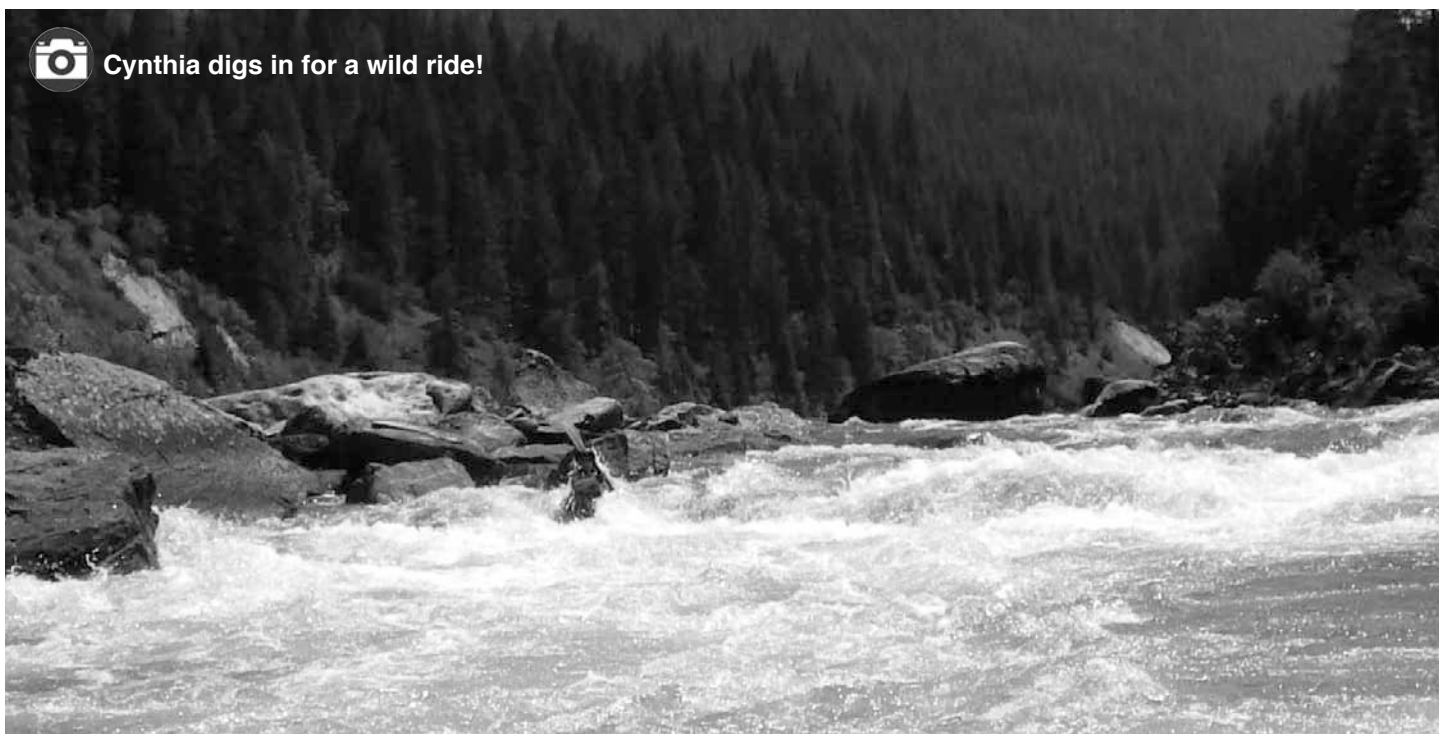
all my gear. I had left my shin guards and knee pads at the camp. I had an open wound on my knee already and, in past swims I lost feeling in my shins as I grazed boulders. So protective padding was a must for me. I improvised using flip flops on my shins and socks with ace bandages on my knees held on by long wicking leggings.

To say the first hour in the Black Canyon of the North Fork of the Clearwater was continuous class III would be an understatement. We put in at 2 P.M. By 3:10 P.M. I needed a break. The grade had been steep and it was constant boulder negotiating. Finally, I got our leaders attention to eddy out right after a Class III + section and I cried from exhaustion while everyone else looked away. After I regained composure we were off again to negotiate what we had been told were going to be several Class IV rapids.

The first Class IV I managed fine but about half way down the second one my IK flipped on a boulder tearing the flip strap. The boat was upside down resting upstream on my thigh and I was able to stand in the river. It gave me a moment to figure out what to do. I thought if I could flip over my boat while standing there, I could jump in and finish the boulder garden with ledge drops just below me. I couldn't flip it over so I thought I could get on the underside of it and paddle down. No such luck. In fact, the boat ended up knocking me down and pushing me downriver with it on top of me. After going over a boulder or two under my boat, I freed myself and swam to the shore while my boat floated down river and ultimately got wedged on a boulder.



Cynthia digs in for a wild ride!



Forty minutes later and trudging through thick brush and brambles I got to one of the guys who paddled me across the river with my face down and legs up in the back of his IK. Then listening to rescue whistles, I tried to locate the source and location in order to find my way to help in this isolated location. At that point my boat became unstuck and drifted downstream. I thought I was going to be trapped in all the brambles but somehow I managed to free myself. Oh how I wanted this run to be over but I still had to finish this section of the river. Once we were done, I tended to my bruised forearm with sublingual and topical arnica and ice. I was spent. We later scouted more runs downstream from the Black Canyon for some time after that in order to avoid a Class V rapid called Irish Railroad Rapid. It was a significant and serious rapid worthy of respect. If any of you boat Class V with confidence, then go for it.

Day 5: Funny how already my kayak clothes have an aroma. Guess the men are wearing off on me after all. I took my homeopathic medications like rhus tox and arnica in the middle of the night so I would mend from hitting some boulders. I was nervous about the Class IV rapid we were going to do today but I kept my mouth shut because I knew I had annoyed at least one person. We found a nice beach to put in at a place called Bungalow Bridge. I calculated that the seven miles to our campground might take two hours. We put in at noon so I figured that the tougher rapid would emerge around 1:30. My estimations were close. They arrived at 1:15. At these flows, most of the rapids were fairly

direct Class III so I was relieved. We stopped by an island lovingly coined "Cynthia's Island" because that is where I marked my spot. This river is so beautiful with spires of metamorphic rock, cedar, fir, cottonwood, honeysuckle and huckleberries. Before take out we found a play hole to surf and some really fun rapids.

As we approached what we thought was a challenging Class III rapid, the team lead suddenly disappeared from sight as he dropped over a nasty pour over into a gaping hole. A bit freaked out, it was my turn. Somehow, I managed to ace that rapid while the sweep guy also flipped in the gnar. Later that afternoon after a very fulfilling run, we scouted from Washington Creek to Quartz Creek.

We spent the next three hours scouting that section. I couldn't stop thinking that I shouldn't have come on this trip. I am more cautious in a restrained and fearful way than the others. Looking at fast moving class IV rapids I'm unfamiliar with concerns me. I knew I was putting a damper on their trip. I told them I felt I was taking the joy out of their trip. There was a harsh and truthful response back from one of them. I shut up and made a point of enjoying the rest of the day with everyone in silence.

Day 6: Today we were moving camp so we all had our things to organize. I was sore from the swim a few days ago. I did the girly stuff while the men filled their tanks with gasoline and tried to figure out how to get the throw rope clothes line down which became terribly tangled. Today we are head-



Good to go pool and drop!

ing back into civilization from this very remote location. We did come upon one rapid I had hoped to avoid but, hey once you are in the river you have got to go for it. I think it was called Aquarius and it was a Class III+ rapid but it was to the point and actually fun.

Day 7: July 4- We drove to the great and mighty Lochsa following the Lewis & Clark Trail through native lands to Lowell. Even at the low flows I knew it was going to be a river to contend with. We first drove right into the perfectly shaded campground called Apgar. It was in the high 90's so shaded was really good. Then we departed to check out The Lochsa.

We got to watch hardshellers having difficulty on the stretch from Split Creek to Lowell. This section had one designated Class IV rapid. Then we drove up the river and scouted and even tougher section of The Lochsa. It looked daunting even at those levels as my gut growled. The term "Idaho sandbag" was thrown around. It seems that means that the river looks easier from the road than when you actually run it. The rest of the day we went exploring and met some great people along the way. One woman's stories of her tenacity going to India on her own, reminded me of some of the inner strength I've had to muster up to grow at kayaking. We all decided to scout the Selway River that afternoon. Despite the fact we weren't about to run the falls we had to see them. Does anyone really run Selway Falls? There was one

little section of Selway Falls that had a nasty sieve looked like a flushing toilet bowl. Literally, it swirled round downward and as we saw when we threw a stick in to it, the stick flushed down the hole and ended up way down river. That would be a terrible way to go!

As we headed back to camp well after sunset, we approached the Lowell Bridge which was blocked off by a mass of humanity setting fireworks up for what would be an impressive display of patriotism by anyone's measure. We were trapped and couldn't cross the bridge. So, the rest of the evening was spent with patriotic Americans at a resort on the wrong side of a bridge watching the fireworks.

Day 8: Changing our original plans, we decided to go to the Kalispell area in search of cooler weather. On the way there, we hiked to some exceptional hot springs that felt great on the muscles. Although it was rather warm out, a long soaking in those springs were just what the doctor ordered. Afterwards, we headed for Missoula on the way to Glacier National Park to boat the Middle Fork Flathead River. Having never been to Glacier I was ecstatic. We stayed in the quaint city of Kalispell with a dear friend.

Day 9: We arrived in Kalispell to a warm reception. It's great to have loving, caring friends. We spent the morning getting reacquainted then headed out for Glacier National



Park a mere 45 minute drive. Known to Native Americans as the “Shining Mountains” and the “Backbone of the World”, Glacier National Park preserves more than a million acres of forests, alpine meadows, lakes, rugged peaks and glacial-carved valleys in the Northern Rocky Mountains. We quickly planned our assault on Glacier Park and saw some more gnarly but beautiful waterfalls as we headed for Logan Pass.

The drive up Logan Pass via the “Going to the Sun Road” was outrageous, beautiful, and scary. Driving on a shelf road with a drop of thousands of feet is not my cup of tea. Once we got to Logan Pass, we were blessed to see both Mountain Goat and Big Horn Sheep up close.....I mean up close. The Big Horn Sheep were licking up spilled pop or antifreeze from the parking lot while the ranger threatened to give people tickets if they didn't move along while she chased after the sheep. It was comedic to say the least.

Day 9: We made it to The Middle Fork Flathead. The water was running at 4800CFS which made the river runnable for us. There were 14 named rapids and three Class III rapids. The beauty alone made this part of our journey worthwhile. The water was runoff from the glaciers so it was teal in color almost like The Caribbean waters, just a wee bit colder, which worked in the extraordinary heat. We put-in at Moccasin Creek which merged into the Flathead. We boated through a place called John Stevens Canyon.

Day 10: My dear friend eagerly volunteered to run shuttle for us as we headed for, yet, another unknown river...the Middle Fork Flathead. The river's headwaters lie in the Bob Marshall Wilderness area and flow along the southwest side of Glacier National Park. The water was running at 4800CFS which made the river runnable for us. This run consisted of mostly Class III rapids. Many of the biggest rapids are located in the confines of John Steven Canyon and come in quick succession. Some the rapids are Tunnel, Bonecrusher, Jaws, Waterfall Narrows and C.B.T. (Could Be Trouble). The beauty alone made this part of our journey worthwhile. The water was runoff from the glaciers so it was teal in color almost like The Caribbean waters, just a wee bit colder, which was quite a contrast from the other rivers we were on. We put-in at Moccasin Creek which merged into the Middle Fork of the Flathead. We took out at West Glacier. It was a glorious run on a perfect weather day.

Day 11: We said our good byes and headed home, but with some great sightseeing along the way. The part I was most pleased with was our stop in Libby, MT in order to see Kootenai Falls, known to us as “The Gauntlet” in “The River Wild.” An impressive cataract to say the least. That sealed the joy I had on this trip; a trip which strengthened my confidence in myself, challenged me and donated beauty to my spirit. What will the 2014 Whitewater Whirlwind entail? Wait and see.

--Cynthia Larson





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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 12th	WRRR REPAIR PARTY & GEAR SWAP 2527 "E" St. N.E., hangar # 503	II	Randy and Nancy 206-669-1877



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so what's runnin?

Yakima II

The Yakima Canyon is a scenic float. It may still be super low, but a scenic canyon on a sunny day is just the ticket any time of year.

Tieton III

Tieton season is early this year, so enjoy the warm days and get your high water laps in early! See you at the Rally!

Thompson IV

The BC big water is the best regional boating in late summer. Watch the swimmers -- this river re-defines eddy lines!

Sullivan Creek V

Dam release fall creeking at its finest. Nestled in the foothills north of Spokane, this ledge filled run is a creeker's paradise.







Station 2: NO CHEATING!

WASHINGTON RECREATIONAL RIVER RUNNERS
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