

THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS

# the Waterlog

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Shaun cranks out a boof on Ned's Needle, Skykomish

**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 6/1/13! All membership levels include the newsletter and access to club events

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

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

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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:  
**Washington Recreational River Runners**  
PMB 501  
330 SW 43rd ST. Ste K  
Renton, WA 98057

\*Journal of Self-Serving Statistics, June 2009

## WRRR 2013 BOARD OF DIRECTORS

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dce@dcell.com

### VP FINANCE

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chris@wintersundesign.com

### VP BUSINESS

Jason Cohen  
(206) 431-9792

### VP RIVER OPS

Lyles Larkin  
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### DIRECTORS AT LARGE

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425-413-0948

Peggy Funk  
riverpixie303@hotmail.com

Mary Koncikowski

Jim Johnson  
425-471-1035

Chris Koker  
360-441-1842

### COMMITTEE CHAIRS

**CHAIR**/David Elliott **MEMBERSHIP**/Mary Koncikowski **PROGRAMS**/Jim Johnson **T-SHIRTS**/Nancy Douty  
**RIVER WATCH**/Chris Koker **SAFETY & EDUCATION**/Peggy Funk **COMMUNICATIONS**/David Elliott **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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## 2014 WRRR Elections

On November 1, WRRR will hold its annual election for the Board of Directors. If you receive your Waterlog by email, you will receive a ballot by email. You can either print the ballot and send it in, or you can reply to the mail to vote. People who only get the Waterlog on paper will be sent a paper ballot. This year's candidates:

David Elliott - President

David is the 2013 President and has previously served on the board as a Director-At-Large, President, and VP Finance.

Jason Cohen - VP Business

Jason is the 2013 VP Business and served in that capacity in 2012.

Nancy Douty - VP Finance

Nancy is a 2013 Director-At-Large and has previously served on the board as President, Director-At-Large, and VP Finance.

Brenan Filippini - VP River Ops

Brenan has previously served on the board as a Director-At-Large and VP River Ops.

Jim Johnson - Director-At-Large

Jim is a 2013 Director-At-Large and served in that capacity in 2012.

Mary Koncikowski - Director-At-Large

Mary is a 2013 Director-At-Large.

Adam Schierenbeck - Director-At-Large

Adam joined the club in 2012 and is running for the board for the first time.

Nate Dickison - Director-At-Large

Nate joined the club in 2013 and is running for the board for the first time.

Al Addington - Director-At-Large

Al joined the club in 2013 and is running for the board for the first time.

Please show your support for WRRR by voting this year!



# ***Upper Nooksack Recreation Plan Open House***

*The Nooksack Recreation Planning Advisory Committee is hosting an Open House to gather information on recreation use in the upper Nooksack.*

***You're Invited to Attend!***

**Date: Wednesday, November 6th**

**Time: Stop by anytime between 6:00 – 8:00 PM**

**Where: Bellingham Central Library (210 Central Avenue)**

***Come to:***

- Tell us what you love about recreating in the North, Middle and South Forks of the Nooksack.
- Share your ideas for the future
- Learn about the planning process



Can't attend the Open House? No problem! Take our survey to share your ideas! <http://www.surveymonkey.com/s/uppernooksack>

*For more information contact Lindsay Taylor, American Rivers  
at [earthgal4@hotmail.com](mailto:earthgal4@hotmail.com)*





## 2014 WRRR 4 Rivers Permits

Last year, a group of WRRR members got together and applied for permits for the Middle Fork of the Salmon River and the Selway River. This process got started late, and none of the participants got a permit, but we are going to try again this year. There will be 3 groups - MF Salmon, early Selway (for class IV-V boaters), and late Selway (for class III-IV boaters).

If you are interested in participating in this process, go to [wrrr.org](http://wrrr.org) and look for the article "2014 WRRR Permit

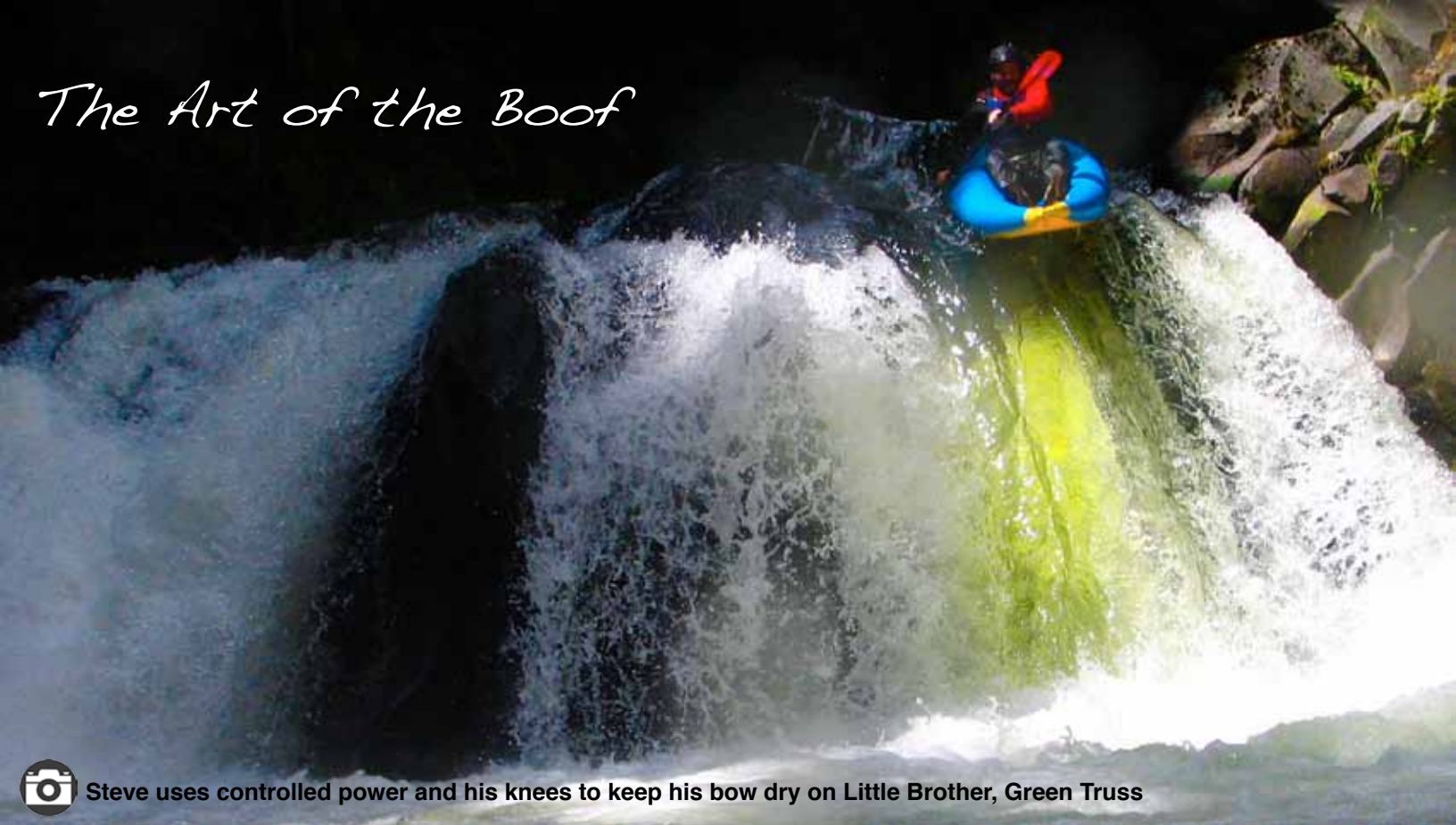
Lottery Group" on the main page. This link will contain instructions and rules on participating. The first stage of the process, which involves picking the dates, will begin on November 25. This will all be done using online surveys.

If you want to participate, do not apply for a permit before instructed. Also, please note that just because you participate you are not guaranteed to get a spot on the trip, but you will not be invited unless you participate.



Chuck Morgan on the Selway

# The Art of the Boof



**Steve uses controlled power and his knees to keep his bow dry on Little Brother, Green Truss**

A boof is a paddle stroke designed to keep the bow of your boat high and dry when running bigger drops. This prevents you from penciling in, or going deep in a feature and getting stuck. The boof preserves your forward momentum and helps you set up your next move, and gets you cleanly through a vertical drop. You can boof holes, pourovers, even waves, as well as ledges or waterfalls.

Setting up your boof will take practice. You need a bit of forward speed. Aim for the apex, the most downstream bit, or the steepest drop: you're looking to escape the hydraulic behind the drop, and want a short steep path to water escaping the feature.

So which stroke is the boof? It's the last stroke you take as you drop over the lip. The boof is all about timing: you want maximum pull as you sail off the lip, so you want to plant the stroke late and provide tons of power as you bring your body to the lip. The boof stroke itself is a powerful forward stroke, with the paddle kept as vertical as possible. It is a slow controlled, powerful stroke, not a quick choppy attack.

Which side you boof depends on the next move you must make after boofing. Which ever edge you want to land on, boof from the other side. You'll want to edge the

boat slightly on the side of your boof stroke. Sometimes, the forward stroke is only the first part of a boof. Finishing off with a stern draw can add power and control in the right situation.

After you plant that initial boof stroke, that powerful long pull placed right at the lip, pull up with your knees hard to lift that bow up, up, up! As you move past the lip, adjust your weight forward so you end centered, and not in a back-ender.

Always land with an active blade in the water, on the side of the boat you are edging. With a left boof, land with a weighted right edge and a right blade in the water. If you start getting reeled back in, sidesurf! DO NOT lift that blade out of the water, or you'll swim instantly. But work that blade and your edges and you can work out of some sticky spots.

Boofs are great on creeks, of course. But there are boofs all over the place. Small holes, big waves, pourovers especially. Start on the ones you know won't make you swim, and work on the timing and angle and power. As you get dialed, you'll find you can sail right over the top of huge holes that used to make you swim. It's like flying, with a boat.



Paddling expert Ken Whiting's steps for a good boof:

The steepest part of the drop is usually the best spot to boof.

The boof stroke is a power stroke planted over the lip of the drop.

With a vertical paddle, you'll minimize how much your boat turns while you boof.

As you pull on your stroke, thrust your hips forward to keep your bow up.

Bring your weight forward again for your landing.

Control your boat during the landing with an active blade in the water.

Photo Captions:

TOP: David Chatham demonstrates boofing in a rapid to make use of both angle and rock features. Notice how the move sets up the next move, and misses the worst of the hydraulic.

MIDDLE: Brian Vogt lands a boof on Triple Drop on Copper Creek. With centered weight, and an active blade to stabilize the engaged edge upon landing, the boof is all about landing flat.

BOTTOM: Why we boof -- Don't pencil in, it's a swim! a missed boof or stalled momentum ensures you can't keep the bow high and dry.





## 2013 Membership Report

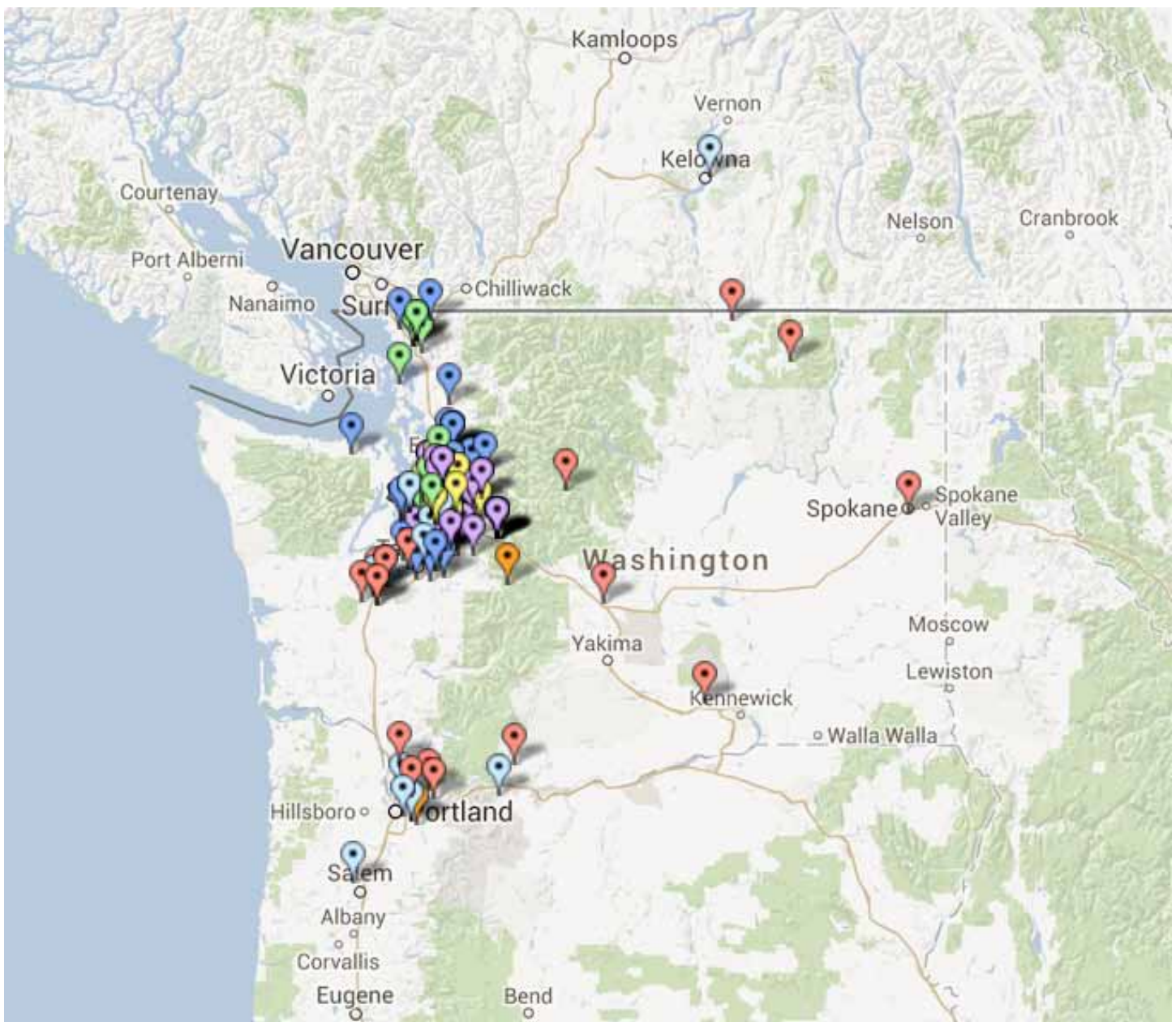
The year started out a bit rocky. Our membership had dwindled to 114. We made a big push to get people to re-new, and by June we were back up in the 140 range. We currently stand at around 150 members. Currently, we send out expiration notices the first of every month to people whose memberships will expire within the next 45 days and whose membership has expired in the past 90 days.

As expected, the majority of members live in the greater Puget Sound area. We have a good-sized contingent in the

Portland area and a slightly smaller group in the Bellingham area. We have several people scattered around Washington and Oregon, and a member in Kelowna, BC.

The following map shows approximately where members are. You can also see this map on the WRRR web site. Note that this is not an interactive map and only zip codes are used, so nobody is going to be able to find your house with this information.

-David Elliott







# 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 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'?

## Skagit II

There ain't much water, but the Skagit is always in! Watch the weather break against the peaks of the North Cascades.

## Sky III

The Sky is class 3, right guys? Even at fall flows? Guys? Why are you eddying out? Guys?!? What's that sound....AHGH!!! glug glug glug

## Green River Gorge IV

Green season is here! What else do you need to know? It's neat at 300, cool at 700, good at 1000, better at 1500, excellent at 2000, superb at 2500, rad at 3000, ideal at 3500, perfect at 4000, and if goes higher than that, well, it's a Holy Day! Happy Holidays!











Ghost Boaters on the Sky

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