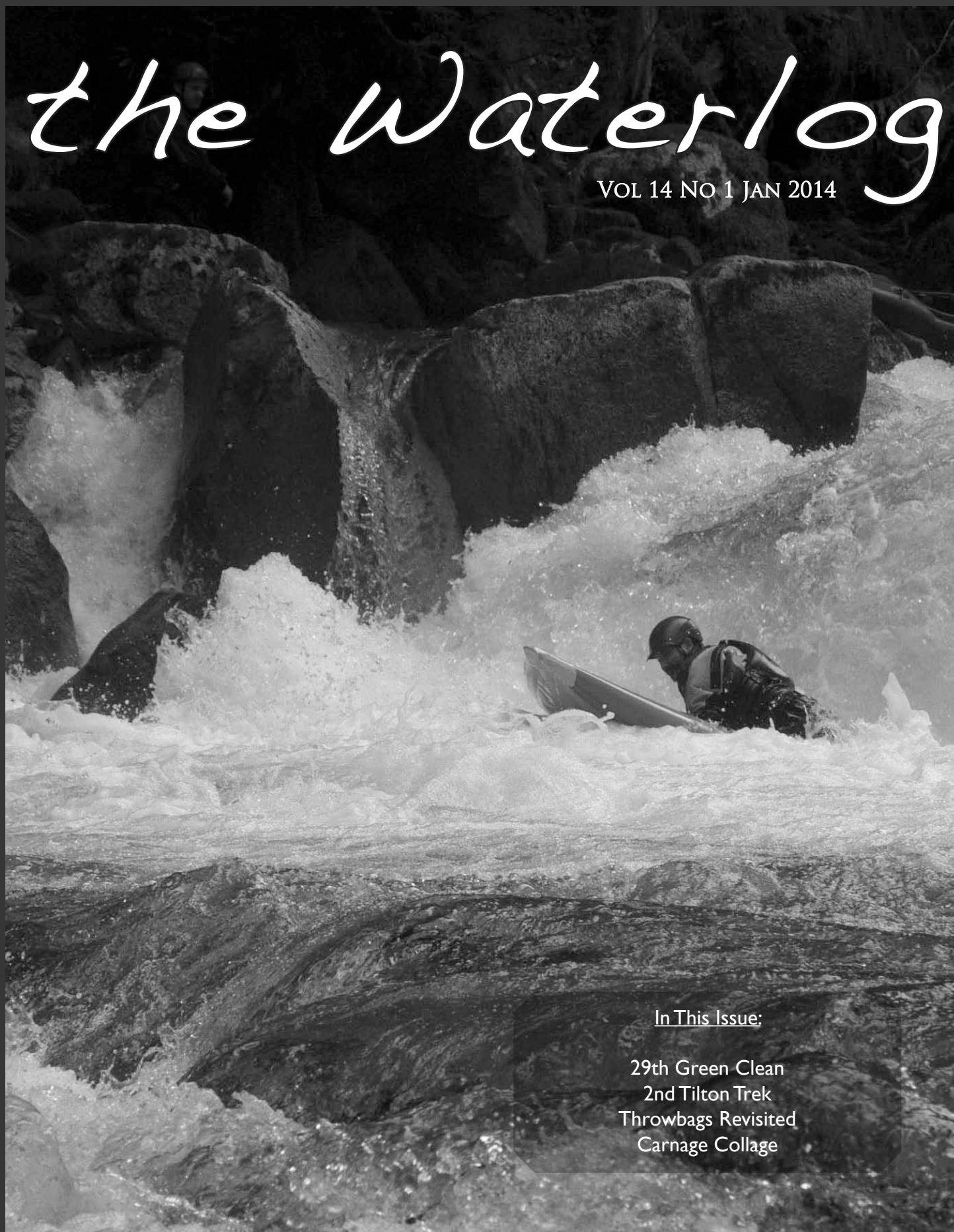


THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS

the Waterlog

VOL 14 NO 1 JAN 2014



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Steve Munk pulls it together on the Top Tye

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 5/1/13! All membership levels include the newsletter and access to club events

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

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☐ **\$100 SPONSOR** - for those wishing to advertise a product or service (must be river/outdoor-related)

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

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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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PMB 501
330 SW 43rd ST. Ste K
Renton, WA 98057

*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
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Jim Shefro
425-343-4105

29th Annual Green River Cleanup

Saturday, May 3, 2014

Bring your friends! The biggest, oldest, best river clean-up in Washington State is coming soon! Join WRRR at the 29th Annual Green River Cleanup on May 3. Registration starts at 9AM at the Headworks, Kanasket-Palmer Park, and Flaming Geyser State Park, and goes through 11am. Help us clean up the Green River and keep it one of the most beautiful rivers you can raft.

Boaters from all over Washington and beyond come out to the Green-Duwamish River each year to clean up trash and enjoy the exciting runs on this beloved river. Don't miss the fun in 2014! Come high water or low flows, you know for sure that running the Green and helping clean it up will be a fun day for all.

There are activities available for all ages and even non

boating friends! Hikers, walkers, wanderers are all welcome to be a part of the ground crew cleanup and helping with the BBQ after the event. We encourage multiple generation participation to help keep our tradition strong.

Keep an eye out at www.wrrr.org, and the Waterlog for future information, including the after river BBQ, Dutch Oven Desert Cookoff and any large cleanup projects that may be occurring.

We are searching for volunteer coordinators, help with sign in sheets, and Finding Trash. If you are interested in helping with the cleanup behind the scenes please contact Brenan @ pinkyfilippini@yahoo.com

2014 Tilton Trek

February 15-17

WRRR is pleased to announce that the Tilton Trek is a new annual club trip! The Trek will be President's Day Weekend February 15-17.

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 mellow class II warmup. When you reach the canyon, it's game on!

The Tilton carves a deep canyon. over 5 miles long. 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. There are campsites and also 5 cabins available at Ike Kinswa park and reservations can be made online. The cabins 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.

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 IV fan. We'll be a go in big boats at any flow 900 or above. An upper II-III run offers 8 miles of backup plan if flows get huge. The Tilton is run at higher flows, up to 8000, but can develop class V character. If the Tilton is not in, many good nearby runs exist, such as the III+ Upper Cispus, the II Cowlitz, the III+ Toutle, and the III Kalama.

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 cat boat and will lead the run in whatever craft makes most sense for the group. SYOTR!

Brian Vogt / bvogt@wwik.org

Throwbags Revisited

As many WRRR folk know I've been making high quality throw bags since 1981. Along with running a rafting company, teaching Swiftwater Rescue, playing music and trying to raise a family, it's been a heck of a ride!

I'm 62 years now, kids are grown, I'm divorced and without a working partner so I've decided to bail on commercial rafting; it's too much work for an old man! Besides, with my fellow outfitters shooting themselves in the foot with \$39. Groupon prices for a day trip with wetsuits and lunch, it just doesn't make any sense to beat a dead horse anymore. It's time to move on and let the next generation take over. I will always be a whitewater junkie until I can't lift the paddle anymore because floatin' wild rivers is just about as much fun as you can have with your pants on ;-)

So last year, seeing all my throw bag competitors making improvements to throw bags, I decided to put what's left of my brain to work and come up with a seriously "new and improved" version of our essential rescue tool. This article describes these improvements and provides a few tips on throw bag use.

As we all know, that first throw is the one you want to get right and nail the swimmer. So practicing to make sure you throw well the first time is paramount. Try as we may though, lots of first attempts miss the mark and we end up throwing a second time with limited distance and accuracy. This is largely due to the way we 'coil up' or 'tangle up' the line for second throw. Typically you're in such a hurry to throw again, it's all too easy to throw a gob of rope out there only to have it tangle and drop. Lots of people advocate using the Butterfly method of looping free running line into your hand. It certainly works better than making large random coils, but I'll go on record here and say that there's a better way – and that's "baby coils". With very little practice you can toss a rope out to 40' and never have it tangle. Simply make little baby coils into your hand, no more than 6" to 8" inches total length and toss that. It's the large loose coils 12" to 24" that end up tangling. Give it a try!

Throw bags are great rescue tools and we use them for lots more than just swimmer rescues. We tie up boats with them, make clothes drying lines, string tarps, pull pinned boats off with them etc. etc. the list goes on. At the end of the day though, repacking throw bags has always been a pain in the arse, particularly with cold hands. The top of the empty bag collapses and doesn't hold an open shape to easily stuff the line until you've got a bunch of line in the bag to help the bag stay open. My new design incorporates a large 3/8" diameter (not really rubber) O-ring near the top of the bag that not only helps with flight, but **KEEPS THE BAG OPEN** for repacking! It was quite a struggle to get this into the manufacturing process but I'm thrilled with the results. It got even better when I packed my first 100 units and discovered that if you fold down the top 4" of the top closure fabric down into the bag before starting to re-





pack, it works even better. Now with a stable open bag you can use both hands and pound the line in quickly all the way up to the O-ring. Then fold the top closure fabric up and finish packing. Way fast and easy.

In addition to this major improvement, we've moved up to a 600 denier polyester fabric on the bag body. Polyester is much more UV resistant than nylon. I set the mesh fabric for draining about 2/3 of the way up on the bag so one could still scoop up some water in the bag to weight it for a second throw. We've now got a bomber side seam with a bias tape sewn inside so there's no chance that will come apart.

Lastly, I've got a new braiding company and they've really gone to bat making the best line available. We always had a superior line to any of the competition, but now it's even more awesome. Braiding rope is part science and part art form. To my knowledge, all the typical big names use off the shelf line either solid braid or single pick kernmantle. I've been using double braided kernmantle for years, which is why many people, in the know, bought my line. Balancing the tension in the kern and the mantle is difficult while under construction. Get it wrong and they don't work together to provide the actual stated tensile strength. They have to work together so one doesn't yield before the other. As I've

found out, most manufacturers use the "grams per denier" method of mathematically calculating what the tensile strength of the materials should be. Unfortunately, that method typically ends up significantly higher than the reality after the line is actually braided. I've had my lines laboratory tested and certified that they are as strong as I publish they are.

I know, I know, nobody can hang on to a throw line with more than a few hundred pounds of pressure, but that's not the point. As mentioned earlier, we use throw lines for all kinds of other applications that do require high tensile strength. As you know, most manufacturers still tie an overhand knot in the line to hold the foam down in the bottom of the bag. That reduces the tensile strength by a whopping 50%! I solved that years ago with our unique foam restraint system. Basically, my goal is to make sure that you're getting the best product available and to that end, I think LifeLine from Downstream Products fits the bill. Now they're also available in multiple high visibility colors! Stay safe out there ya'll!

-Casey Garland

<http://riverpeople.com/throwbags.htm>





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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
January 1st	HANGOVER FLOAT Cedar River	II	Randy and Nancy 206-669-1877
January 16th	ANNUAL MEETING AND PERMIT PARTY Round Table Pizza, Overlake	II	David Elliott
February 15th - 17th	TILTON TREK Ike Kinswa State Park	III-IV	Brian Vogt bvogt@wwik.org
April 20th	FLIP PRACTICE Vasa Park, Lk Sammamish	III+	David Elliott
April 26th	SHANG-RI-LA CLEANUP	II	Mark Burns

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*Nick thinks his carnage
is boring and stale
yet he prefers to swim
rather than tuck his tail.*

*Such performance art begs
for a rarified venue
so the Waterlog offers this
swim buffet menu.*



*A vertical drop
invites boofs and big air
but you'd best hit the line
and make sure that you're square.*

*Else the river will pound you
with blows most profound.
So when touring a hole
just be glad yer not drowned!*

*A cat or a yak or
a board or a raft
missing the line might
just de-man your craft.*

*So don't let your guard down
the eddy gets cluttered.
I'll be there too, to
record with my shutte.*



**Top Left: A nonplussed Nick on Joseph
Creek asks "What swims?!?" Top Right:
Eric Klein swims after making a tough
line on Chinook Falls, McCoy Creek.
Bottom: Michael Franz Horner in Leap of
Faith, Tilton.**

Top: Lyles notices his boat in Pipeline.
Left: David doesn't notice his, also in Pipeline. Right: Joe Sauve gets the easiest and most clutch throwbag ever to Brian Vogt seconds before trouble, Terminator, Canyon Creek Lewis.



*The Pipeline, they say,
is a curious drop.
The carnage ain't real
those schmafters all flop!*

*Some call it Ledge 3
(as if names made a diff)
but let your guard down
and you'll probably biff.*

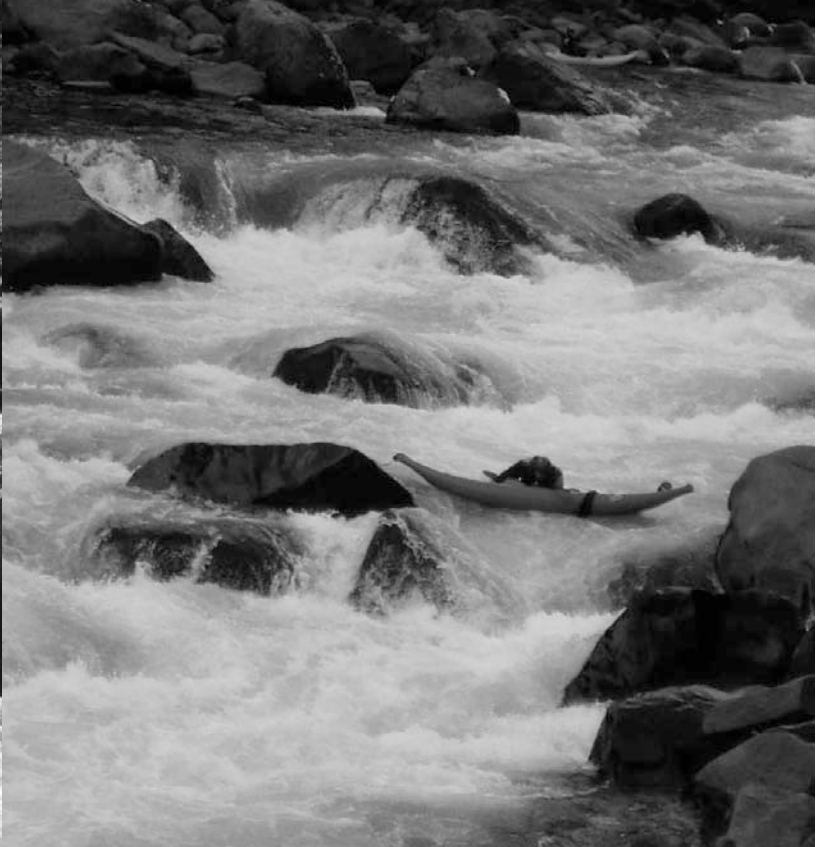
*Good friends and a rope
just might save your day.
Make sure to pack both
when you head out to play.*

*A swim can start anywhere
don't let your mind wander.
Keep eyes out downstream
so your judgement has longer.*

*Where eddies flow upstream
is no place no dally.
It's a good way to add
to the swim total tally.*

*So best grab the rock
and look 'round for a rope
from a portaging friend
whose timing is dope.*





*Self rescue is king
over all other skills.
To practice it often,
just swim for the thrills.*

*But don't drop your gaurd
in a wilderness trance
for wood often blocks lines
and forces a dance.*

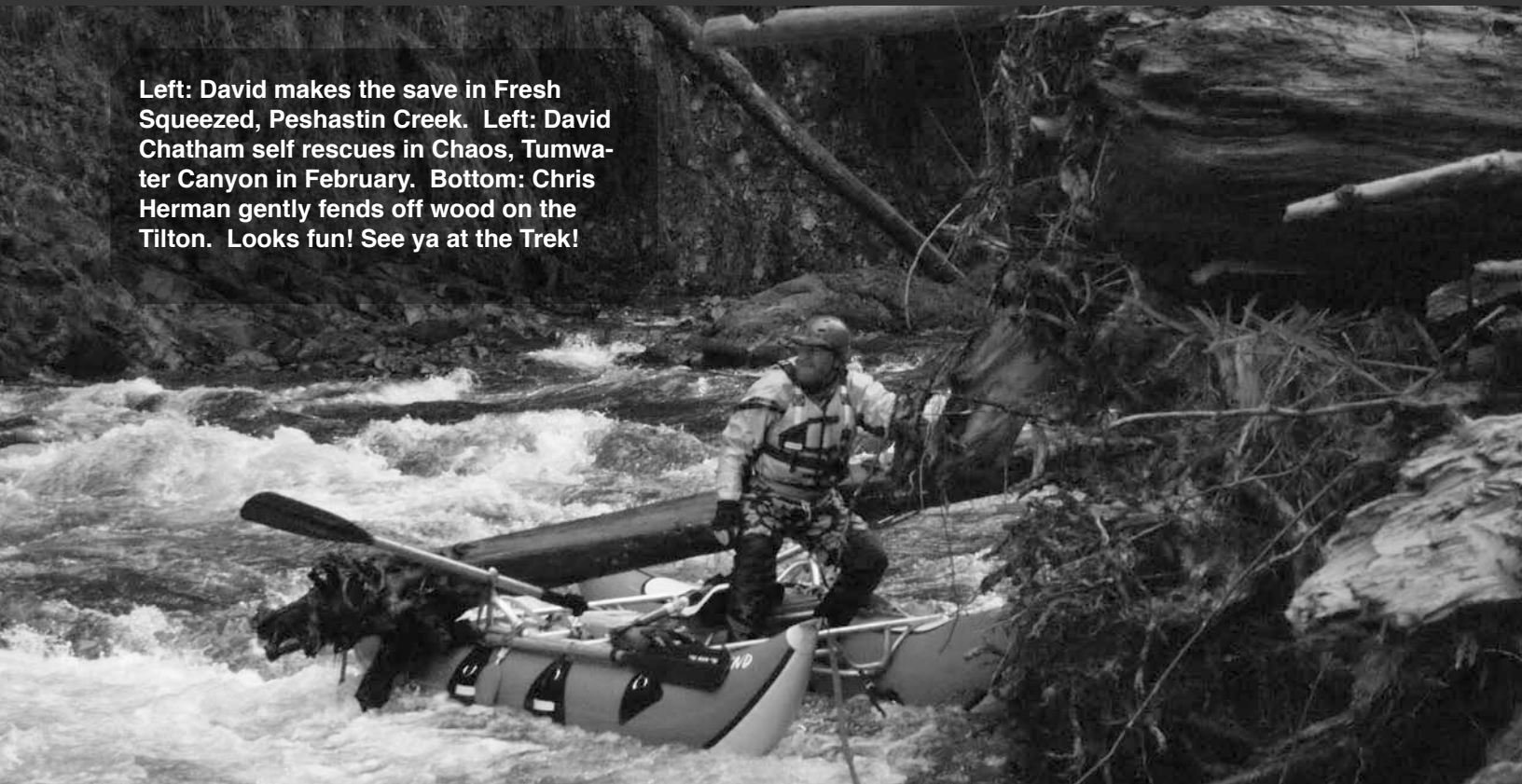
*Not all swims are blessed
to end back in the boat.
If they don't it's assured
you'll be asked for a quote.*

*Take Tumwater, say,
at a bone chilling temp
I mean - anyone who didn't swim
must be a wimp!*

*To float with no boat
is a terrible trial.
Try not to hit rocks
when you're swimming a mile.*

*Seal launch, surf it up,
try impossible lines.
Practice makes perfect,
so you all are fine!*

Left: David makes the save in Fresh Squeezed, Peshastin Creek. Left: David Chatham self rescues in Chaos, Tumwater Canyon in February. Bottom: Chris Herman gently fends off wood on the Tilton. Looks fun! See ya at the Trek!





*Some swims are bouncy,
some trashy, some short.
While others look so bad
you're quick to abort.*

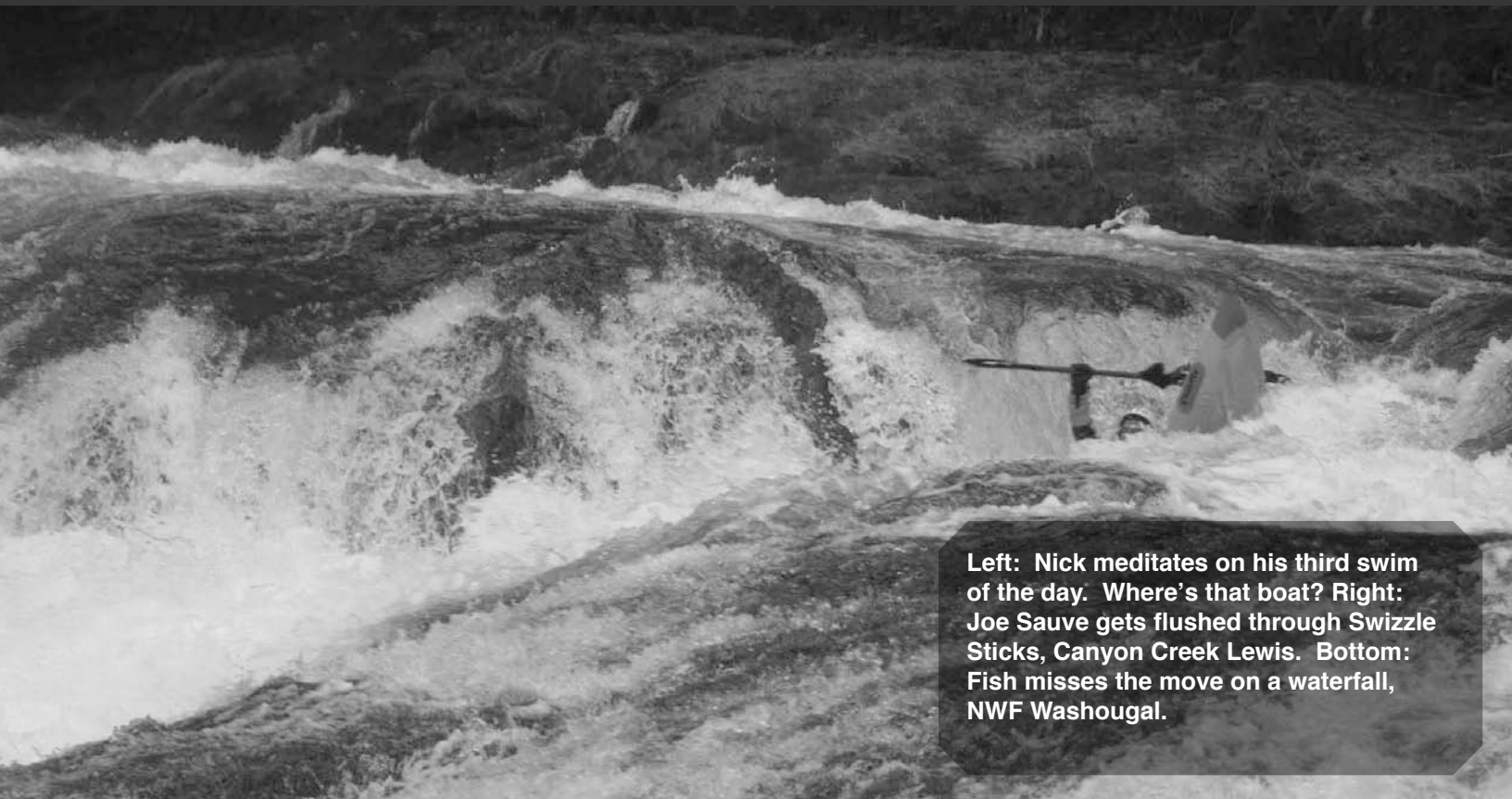
*Deciding to portage
might be a good call
when yer pal's right side down
at the top of the fall.*

*Don't scout the stout?
now that's not very smart.
But low-water first laps
are no time to start.*

*Just drop in and boat scout;
I'm sure it won't matter.
Swim the maw? Hit the line?
I sure hope it's the latter!*

*A tight chute can flush you
before you can brace
So you best bust a tube grab
and hang on with your face!*

*Because braces won't save you
no matter the line
if you chose a bad angle
glib glub burble gline.*



Left: Nick meditates on his third swim of the day. Where's that boat? Right: Joe Sauve gets flushed through Swizzle Sticks, Canyon Creek Lewis. Bottom: Fish misses the move on a waterfall, NWF Washougal.

Top L: David wraps in the boulder garden exposed in the Nozzle at 700 cfs. Top R: Nick dislikes his photo session, and Final Five Canyon, which we all swim. Copper Creek. Below L: Crooked River Carnage in the high desert of Oregon. Courtesy Tom Yokum I believe. Below R: Vogt's turn, Chaos, Tumwater.



*The pin is an art form
whose value is subtle
Though a photo might make
quite an earnest rebuttal.*

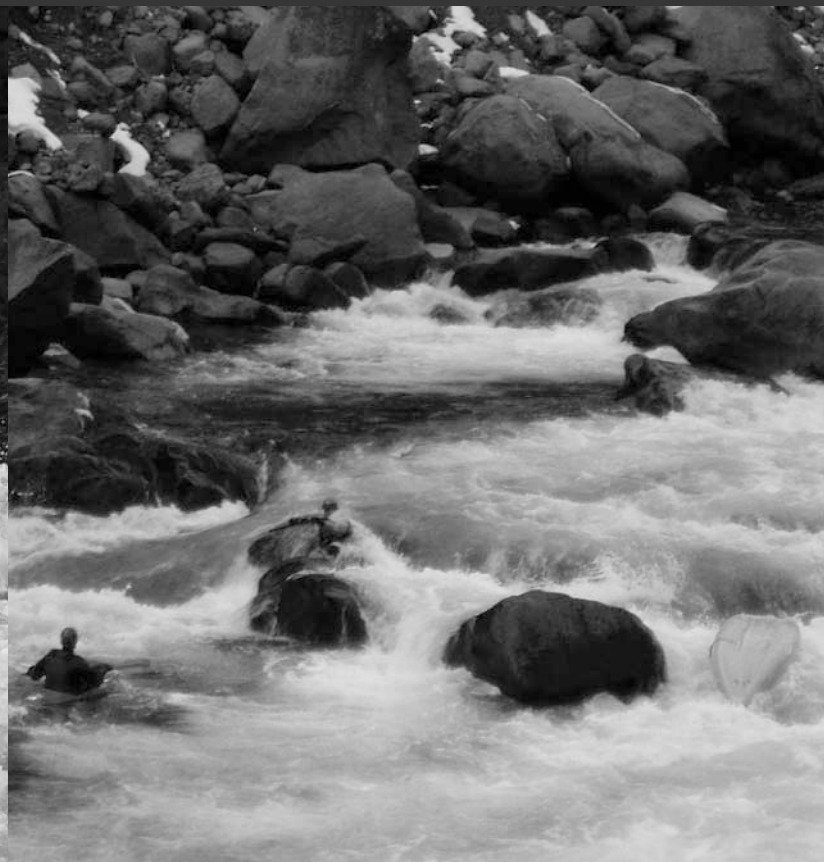
*The whindowshade's often
a kayakers trick,
but there's no doubt
a cat boat makes quite a pic.*

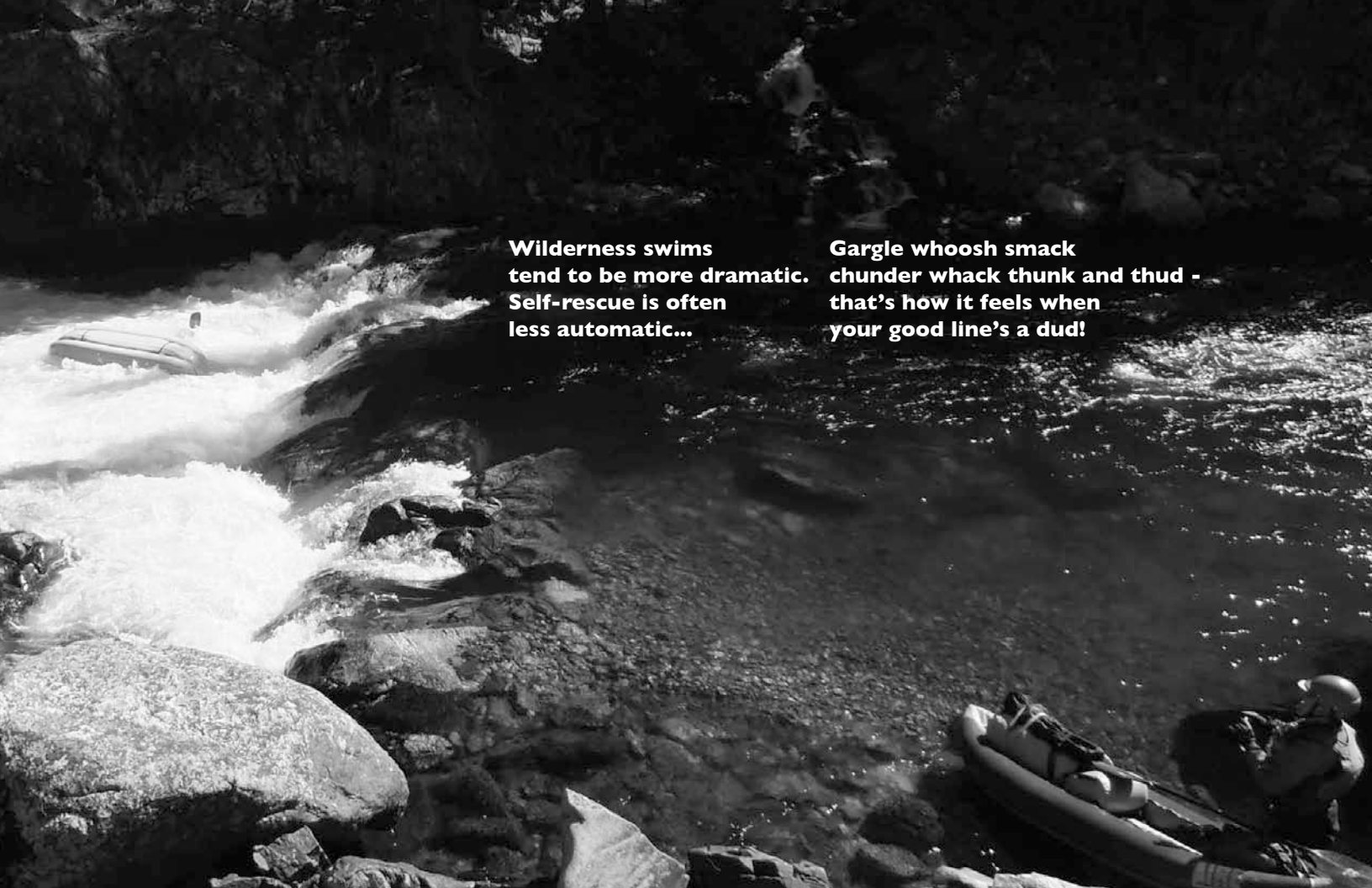
*A picture , they say,
costs thousands of words.
But some shots fall short
thus the spice of the bird.*

*For location still rules,
when you cease downstream motion,
and the Nozzle's no place
for this kind of commotion!*

*The Crooked ain't easy
to run or to scout
So you best hit your line
else you'll swim with the trout.*

*Mental notes help when
you scout what you swam.
So pull a Borelli:
hit the line and yell "DAMN!!"*





**Wilderness swims
tend to be more dramatic.
Self-rescue is often
less automatic...**

**Gargle whoosh smack
chunder whack thunk and thud -
that's how it feels when
your good line's a dud!**

Shaun Riedinger explores the subtleties of Velvet Falls

WASHINGTON RECREATIONAL RIVER RUNNERS

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