

THE MONTHLY NEWSLETTER OF WASHINGTON RECREATIONAL RIVER RUNNERS



the Waterlog

NOV 2016

Jan I Hangover Cedar Float

Tilton Trek

Rower's Progression

Paul Sestak exiting Leap of Faith

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 \$1/1/13! 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

☐ **\$55 BENEFACTOR** - same as family plus 10 free raffle tickets at Wenatchee Rendezvous and 2 free hands at the Poker Run

☐ **\$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)

Name(s) _____

Address _____

City _____ State _____ Zip _____

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 2016 BOARD OF DIRECTORS

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repo461@yahoo.com

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dce@dccl.com

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Jared Cook
jwcook84@gmail.com

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mmccormick64@hotmail.com

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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

Cedar River Hangover Float

JAN 1, 2017!

Join us for the 1st boating day of the new year!!! The Cedar river is a Class 2 (at most flows) run. It's a great spot to shakeout the cobwebs, make sure your gear is in good shape, try out new techniques / boats, and have fun with all of our wonderful boating buddies! Expert boaters can help pass along their stellar skills and demonstrate how to swim across the river just upstream of the put in bridge. This class 2+ rapid is an excellent training rapid where many swiftwater rescue courses are held. Bring your cameras and keep your eyes out for wildlife, too. Usually this run is suited to kayaks, however small rafts have been known to go down.

In traditional style, we will meet at Randy and Nancy's House 12 NOON Jan 1st (The takeout) Please call Randy or Nancy for their address @ 206 669 1877.

We will consolidate boats/people and leave as many rigs at the takeout as possible. At the end of the run we will drive shuttle drivers up to their cars at the put in.

Here is info as posted by American Whitewater on the run: <http://www.americanwhitewater.org/content/River/detail/id/2078/> Wood hazards have been known to accumulate, so please keep an eye out for yourself and others. IT should be noted there are alternate takeouts, however the majority of the group will be taking out at Nancy and Randy's House.

On cold days I recommend treating yourself to a hot thermos lunch, and make sure to bring your WRRR hydroflask full of hot cocoa. Please be sure to thank our gracious takeout hosts Randy and Nancy!!! Hope to see you there!

To practice good safety techniques, make sure at a minimum to follow these safety tips:

-Within the main flotilla find yourself 3-7 boating buddies in your "POD". Dutifully watch out for your POD partners.

It is easy to get lost in a large flotilla.

-Watch out for the boat in front of you and also the boats behind you!

-If you can't see the boat behind you eddy out! The boat in front of you will in turn eddy out when they can't see you!! This will get the entire float stopped within a couple of minutes if everyone does their part.

-There will be a safety talk prior to the lead boat launching.

-Use proper boat spacing. All smaller craft should yield to larger rafts/cats. Usually kayaks will be in the front of the pack, with rafts in the middle and catboats in the back of the pack. I like to row and paddle 99% of the time using forward paddle strokes. Make sure the boaters in your "POD" have similar technique to you.

-Have a properly fitting PFD, Helmet, Whistle, Throw Rope and other emergency gear in good operating condition.

-If a rescue is to occur make sure to not be a victim yourself and keep yourself out of harms way and within your skillset.

-Determine and learn who has first aid kits, rescue gear and who is trained to use it. Strategically place these people in pods.

-If you need assistance, have allergies or other special medical needs please let the trip leaders know.

-HAVE FUN!!!!

-Size up your safety protocols here: <http://www.americanwhitewater.org/content/Wiki/safety:start?>

We will hope to see you all there!!!!

Trip leaders WRRR Board

- Nancy Douty 425-413-0948 or 206 669 1877.
Brenan Filippini brenan@plasteringplus.com

2017 IK/Rower's Progression



The WRRR Progression is a set of river trips to help boaters learn and re-learn skills. Veteran boaters help with setting up your boat, teach safety signals and techniques, and give you the benefit of their experience on local rivers. You will progress from easy to hard over a series of trips.

Below is a tentative list of Progression trips for 2017. These are subject to change based on flows and weather, so make sure you are watching the web site, Facebook group, or WRRR forums for details.

Sunday, Jan 1st Cedar River (New years float) class 2

Sunday, Feb 19, Upper Tilton after Tilton Trek. Class 2

Saturday, Mar 4th. Sauk Clear creek to mill. Class 2+/3-

Saturday, Mar 18th. Nisqually. Class 3-

Saturday, Apr 22nd. Wenatchee. Class 3

Sunday, Apr 23rd. Flip practice at Lake sammamish Class 1

Sunday, May 7th. Green river day after cleanup (Shangri-La to Flaming Geyser class 3/3+)

WRRR membership is not required for the Progression events, but we do encourage you to join WRRR when taking advantage of these trips.



2017 Tilton Trek

The Trek will be President's Day Weekend February 18-20. Stay tuned on WRRR's Various info outlets for a possible Friday run. Sunday a group of us will run the class 2 upper Tilton meeting at the campground at 9am.

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 4000 or less. 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!

Trip Leaders: Brian Vogt / bvogt@wwik.org









OS SYSTEMS

503-543-3126 WWW.OSSYSTEMS.COM INFO@OSSYSTEMS.COM



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
JAN 1st	HANGOVER FLOAT Cedar River	II	WRRR Board
FEB 18th	TILTON TREK	IV	WRRR Board
APR 23rd	FLIP PRACTICE	II	WRRR Board
MAY 6th	GREEN RIVER CLEANUP	III-IV	WRRR Board
MAY 20th	CLACKAMAS WW FESTIVAL	III-IV	WRRR Board
JUN 1st	BOB JOHNSON MEMORIAL WENATCHEE RENDEZVOUS	III	WRRR Board
JUN 24th	SAUK SUMMER OVERNIGHTER	III	WRRR Board

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