



THE SPRAY

THE NEWSLETTER OF THE COLORADO WHITEWATER ASSOCIATION

VOLUME 60, NUMBER 1, May/June 2012

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CW Training Camp May 18-20

(See pages 13-14)

Other CW Events:

May/June (Wed) Golden Ro-deo

June 1-3 Poudre Weekend

July 13-15 Ark Weekend

Sept 7-9 Upper CO Weekend
and rafting class offered

Oct TBD Fall Dinner

**Feel free to post a ques-
tion there and an ACA
Instructor will reply.**

[http://
www.coloradowhitewater.org](http://www.coloradowhitewater.org)

COLORADO WHITEWATER

455 Sherman Street, Suite 300

Denver, CO 80203

[HTTP://WWW.COLORADOWHITEWATER.ORG](http://www.coloradowhitewater.org)

River Alchemy In 2012

By Pat Brown

After Friday's inspirational Spring Dinner and a fantastic day on Waterton Canyon, I decided to write this little article for the Spray.

The warm, dry weather of March 2012 was a pleasant start to Spring, but an ominous foretelling of the coming whitewater season. Like looking into a crystal ball, the Colorado SNOTEL web-site is showing snowpacks far below annual averages throughout the state and boaters are beginning to talk of the 2002 drought as they tune up their mountain bikes.

Yes, the water is going to be low on Colorado's Rivers this year and we certainly won't have the banner runoff of 2011, but all hope is not lost. If you were fortunate enough to attend the Colorado Whitewater Spring Dinner on April 6, you likely left the evening inspired by two of the greatest adventure athletes in the world.

Stephen Wright is a 3-time US freestyle champion and one of the premier kayakers in the world. As the first speaker at the Spring Dinner, he could have easily spent his time on stage touting his accomplishments but instead turned his attention to his love of kayaking and the importance of sharing our sport with others. At the conclusion of his talk, he presented a unique challenge to all in attendance for the 2012 season. He asked that everyone find one person to share the sport of kayaking with. Sure the water might be low in 2012, but low water provides a comforting environment to learn our sport and provides a welcome relief to the heat of the summer.

Erik Weißenmayer is best known as the first and only blind climber to summit Mount Everest, and his accomplishments as an adventurer could easily fill volumes of books. Recently, Erik began to push his boundaries even further with his exploration into whitewater kayaking and was able to treat us as the second speaker at the Spring Dinner. As impressive as his outdoor conquests are, Erik does even better by sharing his stories with others and providing inspiration to live life fully. His inspirational message on Friday night concerned the idea of an Alchemist. Like fables of old in which alchemists are able to turn lead into gold, Erik has been amazed by people he has encountered who are able to transform their own personal tragedies into personal triumphs. He holds these friends in the highest regard and bestows upon them the admirable title of Alchemist.

Continued on Page 6





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CW MISSION

The Colorado Whitewater Association promotes the sport of whitewater paddling in the Rocky Mountain region. The club introduces new paddlers to whitewater, provides training in technique and safety, supports racing, informs the public about whitewater issues, including river access and conservation, and works to resolve related problems. CWWA is a 501(c)(3) nonprofit organization run entirely by volunteers.

CW was founded in 1954, and is the oldest club in the United States of America devoted wholly to whitewater paddle sports.

CW BOARD OF DIRECTORS

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MEMBERSHIP QUESTIONS?

To Join CW, visit our website at www.coloradowhitewater.org and join online.
To change your e-mail or other contact information: Contact Helen Johnson at hellionbiz@gmail.com.

2012 Spray Submission Schedule

The Spray encourages article submissions on all whitewater related issues. Please send submissions to Scott Winkleman at scott@coloradowhitewater.org.

<u>Issue</u>	<u>Submission Date</u>
July/Aug	July 1, 2012
Sept/Oct	September 1, 2012
Nov/Dec	November 1, 2012
Jan/Feb	January 1, 2013

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Submissions
We welcome your contributions on topics related to whitewater paddling.

Written Material
We prefer e-mail submissions, preferably in Microsoft Word, RTF, or plain text.
Maximum length: 1,000 words.

Don't be shy, even if you don't think you're a great writer. We'll edit for length, style, grammar, and spelling as needed to make your writing more clear and readable.

Photos and graphics files:
We much prefer bitmap, jpeg, pdf, or tiff format, but can work with others. Please use a minimum resolution of 300 dpi.

COLORADO WHITEWATER

2012

SPRING INSTRUCTION SCHEDULE

Instructor's Corner

CW instructors will be available to help you one-on-one with a skill you may want to develop or improve. Look for a white board at the pool entrance with information on available instructors. Put your name on the board and what boat you are in and the instructor will find you. No cost, but you must provide your own boat, paddle, and spray skirt and be a CW member.

Whitewater Safety Class

Colorado Whitewater has arranged for ACA Swiftwater Rescue Clinic's for only \$150 this year which is over 33% off of list price! This clinic is for all Colorado Whitewater members who are kayakers, canoeists, rafters, duckie captains or just like splashing around in the river.

Somewhere, at sometime, you will wish you knew what to do in a river emergency. Just rescuing gear can turn into a nightmare, never mind rescuing a person. Quick response time and the knowledge to set up a rescue safely are skills you should have as a boater. Make this the year to bring your rescue skills to a higher level. Friends owe it to friends to be capable of river rescue. All rescue equipment is provided. Boating gear may be rented. Kayakers must be of Class II-III ability. Rescue lifejackets are considered personal equipment and are highly recommended. This clinic qualifies as an ACA sanction course.

The location of this class may vary greatly based on river levels and weather. The June class will probably run on the Platte River or Clear Creek near Denver. The Sept class will take place in conjunction with Colorado River weekend. We will contact you in advance to let you know the location we have chosen that is best for the class.

Cost: \$150

Dates: (Two Day Class – Time 8am-6pm each day)

June 16-17

Sept 7-9

Rafting Class Sells Out!

The first Intro to Rafting Class was taught May 6th to a sold out class of 18 participants. If there is interest, a second class will be conducted in the fall. If you are interested, please email: erik@ristlaw.com.



PADDLEFEST

MAY 25 THRU 27 LET THE PADDLING BEGIN...

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Our individual stories may not have the same level of tragedy or challenge that Erik Weihenmayer or his Alchemist friends may have faced, but we can still learn from them and apply the principle of alchemy to our own lives. So in the spirit of Stephen Wright's challenge but with Erik Weihenmayer's philosophy mixed in, I am offering the following challenge to the Colorado Whitewater community-

Let the 2012 kayaking season be a transformative year for you and be a River Alchemist. Take advantage of the opportunity before you—even if it is low water—and choose to improve your kayaking self. Rather than acting sullen about how great the water was in 2011 and how this year is only good for mountain biking, choose to use this season to improve upon a single skill that you have been avoiding in years past.

Personally, I am going to work on tightening my boat control so that it doesn't roll and yaw as I take strokes. This is something that I have been aware of for years but have been too focused on making it down a rapid or surfing a wave or just plain having fun to stop and really make the effort to correct these small errors in my paddling technique. If the water does turn out to be low in 2012, it shouldn't be a problem for me to maintain consistent boat edging and heading as I ferry across mellow water all summer. And I know that if I commit myself to this simple act, I will be a significantly better kayaker after this season and will have had a ton of fun on the water with my friends.

If you are considering becoming a River Alchemist in 2012, but you are coming up short of ideas to work on, ask your friends or the wonderful CW instructor corp to provide a gentle critique of

your kayaking technique. Otherwise, here are a few other skills you could choose to focus on:

- Keep your head down and tight to your shoulder on every single roll and brace
- Maintain a strong paddler's box with your torso, arms, and paddle
- Look at your target, not at your bow
- Lap rapids multiple times by walking back up and running them again
- Catch eddies in the middle of the river that seem unattainable
- Roll on your off-side
- Paddle rapids backwards to learn to use both ends of your boat

The sun has been shining warm on Colorado so far this Spring and we all have an incredible opportunity to enjoy the rivers this year and improve our kayaking skills. Let's make 2012 a season to remember!

Thank you Jackson Kayak for donating a new kayak to the Colorado Whitewater Spring Dinner Raffle!!!





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Whitewater Festivals 2012

Colorado Whitewater Festivals/Events:

May 25-28 Yampa River Festival, Steamboat Springs, CO
May 25-27 Paddle Fest, Buena Vista, CO
May 30 Golden Rodeo Series
May 31-June 3 Teva Mountain Games, Vail, CO
June 8-10 Lyons Outdoor Games, Lyons, CO
June 9-10 Rocky Mountain Surf Festival, Glenwood Springs
June 14-17 FIBARK, Salida, CO
June 22-23 Royal Gorge Whitewater Festival, Canon City
June 22-25 Gunnison River Festival, Gunnison, CO
June 23-24 "Creek at the Peak" Races, Idaho Springs, CO
August 10-12 Bailey Fest, Bailey, CO
August 24-26 Golden River Sports Sale & Gear Swap
Thursdays- Mem Day to Lab Day, Golden Playpark, Free
Demo Evenings
Gore Canyon Race-TBA

For a complete list of All Colo-
rado Festivals (music etc) go to:
<http://coloradoinfo.com/festivals-fairs>



National Festivals:

May 26-27 Bigfork Whitewater Festival, Bigfork, MT
May 26 Maupin RiverFest, Maupin, OR
May 11-13 Spring Black Moose Fest, Lyons Falls, NY
May 19-20 Upper Clackamas Whitewater Festival, OR
June 9-10 Wausau Riverfest, Wausau, WI
June 15-17 Reno River Festival, Reno, NV
June 30 Deerfield Fest, Charlemont, MA
September 7 First Gauley River Release, WV
September 14-16 Gauley Fest, Summersville, WV



Ahhh... if only



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register for events at:

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Fall in Nepal: Paddling in the Himalayas

By Amy Wilkinson

One of benefits I found from kayaking is the ability to get to some of the most beautiful and least traveled places. It is the best way to get to and explore those pockets on the map that catch your interest but are usually not included in any of the typical guide books.

I first went to Nepal for a rafting trip on the Sunkosi River back in 1993. I had never been on a multi-day river trip before, much less this far away from home and was not sure what to expect. But it ended up being an amazing experience - one where I first fell in love with running rivers and the idea of adventure tourism while traveling in lesser developed countries like Nepal. The Sunkosi is one of the classic rivers in the world and I enjoyed the rafting...but the kayaking looked like a lot more fun! So I decided that I would take up kayaking. I returned to Nepal again in 1998 and spent 3 weeks on the Kali Gandaki, the Karnali and the Marsiyandi Rivers. When I left Nepal this second time, I knew that I wanted to return again, but decided I needed to see a bit more of the rest of the world. So 13 years later, this last fall 2011, I finally return to my favorite country in this world!



October 18th - 19th

Lower Seti River:

I went along with the rafting company - Paddle Nepal's trip. There happened to be three other kayakers (all from Canada) on the trip, so I was able to enjoy the company of fellow boaters. The Seti River is an easy class II/III river with warm water run in 2 days. We camped out on a nice beach along the river for one night. A local came down to the camp in the evening to sell chocolate, beers and rum, so they truly know what the tourists like!



October 21st – 23rd – Kali Gandaki River:

After the Seti River, I did a 3 day trip on the Kali Gandaki. I went with Paddle Nepal again for this trip. I have previously

done this river with NOC back in 1997. However, at that time it was a 5 day trip, and since then a dam has been built, shortening the trip to 3 days. This is a class III river with a good amount of water, making for great wave trains! This was a great warm-up river to get myself ready for the bigger river finale of either the Karnali or the Tamur. There was a photo boater on this trip, so there are a few more photos.



After a very long flight to Kathmandu, and 3 weeks of trekking in the mountains, I was ready to run some rivers. From Kathmandu, I took a tourist bus to Pokhara which is a wonderful town on the lake Phewa Tal with

incredible views of the Annapurna range. This town is very laid-back and quite a retreat from the chaos of Kathmandu. I based myself out of Phokara as there are many rivers close by and therefore river outfitters, an abundance of guesthouses for lodging and so many good restaurants to choose from here.

After I arrived in town and settled into a guesthouse, I went around to the many outfitters to see what river trips were scheduled for the upcoming weeks which I could tag along. My plan was to run the Karnali, however I needed to do a few warm up river trips to get myself ready for the big water of the Karnali. I found an outfitter that began a 2 day trip on the Lower Seti that following day.

Fall in Nepal: Paddling in the Himalayas

By Amy Wilkinson

Logistics (good to know) for this trip:

When to go: The best time to go to Nepal for river trips is after the monsoon season ends in October. The river levels are good, but usually not too high and the rains have let up and weather is usually good. This of course can change from year to year. This past year, the monsoon season ended later than expected and the river season for the bigger rivers like the Karnali and Tamur were pushed back by a few weeks.

Gear: I took only my river clothes, drytop, pfd and helmet with me so I needed to rent a kayak, spray skirt and paddle. I was able to rent my boating gear from Charly at Ganesh Kayaks in Pokhara.

Charly is an incredibly helpful guy and has a great selection of boats and even had a bent shaft paddle for me and a brand new spray skirt to use. So I can highly recommend Ganesh Kayaks if you ever find yourself in Pokhara and in need of boating gear and river beta.

The outfitters will supply tents, sleeping bags and sleeping pads, however I recommend bringing your own sleeping bag and pad. Mental State: I am still in utter wonderment of

the high quality of possibilities this tiny country in the Himalayas offers the outdoor enthusiast. The industry labels these trips “adventure travel” but most of us think of kayaking abroad as ... well, just kayaking in another country. But with that comes the uncertainty of the planned plan. There are so many variables in developing countries that you do not encounter at home and you will need to expect the unexpected. Not only will the river levels and possibly the river itself be a unknown (a heavy monsoon can change a river and without the easy access to river beta we have come to depend on, if you are the first trip out that year, you may have a surprised change to a rapid) there are no until just before you arrive, but there is the added complexity of road conditions,

vehicles seem to break down (this probability rises as the road conditions worsen), political turmoil (strikes can cause road blocks between you and the river).

The rivers may be the same level of difficulty we paddle at home, however the fact of paddling with a new group of people, on new rivers (remember this is a first decent for you) and with the knowledge that most of these rivers are inaccessible by road and if anything goes wrong, you can possibly be many days away from an evacuation...these factors can mentally add to the level of difficulty of the river. So I approach my river choices by asking myself if you are comfortable paddling a class III/IV river at home, this same river can become a class IV+. So I always keep that in mind when deciding which rivers to run.

Take away: Go to Nepal! And look for my second write up on kayaking in Nepal in an upcoming edition of The Spray.



It was a 3 hour drive back to Pokhara from the river's take-out. We stopped for a tea break and snacks along the way home providing an opportunity to see another slice of local life.



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Training Camp - May 18th - 20th, 2012



EARLY DISCOUNT: Sign up by 3/18/12 and save \$30.00!! Makes a GREAT GIFT!

Come join your Colorado Whitewater friends at Training Camp, the CW's largest annual event. You can learn new skills, meet new paddling buddies and build confidence on the water by paddling with skilled kayakers. Off-river activities will include group dinner and breakfast, plenty of campfire time and even live entertainment!

Friday, May 18

1pm to 10pm - Check in at the Loma Linda KOA Campground, Cotopaxi, Colorado

Saturday, May 19

8:30am - Introductions, Stretching and Safety Talk. Break into small groups

9:30am - Head out to the water

4:00pm - Everyone back safely at the KOA for fun and games

6:00pm - Catered dinner

8:00pm - Live Entertainment

Sunday, May 20

7:30am - Catered breakfast. Break down campsites before heading to the river - leave cars at KOA lot.

8:30am - Awards and Stetching.

9:00am - Break into small groups and head out to the river.

3:00pm - Head home happily after another successful and fun Training Camp!

Who Can Attend

You must be a current CW member to register for TC (including and through May 2012). To join or renew - visit the Membership page.

Boating kids must be 12 years or older by May 2012, weigh at least 50 lbs and must be accompanied in classes by a parent. Families, children and friends are welcome, whether they are boating or not. Children must be under adult supervision at all times. Dogs must be leashed AND SUPERVISED AT ALL TIMES. Please call the KOA for more information on their policies regarding pets. Unattended dogs have a tendency to bark. Therefore, if you do leave your dog unattended, the owners of the KOA reserve the right to call local authorities to remove the animal at your expense. If you want to make a reservation with our (tentative) "At-Camp" dogsitter, please send an email to PLaBarge@Hotmail.com after your online TC registration is complete. Additional cost will apply (approx \$30 for both days). "Space" reservations are limited.

Cost

Cost for boating participants: \$160* includes two all day on-river training sessions, tent / car camping at the Cotopaxi KOA, Saturday dinner and Sunday breakfast as well as evening entertainment. You must provide your own equipment (boat, paddle, spray skirt, helmet, PFD, etc.), lunches for both days and breakfast for

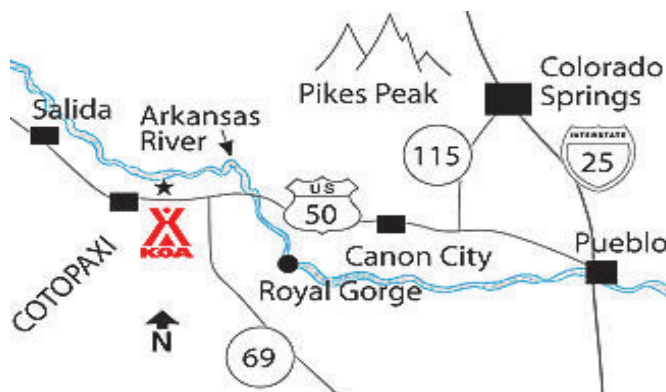
Sat. Contact PLaBarge@Hotmail.com if info on rentals is needed.

Cost for non-boating attendees: \$45 includes camping, meals and all activities other than boating sessions. Please pay for all non-boating attendees upon arrival at camp at the registration table. Checks and cash accepted / no credit cards.

Refunds

If something comes up and you cannot attend, you can apply for a refund (application does not guarantee a full refund). The club pays a fee for processing credit cards and we will deduct this convenience fee. **No refunds will be available after May 11th.**

Location: www.ColoradoCampingKOA.com



Skills Assessment

On your registration form let us know your skill level using the guidelines below. **PLEASE BE SURE TO PICK YOUR SKILL LEVEL AND CLASSES FOR BOTH SAT/SUN.**

PLEASE be conservative when evaluating your

skills. Boaters who have overestimated their abilities may be asked to leave the river or at a minimum to step-down a level (Note: Instructors for TC Weekend have the final "say" in safety and boating concerns when it comes to the assessment of your skills on the river).

Level A

This category fits for you if: you have never been in a boat. **HOWEVER**, we **STRONGLY** prefer you have at least 6 hours of formal flat-water instruction (or are intending to take flat-water/moving water courses before TC) which can include pool session lessons (at a bare-minimum, you are required to know the use of all your equipment and the "wet-exit"). Also, this category fits if you have not been on OR are not comfortable on moving water. We encourage you to be aware of (and hopefully have practiced) the concepts on moving water of eddy turns, peel-outs, the cross-river ferry and the combat roll.

***SPECIAL NOTE: For Level A Boaters** - If you have not been on moving water, we **STRONGLY** suggest you take an "Introduction to Moving Water" course **BEFORE** TC Weekend as the water tends to be reactionary from winter/spring run-off on the Arkansas River in May. **We want you to have FUN** – not end-up swimming all weekend!

Good News: CW offers a 50% discount for our Flat Water / Moving Water Weekend (usually held the weekend before TC) Course if you sign up in advance for TC as well. Prices are VERY reasonable so please see our "Instruction Page" on our website for a listing of classes and dates (space is limited). Or contact Mark Robbins for discount, scheduling and more information at MRobbins@Frii.com.

Level B

This category fits if: you have been in a kayak on moving water (you have had 6 hours or more of formal moving water instruction). You have performed a wet exit on moving water and are comfortable with bow rescues. You can at least attempt a combat roll and have a 50% success rate (rolling upright). You can maneuver your boat with 100% control on flat water. You know what an eddy turn, a peel out and a cross-river ferry are and have sufficient practice on moving water with these concepts with at least an 80% success rate (without flipping over).

Level C

This category fits if: you have a solid flat-water roll (100%) and are totally comfortable doing peel outs, ferrying and catching eddies on moving water. You are completely confident on Class II whitewater and want to improve your skills. You have at least an 85% success rate with your combat roll.

Level D

This category fits if: you have a solid river combat roll (100%) and are comfortable and want to improve your skills in Class III whitewater. You should consider volunteering for TC if you are at this level. The more-the merrier and we'd appreciate the help!

Classes

On your registration form let us know your class preference from the list below. Five person minimum per class.

Getting Started (Level A)

Sat /Sun Package: New to kayaking or just want to get your confidence up? This session starts on flat water where you will learn (or review) basic skills including safety, familiarization with your equipment and boat handling. At the end of the first day (and also on the second day) the group will graduate to easy sections of moving water.

Float Trip (Levels B, C and D)

Offered Sat and/or Sun. No frills, no thrills, this is a gentle float down a quiet stretch of moving water. No pressure, no skills drills, just easygoing fun in a kayak or duckie.

Skills Drills (Levels B, C and D)

Offered Sat and/or Sun. Work on basic skills such as paddle strokes, catching eddies, peel outs, ferries, rolling and river reading. Participants are encouraged to ask lots of questions and let trip coordinators know which skills they most want to work on. Emphasis will be placed on river running and skills drills.

Intro to Playboating (Level C and D Only)

Offered Sat only. Learn beginner playboating skills such as surfing waves, stern squirts and side surfing. This group requires solid river skills and a solid river roll. This class

will start with flat water maneuvers and move to the play park in Salida (water level permitting).

Reading Whitewater (Levels B, C and D)

Offered Sat only. So you are getting down river OK but you have anxiety about finding the best route through a rapid? This class will develop your ability to visually dissect whitewater and better understand the forces at work. Be more confident in your ability to negotiate a rapid and to recognize typical obstacles you may encounter.

Basic Safety Class (Levels B, C and D)

Offered Sun only. This is a one-day class designed for newer paddlers who want to learn the basics of whitewater safety, rescue skills, and how to stay safe on the river. The class will be taught on Sunday in conjunction with the CW TC. There will be exercises in safely swimming a rapid and practice sessions with throw bags and live swimmers. The class is half dry land and half on the water. Bring a chair to be comfortable for the morning dry land activities. You must have appropriate attire for afternoon the water activities as we promise you will be wet and cold. A dry suit or a wetsuit with a paddling top are strongly encouraged. Thick-soled shoes (preferably closed toe), helmet and PDF are required.

Learn to Lead (Level C and D Only)

Offered Sun only. This one day class will cover the skills you need to lead your own trips. Students should be skilled paddlers who don't need guidance and have experience as a sweep boater. Have you ever wondered how to pick a river, put a group on and lead them down the river to the takeout? How to make sure your charges are prepared and not in over their heads and how to get the group safely down river? This class will cover the mechanics of putting a trip together, how to manage that group on the river and how to lead them through rapids. The class will also review safety topics including throw rope handling, swimmer rescue, rescue priority and hypothermia.

Volunteers NEEDED

As in past years, we are looking for advanced boaters to help lead and sweep. We are also looking for an "At-Camp" dog sitter or two. If you are willing to volunteer to help make TC a success, please send a message to Patty LaBarge at PLaBarge@Hotmail.com. **Please RSVP as soon as possible for organizational purposes.** Please specify if you have a current First Aid/CPR certification (not required, but preferred) and if you would like to Lead or Sweep. Please also let me know what levels or classes you are interested in volunteering for (not guaranteed, but I will do my best). Donation fee for volunteers is \$20 per person to cover the cost of camping and meals.

NOTE: You must have a certain skill level to be both a lead and a sweep. Swimming is not an option. Please do not volunteer if you do not have appropriate skills. You may be asked to fill out a volunteer application for approval.

Questions?

Email Patty LaBarge at PLaBarge@Hotmail.com