



The SPRAY

Colorado Whitewater Newsletter

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June 26-27

An Insider's Guide to Paddling for Days



Colorado Whitewater members who attended our annual Spring Dinner heard the amazing story of how Dary Gaechter and Don Beveridge kayaked the Amazon River from its source to the sea. While a feat like this may not be possible for many of us, the American west provides unlimited opportunities for multi-day rafting adventures. *The Spray* recently chatted with our own Laurie Maciag to get tips on how you can add overnights to your bag of whitewater tricks. With at least fifty Westwater trips under her belt, nine years of paddling in Idaho, and a fourth trip to the Grand Canyon scheduled for this fall, she is sure to have some wisdom for us all.

The Spray: What do you love about multi-day paddling trips?

Laurie: I love going places other people generally can't go. Even backpacking can't always get you into canyon places a river flows through. Layover days are awesome, too. They give you a break from the daily challenge of rigging your raft with trip supplies, and I feel like I am on a beach vacation.

The Spray: How is rafting different from kayaking?

Laurie: A lot is really the same. River reading skills are the same for both types of boats, but there is a different skillset in paddling a raft. It's comparable to the difference between driving a car down the highway or a big rig. In a kayak, you paddle right into where you want to go. With a raft, you have to face whatever hole you are going into, but then pull away from it. I love both, but for trips I really prefer to raft. I'm pretty much a control freak and I like to know that all my gear is alright. Rafts are just more comfortable than kayaks for long trips, too.

The Spray: How far in advance do you have to plan for an overnight trip?

Laurie: It depends on the trip. More intense trips, like the Grand Canyon, require planning up to ten months in advance. The first step is getting a permit, and odds are better you will get one if you choose dates that are not prime paddling season. You don't always want to be on a river in prime season, anyway. One river that's terrible to paddle during prime season is the Yampa—you want to go earlier when the river is rising, or swarms of bugs will ruin your trip.

The Spray: What planning is involved once you get closer to the trip date?

Laurie: You need to get your camping gear together and have food and water supplies in order. I organize like crazy, including numbering all the food and memorizing where I've stored it in my cooler for ice conservation. *(continued on page 4)*

Mission Statement

Colorado Whitewater (CW) promotes the sport of whitewater kayaking in Colorado and 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.

Membership

CW is a 501(c)(3) nonprofit organization run entirely by volunteers. Visit www.coloradowhitewater.org for membership info and to join the club. To change your contact information, contact Ryan Lee at: ryanleedba@yahoo.com.

Contributions & Advertising

To submit SPRAY content, contact Carrie Root at: carrieroot@mac.com. To advertise in the SPRAY, contact Jodi Lee at: jodilee23@gmail.com.

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Paddle the Poudre

The Cache la Poudre in Fort Collins is a great river for kayaking, as it offers various levels of runs. Join your CW friends for class II, III, and IV boating trips on the Poudre June 5-7. Hang out the entire weekend or just come up for a day.

Organized cruises will be offered for Filter Plant, a fun class II+ run, on Saturday and Sunday. This run is perfect for beginners. We will need help from experienced boaters to lead and sweep this run, too.

Anyone interested in runs other than Filter Plant can organize a group at camp or a different meeting location.

Group camping is at the KOA campground, across from Ted's Place, Friday and Saturday nights. There will be a potluck dinner at the KOA Saturday evening.

There is no CW fee for participating in this weekend — it is free! Camping is \$14 per person, per night and kids under age five are free. Cabins and RV hookups are available. If you are not camping, but would like to attend the potluck, a \$5 visitor fee to the KOA office is required.

[Click here to register for this event.](#)

Kim Saltus Johnston Memorial



The world lost a passionate adventurer on October 6, 2012 with the passing of Kim Saltus Johnston. Kim's family is working to dedicate a memorial along the banks of the Arkansas River in her honor. Kim had a connection with the Arkansas River and surrounding community for more than 30 years.

The Arkansas Headwaters Recreation Area (AHRA) have presented an option of constructing a covered shelter along the river, including a plaque installed in Kim's honor. The donation goal to make this shelter memorial a reality is \$10,000. AHRA would then provide the balance of funds needed for the memorial. Donations for the memorial will be accepted through May.

[Click here to make a donation.](#)

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Paddling for Days

(continued from page 1)

Little things like that make a difference — once my ice lasted for 21 days! You need to plan out water supply needs, too. Most of the time you fill containers to last until you know you can get more, but sometimes you have filter water from side streams. Having the right equipment helps. My coolers are more expensive than my refrigerator.

The Spray: How do you take care of trip meals?

Laurie: It's totally gourmet! We organize cook crews and one crew is responsible for all the meals at one campsite, so we're only opening one cooler to conserve ice. My trademark meal is surf and turf with marinated steak and salmon, risotto, and a hearty vegetable. Rafter pros at Dutch oven cooking for dessert — anything from brownies to pineapple upside down cake.

The Spray: What is your favorite multi-day river trip?

Laurie: It's a tie between Middle Fork and the Grand Canyon.

The Spray: What advice do you have for those who might want to try multi-day trips?

Laurie: Do what feels right. Some people feel cramped in kayaks and can't handle that for days on end. Make some rafting friends and try it out!

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**Moving to
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August!**

EDUCATION

Training Camp Weekend

Don't miss the CW event of the season, happening this weekend! More than 125 people are signed up, a great assortment of classes are being offered, and the weather is looking good! If you have not registered for Training Camp, do it now, or it will be too late. There will be two catered meals, live music by Nokuthla on Saturday night, and awesome giveaways, including a Jackson Kayak Rock Star. Come join us and meet new paddling buddies, learn new skills, and build your confidence on the river.

[Click here for more information and to register now!](#)



Boating Betties

Boating Betties is an instructional and mentoring program intended to encourage CW women members. As a "Betty", you will build confidence, master skills, and create strong friendships, both on and off the water.

Betties Whitewater Park Series

If you are a level-B "confidence builder" Betty, a level-C "river runner" Betty, or a level-D "working whitewater" Betty, join us for this series of classes at the Clear Creek Whitewater park in Golden. Due to weather, two previously postponed dates will be rescheduled. The cost is \$20 per session and registration closes 48 hours before each class.

Betties Roll Clinic – June 9, July 14, and August 11

Rolling is a critical skill in whitewater kayaking, yet often elusive to master. Join other women for a rolling clinic that is sure to inspire you to keep working at it. Come to simply learn the basics, or perfect the roll you already have.

[Click here to stay updated on new Boating Betties classes and register.](#)

Swift Water Rescue Clinic

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 hone your rescue skills.

Colorado Whitewater has partnered with Renaissance Adventure Guides to offer ACA Swiftwater Rescue Clinics at 25% off the list price. This clinic is for all Colorado Whitewater members who are kayakers, canoeists, rafters, or duckie captains. Kayakers must be of Class II-III ability. Rescue lifejackets are considered personal equipment and are highly recommended. This clinic qualifies as an ACA sanctioned course. The cost is \$175 per course.

[Click here to find out more and register for this clinic.](#)

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Yampa River Named 10th Most Threatened Paddling Run

Canoe & Kayak magazine has compiled a list of ten classic paddling runs around the globe that are critically endangered. The list focuses on rivers that offer world-class whitewater or wilderness paddling, but are threatened by dams, diversions or other development projects.

The magazine named Colorado's Yampa River as the 10th most threatened paddling run. The Yampa River is considered one of the last free-flowing rivers in the Colorado River basin. The small dams near its headwaters have a negligible effect on the river's natural hydrograph, allowing floods of snowmelt to rage down its canyons each spring, followed by low flows in late summer and winter. This short season of high flows—combined with Class III-IV rapids and stunning sandstone canyons—make Yampa Canyon one of the most sought-after river permits in the American west. Upstream, the Class IV Cross Mountain-Gorge and the whitewater play park in Steamboat provide more valuable resources for paddlers. The Yampa supports canoe, SUP and kayak schools, commercial rafting operations, fishing concessions, and even a thriving tubing business.



The river has long been a target of diversion proposals that would pipe water across the continental divide to supply the state's rapidly growing Front Range cities. Though there are no immediate plans for large-scale diversions, the population of Colorado is projected to double by 2050, increasing the demand for water. The Yampa is likely to see new proposals for dams and diversion in coming decades. A new Colorado River basin management plan is slated for release this December and river advocacy groups are calling for Yampa River protection to be built into the plan.

(Reprinted with permission from www.americanwhitewater.org. Photo by Chris Fleming.)

Join American Whitewater on the Yampa May 21-24

Take an exclusive trip on Colorado's Yampa River with American Whitewater (AW) and support river conservation at the same time. The 44-mile Yampa Canyon, from Deerlodge Park to the Green River confluence in Dinosaur National Monument, is one of the most sought-after river permits in the American west. With a professional guide service provided by O.A.R.S., you can expect exceptional food, transportation to and from Vernal, Utah, and all river equipment provided. With AW staff and board members along for the ride, you can learn from the very best about river conservation along the way. You can choose to paddle your own kayak, or join as raft passenger. The price for the trip is \$949, with a portion of the trip proceeds going to AW's river conservation work.

[Make your reservation directly through O.A.R.S today.](#)

Whitewater Festival Season is Here

Colorado Whitewater is a proud sponsor of several whitewater festivals this year. These festivals are a ton of fun! From pro kayaker competitions, to amateur races, to kid-friendly events, the festivals have something for everyone. Food, live entertainment, and nearby camping are all part of the experience, too.

Find the line-up of local festivals below and click on each one to find out more about the event.

CW will have a booth set up by the river at each festival to showcase our accomplishments and encourage new members. We need your help! Would you be willing to volunteer for a couple of hours at one of these events? If so, please contact Jodi Lee or visit our [Volunteer Forum](#).



[CKS PaddleFest — May 22-25 in Buena Vista](#)

[Lyons Outdoor Games — Saturday, May 30 in Lyons](#)

[FIBArk — June 18-21 in Salida](#)

[Royal Gorge Whitewater Festival — June 26-27 in Canon City](#)



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KIDS IN KAYAKS

Kids Team Celebrates!



A hoard of paddling kids and their families gathered at Soda Lakes on Sunday, May 3, to celebrate goals accomplished and skills learned over the last six weeks. In what was the first outdoor paddling experience for some, the kids geared up under cloudy skies and hopped in their kayaks to brave much bigger, colder water than their practice pool at West High School.

"I told my daughter it wasn't the best day to practice wet exits," Carrie Root, mom to two kids team members said.

Instructors Jenny McCurdy and Cynthia Hazel, armed with loads of enthusiasm and patience, led the group on a longer paddle to the opposite side of the lake and back. After the on-water fun was over, the families shared a potluck dinner and gathered to receive hard earned certificates and helmet stickers for particular skills learned, including wet exits, paddling skills, and rolls. Big smiles were evident as the kids accepted their certificates and were cheered on with applause.

Twenty students participated in the class this year, including six kids who had no previous experience in a kayak. McCurdy and Hazel are looking forward to seeing some of the kids again at Training Camp, where those who have mastered basic safety skills will have their own class on the river.

"One of my favorite things I learned from the class is a bow rescue," said Liam Root, 10-year-old CW kids team member. "At first I was scared, but the teachers and my mom encouraged me and I got it! Now I get to go to Training Camp, too."

A huge thank you goes to all the instructors and volunteers who have made this class a reality!



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Royal Gorge Whitewater Festival



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CANON CITY
DAILY RECORD

Participate in the 12th Annual Golden Rodeo Series



Come see the loops, spins, and tricks of our region's free-style boaters at the Golden Rodeo series this summer, or join as a competitor yourself. CW is a proud sponsor of the series this year, which will be held at 5:30 pm June 10, 17 & 24 at the Clear Creek Whitewater Park in downtown Golden, CO.

The rodeo is open to playboaters of all skill levels and participants will be grouped into categories for their age, gender and ability. There will be prizes for all participants. Spectators are encouraged to come and cheer on their favorite kayaker and then enjoy the after party at a local Golden restaurant.

The Golden Community Rodeo Series (GCRS) is a grass-roots effort that brings together whitewater enthusiasts, local residents and businesses, and industry representatives. The GCRS is managed and run by volunteers who hope that all level of boaters will feel welcomed at this event, from the "newbie" to the local hero.

Admission to compete in the rodeo series is free. However, you must be a current Colorado Whitewater member to participate. You may sign up for a membership at the event. No prior registration is needed for event participants. Simply show up prior to 5:30 om on competition day to sign up for a category. For more information about the event, contact David Holzman at: dholz6@comcast.net.

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