



The SPRAY

Newsletter for Colorado Whitewater

INSIDE THIS ISSUE

- 1 **Cover Story**
Love It Live
It in Uganda, Africa
- 4 **Training Camp 2014 Recap**
What Happens at Training Camp
Stays at Training Camp?
- 5 **Big Sur**
Colorado's Only Organic River
Festival
- 6 **2015 Calendar**
Submit a photo!



UPCOMING EVENTS

November 5
Fall Dinner & Elections

MARK YOUR CALENDARS!

CW's annual Fall Dinner will be on November 5th and will feature a very special speaker:

Pat Keller



The reigning champ and three-time Green Race winner with frequent seconds; two-time Teva Mountain Games winner; many recorded first descents and Liquid Logic paddler.

Visit the Events page on the CW website for more information.

Love It Live It in Uganda, Africa Adventures Kayaking on the Nile

By Akasha Hueseman

For my 40th birthday I was looking for a big international trip. My birthday came and went with nothing "calling to me." Then, I got a facebook message from none other than Stephen Wright telling me about an Africa trip he was coaching for Love It Live It (a kayak adventure company) in one of the most amazing places he's ever kayaked - on the Nile in Uganda, Africa! It hit me that I had to go - this was the trip I was looking for. I had some reservations thinking: "Was I good enough?" This was Class III/IV, but BIG water! Stephen reassured me that I would LOVE it! Now was the time since it is likely to be damned in the next 3 years. Besides, I had a goal to learn to playboat and two weeks with Stephen was by far one of the best ways to do it! Plus a chance to do it in Africa? I'm IN!



There would be just me, Charlie - a 40 something pipe welder from Philly, Jacob - a 16 year old Keener alumni, and Stephen. Three very different kayak students with different backgrounds and kayaking abilities.

When I arrived at the Entebbe airport near the capital city of Kampala, Uganda, I was giddy! It was a 5 hour drive with traffic to our destination, Kayak the Nile. The first 5 nights, we pitched tents at Nile River Camp for \$5/Day (included in the trip cost). Though intermittent, we had internet as well as other amenities like bar/restaurants and access to the closest town, Jinja, via a Boda (a low powered motorcycle taxi). We woke up to exotic birds and monkeys playing in the trees, anxious to get on the water. What would become our routine for the next 5 days would be to get a Chipati breakfast wraps from a primitive shack just outside the Love It Live It gate and load the kayaks onto Kareem's car - our shuttle driver for the week. Kareem, who also picked us up from the airport, would drive us to the put in and be there to pick us up at the takeout about 5 - 6.5 hours later.

This was by far the largest river I ever imagined kayaking on. It was an exceedingly beautiful stretch with no large developments, just miles

(Continued on page 8)

Mission Statement

Colorado Whitewater promotes the sport of whitewater paddling 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. CW is a 501(c)(3) nonprofit organization run entirely by volunteers.



CW BOARD OF DIRECTORS

President	Laurie Maciag	lmaciag@yahoo.com
Past President	Scott Winkleman	scottewinkleman@gmail.com
Vice President	Elizabeth Austen	eausten@live.com
Treasurer	Jeremiah Krayna	jkayna@hotmail.com
Access/Conservation	Nathan Fey	nathan@americanwhitewater.org
Competition	Bart Pinkham	coloradoburn@hotmail.com
Cruises	Leslie Tyson	lesanntyson@msn.com
Events	Rachel Garza	extravagarza@gmail.com
Instruction	Mark Robbins	mrobbins@frii.com
Legal	Patrick Tooley	patrickt@coloradowhitewater.org
Membership	Ryan Lee	ryanleedba@yahoo.com
Merchandise	Karen Moldenhauer	kmoldy19@yahoo.com
Playboating	Bart Pinkham	coloradoburn@hotmail.com
Publicity/Advertising	Jodi Lee	jodilee23@gmail.com
Roster	Scott Lowry	slowry@indra.com
Safety	Matt Rensel	matt@rensel.us
Secretary	Patty Pinkham	plabarge@hotmail.com
Spray (interim)	Scott Winkleman	cwspray@outlook.com
Training Camp	Elizabeth Austen	eausten@live.com
Webmaster	Scott Winkleman	scottewinkleman@gmail.com

THE SPRAY

Editor

Scott Winkleman (interim)

Contributors

Elizabeth Austen
Akasha Hueseman
Scott Winkleman
Jodi Lee

Online Production

Scott Winkleman

Advertising Sales

Jodi Lee

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 Ryan Lee at ryanleedba@yahoo.com.

The SPRAY is the official newsletter of Colorado Whitewater and is published semi-monthly. Subscription is free to CW members. Material published in The Spray may be reprinted only with the author's permission. Views and opinions expressed are those of the authors, and do not necessarily represent CW opinions and policies. Publication of paid advertisements herein does not constitute an endorsement of the products or services advertised or of the advertiser. Publication address: 455 Sherman Street, Suite 300 Denver, CO 80203

Interested in Advertising?

Contact Jodi Lee for rates and specs at jodilee23@gmail.com


Want to Contribute?

We welcome and encourage your contributions on topics related to whitewater paddling.

Email submissions to
cwspray@outlook.com

Deadline for Nov/Dec Issue

October 18



Have you ever tried Cat Skiing/Boarding?

We have 3 Snow Cat adventures for you. You deserve deep powder and fresh tracks, sign up today to get yours!

BOC, your source for outdoor Fun!

Winter Fun: Snowmobile Tours, Avalanche Classes, Backcountry Guided Ski/boardings, Hut Trips, Ice Climbing Inst, + Snowkiting Lessons.

Adventures Year-round: Glider Rides/Soaring, Zip Line Tours, UTV + ATV Tours.

Summer Fun: ACA Classes, Kayaking, Canoeing, Rafting, Hot Air Balloon Rides, Multisport Adventures, Stand Up Paddling, + Horseback Trail Rides.

Rentals: SUPs, Kayaks, Canoes + Rafts

BOC

BOULDER OUTDOOR CENTER

www.BOC123.com

Call

303

444-8420

Training Camp 2014 Re-cap

By Elizabeth Austen

What happens at Training Camp stays at Training Camp.

No, not really. We take it with us and share it.

I may be biased, but I think Training Camp 2014 was a fantastic success! Coming back to organizing this event after 8 years, I had several goals and judging from the feedback, it sounds like we met them. A ton of people pitched in, in so many ways to make the event a success, and I can't thank y'all enough. Yay, CW!

Approximately 150 people including about 85 participants, 55 on water volunteers, and a handful of non-boating guests enjoyed our festivities. Ages ranged from 7 – 74 years. How cool is THAT?



We had ACA (American Canoe Association) Certified Instructors, and CPR and First Aid Certified volunteers in nearly every group, added some new elements and new classes, and I received / heard just 2% negative feedback. The beginner's class (which we decided to call Kayaking Essentials to align with ACA instruction format) was apparently big fun and very rewarding for participants and instructors, alike. After the initial jitters went away, some real natural talent came to light.

Go With The Flow was the "no-pressure – I just want to get on the water and find my mojo" class and received excellent reviews for both days, although a couple of people opted out on Sunday due to their long drive home. If you have concerns about getting off the river by a particular time on Sunday, you should communicate that clearly and politely to your trip leaders from the start, so they can accommodate you, within reason. (You may also want to consider taking Monday off work next year.) However, it's not realistic to expect the entire group to change their M.O. It's "Go With The Flow", after all.

Intermediate FUNdamentals was a new pool class this year and we continued it on the river. This class was so popular that we needed several groups and had a variety of different ability levels within each class. I have some ideas about how

to improve this next time around, but am certainly open to suggestions, as well.

Level Up Boot Camp with video was new and apparently quite a hit! Extra thanks to those who volunteered to video and donated use of their personal equipment. We'll definitely be expanding this class next year. I find it thought provoking that our wonderful video volunteers commented that mainly the women were interested in seeing their video playback, the guys – not as much. Interesting!

Intro to Playboating in Salida was so popular that we realized we need more instructors for it next time so the gang can split into several smaller groups. We'll change that up next year.

Pick Your Line (how to read water) sounds like it was a fun group. They ran Cottonwood and Little Cottonwood and had a competition as to who could catch the most eddies.

Surfin Safari was another new class and also very popular. The group ran Parkdale on Sunday and surfed so hard, one guy broke his paddle and had to catch a ride back! We're planning to expand this class next year as well.

And then there was the amazing Kids Team. We have this wonderful new program for families! Eight kids and their parents participated together at training camp and had terrific experiences. As a bonus, world class kayaking prodigy, 13 year old Sage Donnelly dropped in to mentor the kids, as well. Unbelievable!

John Leventhal was gracious enough to entertain and inform us all with his hilarious Safety Talk again this year. It's long, it's full of silliness, but it's absolutely essential information for newer boaters and honestly, he still cracks me up after all these years.

David Clair of Fitness For Living was our awesome stretch master this year. The guy knows how to get crunchy kayakers flexing in the best of ways! And he offered a free week of fitness to CW members. Check out his website at www.fitliv.com when you have a few minutes.

In spite of the excellent safety talk and stretching, there were, unfortunately, 2 on-water injuries during the event. It only takes 8 pounds of pressure to pop a shoulder out of joint, and it happened once each day. The dislocation on Saturday required a trip to an emergency facility but the injured party was extremely good natured and cracking jokes in spite of the pain, and returned to camp later to share her experience for us all to learn from. I understand that her spray skirt was used to improvise a sling, with a cam strap securing the dislocated limb to her body. Clever and effective! The dislocation on Sunday was reduced by the injured party herself, using an interesting technique. Placing her index and middle fingers (of the dislocated arm) on her face and walking them carefully up her face and then across her forehead, the shoulder snapped back into place as the fin

gers started down the other side of her face. She was able to get to the road and get a ride back to camp while the group stashed her gear and retrieved it later. I bet you're walking your fingers up your face right now to feel how that works, aren't you?

The food was provided by Brian Sweeney w support from his lovely wife Silvia, son Brock, and a number of fantastic folks we called the Chow Team. Brian really knows how to satisfy a hungry mob! The food was amazing, there was something for everyone (vegan, gluten free, etc), there was plenty of it, and every bit of it was seriously delicious. My biggest concern is how to get him to do it again next year. If you see Brian on the river, please stroke his ego.

Full Moon Float, the water-themed bluegrass/folk/rock band (featuring our very own Tim Bliss on drums!) was a huge treat, with dancing by nearly everyone, including my dog Paco! or maybe he was just rolling in the grass that was the middle of the "dance floor", but he sure seemed to enjoy the tunes, too. We bought a CD so he can dance at home,

and we hope you did, too. I'm really hoping they'll be able to return in 2015.

In addition to the outstanding on-water volunteers, we had a gaggle of benevolent souls as land-based volunteers. We had so many wonderful people who greeted y'all upon arrival and got waivers signed and questions answered, who pitched in and set up Friday night movies, who brought tents and lights and smiling faces to help move things into place. I feel like I was simply the conductor of the orchestra, standing in front, waving my hands around, while everyone else did the work. I personally appreciate you all, your effort and your can-do attitude. You make me proud to be part of this organization. I had a ton of fun at Training Camp this year and I hope you did, too.

I have an idea - let's do it again next year!

Feel free to email suggestions to eausten@live.com

Big Sur - Colorado's Only Organic River Festival

By Scott Winkleman

The GoPro Mountain Games, CKS's PaddleFest and the Eddyline FIBARK festival are all well established, annually occurring river festivals in Colorado. Lots of time, planning and money goes into these events each year to attract paddlers.

But there's a different kind of river festival that takes place in Colorado that's doesn't have a corporate sponsor. No one knows if or when it will happen - but it did occur this year.

When the Colorado River reaches in excess of 20,000 cfs near Palisade, Colorado, a wide, glassy, standing wave, known as Big Sur, emerges from the depths of the river and attracts kayakers, surfers and SUPers to ride it. Most years the river never reaches this level. This year it did and several Colorado Whitewater members made the pilgrimage to catch Big Sur while it was in.

Like its namesake - the famous central California surfing area - Colorado's Big Sur attracts aging long board surfers who learned their skills on the ocean and can carve up the face of the river's glassy standing wave. SUPers find the wave a little friendlier than the steeper waves and holes characteristic of whitewater playparks. Kayakers find a bit of a different experience than at playparks and while it's difficult to perform many of the flashier play moves, front surfs are easy to catch and it's not unusual to see ride times lasting several minutes.

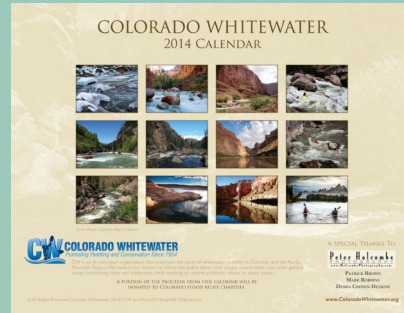
The river bank can become almost as interesting as the wave. Cars & trucks line the frontage road with all manner of river crafts on their roofs and you're sure to hear some Beach Boys cranking out of one of the stereos. Camp chairs line the path near the wave which is conveniently located on the north side of the I-70 overpass providing shade for those watching. We brought along a cooler filled with Standing Wave Pale Ale (the perfect beer for Big Sur!) from a local brewery.



CW members Amy Wilkinson and Stacy Fornstrom surfing Big Sur

After a long day of surfing, we ended the day with dinner while watching the sun set over the Grand Mesa at the nearby Palisade Brewing Co. We made a toast to our day of surfing and being fortunate enough to catch the elusive Big Sur wave. Brought to you by Mother Nature!

Got a Cool Picture for Next Year's Calendar?



Our 2014 CW calendar was a big hit! However, we were just testing the water, pun intended, and only ordered a limited quantity. We're going big this year and need your help!

We'd like YOU to submit your very own, awesome pictures! They need to be boating related in order to be considered for the 2015 calendar. There are no other rules besides that, so be creative!

SUBMISSIONS:

Images must be high resolution (at least 300 dpi). JPEG preferred. Other formats may be acceptable. Limit two photos per member. Email your photo(s) with a brief caption or description to coloradowhitewatercalendar@gmail.com no later than September 30. The Board of Directors will review all submitted photos and vote for the top 12 photos to be included in the 2015 calendar.

BUY A CALENDAR:

The CW 2015 Calendar will be printed and available for purchase at the CW Fall Dinner on November 5. You may also purchase it online so check back in November for more details.

ADVERTISE!

Get your business noticed with an ad in the CW's newsletter, *The Spray*.

Advertising space is available in a variety of sizes. Contact Jodi Lee for rates and specs at jodilee23@gmail.com

SHARE!

Share your favorite river photo with your friends.

Each issue, a member photo will be chosen and featured in *The Spray*. Send your photo to cwspray@outlook.com. Check our website for complete details.

CONTRIBUTE!

Don't be shy. Write an article for *The Spray*.

Submissions accepted with a maximum of 1,000 words. Send submissions to cwspray@outlook.com



World of Adventure: Kayak the World!

All Inclusive, Professionally Instructed Colorado & Chile Whitewater Kayaking Tour

\$5875 excluding airfare



1.800.255.5784

<http://rmoc.com/world-adventure/>

denizen

(Continued from page 1)

and miles of woodland, local families fishing and cormorants.

Even the flat water gave surprises such as whirlpools and squirrely water out of nowhere. Stephen has a routine he does every time he gets on the water... EVERY time. So we did too. And if you've ever taken a class from Stephen, you've gotten a taste of these drills:

1. Forward strokes: slow (30), medium (30) and sprint (20)
2. Backward strokes: slow (20), medium (20) and sprint (10)
3. Sweep strokes: Left & Right / Forward & Backward
4. Paddling in a circle & tightening the circle using draw strokes
5. Braces
6. Rolls: different variety if available
7. Lean Cleans

I was able to learn so much in Africa, but by far, if I gained only one thing out of the trip, it was greatly improving all the fundamental skills and the importance of doing just that.



Day 1 Stephen taught us stern squirts and I pulled it off for the first time! But the big highlight of the day was Overtime. Skipping the upper section, which was a lot of risk for little reward, we portaged to the 8' waterfall drop. Thanks to our scout, after an easy approach through a shallow rock garden, we all hit it perfectly. But I suppose it didn't hurt that Stephen, with his mountain goat skills stood on the rock in the middle of the rapid next to the entry and directed us to the exact point.

We ended the day like the next 4 days at Super Hole, a popular play wave. We would usually spend quite a bit of time here taking turns with Stephen coaching and taking photos & videos. From the wave, across the large river, we could see the group of kids swimming, playing and mostly waiting for us to takeout. When we finally do, they all want our attention. Surrounding us and yelling at us to

pick them to carry our boat the 1/4 mile to where Kareem was waiting. As we worked our way through the Chinese hyacinth, we had to get them to back off just so we had enough room to get out of our boats. We each picked our own little entrepreneur for hire. While they nearly sprinted up the path barefoot with the boat over their head, a new ambitious kid would try to make conversation so we would pick them next time.

Day 2, we went straight to Super Hole. While driving, we would get kids yelling the only English they knew: "How are you, Muzungu?" Muzungu was their word for foreigner.

We picked our kid early that day and they carried our boat down to the water as well as back up. All for the high price of 500 Uganda schilling = \$0.20. Sam and Emily, who own Love It Live It and Kayak the Nile had a meeting with the local chief who specifically requested us to limit payment to 500. If the kids made more than their parents, they would never attend school.

After our typical drills, we played games like who could stay under longest before rolling up. This is about when an F15 fighter jet roared past us directly overhead. Apparently, Uganda bought two of them (without the ammunition) from the US but they had already crashed one. Without a real need to use it, they were likely out for a joy ride. Back at Super Hole it was at a higher level Day 2 and I was able to cross the sticky eddy line and get some good surfs in unlike the day before. This was also when I took my first swim after my nose plugs came off and I got a painful rush of Nile river water in what felt like my brain. At least the water was warm, comfortably warm. I wore a short sleeve rash guard and neoprene pants. My shoulder was acting up, so Stephen began off-side roll lessons for me and back deck lessons for Charlie, while Jacob got lots of play time in Super Hole.

Every day we would review videos and discuss techniques - what went well and what could we improve on. Stephen was our coach on and off the river.

We spent some time scouting the huge Class VI rapids like Dead Dutchman, which was opposite of Overtime. We were careful to never accidentally enter the ominous rapid. The intensity and size of water was astounding. Once we had our fill, we paddled back upstream and ferried over to run Overtime. This run of Overtime, I hit the boof partway down the drop at a slight angle and landed sideways at the base of the falls. It held me for about 10 seconds in all with my head barely out of water. After what felt like 10 minutes, I realized the only way out was to flip over. Luckily, this, like most rapids ended in a nice pool. I was determined to NOT swim. My GoPro recorded 8... EIGHT failed roll attempts. I was frantic from getting worked and never paused to regain the good form needed to get upright. My shoulder was pissed! During all this, Super Human Stephen who was on a rock advantageously taking photos and videos, hopped in his kayak, paddled out next to me and

on my eighth attempt, grabbed the rim of my cockpit and helped me finish that roll. This is known as "Hand of God." We analyzed how we could have paddled out of that situation where the water was holding your boat in position. Then Stephen tried paddling into the base of the falls where I was to try re-creating it, but couldn't get there. It made one of the more entertaining GoPro videos to review. The third time we went back to Overtime Rapid, I conquered it. The water level was different, so we had more options and we ran a fun slide style drop. Jacob did laps forward and backward.

Stephen loves to teach "Hand of God." In fact, he will preach it as a much better tool than a T-Rescue. It can come in very handy if someone is unconscious. So, we all re-learned it. And in his wisdom, he filmed our practices to start a "How To" and "How Not To" instructional video. Over the next week, his filming of "Hand of God" progressed from flat water to squirmy eddies to a rescue in a big Class III/IV wave train. His ability to rescue in the middle of Class IV with ease is just one more reason why I always felt completely safe on the water with Stephen.

Day 4 was our last time taking out by Super Hole. The kids waiting for us knew it and when we got to the car, they had fun putting on our gear and getting a group photo with us. The kids all know how to use our electronics because many kayakers will pay them to record their time in the hole all day. One of the younger kids put on my helmet and another turned on my GoPro. By far, the best video of the trip was the commotion recorded while loading the car that day. Of course it was recorded at the 42" level so our heads aren't in all shots. When we were about to leave, one of the kids asked me for food. I pulled out a package of sweet crackers and instantly was swarmed by all 10 kids. Stephen thought I was going to be eaten alive. But instead, they obediently backed off when asked and each given one cracker. The leftovers became a trivia game to see if they knew our names. They knew mine, Stephen's, and Jacob was an easy one, but when it came to Charlie, none of them knew it. This made them desperate to find out. We filled them in as I hopped in the car. Driving away, they chased us chanting, "Charlie! Charlie! Charlie! Charlie!..." We laughed for days.

Day 5 Charlie and I got up, packed up everything and went to Jinja early on Bodas for a yoga class. It was held in a beautiful courtyard in the back of Flavours - a British coffee shop/restaurant. Stephen, Jacob and Kareem later met us with all our gear and luggage. While in town, we all went to the ATM to take out more Uganda Schilling - usually around 250,000 or \$100 (more if you planned to drink a lot), and stocked up on water and snacks. Kareem dropped us off at Super Hole this time, and we ran the next section of water to end up at an island resort in the Nile: The Hairy Lemon. Kareem would then meet us there with our luggage. The Hairy Lemon is run by Paul, a South African former bush pilot, who has turned it into an almost off-the-

grid resort a long, bumpy dirt road away from the nearest town. Solar panels power the fridge, etc. His farm (a short canoe ride away) supplies a healthy amount of the meals. \$30/Day includes camping anywhere on the island and 3 meals a day (included in the trip cost). Meals were served at set times, give or take 1/2 hour and it was all you could eat 'till it was gone. My favorite was the HOT fresh rolls served with soup! Cabbage was part of almost every meal. Charging of electronics was allowed for about 2 hours and there were limited outlets. No internet access, and if you wanted to use the phone, there was about a 20' radius on one area of the island your phone might work. Stephen had an international phone and we all chipped in to buy minutes. Overall, we were glad to be off-the-grid and just enjoy the atmosphere.

On our way to the island, we scouted Kalagala - a large waterfall Class V rapid. In order for Stephen to allow us to run it, we had to guarantee that: A) we had to make it across the squirrely side wave to get to the right side; and B) we could roll up in the white soft munchy water below because it was nearly guaranteed we would end up upside down. Worried about my shoulder, I opted out along with Charlie. We watched Jacob and Stephen run it instead. There were must make moves to hit a 5' entry. If you mistakenly ran anywhere left of there, you would end up in the biggest, gnarliest hole.



When we all got to the Hairy Lemon, we marveled at the beauty. So many fantastic hang out spots with cushions, hammock and a pavilion / bar where we often all ate and socialized. The remainder of our 12 river days were spent at the Lemon along with 12-20 other kayakers from around the world. On weekends we would get a few non-kayakers, but mostly it was inhabited by people who were in Africa just to surf some of the most spectacular waves the world knows. There were kayakers from Britain, Siberia, Germany, Scotland, France, Austria and Korea. Many of them compete in world competitions. But despite the language barrier we got to know them via water volleyball, Frisbee golf and some late night games. Paul would take us on farm tours. We met chickens, cows, the brand spankin' new lot of baby pigs and Roasty, the father of them all - a pig the size of a small cow!

From the Hairy Lemon, we would kayak upstream while performing our drills, about a 1/2 mile, and ferry over across the tail of the wave train set of rapids below where everyone playboated. For the ferry, we would compete to see how few strokes we could use to get efficiently across. Then we'd paddle up the volatile eddy to the surf waves. The three big waves, all named after local beers are: Nile Special, the most popular depending on levels; Bells, a giant hole best to avoid; and Club Wave. They looked so giant. If I was running this river on a typical trip back home, I would likely scout it to opt a way around this massive wave series. So, to show us we needn't worry, we left our kayaks on shore and all swam it. We scouted the swim because ideally we really did want to avoid Bells. But even if we ended up there, it would flush us eventually. We had a great time in these waves all week and I had a lot of time to watch some of the most amazing tricks performed with ridiculous talent. A great rock mound above Nile Special allowed me to spectate in awe alongside some local kids there hoping to be paid to work the rope, shoot video or sell fruit.

Our routine was to head out kayaking after breakfast – sometime between 9:00 and 10:00. We'd spend as much time in the waves as we liked, but it was a must to be back for 1:00 lunch. Then rest. Head back to the waves in the afternoon for as long as we liked. Then shower (or not). We'd all congregate for dinner by dusk.

Dr. Sarah who works at a clinic in the Jinja area, originally from Scotland, came to stay at the island for a few days. Her banter with Jaimie, the bartender certainly added to the entertainment. But she was able to drive Charlie and I into town one day to souvenir shop, eat at the Yacht Club and most importantly take us to the pharmacy to buy medications. We each purchased Praziquantel, a de-worm medication. It's necessary to take it 10-12 weeks after our last exposure to the Nile. Even though we were on preventative medicine, we also each bought Malaria test kits and treatments just in case we had any symptoms long after we returned.

Day 11, our second to last day, we were all starting to suffer from shoulder soreness. We took the morning off and Stephen showed us a series of shoulder exercises. Another tip we learned earlier that week was to spend time in flat water paddling backward to work opposite shoulder muscles. It is certainly the most degenerative joint in kayaking and incredibly important to keep healthy.

We completed our final day with Stephen by running the long stretch of water between Super Hole and the Hairy Lemon one last time. Stephen filmed us on our drills so we could make the final video review a comparison to Day 1. We all noticed huge improvement! Super Hole was busy with the Koreans, Russians and some locals, so we didn't spend much play time before heading down river. There are several Class III/IV rapids in this stretch, but first, we scouted Itanda, a Class VI opposite of Kalagala. Even Stephen wouldn't run the upper section of Itanda. He had

never run it before and would require someone who knew the line. The rapid was so vast that you couldn't see the best line from shore. However, he did run the second half, putting in just below Pencil Sharpener. He cupped the side of Cuban and sneaked past Ash Tray – all very large holes. Standing near a fisherman's shack, I filmed him. Looking back at the video, he looks so tiny in comparison to the massive churning white water nearly engulfing him.

The incredibly fun rapids to follow went so fast they were a blur. Back near the Lemon, some of us stayed at Nile Special 'till the sun set to get some final surfing to wrap up the trip.

The next morning, Charlie and I would head off to Sipi River Lodge for waterfall hikes and a coffee plantation tour. Then continue on to do a Chimpanzee trek, Safari and visit to the Rhino Sanctuary. Stephen and Jacob were going back to Kayak the Nile camp and would eventually meet up with the Jacksons. So this was our farewell night. There would be one final video review session and our goodbyes. Late into the night, I reflected in my tent at what an incredible 40th birthday trip it was. It was not filled with touristy perks and thankfully not the tourists nor tourist prices. Uganda, especially the Hairy Lemon, is a hidden gem and just the style of vacation I yearned. After an arduous, yet relaxing, two weeks with Stephen, I felt every bit of 40. But I felt strong, accomplished and thankful I'd kayaked the Nile!

Links:

<http://hairylemonuganda.com/>

<http://kayakthenile.com/>

<http://www.loveitliveit.co.uk/>

Other Uganda adventures beyond kayaking:

<http://www.sipiriverlodge.com/>

<http://redchillihideaway.com/>

RAPIDS:

Dead Dutchman (VI)	Retrospect (IV)
Hypoxia (VI)	Vengeance (IV)
Itanda (VI)	Novacaine (IV)
Kalagala (V)	Hair of the Dog (IV)
Overtime (V)	Kula Shaker (IV)

LOCAL LINGO (Luganda or Swaheeli):

Boda = Small motorcycle	Oliocho = Hi (Luganda)
Muzungu = Foreigner	Jamba = Hi (Swaheeli)
Mahdi = Water	

STEPHEN "MUST NOT FORGET" TIPS:

- **"Slow is smooth and smooth is fast"**
- **Rolling:** Upper body should be RELAXED – 100% hip snap!
- **Surfing:** Always look up stream @ hole
- **Side Surfing:** Center weight over boat + lift knee with brace instead of reaching out.
- **Back Sweep:** Look at stern, not paddle blade. "It's like looking at your steering wheel instead of where you're driving."

Go with the flow!



Under new ownership. Drop in and check us out!

The new gear for 2014 has arrived:

Aire, Hyside, Rocky Mountain Rafts,
Sawyer, NRS, Sea To Summit.

Make us your one-stop shop for boats,
frames, PFDs, safety equipment, dry
bags, apparel and more.

DOWN RIVER

The Source for All Your River Equipment

Bring this coupon
to our store and get

20% OFF

one item up to \$500

Offer expires 10/1/14. Some restrictions apply.

DownRiverEquip.com
303.467.9489

12100 W 52nd Ave #101
Wheat Ridge, CO 80033



River Sports

806 Washington Ave.

Golden, CO 80401

303-215-9386

GoldenRiverSports.net

- **Demo and Left Over Clearance Kayaks and SUP's on sale through the Fall. Take advantage now of sale prices!**
- **Make your season last year round! Pool sessions take place in Golden every Tuesday night. Make your required reservations through www.RAGuides.com then come get something to demo from GRS - just for fun!**
- **Build-Your-Own-Custom-Fly-Fishing-Rod! Beginner classes are taking place all Fall. Sign up today and save!**
- **Ask us about Holiday Layway - its never too early!**

**CW Members
Always Receive
a 15% Discount!**
Some restrictions apply
See store for details.



Dry Pants - Dry Tops - SUP - Helmets - PFD's - Paddles - Skirts - Booties - Kayaks