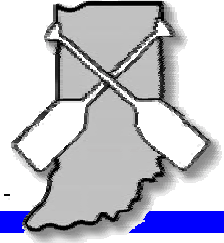


The Hoosier Paddler



Volume 46, Issue 6

<http://www.hoosiercanoeclub.org/>

July 2008

HCC Summer Meeting July 19, 2008, 5:00 pm

Dan Valleskey

The HCC Summer meeting will be at my house, at 3333 East 56th Street, on Saturday July 19th. We are located on Lake Maxinhall between Allisonville Rd. and Keystone. 56th street is a through street from Keystone on the West to well past the 56th St. exit on the East side of 465. Look for the little white RV. Park anywhere, it is a circle drive, and come on around back.

This year, we arranged for the Summer meeting to take place at just about the same time as a full moon! So we will shift the meeting time a bit later in the day. Come by anytime after 5:00 p.m., we can mess about in boats on our lake for an hour or so before dinner. The moon will actually rise around 10:00 p.m., but we can paddle up until then. Bring a chair and bring a light or glow stick to tie on your boat.

For dinner, we will enjoy burgers, dogs and drinks that will be provided by the HCC. Please bring a pitch-in dish to go with the meat and drinks..

If you need more directions or have any other questions, call me, 317-413-0324 or email me at danpaddles@gmail.com.

Eagle Creek—Tuesday Evening Paddles

Fourteen paddlers enjoyed the Full Moon Paddle at Eagle Creek on June 16. The moon peeked over the horizon around 9:30 pm to cap a beautiful evening. Several paddlers ventured up Fishback creek near dusk and Joel DeLashmit captured a video of a beaver standing on the bank before it dove into the creek. Joel's pictures and video are available at: <http://www.hccbulletinboard.org/forums/showthread.php?t=2580>



Moon rising over Eagle Creek

Weekly paddles will continue through September. Group paddles start at 6:00 pm at the Eagle Creek marina. Paddlers must leave the park by closing time.

Be sure to bring the pass that was published in the May Newsletter that you received in the mail or from the web site. This pass allows HCC members to enter the park as early as 3:00 pm on Tuesdays if they want to paddle on their own before the group paddle.

Volunteers Needed— In exchange for this free park access, the HCC has agreed to provide safety boats for Eagle Creek's Sunset Trip series which is being held on Wednesday nights through August 27. We will need 1 or 2 canoes or kayaks to help with each Sunset Trip. To volunteer, please contact Shirley Gates at (317) 852-9809.

Attention: Please read the Paddlers Water Quality Alert for Eagle Creek on Page 11.

The Newsletter of the Hoosier Canoe Club

Indiana Paddler's Rendezvous, 2008

August 1, 2 & 3, 2008

Wildcat Park, Lafayette, Indiana

Indiana's premier paddlesport cruise, and one of the Midwest's best, Indiana Paddler's Rendezvous (IPR) is designed for everyone who has ever dipped a paddle in Wildcat Creek or ever wanted to. Sponsored by the Wildcat Creek Foundation and the Wildcat Guardians, it is a laid-back weekend of fun and camaraderie. In addition to on-water activities, there's a great chili supper and program including the Guardian's auction (bring paddling and camping gear and more to auction...and your check book) Saturday night, there's primitive camping (potable water, pit toilets) at Wildcat Park. (We're the only group allowed camping privileges. There is a minimal fee.) Be you an IPR alum or a first time visitor, we look forward to greeting you and promise you a great time.



The Schedule...

- | | | |
|-----------------|----------|---|
| Friday, Aug. 1 | 2:00 pm— | Make camp at Wildcat Park, informal cook-out, and campfire (BYOF)
An informal paddle Friday afternoon is an almost sure bet. |
| Saturday Aug. 2 | 10:00 am | Canoe Knop Lake to Wildcat Park (13 miles) |
| | PM | Entertainment, chili supper, and auction (Wildcat Park) |
| Sunday, Aug. 3 | 10:00 am | Canoe Wildcat Park to Davis Ferry Park (9 miles) |

A note on timing: Please allow ample time (30 minutes to an hour on Saturday, 30 minutes on Sunday) to sign waivers and off-load boats each morning. Car shuttles will leave the put-ins each morning promptly at 9 AM.. We want to be on the water by 10 AM. Your cooperation will be appreciated.

Directions and full details and instructions to key sites are available at www.WildcatCreekFoundation.org and www.Wildcatguardians.org. Or from cnweis@msn.com.



Help! Paddlers needed for July 19 Eagle Creek Triathlon

Jan Sneddon

The HCC will provide safety boats for the Eagle Creek Triathlon on Saturday, July 19. The event starts at 8:00 am and paddlers should gather by 7:15 to receive instructions and free T-shirts and to get their boats in the water. The HCC receives money to support its program when paddlers support this effort.

We need 8 to 12 kayakers to help with this event. If you would like to volunteer to be a safety boat for this event, please contact Jan Sneddon at 317-257-1740 or jan_hosier@yahoo.com by Thursday, July 17.

For more information on the Triathlon, please visit:

<http://www.tuxbro.com/triathlon%20updates.htm>

The next triathlon at Eagle Creek will be on August 23.

We have also been asked to participate in one more Eagle Creek Triathlon on September 6. But this is no ordinary triathlon! This is the Go Girl Triathlon and, as the name implies, is for women only. So, to keep in the spirit of the event, we would like to have the safety boaters also be women. So girls, get it in gear and come out for an all-betty event! It'll be a blast!



Flatwater Trips

What to Bring on a Flatwater Trip

- PFD (Personal Floatation Device) with attached whistle
- Spare Paddle: your preference
- Rescue gear: paddle float, throw rope, first aid kit
- Bilge pump or bailing device (small bucket, sponge, etc.)
- Personal medications: Be sure to inform your trip sponsor of medical conditions.
- Sunglasses, sun/bug spray
- Lunch, snacks, drinks (hot or cold) plus water!

Wabash River Summer Run

Sunday, July 13, 2008

Trip Sponsors: Sue Foxx, Rick Turney, Linda Smith

Roll out those crazy days of summer with a fast run to the Indiana heartland. After the high water of spring and early summer, this should not be a problem. Along the way, we'll catch the highlights of the most scenic section of the Wabash: lunch on Fulton Island, a pass by Black Rock (the only rock on the Wabash that played a role in Henry Harrison outfoxing the Prophet in 1811), maybe lemonade and ice cream on the promenade in historic Attica, and finally taking out at the National Natural Landmark of Portland Arch. Eagles are often seen in this section. So make your reservations early to catch this summer classic, and to save your spot in the sand for Sue's traveling hot dog stand. Relish anyone?

The name 'Wabash' comes from the Miami words for 'white shining path' in reference to the white Niagara limestone bed in the upper course of the river. The Wabash River begins south of Fort Recovery, Ohio, and finally merges with the Ohio River near Evansville after running through 17 Indiana counties.

Meeting Place/Put-In: Fort Quiatenon Park in Lafayette. From Indianapolis take I-65 north to Lafayette. Use exit 172 and head west (left) on SR 26 toward downtown Lafayette and cross the river. Just after crossing the river, turn left on S. River Road and go south to Fort Quiatenon Park. The park is on the south side of the road on the north bank of the Wabash. Look for the sign. Driving time is about 1 ½ hour.

Take-Out: Portland Arch Nature Preserve (just south of Attica)

Trip Length: 6 hours – about 15 miles

Expected Water Conditions: Large wide river (no rapids) with strong current and little shade.

Schedule:

9:00 am	Arrive at the Put-In
9:15 am	Shuttle leaves
10:15 pm	Start Paddling
4:00 pm	Landing at the Take-Out

Trip Requirements: Bring your lunch (hot dogs provided), plenty of water, and sunscreen.

Contact Information: Contact Sue Foxx by 4 pm Saturday, July 12 at 317-363-4074 (cell) or sufoxx713@aol.com if you plan to come.

Whitewater Events

Ocoee River Trip (Class III-IV)

Independence Day Weekend, July 4-6, 2008

Trip Sponsor: Randy Parker

On the 4th of July weekend, we will meet at Brian Aubin's cabin on the Nantahala River, Thursday night or early Friday morning. Plans are to take the Pennsylvania group down the Ocoee for their very first time and we will run all three sections that weekend since they have never been there before. Other runs we are looking at for Saturday and Sunday are the Cheoah, Nolichucky or the Ocoee again on Sunday. Highlight of the weekend is the Brian Aubin Fest at his cabin with lots of friends, food, drinks, and entertainment. Entertainment on Saturday night will be our very own Bob "Big Drop" Heckler.



Directions: Here are directions to Brian Aubin's cabin and Ridge Fest. South of Highway 129 on Highway 74, approximately 3.5 miles from where Highway 74 goes down to 2 lanes, take a right on Sky Ridge Drive. The cabin is located approx. 0.5 mile down hill on the left called The Ridge. If you get to the Amoco (Bud's Store) or the NOC, you have gone too far south on Highway 74. The phone number to the cabin is 828-488-1942.

East Race Clinics, South Bend, Indiana

July 19-20, 2008

Trip Sponsor: Chris Burkhardt

We will have clinics at the East Race in South Bend on July 19 and 20.

Saturday, July 19 — Introduction to Class IV In this session, we're going to work on moves to help you become able to run Class IV rapids. Meet at 11:30 am at the top of the East Race.

Sunday, July 20 — Beginning Playboating This will be a basic clinic covering front surfing, sidesurfing, hole 360's, and flat spins. We'll get together at 12:30 pm at the top of the East Race.

Participants for either session should be able to comfortably get down the East Race.

Note: There is some flexibility and we can adjust what gets covered on each day depending on who shows up.

Contact Information: If you have a question or want additional information, watch the Bulletin Board thread for this event in the Whitewater section or contact Chris Burkhardt at (765) 623-5161.

Upper/Lower Yough (Class III-V)

August 1-3, 2008

Trip Sponsor: Jordan Ross

We're on again for the annual Upper/Lower Yough mid-summer blast. Part of the group will paddle the class IV-V Upper Yough Friday and Saturday. The rest of the group will paddle the class III-IV Lower Yough and/or Cheat Rivers Friday and Saturday depending on interest, personnel and water levels

Sunday options for the entire group could be Valley Falls of the Tygart (great photo ops!), the Cheat Narrows, Cheat Canyon or the Lower Yough again. There is also the nearby ASCI Whitewater course and there may be a release on the Savage River in Maryland, a rare chance to run this river.

Camping will be at Tall Oaks Campground in Farmington, PA. I have reserved site F-9 for the HCC. This is where we stayed last year. It's a nice grassy field on top of the hill with lots of room and good parking. Please stop at the campground office and pay for your camping individually. Turn left off the main campground road onto Ash Road. Go up through the woods to the big clearing on the right. There's an outhouse next to F-9. Bathrooms with running water and showers are near the office. Here's the website for more info and a map: <http://www.talloakscamp.com/>

PLEASE let me know by email/phone/BB if you are coming, what days you will be there and what you'd like to run. This message will also be posted on the HCC Bulletin Board Whitewater Forum.

Sharon and I will be driving July 31 to return from paddling the Grand Canyon. It's possible we won't make it to Tall Oaks by Friday Aug. 1. Volunteers to help lead either the Upper Yough or Lower Yough/Cheat River trips on Friday would be greatly appreciated!

Contact Information: Jordan Ross (317) 460-7000, jross@iquest.net (please put the word "kayak" in the subject line)

Swiftwater Rescue

August 16-17, 2008

East Race, South Bend, Indiana

Mark your calendars! Save the weekend of August 16th and 17th for a Swiftwater Rescue workshop on the East Race in South Bend, Indiana. The workshop will be put on by the HCC and East Race Whitewater Kayak Club. We just received permission for this event so check the Bulletin Board and the August newsletter for details.



Canoe/Kayak Races

Have you ever thought about racing your canoe or kayak. You probably won't be the fastest boat out there but you might just have some fun, meet some interesting people, and improve your paddling technique and your stamina.

Most races are divided into classes based on your type of boat and age. Races are scheduled throughout the summer in Indiana. Check out the following web site for dates and locations of these events.:

<http://members.aol.com/keluv1992/canoe.html>

I want to highlight two races that may be of particular interest to HCC paddlers. The first event is an annual race that is held on the White River just north of Indianapolis and might be a convenient way to enter your first race to or just to scout out what racing is about. The second event is the United States Canoe Association (USCA) Nationals which will be held in Bristol, Indiana. This 6-day event draws some of the best paddlers in the country and would be an opportunity to see canoe and kayak racing at its best.



C1 Racing Canoes

45th Annual Hoosier Canoe/Kayak Regatta White River – Noblesville to Indianapolis

July 12, 2008

This regatta will take place on White River starting at Potter's Bridge Park in Noblesville and finishing at the 116th Street River access approximately 12.5 miles downstream. Water conditions for the race should be excellent. There is a \$15 entry fee that allows you to enter as many events as you want. Race headquarters and registration for all races will be at Potter's Bridge Park.

Saturday's racing will consist of two sets of races, one in the morning and the other in the afternoon. Paddlers can do an event in each set of races. Races will be held in recreational canoes, competition canoes, sea kayaks, downriver kayaks, "unlimited" kayaks, cruiser canoes, and even 3 person x 27' pro canoes. Both solo and tandem canoe events are scheduled. And, would you want to miss the "Throw your name in the Hat" race?

For detailed information on the races, the event schedule, or directions to the Potter's Bridge Park, go to: <http://members.aol.com/keluv1992/08hoos.pdf>.

Contact Information: Frank Tinsley (317) 578-4366, e-mail: FCTCanoe@aol.com

2008 USCA Nationals St. Joseph River – Bristol, Indiana

August 5-10, 2008

The USCA Nationals are coming to Bristol, Indiana and you will have a chance to watch some of the country's best paddlers compete in the week's events. The events for each day are different:

Tuesday and Thursday	Sprints at Ideal Beach on Heaton Lake in Elkhart
Wednesday	Orienteering and biathlon races at Hermance Park, Bristol.
Friday- Sunday	Marathon races between Mottville, MI and Bristol, IN.

The biathlon is a great chance for anyone who can paddle 3K and run 3K to come out and compete. In contrast, the marathon races are primarily for the highly trained as they are going to include stretches of challenging upstream paddling and will last at least 2 hours for the fastest paddlers.

You can register or get more information and a detailed schedule for the these events at

<http://www.amishcountry.org/uscanationals>



Recreational Kayak Buyer Considerations

Reggie Baker

A recent paddlesports business journal reports recreational kayak annual sales of \$92M. Touring kayak sales are running around \$45M and whitewater kayak sales are \$10M. The sale of canoes brought in another \$22M. This puts whitewater sales at around 6% of the total. Clearly, whitewater kayakers make up a small fraction of the kayak sales in the U.S. Further, whitewater kayak sales are declining rapidly with the demographic changes and the increased fuel costs. My point here is that roughly 10 recreational kayakers are sold for every whitewater kayak and these kayakers are showing up regularly on HCC river trips.

Before I go any further let me throw out a definition of a “recreational kayak.” These are generally considered to be shorter than 14 feet in length and wider than 24 inches. Anything longer would be considered a touring kayak. The recreational kayak is usually made of some polyethylene plastic material. There are composite recreational kayakers but they are as scarce as hen’s teeth. A recreational kayak will have a deck and cockpit that differentiates them from a sit-on-top (SOT) kayak.

Go to just about any outdoor retail store, bait and tackle shop, or even the mega-marts and you will likely find recreational kayakers for sale. They will come in every size, shape, and color imaginable. They will generally come with an uninformed sales person unless you are dealing with an outdoor specialty shop. The sales person will likely tell the uninformed prospective buyer that the kayak they are looking at is good for paddling on Golden Stormwater Retention Pond all the way up to Class III whitewater.

Here is where the finer differences come in when considering the purchase of a recreational kayak. Because of the differences in hydrodynamics as they relate to hull shapes, recreational kayakers can be broken down further into the general categories of flat water and moving water designs.

Moving water recreational kayakers—Here are some things that would characterize a typical moving water recreational kayak. First they will be several feet shorter than the 14 foot definition. Second the bottom of the boat, hull, will generally have gentle curves with no strange bottom configurations or sponsons. There should be a gentle to minimal rocker (banana shape) from stem to stern. The concept here is to have a kayak that goes straight fairly easily but will still turn on demand. There should be a smaller sized cockpit not to exceed 36” in length so a commonly available spray skirt can be utilized. The seat back or backband should not stick up much above the cockpit rim.

Probably the most important feature is a knee/thigh brace area or at the very least a place to retract your knees under the deck. This is important because the kayak must fit well to control it in moving water and you need 3 points of contact in the kayak; feet, knees, and butt/back. If there are no distinct knee braces, it is possible to glue foam under the deck and carve out some knee/thigh braces. There should be adjustable foot braces.

Unfortunately, most of the recreational kayakers do not come with sealed bulkheads right behind the seat and forward of the feet. Absent bulkheads the moving water recreational kayak must be equipped with inflatable bags to displace water should the kayak become swamped. Every whitewater boater has been taught this. If you swamp your kayak in moving water and it fills with water, it will be nearly impossible to rescue. If the average recreational kayak has approximately 100 gallons of volume and water weighs 8.345 pounds per gallon, you will be trying to wrestle with over 800 pounds. Sealed bulkheads or floatation bags displace the volume in the bow and stern of the kayak and leave a manageable volume in the cockpit area to deal with if swamped.

Flatwater or lake recreational kayakers – These will likely have little rocker so they can track straight. They may have strange hull configurations like tri-hulls, sponsons and an extended keel in the stern. These all aid in tracking but make them nearly impossible to maneuver in moving water. The cockpits may be considerably larger exceeding 40 inches in length all but precluding the use of a spray skirt. Catching some rays, photography, bird watching and fishing are some typical activities suited for this category of kayakers. These kayakers will take hard work to swamp because they are designed to be rock solid stable to the novice. This is a clear indication the kayak was designed by the marketing or legal department. A classic flatwater recreational kayak would be the Wilderness Systems Pungo.

Remember, the very best boat in the world is the one you have spent your hard earned money on and are enjoying. Flatwater kayakers can be paddled on moving water but will be tougher to manage. A kayak for mov-



ing water can be paddled on flatwater but it will take more effort to make it go straight. The information presented above is not “Kayakers Code” – it is more like “Guidelines” in the words of Capt. Jack Sparrow.

Reggie Baker
Skipper



Paddling through the trees

Trip Report—Blue River/Monroe Reservoir

Sue Foxx

Date: Saturday, May 17, 2008

Trip Sponsors: Rick Turney and Sue Foxx

Trip Participants: Dan & Scott Evard, Dwayne & Derek James, Stevie Addison, Theresa Kulczak, Mel Johnson, Jim Sprandel, Todd & Cheryl Sullivan

What a great idea. Two on the Blue! Access points had been scouted, camping arranged at Stagestop Campground and then Mother Nature stepped in. Should we go...yes...no...we want to sooooo badly! The outfitters said it would be okay...then THEY closed. Hard rains all week had caused the Blue River to rise. Gauges indicated a level that even Gary Hill had never seen. He went down early to work on his book but called to warn us of unprecedented levels. He did say that he had run into some Louisville whitewater guys who were going to go but then they like things a little crazier than us flatwater folks.



Todd and Cheryl's cedar strip kayaks

Many calls later....we ended up paddling on Monroe Reservoir. We put in at the Crooked Creek access site that had half the lot under water. Trip leaders were chagrined to find everyone already on the water when we arrived...even our new members Todd and Cheryl Sullivan. Paddling in the trees according to Scott Evard was ‘an adventure’!



Our Put-In

The weather threatened most of the day with fairly high winds but we never actually had more than a few sprinkles. In the end, wind and white caps made it a challenging paddle and we enjoyed the day despite the thunderclouds that came and went. Although many of us came equipped to camp, the reservoir was so high that sites were at a premium and ferrying gear in high winds didn't appeal to anyone so we headed home. Naturally, by the time we got home the sky had cleared and it was beautiful so Mel, Sue, Rick and Stevie grilled burgers and enjoyed the evening.

Additional pictures are available at <http://www.flickr.com/photos/merlin3d/sets/72157605113153805/>.





Practicing below Clifty Falls

Moving Water Clinic for Whitewater, May 17, 2008

Sharon Schierling

Despite the fact that whitewater boats make up only 6% of kayak sales nationwide (as our Skipper pointed out in last month's newsletter) - not to mention that Indiana has very few whitewater rivers - the May 17 moving water clinic for whitewater kayaks quickly filled to its limit of 10 students. Participants were: Ben Gans, Paige Henry, Kim Kelley, Jay Kress, Mike Lough, Nick Netherton, Julie Remley, Frank Schwer, Ken Starrs, and Tim Warner. These were not true beginners, as the course was intended for boaters who had already taken Terry Busch's Thatcher Pool "Introduction to Paddling" session, Reggie Baker's Recreational Kayak Moving Water Clinic, or could show equivalent paddling experience. The expectation was that they were already familiar with gear, basic strokes, and safety essentials so that we could focus on boat control and water reading in Class I whitewater. Eight experienced whitewater paddlers – including my fellow ACA instructor Roger Starring (who came all the way from Michigan!) – volunteered to help out, which gave us nearly a one-to-one ratio of experienced to novice boaters. Special thanks go to the volunteers: Robert Henry, Earl King, Susie Rapp, Jordan Ross, Ben Swain, Barry Welling, and Ken Wright. I was especially glad that this group included some second and third year whitewater paddlers, who will be mentors and paddling partners for the newbie group as they embark on Class II and III river trips in the near future.

The biggest challenge in planning a moving water clinic aimed at beginning whitewater paddlers in Indiana is finding a place to hold it. Since the most suitable streams don't have reliable flows, the location is water level – and therefore weather – dependent, so it's impossible to predict in advance what will be running. Last year we weren't able to make the final call until the Thursday before a Saturday clinic; this year it was the day before. What we were looking for was a place with some easy Class I features (e.g., good eddy lines for peel outs and eddy turns, a fast-but-not-too-challenging ferry spot with good eddy access on both sides and ideally some small waves to use in the ferry, small hole for punching, rock with pillow for leaning into) in close proximity to each other, with easy access and parking, and room for a group to gather on the bank for discussion. We weren't so much looking for a river run (that was the plan for Sunday) as a short stretch with easy in-out



Playing below the S-turn, Big Pine Creek



access where we could walk back up and do it again. My first choice, the Adams Mill Public Access Site on Wildcat Creek, fit the bill perfectly last year when it was running at just over 700 cfs. But on May 15th this year, it was at almost 2000 cfs and climbing. Doubtful but unsure if I should at least go look at it, I called Garry Hill (“Muskrat” of Muskrat’s Wildcat Creek Expeditions for those of you who don’t know him) asking for his advice. He said at that level it would be out of its banks, in the trees, washed out... okay, so scratch that idea. The previous weekend Monica Davis, Susie Rapp, Jordan Ross and I had scouted another location, new to all of us: Anderson Falls Park/State Nature Preserve on Fall Fork of Clifty Creek near Hartsville, Indiana (between Columbus and Greensburg). The short (less than ½ mile), scenic run just below Anderson Falls looked quite promising when we scouted it but two days before the clinic it was falling FAST and looked like it would be too low by Saturday UNLESS it got a boost from the rain that was predicted to hit Thursday night. We crossed our fingers, said our prayers, paid homage to the rain/river gods – each to his own preference – and were all glad to see that the gauge had turned back upward on Friday morning. So we were set. The plan was posted to meet at Burger King in Greensburg at 8 a.m. the next day.

After filling out forms and signing waivers over our BK breakfasts, we caravanned to Anderson Falls where the group gathered around picnic tables under the lone shelter for a bank-side talk. (I should also note, and this is as good a point as any, that this site had pit toilets – not the most appealing ones I’ve seen but an improvement over last year’s nature calls.) The discussion generally followed the American Canoe Association (ACA) course outline for “Essentials of River Kayak” but emphasized personal and group responsibility, basic whitewater terminology/ river features/water formations, how to distinguish between “friendly” and “unfriendly” features, recognizing dangerous hazards that should be avoided, what to do when encountering features, what to look for to determine a safe route through rapids, and rescue principles. Then, we walked along the river, scouting our run and discussing the features we encountered and the pros and cons of possible lines. Meanwhile, the volunteer helpers had gotten everyone’s boats down the steep embankment and they were lined up ready to put on the water.

We put on into a large pool just below Anderson Falls and broke into small groups of 3 or 4 paddlers to practice boat control, edging, peel outs, eddy turns, and ferrying. As always happens when people are learning new skills and challenging themselves, we got a chance to practice some rescue techniques as well. We moved downstream a few at a time, catching eddies and practicing water reading, picking lines, avoiding obstacles and using water features to move through some easy rapids. Everyone did very well and we all made it to the takeout without incident. Although we had planned to carry up and do the run again, the rapidly falling water level made that less desirable so we gathered under the shelter to debrief and plan for a run on Big Pine from Rocky Ford to Twin Bridges the next day.

Most of the group returned on Sunday to put their new skills to the test on Indiana’s classic whitewater run. A few even tried some playboating at S-Turn, which resulted in more river rescue practice – and a first combat roll for Julie! The rest of the day went smoothly and everyone had a great day on the river.

Additional photographs are available at: <http://www.hccbulletinboard.org/forums/showthread.php?t=2512>

Everything I thought I knew about CPR is wrong

Terry Busch

I’m beginning to think that CPR must actually stand for “Continual Progression in Research:” New medical studies are, once again, forcing trainers to overhaul how they teach the life saving skill of cardiopulmonary resuscitation.

As it applies to paddlers, the new findings and their implications were discussed at length in an excellent article by Eric Nies, a physician and expert paddler, in the November/December 2007 issue of *American Whitewater*. (Shameless plug: Even if you have no other interest in whitewater boating, the safety information published by AW is reason enough to join and support this great organization.) The entire article is worth downloading and reading but I want to give our members a few of the key points.

The new findings refocus training on the importance of chest compressions. Nies says “*real world CPR is often pretty weak on this key point. It gets started late, it is constantly interrupted, and the chest compression is wimpy and slow.*”



When I learned CPR in the primitive era of five years ago, I was taught to first check the victim for a pulse. Nope. Not any more. Nies explains, *“this turns out to be surprisingly hard to do effectively and often serves only to waste time.”* Instead, he says, spend a few seconds trying to rouse the victim, then (after sending someone to call 911) open the airway and check for signs of normal breath. If none appears, start rescue breathing and chest compressions.

But not the way we learned them five years ago. Here is Dr. Nies’s “at-a glance” version of the new approach to CPR:

“The new ratio for all adult CPR is 30 compressions to 2 breaths. This is for both 1 and 2-rescuer CPR.

“Push hard and push fast. Compression should be given at a rate of 100 per minute for adults and children. Interruptions to compression should be minimized.

“For 2-rescuer CPR, swap jobs every 2 minutes (about 5 rounds of 30 compressions and 2 breaths.) don’t pause to check for a pulse when you swap jobs. Just switch and go.

“If you are unwilling to do rescue breathing (a.k.a. “mouth-to-mouth”) it is worthwhile to do compressions by themselves.”

The full article is full of much more valuable information of particular use for paddlers, including discussions of CPR for victims of hypothermia and the importance of using a facemask when giving rescue breaths to a drowning victim (they will vomit.)

But for me the biggest take-away were the statistics justifying CPR itself. I’ve often read that, in real life applications, CPR has a low success rate in reviving victims. But Dr. Nies explains that those statistics reflect the simple fact that CPR is most often used on very sick people – like cardiac patients in the terminal stages of severe illness. When applied to otherwise healthy victims of outdoor accidents – lightning strikes, drowning and hypothermia – the picture brightens. If CPR is applied promptly and properly, Nies says, *“ the odds of restoring breathing in such cases are high – probably better than 50 percent.”*

To read the article, go to <http://www.americanwhitewater.org/>, open the drop-down menu under the “Library” tab, and select “AW Journal.” Click on 2007, Nov/Dec issue. The article begins on Page 6.

Then take the class!

Terry Busch
HCC Training Chairman

Indianapolis CPR Classes in July and August

This is a partial list of CPR classes available in the Indianapolis area. If you live outside the Indianapolis area, you can find similar opportunities by checking with your local YMCA or nearby hospitals.

East Benjamin Harrison YMCA (5736 Lee Road). Saturday August 16, 9 AM —1 PM. The cost is \$35 for Y members and \$42. for nonmembers.. For more information, call 317-547-9622

Note: Many YMCA branches provide both First Aid and CPR training so check with the YMCA nearest you to see if they have classes.

West Hendricks Community Hospital (1000 E. Main St., Danville, IN.). One-night evening classes are being offered on Tuesday July 8th, Thursday July 31st, and Monday, August 18th. To get information or to register, visit <http://www.hendrickshospital.org> and click on “Event Calendar” and then look at the CPR Heartsaver classes on the right side of the screen. The cost for a class is \$35.

Central AYS INC (4755 Kingsway Drive, off Keystone between 46th and 52nd) offers classes covering CPR plus first aid (\$50). Classes are currently scheduled for Wednesday, July 9 and Tuesday August 19 from 9:00 AM to 1:00 PM. To get information, go to their web site (<http://www.ayskids.org/cpr.htm>)

.North St. Vincent’s Hospital (2001 W. 86th Street, Indianapolis, IN) teaches CPR and choking rescue techniques for adults, infants, and children and is only \$35. No classes are currently listed for July or August but check for the latest dates by going to <http://www.stvincent.org/> and click “Classes and Programs” in the lower, left corner of the screen. Select the “CPR Heart Saver” class from the list on the right side of the Class Registration screen.



What are blue-green algae blooms?

- Blue-green algae (cyanobacteria – ***cyanide producing bacteria***) are any of a number of species of microscopic bacteria that are photosynthetic. They may exist as single cells or groups of cells. They occur naturally in surface waters.
- When conditions are optimal, including light and temperature, levels of nutrients (i.e., phosphorous and nitrogen, and the ratio of the two), and lack of water turbulence, blue-green algae can quickly multiply into a bloom.
- Blue-green algae blooms are likely to occur more often in warmer months.

What is the concern about blue-green algae blooms?

- When some blooms occur in water bodies, exposure to the blue-green algae and their toxins can pose risks to humans, pets, livestock and wildlife. Exposure may occur by ingestion, dermal contact, and aspiration or inhalation.
- Risks to people may occur when recreating in water in which a blue-green algae bloom is present, or from the use of drinking water that uses a surface water source in which a blue-green algae bloom is present.
- ***In 2005- 2007 blue-green algae blooms occurred on Eagle Creek Reservoir in Indianapolis as well as other area reservoirs. Indications are they are once again occurring.***

What are the possible health effects related to blue-green algae blooms?

- Exposure to blue-green algae can cause rashes, skin and eye irritation, allergic reactions, gastrointestinal upset, and other effects. At high levels, exposure can result in serious illness or death.
- Depending on the particular cyanobacterium, and the amount to which one is exposed, blue-green algae have the potential to cause a variety of adverse health effects, including liver toxicity (e.g., *Microcystis aeruginosa*) and neurotoxicity (e.g., *Anabaena circinalis*). Microcystin toxins may also promote tumor growth.
- Destruction of cells may release the toxins into surrounding waters, so care must be taken in dealing with blue-green algae blooms.

Are these effects just theoretical?

- No. Several dog deaths have been reported following the dogs' exposure to blue-green algae in Humboldt County, California.
- Worldwide animal poisonings and adverse human health effects have been reported by the World Health Organization.

What is the best way to minimize risks from blue green algae in recreational water?

- Avoid body contact with blue-green algal blooms. This includes canoeing and kayaking, swimming, wading, water-skiing, or any other full-body contact recreation .
- Children especially should avoid contact. Their small body weight means their exposures to blue green algae will be higher than adults, given the same volume of water intake.
- Local health and environmental agencies are encouraged to and generally do post recreational areas with signs and brochures to inform the public of the presence of blue-green algae blooms

What about pets?

- Keep pets out of water with blue-green algae blooms.
- Dog deaths have been reported, some apparently related to ingestion associated with licking algae from their fur after wading/swimming in water with blue-green algae blooms.

What does this mean for the HCC?

The HCC has Tuesday evening paddles every week throughout the summer at Eagle Creek Park. It is advised that activities be restricted to just paddling with minimum body contact with the water. Eskimo roll practice or sea kayak rescue practice should not be conducted due to the full body exposure to the bacteria.

Photo Acknowledgements: Page 1—Joel Delashmit, Page 2—Wildcat Creek Guardians Page 5— Ted Beatty, Page 7—Jim Sprandel, Page 8—Ben Swain



Upcoming Events

Tues. Evenings	Paddling at Eagle Creek —Group Paddle at 6:00 pm.	Page 1
Wednesdays 7 pm	Pool Sessions —Thatcher Pool, Indianapolis, IN	April Newsletter, Page 1
July 4-6	Whitewater Trip —Ocoee, TN (III-IV)	Page 3
Sat. July 12	45th Annual Hoosier Canoe/Kayak Regatta , Indianapolis, IN	Page 5
Sun, July 13	Flatwater Trip —Wabash River Trip—Lafayette, IN	Page 3
Sat. July 19, 7:15 am	HCC Safety Boat support of Eagle Creek Triathlon	Page 1
Sat. July 19	HCC Summer Meeting-Full Moon Float	Page 1
July 19-20	Whitewater—East Race Clinics , South Bend, IN Sat: Intro to Class IV; Sun: Beginning Playboating	Page 4
July 18-20	Women's Whitewater Festival @ BearPaw Resort, WI info: http://www.bearpawoutdoors.com/activities.htm	Bulletin Board
July 26-27	TSRA Swiftwater Rescue Clinic, TN	Bulletin Board
August 1—3	Indiana Paddlers Rendezvous - Wildcat Creek	Page 2
Aug 1,2,3	Whitewater Trip —Upper (IV-V) & Lower (III) Yough, PA	Page 4
August 5 –10	US Canoe Association Nationals, Bristol, IN	Page 5
August 16-17	Swiftwater Rescue Workshop , East Race, South Bend, IN	Page 4

August Newsletter Deadline: Please submit articles for the August Newsletter to Jim Sprandel by Tuesday, July 15. Please E-Mail articles to merlin-3d@sbcglobal.net or call him at 317-257-2063.

