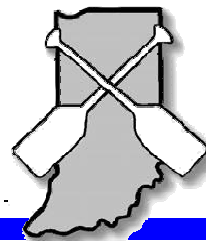


The Hoosier Paddler

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

April 2008



Wet your Whistle

No, this is not an Après Paddle HCC guide to pubs around Indiana! This is about communication, or rather non-verbal communication, while you are on the water.

What do you suppose the decibel level is of you screaming for help? To take that a bit further, how far away do you suppose someone can hear you screaming for help? Add to that the notion of trying to be heard over the sound of thundering rapids, crashing surf, gusting winds and you may get the picture that your screams will likely go unheeded if you get in trouble on the water. There are numerous signaling devices on the market suitable for on-water use. I carry a small air horn when paddling my long-boat in coastal areas with heavy boat traffic to signal my meager existence, as well as a rescue mirror. Waving your paddle or flag is useful for visual signaling. But, nothing is quite as convenient or effective as the plain ole garden variety whistle. I know of no self-respecting whitewater boater that doesn't have a whistle attached to his/her PFD. Same thing goes for SCUBA divers. To communicate on the water, you must be heard and the shrill cry of the diminutive whistle gets the job done. What kind of whistle you ask? There are some big honkers and skinny NATO survival ones, brass ones your coach made you miserable with and plastic ones. It really doesn't much matter, but for my purposes the Fox 40 pea-less whistle tops the list. It is small, comes in a variety of colors, doesn't corrode in a marine environment, doesn't freeze to your lips, and is widely available at outdoor stores.

So, how exactly do you communicate with your whistle? If you are like most, if one blast is good, 20 are far better. However American Whitewater provides a pretty simple guide to whistle usage:

- 1 Long Blast = ATTENTION — Gather around (possibly to see something of interest or to point out an upcoming hazard)
- 3 Long Blasts = EMERGENCY — Assist if you are in a position to do so and possess the appropriate skills and equipment, or hold your position on the water until the emergency has passed.)

Is a whistle required by law? Coast Guard regulations require a signaling device for every watercraft operating on navigable waters. Quite a few lakes and rivers in Indiana are listed as navigable. There is also the story of the Coast Guard shutting down the Charleston Canoe & Kayak Symposium a few years back because boat demo vendors didn't have whistles on their loaner PFDs. There was a mad dash to buy every whistle in Charleston, SC. Whether the body of water you are paddling requires you have a signaling device or not, the laws of nature and Murphy dictate that you purchase, attach to your PFD and learn to properly use a whistle.

Reggie Baker, Skipper

ACA Whitewater Kayak Instructor (retired)
ACA Solo Freestyle Canoe Instructor (retired)
BCU 3-Star Sea Kayak Assessment
BCU Canoe Safety Course

Wednesday Pool Sessions resumed at Thatcher Pool

The pool at the Thatcher Recreational Center has been reopened. Weekly pool sessions have resumed on Wednesday night. These sessions meet between 7:00 and 9:00 pm at Thatcher pool. The pool sessions focus on skill refinement and individual practice for all paddlers – whitewater kayakers, canoeists, and recreational/ sea kayakers. You can practice strokes, bracing, Eskimo rolls, deep water re-entry, and play boating moves. There are no formal classes at these pool sessions, but experienced volunteer instructors will be happy to assist you with rolling and basic paddle technique. There is a \$10 fee per session.

The Newsletter of the Hoosier Canoe Club

Learn to Paddle in 2008

Six students attended the first *Introduction to Paddling* session at Thatcher Pool on March 19. The class started with a “chalk talk” introducing basic paddling concepts, types of boats and paddles, necessary equipment and its function, and key safety concepts. Students then got into the pool. There they learned how to adjust outfitting; how to hold the paddle, how to enter and exit the boat; basic strokes (forward, reverse, sweep, draw). and the beginning of body mechanics for boat control (using torso rotation, paddling “in the box,” leaning and edging.) Students also learned how to cope with a tip-over and were introduced to concepts of proper self-rescue and safe swimming.



Terry Busch teaching paddling strokes

Part I - Introduction to Paddling

Location: Thatcher Recreational Center, 4649 W. Vermont St., Indianapolis

Dates: Wednesday, April 9, 6:30 to 9:00 PM

A second Introduction to Paddling session will be held on April 9. This session will cover the same material covered at the first Introduction to Paddling Session.

Equipment needed: Swim suit and towel is all you need. Students are welcome to bring their own boats and other gear to this first session but need not. We'll have “loaners” at the pool.

Expenses: All students must be HCC members with a signed waiver on file. (HCC's membership fee is \$15/year). We will also need \$10 for one evening's pool fee.

Note: Class size is limited to 10 students for each session; first come—first served. (If there's significant overflow, we'll look into adding more sessions.) To sign up or for more information, contact Terry Busch, 317-695-1825, or email buschterence@sbcglobal.net.

Part II -- Moving Water Clinics

The two moving water clinics below cover roughly equivalent material. However, the first requires whitewater boats and gear while the second targets recreational kayaks. Each moving water class is a full day commitment of strenuous exercise.

Moving Water Clinic for Whitewater Kayaks — May 10, 2008

Intended for: Beginners interested in eventually running whitewater who have taken Part I or (at instructor's discretion) can show equivalent experience. **Note:** Class size is limited to 10 students.

Meeting Time and Place: A central Indiana river. Most Indiana streams are “rain dependent,” and so the best available location will have to be determined in the days before the clinic. In the past, we've used Wildcat Creek at Adams Mill, the Flatrock River near St. Paul, and the White River near the Broad Ripple Arts Center. Check the HCC bulletin board and/or contact the instructor for more information.

Lead Instructor: Sharon Schierling (contact -- [sschierl\(at\)nd.edu](mailto:sschierl(at)nd.edu))

Class content: The pre-whitewater clinic starts with a bank-side talk but spends most of the day in on-water teaching. The instructor promotes a “safety first” approach to paddling, with a focus on preparation, accident prevention and teamwork on the water. The chalk talk will cover key hazards and their solutions. On the water, students will review and practice self-rescue (safe swimming), teamwork to assist swimmers, and Eskimo rescue technique.

The central focus of the clinic is on understanding river features and moving water dynamics and how to use them in running the river. Students will learn the “parts of a rapid” and the key concepts in entering and leaving the current. On the water, students will apply and build on the skills they learned in Part I. The focus will be on boat control in the basic river maneuvers of entering and exiting the current (moves known as “peel-outs,” “eddy turns,” and “ferrying.”)

This clinic follows the American Canoe Association (ACA) course outline for “Essentials of River Kayak.” A syllabus is available online: <http://www.americancanoe.org/PDF/2007%20RKERK.pdf>

By the end of the class, students should be ready to run easy whitewater (Class I-II) with the support and



guidance of more experienced paddlers. If there's sufficient interest and favorable river conditions, Sharon will lead such a trip in Central Indiana on May 11. Others will be scheduled periodically throughout the season.

Equipment needed: Unlike Part I, students should expect to bring their own gear. Those who contact the instructor early may be able to borrow boats or other components, but availability will be limited. Everyone must have the "five essentials" for whitewater paddling – boat, paddle, PFD (life vest), sprayskirt and helmet. Boats MUST have floatation – i.e., air bags in stern. Also strongly recommend — water shoes (make sure they fit in your boat), water bottle(s), sunscreen, and lunch. Weather may be warm but dress for cold water – wear paddle-specific top and pants if you have them. Polypro or fleece under layers are best, wool marginal, cotton is bad. If you have a drytop, bring it. Coated nylon or gore-tex splash top is a good alternative. Again, if you lack suitable gear, let the instructor know well in advance – many of us have some "spare parts" we can loan.

Expenses: Since this will be an ACA-registered course (Sharon is an ACA-certified instructor), insured through the ACA rather than the HCC, it is open to both HCC members and non-members. All participants will be required to sign the standard ACA waiver and pay a nominal fee. Waivers are available online:

http://www.americancanoe.org/PDF/ACA_waiver_2008.adult.pdf

http://www.americancanoe.org/PDF/ACA_waiver_2008.minor.pdf

The course fee for ACA members with a valid membership card is \$15. The fee for non-members is \$20. (Regular ACA membership is \$40.) Please be prepared to pay by cash or check prior to the start of the clinic or you will not be allowed to participate due to insurance liability reasons. (The fees cover ACA insurance, registration/reporting of the course, and materials. None of the volunteer instructors profit from these fees.)

Moving Water Training for Recreational Kayaks — Saturday, 26 April, 2008

This workshop is intended for HCC members who have a closed cockpit recreation kayak generally less than 14 feet in length (not a sea kayak or a whitewater kayak) and who are interested in learning and refining their power and turning strokes and learning to work with the river current to move forward, backward and across the current. Prior paddling experience will be handy.

Meeting Place: The staging area for this trip will be the Dairy Queen at the intersection of SR37 and SR144 approximately 9 miles south of I-465 heading toward Bloomington.

Put-In: Waverly Public Access White River

Take-Out: Henderson Ford Public Access White River

Trip Length: 5 hours – 8 miles

Expected Water Conditions: Flat to Wind Chop

Schedule:

9:30 am	Gathering at the Dairy Queen (come early if you want breakfast)
10:00 am	Arrive at the Put-In
10:30 am	Shuttle leaves
11:00 pm	Start Paddling
4:00 pm	Landing at the Take-Out
4:30 pm	On the Road

Trip Requirements: **A closed cockpit Recreational Kayak with a spray skirt is required for this workshop.** Some paddling experience is desirable. A wearable PFD is mandatory or you don't get to paddle, PERIOD. Appropriate attire for the water temperature is required. The water temperature will not likely be above 55 degrees. Bring a dry bag with a change of clothes. Bring a lunch and drinks for a riverside lunch.

Contact Information:

RSVP REQUIRED no later than Wednesday April 23.

Reggie Baker 317-888-3315; rbaker@idem.in.gov

Expenses: There is no fee for this workshop since it is sponsored by HCC.



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.
- **Cold Weather Protocol:** Change of clothes, gloves, and hat in a Dry Bag. No cotton clothing. (See "Cool Paddling", February Newsletter)
- Sunglasses, sun/bug spray
- Lunch, snacks, drinks (hot or cold) plus water

Muskrat's 31st Annual April Fools On Big Pine

Saturday, April 5, 2008

See the trip announcement for this trip under Whitewater Trips below.

Sand Creek Trip

Saturday, April 12, 2008

Trip Sponsor: Richard Tekulve (812 346-7921, indianacanoe@wmconnect.com)

Please join us as we float down one of Southeast Indiana's hidden charms — a 13.8 mile trip down Sand Creek from Westport Dam to my old log cabin on the west side of Brewersville. This trip will take us past two old mill races with a lunch stop at the first one. The creek averages 60-120 ft. in this section and has a gradient of 5.1 feet per mile. Numerous limestone ledges highlight the scenery combined with clear flowing water.

Note: Sand Creek like all Southeast Indiana streams is mood stricken with low water and is totally unpredictable even at Springtime characteristics. Several area streams can be substituted if proper flow patterns do not exist.

Meeting Time: 9:30 am

Tentative Meeting Place: Westport Dam

Directions: Westport is located in Southern Decatur county — 15 miles north of North Vernon or 14 miles south of Greensburg on State Road 3. From State Road 3, turn east at the flasher (only light next to only gas station). Proceed East **through** town and go 2 miles to 2 adjacent bridges (one concrete and one covered), hang to right and cross the concrete bridge over Sand Creek. The dam will be 500 feet to the right downstream with a parking lot..

Contact Information: Please call me by 10:00 pm on Friday Night, April 11 to see if an alternate route is planned.



Sand Creek—March 2006 (Ben Swain)

Salamonie River

Sunday, April 27, 2008

Trip Sponsors: Sue Foxx, Rick Turney, Linda Smith (317-543-0222, sufoxx713@aol.com)

The Salamonie State Forest Project involved restoring the Northern Forest along the Salamonie River back to its natural condition; along with developing public access to the river, lake and wetland marshes. This was done by removing old roads, bridges, etc. and then letting the woods and water reclaim the rest. We will tour the progress as we paddle down river into the Backwaters, then into the lake, finally wrapping around to Majenica Creek Marsh for our take out. A nice paddle for all skill levels.



Meeting Place/Put-In: DNR Boat Launch east of bridge on SR 124, at junction with County Road 300W, just south of Lancaster. (From Indpls., take I-69 north to exit 78 (Warren/Huntington). Turn left onto SR 5. Travel .5 miles to SR 124 and turn left. Stay on SR 124 for 3.2 miles to the junction with CR 300W (Salamonie River or sign says Lancaster). Turn right (north) on 300W, the parking lot is right there.).

Take-Out: DNR Boat Ramp at Majenica Creek

Trip Length: 5 hours (10 miles)

Expected Water Conditions: Quick moving river followed by small lake paddling.

Schedule:	10:00 am	Arrive at Meeting Place
	11:00 am	Start paddling
	Lunch Break	Bring your own lunch!
	4:30 pm	Landing at Take-Out
	5:00 pm	On the Road

Note: Paddlers will need a DNR Permit for the put-in and take-out. Permits are only \$5 (See Page 2 in the March newsletter.)

Contact Information: Please contact *Sue Foxx* by *Friday, April 25th* to confirm your attendance and that the trip is a go since it may be cancelled due to bad weather.

317-543-0222 (home), 317-363-4074 (cell), sufoxx713@aol.com

Cold water warning! Layer up and bring extra clothes and fleece blanket in your dry bag.

Pigeon / Fawn Fish Fry

May 3-4, 2008

Trip Sponsors: Dan Valleskey (317-257-9837, danpaddles@gmail.com)

I don't paddle as much as I used to. Don't paddle near as often as I should, I suppose. Seems like every year I paddle less, not as many miles, not as many days on the river. I can blame the kids (tough age-aren't all ages tough?). I could blame my changing lifestyle. I could blame my wife. Or the price of gas. Maybe all that stuff is conspiring against me.

Whatever the reasons, I have learned that I need to make the most of my chances to get away. The paddle trips that I do these days have to be only the very finest, I want clean water, a nice place to camp. Interesting things to do when I am not actually in the boat. And I hope a few good friends will join me for the weekend. That is why one of my trips this year will be to the Pigeon and the Fawn Rivers.

These two small rivers run roughly parallel to each other in the very North part of Indiana. In fact, the Fawn crosses into Michigan some. Both have large watersheds, and a lot of wetlands attached to them. So the water levels are reliable year round. There are several favorite sections of each, so we don't get bored doing the same trip over and over. There are liveries operating in the area, we may see a few other boats. But we almost never have difficult portages; both streams are generally kept clear by the rental companies.

We'll camp at the Pigeon River Fish and Game campground, just East of the teaming metropolis of Mongo. Look on a map. Now get your magnifying glass, look again. There it is, a little North of Kendallville. I'll most likely drive up Friday night, but if you want, meet us at the put-in Saturday morning. I'll post the plan next month, when the time gets closer. Or call me. But right now, if I had to guess, I'd say we will do the Pigeon on Saturday and the Fawn on Sunday. Do one day or the other. Or do both.

Now, I've rattled on a bit about this trip, and you might be getting sick of my prose. But you might also be wondering why in the heck I call this trip the "Pigeon Fawn Fish Fry". No big mystery there. The finest fried fish to be found in these 48 states (in my humble opinion) is served at Turkey Lake Tavern, just a few miles South of our camp at Mongo. You can bet I'll take a meal (or two) there while we are in that area.

Hey, one more thing-- I am likely to have a kid or two in tow. Consider this to be a kid friendly trip. Lucky for us, Turkey Lake Tavern has a family room!

Contact Information: Additional details will be posted in the May newsletter or call me at 317-257-9837.



Whitewater Trips

Muskrat's 31st Annual April Fools On Big Pine

Saturday, April 5, 2008

Trip Sponsor: Garry Hill (765-628-3155, GarryHill@aol.com)

Please see the March HCC Newsletter for an extended description of this trip.

Big Pine is a beautiful and fun stream loved by paddlers all over Indiana. Its difficulty varies greatly with flow level; ranging from a "boat-beater" in dry times, to huge waves and hydraulics in high flows. However, Big Pine could be considered appropriate for Novice Paddlers at levels under 2-feet on the Chuck Weis Gauge.

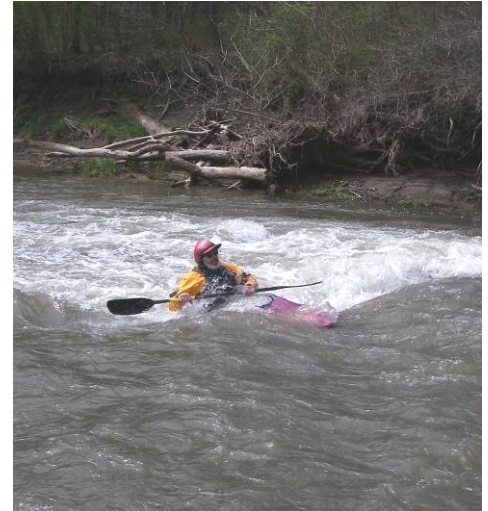
If you have concerns about your abilities or equipment, contact me. In addition, be sure to watch for the "Last Minute Update" which will contain a description of the expected water level and type of difficulties you can expect.

Meeting Time: 9:30 am. Be there early.

Meeting Place: Downtown Pine Village, on SR-26, about 20-miles west of Lafayette. At the Jct of SR-26 & SR-55, in beautiful, downtown Pine Village.

Contact Information: If you're interested in attending this Cruise, but have concerns about your abilities or equipment, please feel free to contact me.

Last Minute Update: On Friday evening before the trip **after 7 PM**, feel free to call me to see about the water level and the expected level of difficulty (or check for a Last-Minute Email Update). I'll be visiting the Big Pine Valley on Friday afternoon to check on our Access locations and the flow level. Also, if I can get off the phone long enough, I will post an Email Update.



Dave Ellis on Big Pine—2007
(Photo — Ben Swain)

Webster Springs Trip (Class II-IV)

April 4-6, 2008

Trip Sponsors: Randy Parker (219 762-7353), Jordan Ross (317 460-7000),

We will be staying at Camp Caesar in Webster Springs, WV.. This is an awesome place to stay. It has bunkhouses with hot showers, inside toilets, and fireplaces. It is also located near all the festivities that will be going on that weekend, so you never have to drive anywhere except to paddle. Our group will be arriving late Thursday night sometime after midnight.

On Friday depending on water levels, we are planning on running the Upper Meadow which is a great class III-IV run and pretty much continuous whitewater for 5-6 miles. On Saturday of course the plans are to run the Back Fork of the Elk which has become a favorite run for a lot of us. Back Fork is pretty safe and a lot of fun. However, I think they still rate this as a III-IV run since there are a few ledge drops and waterfalls you will need to go over. On Saturday night, they have the big Hoe Down in the pole barn on top of the hill at Camp Caesar's where they will be giving away prizes, beer, and pizzas while the supply lasts. Hopefully the band we like will be there again from last year and we can dance to some great Bluegrass music for awhile. The band usually stops around 11:30 and we head back to the bunkhouse and sit around the campfire and tell Farmer stories for awhile before turning in for the night.

On Sunday, some do the Elk river, which is a class II run in town and can be a short and fast run depending on water levels. Some go and do the miracle mile on the Middle Meadow. Last year, we did the entire Middle Meadow which is a III-IV run of about 5-6 miles, we were off in decent time even with Jordan along, and we were on the road by noon.

This is an awesome trip especially if the weather co-operates, some of our paddling friends from Pennsylvania will be on this trip for the first time and will be doing these rivers for the first time.

Contact Information: Contact Jordan (317 460-7000) for sleeping arrangements since he knows the bed count, contact Mapquest for directions, contact me if you just want to talk, Crush!!!



Elkhorn Creek, (Class II), Frankfort, KY**Sunday, April 13, 2008 (Note date change!)****Trip Sponsors: Terry Busch, Mitch Merritt, Rob Friedman**

Assuming sufficient water level, we will be paddling the Elkhorn Creek on Sunday, April 13. This is a 6 mile run through pretty woods, farm fields and striking sandstone bluffs. The trip features lots of class I and class II rapids and is suitable for novices with basic river skills and moving water kayak experience. Dress appropriately for the weather. Water will still be cold, so a drytop is strongly recommended. Bring extra layers of clothing and something to eat and drink on the river.

This is a one day trip. From downtown Indianapolis, it's about a 3-hour drive. Take I-65 South to Louisville, then I-64 East from Louisville to Frankfort KY. Take Exit 58 North, and go about one mile to the McDonalds on Highway 60. We will meet at the McDonalds in Frankfort, KY before 11:00 am (EDT). Be ready to depart for the put-in at 11:00 am.

N.B. Water or weather conditions can require us to reschedule or cancel the trip on short notice. Please make sure we have your contact information and check the club bulletin board for updates. Descriptions of the Elkhorn can be found and water levels can be checked at the following sites:

<http://www.americanwhitewater.org/rivers/id/661/> and <http://www.canoeky.com>. Run-able levels are from 700 cfs up to 1800 cfs.

Contact Information: Terry Busch (buschterence@sbcglobal.net) cell 317-695-1825.

Wisconsin White Water , (Class II-IV), Frankfort, KY**April 19-20, 2008****Trip Sponsor: Randy Parker (219 406-9225)**

Leaving Friday night, arriving at Kosir's Campground sometime between 10-11:00pm. Saturday, we will paddle the Peshtigo and, if the water levels are awesome, we will paddle it 2 or 3 times weather permitting. Big Drop has got a gig there Saturday night at Kosir's and we will be partying with a group from Milwaukee who I met several years ago at the Kosir's bar. This is a great party and if the water levels are good it will be a great weekend.

Plans for Sunday will probably be a quick run down the Peshtigo. If the Peshtigo is running at 15+, it is an awesome run. Jeff, Jimmy Mac, and I ran it at 18" a few years ago and it was awesome, although the weather was 70' degrees for the second weekend in April really helped things out a lot. Plans are to camp at Kosir's, however we have stayed at the Peshtigo Inn in Crivitz several times before and the hot tub is spectacular! Depending on water levels the Peshtigo is rated II-III, however at higher levels the rating will go up..

Contact Information: Contact me (219 406-0225) or Bob Heckler .

Stoney Creek Rendezvous , PA (Class II-III)**April 26-27, 2008****Trip Sponsor: Randy Parker (219 406-9225)**

Some will leave Thursday night and paddle Friday. However, I will not be there till Friday night. On Saturday, the majority of us will do Stoney Creek which is a Class II-III run. Last year with water levels at 4', we were able to do Clear Shade which runs into the Stoney and this was a spectacular run—continuous class II-III boogey water all the way to the Stoney with a great little play hole and surf wave not far from reaching the Stoney. Plans are to one day catch Dark Shade IV-V run at a decent level and to make a run down that. Depending on water levels, the main river to run on Saturday is the Stoney.

We will camp at Tire Hill and remember the only facilities that are available are port-a-potties, there are no shower facilities unless you stay at a motel. The locals do provide us with a great breakfast for a small amount on Saturday morning. However, on Sunday you are on your own for breakfast. Dinner however on Saturday night in recent years has been to visit the Micro-Brewery in Johnstown where the food and the beer are excellent and a good time has been had by all. Back at the campground on Saturday night, there is a local band playing so there is dancing and beer and usually a lot of campfires going close by.

Sunday morning some go home depending on the weather, others will eat breakfast in town and then make a quick shortened trip on the Stoney by taking out at the bridge instead of paddling all the way to the campground like they did on Saturday. This is usually a David Good sponsored trip and I hope he is still planning on showing up that way I can pull a Farmer and say " I am not the trip leader, David Good is the trip leader". Hope to see you there Dave, it would not be Stoney without you..

Contact Information: Contact me at 219 406-0225.



Boat Buying For Beginners — Part I

Terry Busch

Some Recommendations for your First Whitewater Kayak

There's one sign of Spring that depresses me – novice paddlers showing up at the pool with hopeful expressions ...and hopeless boats. They may be able to learn from their mistakes but they will struggle to learn in their mistakes. I offer the following recommendations in an effort to stop the chain of bad choices. They're based on my own experiences, biases and limitations, of course. But, they also reflect input from the directors of three different kayak schools where I did hard time during my own extended career as a beginner. It's not an accident that they tend to prefer the same type of boats for teaching new paddlers.

To get an overview of whitewater designs, visualize a spectrum, with pure playboats at one end and creek boats at the other.

- “Rodeo” Boats are the pure players and tend to be short (6 ft. +/-), light, low volume (50 gal +/-), with sharply defined edges and planning hulls. They are intentionally quite unstable, designed to engage rather than avoid the features of the current. For this reason, they punish the novice.
- Creek boats are longer (8ft), more or less cigar-shaped, with displacement hulls, no edges, and high volume (>70 gal). They are designed for running heavy water and/or steep gradients. They are meant to slide off of rocks without snagging, punch through hydraulics, and surface quickly and cleanly after a waterfall. They are also designed for speed. Creek boats probably are better first boats for beginners but they too are far from ideal.

Beginners would do better to look at designs aimed somewhere in the middle of the spectrum. In recent years, the industry has produced a slew of “runner/player” or “downriver play” designs that take a playboat hull and add volume, a bit more length, and softer edges. They become much more stable as river runners, yet still offer quite a bit of play potential. Now, virtually all kayak makers have something in this style. One of the best things about them is that they tend to offer at least three sizes, so it's easy to find a boat that suits your body. For me, the top three would be:

1. Jackson Fun series – My choice for best beginner boat, period.
2. Wavesport EZG series – similar design, a bit less stable, better player.
3. Wilderness Systems EZ series – The original design by Eric Jackson. Many used ones are available at reasonable prices.



Runner/Player—Jackson 2 Fun Kayak

Other popular boats in this style include the Pyranha Recoil, the Liquid Logic Cross River (CR) series, and the Juice from Dagger (recently replaced by the Rx).

A similar transformation has happened with creekers. Manufacturers have been bringing out modified ver-



River Runner—Ben Swain in Dagger Mamba

sions with planning hulls and some edges, high volume but slightly less rocker. They lose something over the falls, but gain in speed and control in river running. These are often called simply “river runners,” but “runner/creekers” would be more accurate. Again, lots of companies make these boats now, but some of the best sellers have been:

1. Wavesport Diesel (2 sizes) – I have the larger size (75) and love it.
2. Dagger Mamba – a favorite with two top kayak schools
3. Liquid Logic “Bonanza” series (Hoss, Li'l Joe, Trigger) – *Personal comment-I once owned a Hoss and didn't like it.*

Pyranha has also been doing a lot of work with this style — first with the H3 series and now with the Burn and Ammo. If you like

the style and want a real bargain look for the Perception Sonic or Supersonic. The boat was invented before the class caught on.

Finally, beginners should consider several boats placed right in the middle of the design spectrum. These boats are typically designated “river runners,” because that is what they excel at. They're not ideal for creeks



and they are limited as players, but they will get a novice paddler down a class II –III run better than most other options. Typically, river runners are over 7 ft (the length adds speed) have enough volume to punch holes but not so much that the ride is “corky” or wobbly, and use gentle planning edges for easy and forgiving eddy turns and peel outs. These boats are specifically targeted to beginners and many kayak schools build their fleets around them. More generally, the concept seems to be enjoying a return to popularity with several manufacturers bringing out new versions to sell as “river runners.” Last year, Liquid Logic introduced the Remix as a “back-to-the-future” option. And, for 2008, Jackson Kayak has completely redesigned the Hero to improve its river running performance.

Dagger used to be top dog in this class. They could reasonably claim to have invented it with the classic RPM. This boat was actually considered a hot play boat in its day, but has probably seen more use by beginners than any other boat. It is still in production and widely available used but I think its age is showing compared to newer designs. The Dagger GT series was a super choice for beginners a few years ago. Nearly all kayak schools bought them and liked them. This was replaced by the Mamba, but I preferred the GT as a learning platform.

I believe Pyranha now builds the best boats in this class. Their Inazone or I Series (both available used) are excellent river runners which also play quite well (really fine surfers). The I-3 and I-4 got rave reviews in the boater journals –although they never caught on with the schools. Pyranha still makes the Inazone, but you won’t find them at dealers. The Stretch is the newest incarnation of the design, I believe. I have no data on it, but it looks well-designed. One word of caution though – Pyranha boats have a reputation for somewhat more frequent breakage than other lines.

So there are some choices to work with. These opinionated notes should be no more than one place to start your hunt, of course. You can use the amazing tools of the Internet to search for in-depth articles and reviews of these and other boats that catch your interest. And then, you should demo as many boats as you can – try before you buy if at all possible. Many dealers will allow you to test a boat for an hour – or even an entire day (usually they charge a fee for that.). Another great way to really get to know a given boat is to take a class at a kayaking school and use their boats (included as part of the cost of the class.) If nothing else, you can usually find boats to sample at our pool sessions –not a complete inventory by any means, but better than buying blind.

As for where to buy boats, our nearest (and best) whitewater shop is The Whitewater Warehouse in Dayton, OH. Bernie and Jerrol carry a surprisingly large stock including some used boats. They allow demos on the local (Mad) river and are simply first-rate people with a gift for customer service. You can also try Canoe Kentucky, an outfitter on the Elkhorn Creek near Frankfort, KY, the Nantahalla Outdoor Center (NOC) down in Western NC, or if traveling to the Hiwassee/Ocoee country, Rock Creek Outfitters is an excellent dealer with a large stock. Up North in the Wolf River country, our friends at Bear Paw are working to re-build their once excellent paddling shop, which was destroyed in last year’s horrific tornado. It would be great to support their business.

Unfortunately, the best time to find good deals is at the end of the season—usually after Labor Day –when all the dealers and paddling schools try to sell off their inventory of both new and used boats. If you can’t hold out that long, keep searching the net for deals – I’ve seen some amazing ones come up.

You can find used boats online at any time of year, including the HCC Bulletin Board. A lot of people find boats on E-Bay, but I think the best source is the “Gear Swap” thread on Boatertalk (www.boatertalk.com). While there, you can also search past posts for reviews, and for excellent information on arranging for shipping a boat (easier and cheaper than you might think.) Finally, almost all the river festivals that happen during the year (e.g., Cheat Fest, Gauley Fest) have a swap-meet component to them. The biggest event of this type – huge to the point of crazy – is at NOC’s “Guest Appreciation Festival (GAF) held at the end of October.

Bonus article: Check this link to an NOC blog on this topic: www.nocpaddlingschool.blogspot.com/

Click the “Best Beginner Boats” link under the “Favorite Posts” section on the right side of the homepage.

Next Month—Part Two: Eric Jackson on “how to find a boat that fits.”

The photographs in this article were provided by Ben Swain.



Wilderness First Aid

Kellie Kaneshiro

As HCC members, we all love getting out on the water and frequently venture into places that are difficult or impossible to reach by other means. So, I thought a first aid course would be a fun, useful and interesting thing to do on a cold winter weekend. Five of us (Jordan Ross, Mark Sparks, Sharon Schierling, James Sprandel, and I) attended the sixteen hour Wilderness First Aid (WFA) training developed by Stonehearth Open Learning Opportunities (SOLO) held at Indiana University, Bloomington on February 16 and 17th.

On Saturday morning, we met the instructors Jonathan (Jono) Bryant and Brittany Collins and thirty classmates (an interesting mix of trip leaders from the Central Indiana Wilderness Club, people recertifying for Wilderness First Responder, and university students) and we received a copy of SOLO's Field Guide to Wilderness First Aid. The course is based on the premise that the hospital emergency room is more than an hour away and emphasizes safety and prevention. In the case of a badly injured patient, the focus is on keeping the group and the patient safe while ensuring that the rescue party turns up in the right place with the right equipment, the first time. We spent the morning discussing the differences between wilderness and urban emergency care, and covered the topics of universal precautions, primary and secondary patient assessment surveys, importance of written documentation, and the signs, symptoms, and treatment of shock. Then it was outdoors for some practice scenarios. We took an hour for lunch and then we were back in the classroom, covering musculoskeletal injuries, specifically sprains, strains, fractures, and dislocations. Outside, we practiced moving victims out of immediate danger, and we tried making big, fat, ugly, puffy splints. I ran through my extra fleece clothing trying to pad the splints and I found that my Thermarest made for nice outer padding (put it on, tie it up and then finish inflating it). Webbing worked well for tying everything together. Class supplied foam pads and SAM splints were useful, and James brought a tarp which was great because the ground was cold and muddy. The course ended around 6:00pm and the homework assignment was to complete two short quizzes in the Field Guide.



Mike Sparks with splinted "snowberry" victim

Sunday was a great day for outdoor scenarios because it poured rain in the morning and got blustery in the afternoon. The morning session started with a review of day one material, followed by a discussion on the treatment and care of soft tissue injuries. Jono pressed an orange into service to illustrate contusions, abrasions, lacerations, avulsions, puncture wounds and impalements. The only things the orange didn't experience were amputation, blisters, and burns. The morning outdoor scenario consisted of rescuers finding victims piled on top of each other. The story was that the victims were backpacking in the woods when they came upon a clearing, startling a herd of deer. The victims clustered together for protection, but the deer stampeded right over them (no one said the scenarios had to be realistic). The scenario raised practical points about teamwork, leadership, triage, and the importance of shelter. In the afternoon, the course covered spinal injuries, environmental emergencies including hypothermia, frostbite, heat exhaustion and heat stroke. The "snowberry" scenario put all of our skills to the test dealing with a screaming victim who role-played having a broken wrist, badly bleeding hand laceration (complete with fake blood), nasty forehead bruise, and possible spinal injury. When we got back to the classroom, the remaining time was used to discuss bites, stings, lightning injuries, asthma, diabetes, seizures, and anaphylactic shock. Then we took our final two quizzes before receiving a Wilderness First Aid card and SOLO decal.

Wrap-up: Do I feel totally prepared to handle a wilderness medical emergency? No, during some of the scenarios panic set in and my mind went totally blank! Do I feel better prepared? Yes, the course is worthwhile for anyone who spends time outdoors away from immediate help, especially if he or she leads day or over-night trips. CPR training would also be good to have. For those who want more training, SOLO also offers a Wilderness First Responder certification (7-10 day course) and a Wilderness Emergency Medical Technician certification (typically a month long course). For even more, check out Specialized Wilderness Medicine



(Jono's group, expedition level). The Wilderness Medicine Institute (WMI) and the Wilderness Medical Associates (WMA) also have wilderness medical training programs.

Lastly, a big thank you to Sharon Schierling for coordinating our February WFA attendance!

Upcoming WFA Classes: IU Outdoor Adventures will offer WFA classes on the following dates: April 26-27, May 5-6 (Monday-Tuesday), October 18-19, and November 8-9. Price should be \$135 each for a group of four or more from our club, and beginning Summer 2008 will be \$145. Send check made payable to IU Outdoor Adventures (900 E. 7th St., IMU MO86, Bloomington, IN 47405). Or call 812-855-1795 to register with a credit card over the phone. Their website is at:

http://www.imu.indiana.edu/things_to_do/iuoa/iuoa.shtml

Additional information:

- Stonehearth Open Learning Opportunities (SOLO) <http://www.soloschools.com/>
- Wilderness Medicine Institute, National Outdoor Leadership School <http://www.nols.edu/wmi/>
- Wilderness Medical Associates <http://www.wildmed.com/>
- Specialized Wilderness Medicine <http://specialized-wilderness-medicine.com/>

Friends of the White River 20th Annual White River Cleanup



Please join the Friends of the White River for the 20th Annual White River Cleanup, scheduled for Saturday, April 5, 2008, from 8 a.m. to noon (plus lunch). This will be a morning of satisfying fun/work as we clean the banks of White River downtown, especially along the route of the future South White River Trail.

You may sign up the day of the event. Volunteers are asked to arrive at White River State Park by 8 a.m. Come to the parking lots at 801 West Washington Street, on the east side of the river near Victory Field.

You should wear clothing suitable for the weather and outdoor work; gloves and trash bags will be provided.

For more information, go to: <http://www.friendsofwhiteriver.org/>

2008 HCC Officers, Board Members, Committee Chairs

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Dwayne James	Board	Jim Sprandel	Board, Newsletter Ed.
Kellie Kaneshiro	Board	John Wainscott	Board

Please refer to the HCC Membership List for contact information.

May Newsletter Deadline: Please submit articles for the April Newsletter to Jim Sprandel by April 16. Please E-Mail articles to merlin-3d@sbcglobal.net or call him at 317-257-2063.



Upcoming Events

Wednesday Evenings	Pool Sessions —Thatcher Pool, Indianapolis, IN	Page 1
April 4-6	Whitewater Trip—Webster Spring Festival (Class II-IV) Elk River, WV	Page 6
April 5	Muskrat's April Fool's Trip on Big Pine	Page 6
April 5	<i>Friends of the White River—White River Cleanup</i>	Page 11
April 9	Introduction to Paddling—Session I Thatcher Pool, Indianapolis	Page 2
April 12	Flatwater Trip—Sand Creek, Westport, IN	Page 4
April 12-13	Whitewater Trip—Elkhorn, KY (Class II)	Page 7
April 18-20	<i>East Coast Canoe and Kayak Festival—Charleston, SC</i> http://www.ccprc.com/index.asp?nid=472	
April 19-20	Whitewater Trip—Wisconsin White Water (Class III-IV)	Page 7
April 26	Moving Water Training for Recreational Kayaks White River, Reggie Baker	Page 3
April 26-27	Whitewater Trip—Stonycreek Rendezvous (Class II-IV)	Page 7
April 26-27	<i>IU Wilderness First Aid Class, Bloomington, IN</i>	Page 10
April 27	Flatwater Trip—ECO Project, Salomonie River	Page 4
May 2-4	Cheat Fest, (Class II-IV) Cheat River, WV	Bulletin Board
May 3-4	Flatwater Trip—Fish Fry, Pigeon/Fawn	Page 5

