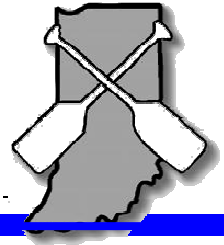


# *The Hoosier Paddler*



Volume 49, Issue 7

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

August 2011

**Indiana Paddler's Rendezvous**  
**Event Sponsor: Garry Hill**

**August 5-7, 2011**

The IPR has proven to be one of the overall best paddling events in Indiana. If you've never attended, rest assured it is worth your time. Come prepared to enjoy one of the nicest small streams in Indiana, to relax with old paddling buddies, and to make new friends.

This event is open to all paddlers who have their own personal equipment and enough skills for an enjoyable day on a Swift Flowing Natural Stream.

Whenever and where ever you arrive at the IPR, please proceed directly to the Registration Table.

## **FRIDAY August 5th:**

The first activity of the weekend will be a Trip on Wildcat Creek Friday afternoon; Meeting Time is 3:00 PM at Wildcat Park (directions below). Stretch to paddle will be announced at that time, and the Shuttle will begin immediately thereafter; please arrive early.

There will be a BYO Campfire Cookout at Wildcat Park following this cruise. The IPR Paddler's Campsite will be available at Wildcat Park for both Friday and Saturday nights, thanks to special arrangement with the Tippecanoe County Parks Dept.

## **SATURDAY August 6th:**

Saturday's Creek Trip will begin at Knop Lake Public Fishing Area (directions below). This will cover 13.6-miles and end at Wildcat Park. There will be an alternate Takeout for a 9-mile Trip. Lunch on The Gravelbar is BYO. Shuttle Departure Time is 9:00 AM from Knop Lake. You should plan to arrive at Knop Lake absolutely no later than 8:30 (8 AM would be better; it really gets crowded with all the people arriving).

Saturday's Traditional Chili Supper will begin serving at 6 PM (maybe 7) at the Paddler's Campsite in Wildcat Park (directions below).

Chili Supper Reservations are the only advance notice you are asked to provide. Simply provide your name and your number of Chili Eaters, so Muskrat can make sure to cook enough for everyone.

Please make Chili Reservations at [garryhill@aol.com](mailto:garryhill@aol.com).

The Wildcat Guardians Annual Benefit Auction (one of the most "Laugh-Filled" parts of the entire weekend) will be held immediately after the Chili Supper. If you have any items to offer for sale, please present them at the Registration Table whenever you arrive.

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## **SUNDAY August 7th:**

Sunday's Creek Trip will meet at Wildcat Park (directions below). Shuttle departure is 9:00 AM sharp. Please arrive early. The Gravelbar Lunch is BYO. This Trip varies from year to year, but usually covers the 9-miles from Wildcat Park to the Wabash River. Launch and Takeout locations will be announced to everyone who arrives at Wildcat Park in time for Shuttle Departure at 9:00 AM Sunday morning.

### **SPECIAL NOTE ABOUT SR-26 for this year:**

If your route includes SR-26 near Kokomo or Russiaville you might find this highway closed for construction. If you encounter this situation, remember this suggestion from Muskrat: "One-mile south of SR-26 there is a paved county road that parallels this highway for over 50-miles. If 26 is closed, head south for one-mile, connect with this county road, go about 4-miles in the direction you are heading, then go back to the highway."



Group receiving instructions from Garry Hill while on a break from the river.

### **Directions To Wildcat Park**

Indiana Atlas & Gazetteer Page 31: Find Monitor on SR-26, east of Lafayette. Go North from Monitor on CR 775-E. Then, at a "T", turn Left on CR 300-N. Then, Left again onto CR 600-E (not written on map). 600-E will drop steeply down into the Valley and make a sharp right turn. The entrance to Wildcat Park is on the left in about ½-mile after that turn.

**Another option:** Take SR-26 West from I-65 (toward Lafayette). Turn Right at Creasy Lane. Follow this street around a curve, over the Interstate, and across Wildcat Creek. At the end of the bridge, turn Right onto Eisenhower Road. Wildcat Park will be on the right in about 1-1/2-miles.

### **Directions To Knop Lake Public Access Site**

Indiana Atlas & Gazetteer Page 32: Find Rossville on SR-26 at F2. About 4-¼ miles west of Rossville, turn North from SR-26 onto CR 900-W; watch for sign to "Pyrmont". This turn is also located about 7-1/2-miles east of I-65. After heading North for 2-1/2-miles, turn Right (east) on CR 650-S (church on left). The entrance to Knop Lake State Fishing Area is on the left in ½-mile. Go slow and watch closely; you can easily miss the entrance sign, in a wooded area, going downhill. Watch for "IPR" signs that will lead you to the Registration Table. (On a State Hwy Map, Rossville is located east of Lafayette, south of Delphi, west of Kokomo.)

### **Contact Information:** Garry Hill

email [garryhill@aol.com](mailto:garryhill@aol.com), or call at 765-628-3155 (home), or 765-432-6782 (cell).

**Volunteers Needed!** If you will be attending the event and would like to donate some of your time to help out, please notify Muskrat (Garry Hill) as soon as possible! Any help is appreciated!



When you paddle or camp, you are usually away from immediate medical help so it is critical to have one or two people in your group who are trained in current first aid techniques. Cardiopulmonary Resuscitation (CPR) is one of the most basic skills that you may require. In fact, the American Canoe Association (ACA) believes so strongly in the value of this training that it now requires ACA instructors and Guides to maintain current CPR and First Aid certification.

I suspect that most of you have taken a CPR class either through work or a volunteer organization in which you have been involved. However, you also need to keep that training up-to-date. The American Heart Association and American Medical Association (AMA) periodically review and update these procedures to enhance the survival rate of people receiving CPR. This article will summarize the new CPR procedure that was approved in 2010.

**Bottom Line:** CPR/First Aid training as provided by the American Heart Association is important and can save lives—make sure that at least two people on your trips have these skills. Hopefully, one of those people is you.

### Updated 2010 Adult CPR Procedure—1-2-3 C-A-B

- 1 Check the Scene**—Make sure that is safe for you to help. Don't become another victim.
- 2 Check the Victim**—If the victim seems non-responsive, tap the victim or shout at them to try to get a response.
- 3 Call for Help**—Call 911, or have someone in your group call or get help! If you are alone with the person, call 911 first—get help for any unconscious victim whether they are breathing or not.
- C Circulate**—Pump the heart 30 times. Place the heel of one hand on the chest and the other on top of it. Press the chest at a rate of 100 per minute. (This is approximately the beat for the [Bee Gee's Staying Alive](#).)

*Note:* The AHA changed the procedure to “1-2-3 C-A-B” from the previous “1-2-3 A-B-C” since their research indicated that it is most critical to establish blood circulation as soon as possible.

- A Airway**—Tilt the head back and lift the chin to open their airway.
- B Breathing**—Pinch the victim's nose closed, take a breath, cover the victim's mouth with yours, and blow out your breath until you see their chest rise. Take about 1 second per breath and check the airway again if their chest does not rise.

**Repeat C-A-B** until help arrives or the victim begins breathing.

**Note:** The description above was based on the [www.CPRdude.com](http://www.CPRdude.com) web site (how could CPR Dude be wrong?) and checked against the AHA documentation. This site also lists current CPR procedures for children and infants.

**Take a Class** — You need to take a class! These notes lay out the adult procedure that you would use but you need hands-on training to “feel” the pressure and rhythm required for proper chest compression.

CPR classes are provided through the following groups and I've included links providing their training schedules. The different providers charge a fee for these classes and certification.

- **Indianapolis YMCAs**—Go to <http://indyymca.ebookview.net/> and select the name of a branch near you to see current offerings.
- **AYS INC** (4755 Kingsway Drive) - Go to <http://www.ayskids.org/cpr.htm>
- **Hendricks Community Hospital** (Danville, IN.). Visit <http://www.hendrickshospital.org> and click on “Register for Classes” and then look at the CPR Heartsaver classes.
- **St. Vincent's Hospital Visit** Go to <http://www.stvincent.org/> and click “Classes” to learn about classes in your area.



## Rolling Clinic, Sunday, August 14, 2011

Debby Baker



Debby teaching Rolling Clinic

We will have some fun and learn a little bit too. We can chat a bit about boat outfitting, stretch, then get in the boats and work on hip snaps off the bows of other boats, braces, and progress onto the C-to-C and sweep rolls. We can work on paddling technique too, if the interest is there. Informal and relaxed, that's my style.

Most of all come prepared to have fun and work your buns off 'til attitude improves and your roll is spot on!

**Cheers!!  
Debby**

**When:** Sunday, August 14, 2011 starting at 2:00 pm

**Where:** Lake Maxinhall, 3333 East 56th St., Indianapolis, IN  
This address is on the East side of Indianapolis between Allisonville and Keystone.

### What to Bring to the Lake:

- Sea Kayak or Whitewater Boat
- Paddle and spare if you have one
- Neoprene Sprayskirt recommended (better than nylon since it won't leak!)
- Life Jacket
- Sponge/Pump
- Water Bottle (bring lots of water or Gatorade)
- Snacks (to keep your energy level high until dinner)
- Sunglasses with Croakies
- Sun Visor or Hat
- Sunscreen
- Swim suit/towel
- Spray Jacket or Vest (if you are a chilly willy like me in any temperature!)
- Foot wear (i.e., booties, sandals, water shoes, etc.)
- Nose Plugs (Yes and bring extra in case they drop in the drink!)
- Dry clothes for afterward
- Easy Chairs for relaxation afterwards, and your own adult beverages

We will order out for pizza when we get hungry.

### MOJO GONE?

*So where, oh where, did my Mojo go?  
Where it went I do not know!  
I had it once and now it's gone,  
Where oh where do I belong?*

*Well stress no more, the 'doc' is here,  
Maxinhall's the place, so have no fear!  
The water's warm and now's the time,  
To hone that roll, no thermocline!*

*Your roll's a mess?  
Well don't distress,  
It happens ya know,  
Refresh your Mojo!*

*Bring the boat you want to roll,  
Rolling it will be your goal,  
Learn techniques to help you out,  
At day's end, we'll hear you shout*

**MY MOJO'S BACK IN MY KAYAK!!!!"**

*IshurdoLuvTaRockNRoll :-D*

**Contact Information:** Please RSVP by sending an e-mail to Jim Sprandel at [merlin-3d@sbcglobal.net](mailto:merlin-3d@sbcglobal.net) or leave a message at (317) 257-2063 by 8:00 pm Friday, August 12.





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## Chicago Skyline Trip

### Trip Sponsor: Frank Chiao

Saturday, August 6, 2011

Just 180 miles away, there are world-class treasures:

- \* Lake Michigan --- World's 4th largest freshwater lake
- \* Chicago Skyline --- World renowned modern architecture

On this trip, we will have the opportunity to appreciate the beauty of both of them.

There are some excellent pictures taken by Jim Sprandel last year: <http://www.flickr.com/photos/merlin3d/sets/72157624342861637/>

It's a round trip; start and end are both at 12th Street Beach. The length is 7 miles total (4 miles on lake, 3 miles on Chicago River). The 12th Street Beach is a very good location for many activities such as: kayaking, swimming, biking and hiking (20 miles trail along the lake). Consider bringing your family with you and making it an all day outing.

Since this is a low speed sightseeing trip, any kind of boat is welcome (as long as it won't sink when capsized).

Note:

There is a \$16 parking fee on 12th Beach.

Meeting Place:

There are 2 options.

(1) 10:00 Eastern Time meet at McDonald's off of I-65 exit 240 (130 miles from Indy.)

(2) 11:30 Eastern Time meet at 12th Street Beach (just south of Adler Planetarium)

Contact Information:

If interested. Please call me, e-mail me or just show up. Phone: (317) 410-5277 or Email:

[f8141@yahoo.com](mailto:f8141@yahoo.com). Please check the HCC bulletin board on 8/5/11 for latest updates.



12th Street Beach Pu-in location



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## Flatwater Trip Announcements

### Paddle to Dinner on the Ohio River Trip Sponsor: Earl King

**Saturday, August 13**

We will meet at a Jefferson County park property that is at the south end of Main St. in Brooksborg, IN, which is about 6 miles east of Madison, IN. Main St crosses Hwy 56 about 100 yards west of Indiantuck Creek which is paved going North into town and gravel going south to the river about 200 yards. No signs are by the road as this is an undeveloped property.

Meeting time is 2PM to start the shuttle to the docks in Madison. This trip will be a short paddle of flat water about 6-7 miles and we will go out to dinner afterwards.

Contact info: Earl King

Email, for prior to the trip: [campchef@juno.com](mailto:campchef@juno.com)

Cell, for day of information/directions: (317) 800-3162

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## HOEx is Coming!

**Dan Vallesky**

The Hoosier Outdoor Experience will be September 17 and 18th this year. The past two years, the HCC has had a very large presence in the paddle sport area. We have helped hundreds (maybe a few thousand-) people to enjoy a short paddle trip on Fall Creek, through Fort Benjamin Harrison. We will be there in force again this year.

We will need people to instruct and guide. This is not as difficult as it might sound; I think most HCC paddlers have the experience to be effective guides in this very controlled event. We also need help signing people up, fitting PFDs and paddles, and running the short shuttle with DNR vehicles and borrowed trailers.

I will have particulars about how to sign up next month, for now, mark your calendar so you will be free to come out and help us. I have enjoyed doing this. And I believe that the more people we introduce to our rivers and streams, the more help we will have protecting them. This event is a wonderful intro to paddling. So come on out and help us!



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## Whitewater Trip Announcements

### Middle Yough/Lower Yough (the Loop) Beginner's trip HCC Coordinator: Robert Henry

August 20-21, 2011

Here is a chance for beginners to get out on the Yough. We will paddle the Middle Yough on August 20 and the Loop section of the Lower Yough on August 21. This trip coincides with the Over The Falls Festival and will have plenty of people for support to the beginners on the Loop section. We will be camping with everyone on the Over-The-Falls Festival trip.

The Middle Yough is rated Class II. This part of the trip is to assess and improve paddler's skills. The American Whitewater states: "This is a run for beginning whitewater paddlers, maybe a bit challenging for open canoes (the old kind, not the ones you see Paddleman running in all the videos). It begins with Ram-cat Rapids, which is a good training ground, and ends with Elephant Rock, which can mess up a novice." I am thinking about going to the Meadow Run water slides after paddling (<http://www.dcnr.state.pa.us/stateparks/parks/ohiopyle.aspx>) if we have time.



Running Ohiopyle falls on the Yough—2010

The Lower Yough is rated Class III. The Loop take-out is 1.5 miles downstream from the put-in. It contains the following rapids: Entrance (Class III), Cucumber (Class III), Camel & Walrus (Class II+), Eddy Turn (Class II+), Dartmouth (Class II+), and Railroad (Class III). I plan on hitting the river around 10 am in order to be home at a decent time. Permits are required for the Lower Yough. Go online to [www.visitPAparks.com](http://www.visitPAparks.com) or [http://www.pa.reserveworld.com/SelectCampArea.aspx?PK\\_ID=6211](http://www.pa.reserveworld.com/SelectCampArea.aspx?PK_ID=6211) or call 888-PA-PARKS to schedule a launch time.

Please visit the HCC Bulletin Board for more details concerning information for the Over the Falls festival or contact me at [rhenry575@yahoo.com](mailto:rhenry575@yahoo.com) or (317) 605-3025. Please note that if there's not enough beginner interest in the Middle section, we will probably do the Loop on both days.



## Upcoming Events

Wednesdays	Weekly Pool Sessions 7-9PM	Bulletin Board
Aug. 5-7	Indiana Paddler's Rendezvous	Page 1
Aug. 6-7	Whitewater—Yough Fest, PA	Bulletin Board
Aug. 7	Touring Monthly Paddle—Geist Park 9am	Bulletin Board
Aug. 13	Flatwater—Paddle to Dinner on the Ohio River	Page 6
Aug. 14	Mojo Rolling Clinic	Page 4
Aug. 20	Eagle Creek Triathlon	June Issue
Aug. 20-21	Whitewater—Ohiopyle Over the Falls Festival, PA	Bulletin Board
Aug. 20-21	Whitewater Beginner's Trip -Middle/Lower Yough, PA	Page 6
Aug. 27	Eagle Creek Go Girl Triathlon	June Issue

**September Newsletter Deadline:** Please submit articles to Kim Henry by August 15, 2011. Please e-mail articles and pictures to [editor@hoosiercanoeclub.org](mailto:editor@hoosiercanoeclub.org).

*The Newsletter of the Hoosier Canoe Club*

**The Hoosier Paddler**

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