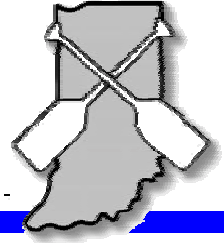


The Hoosier Paddler



Volume 46, Issue 7

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

August 2008

Swiftwater Safety & Rescue Clinic

Saturday and Sunday, August 16-17, 2008

This workshop is intended for anyone who paddles in fast moving water regardless of their experience level or type of craft. Although it will be held at a whitewater venue – the East Race Waterway in South Bend, Indiana – it is not necessary to have whitewater paddling experience or even to have a whitewater boat. We will divide into groups and work on different skills depending on people's needs/interests.

Accident reports reveal that people who get into trouble on moving water are often casual paddlers with little or no training or experience in how to handle mishaps in swift moving current. Moreover, experienced paddlers know that river rescue skills deteriorate in a short time if not practiced regularly. Regardless of which group you fall into or if you're somewhere in between, the East Race is an ideal place to learn and practice important skills that could save your life or your paddling buddy's.

While this clinic is not intended to substitute for an instructional course in river rescue, those who have not yet taken such a course will learn a great deal and are encouraged to attend. For experienced boaters who have taken certified swiftwater rescue training, it will provide an opportunity to refresh and practice skills and team building in a safe and controlled moving water environment and to pass these skills to newer paddlers.

This is a two-day workshop with lots of hands-on practice. We'll be doing different things each day so try to come for the entire weekend. Saturday night we'll camp together, show rescue and paddling videos, swap river stories by the campfire and try to make it an enjoyable social event for everyone.

The workshop will emphasize self-rescue skills such as aggressive swimming in currents and swimming over strainers, as well as the skills needed in the critical first minutes of a swiftwater rescue using the resources paddlers have with them on the river. We'll work on rescuing swimmers, rope throwing, wading in current, boat-based rescue, freeing trapped boaters and equipment, using rescue gear, and more.

There will be a heavy concentration of personal time in the water so come prepared to swim. There is no better way to simulate the real thing than to actually get fatigued and out of breath and have to still get yourself out of the current (with accompanying boat safety, of course). Even though the weather will be warm in August, it can feel cool when you're in the water a lot so bring exposure clothing such as a paddle jacket, wet suit, or drytop if you have it. Paddle gloves, knee and elbow pads are helpful options as the concrete walls of the course are very abrasive. River shoes, booties, sneakers, or river sandals with a heel strap are mandatory for wading.

Time and place — We will meet at 9:30 on Saturday (August 16) and Sunday (August 17) at the bottom (north end) of the East Race Waterway in South Bend, Indiana. Please try to be there on time as there are release forms to fill out and you will need to be dressed and ready to start at 10 am. (There is limited parking at the bottom of the course; more parking is available at the middle lot.)

Directions to the East Race — From Indianapolis (or other points south), take US31 north to South Bend. Coming into South Bend stay on Business 31 (i.e., do not get on the US31/20 by-pass). In downtown South Bend, just past the Century Center complex and College Football Hall of Fame, turn right at the light onto Colfax Ave. You will immediately cross 2 bridges, one over the St. Joseph River (with a nice view of the dam on your right) and the second over the East Race. For parking at the bottom of the course where the clinic will be held, turn left at the first light onto Niles Ave, go through one light (LaSalle) and then turn left at the first stop sign onto Madison St., which dead ends at the East Race. Park on either side of the street. It's about a 2-1/2 hour drive from Indy.

From the South Bend/Notre Dame exit (exit 77) on the Indiana Toll Road (for those coming from the east, west, or north), go south on Business 31/Rte. 933. In downtown South Bend, at the 3rd light after you pass Memorial Hospi-

tal, turn left onto LaSalle Ave, go 2 blocks, cross the St. Joseph River and East Race bridges, then turn left at the light onto Niles Ave. Turn left again at the first stop sign onto Madison St., which dead ends at the East Race. Park on either side of the street.

What to bring:

Required

- PFD (Lifejacket)
- Helmet
- River Shoes, sport sandals, neoprene boots with soles, or sneakers
- Appropriate swimming attire (see above)
- Change of clothes and a towel
- Drinking Water
- Lunch and beverages (fast food is also available nearby)
- Camping or lawn chair

Optional (bring if you have it)

- Throw bag
- Wetsuit OR knee & elbow pads for abrasion protection
- Paddling jacket or drytop
- Boat with Float Bags, Sprayskirt, Paddle
- Any other rescue gear you have

Camping

We will camp at Beaver Ridge Family Campground, 65777 Maple Road in Lakeville, IN 46536 (just south of South Bend off of SR 4 near Potato Creek State Park). Phone (574-784-8532), email (reservations@go-camping.com), or go to their website (<http://www.go-camping.com>) for reservations, area map, and more information. Rates: \$21.93 for a primitive site, \$26.65 for a site with water and electric hookups. (Rates include up to 4 people/site; additional people per night \$2.00.)

Cost

There is no fee for this course, but for insurance reasons all participants must be current Hoosier Canoe Club (HCC) or East Race Whitewater Kayak Club (ERWWKC) members. HCC membership forms will be available and you can join the club on-site. Dues are \$15. Checks made out to "Hoosier Canoe Club" are preferred.

Recommended References:

- [Whitewater Rescue Manual](#), Charles Walbridge and Wayne A. Sundmacher, Sr. Ragged Mountain Press, Camden, Maine 1995.
- [Whitewater Self Defense](#), Instructional video, Charles Walbridge and Kent Ford. We plan to show this video on Saturday night.)

Contact Information:

If you need more information please contact Terry Busch (buschtereance@sbcglobal.net, 317-695-1825) or Jordan Ross:(jross@iquest.net include the word "kayak" in the subject line, 317-460-7000)

Hope to see you there!

IMPORTANT NOTICE:

THIS IS NOT A CERTIFIED COURSE IN SWIFTWATER RESCUE.

This is a skills workshop. It is not intended as a substitute for a swiftwater rescue course taught by a certified instructor. Those are concentrated 2-3 day courses and all HCC members who paddle moving water are encouraged to attend one. They are offered several times a year by the following organizations:

- ACA http://www.acanet.org/instruction/safety_instruction.lasso
- ERA <http://www.endlessriveradventures.com>
- TSRA <http://www.paddletsra.org/safety.html>



Eagle Creek—Tuesday Evening Paddles

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

You must bring the pass from page 3 of the [May HCC Newsletter](#). This pass lets you enter the park as early as 3:00 pm on Tuesdays if you would like to paddle on your 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.



Eagle Creek Triathlon Support—Saturday, August 23

Jan Sneddon

The HCC will provide safety boats for the Eagle Creek Triathlon on Saturday, August 23. 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, please contact Jan Sneddon at 317-257-1740 or jan_hosier@yahoo.com by Thursday, August 21.

We will also support one more event 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!

Share your Pictures

Jim Sprandel

Do the only pictures of your boat show the 1st foot of your bow and everyone else's boats beyond that? You can have photographs of yourself paddling your favorite boat—with a little help from your friends. They just have to upload and share their pictures after paddling trips.

In this day of digital cameras and high-speed internet, it is fast and easy to load your pictures to your computer and then upload them to a photo-sharing service on the web. Ben Swain has posted a step-by-step tutorial in the Photo Gallery Forum of the HCC bulletin board on how to post pictures on-line using Yahoo's [Flickr](#) service at:

<http://www.hccbulletinboard.org/forums/showthread.php?t=2442>.

Flickr's "basic" service is free and allows you to post up to 3 sets of pictures per month. People with SBC DSL service enjoy Flickr's "Pro" service (unlimited uploads) for free. Similar photo-sharing services are also available through [Google](#) (PicasaWeb), [Web Shots](#), and [AOL](#).

After you upload your pictures to the web and have grouped them in a photo set for your trip, you just need to let other paddlers know where they are stored. To do this, create a message ("thread") for your trip in the "Photo Gallery" or "Trip Report" forum of the HCC Bulletin Board and copy the internet address for the starting page of your picture set from your web browser into your message. If you also add a short description of your trip, other paddlers can better appreciate your pictures and use your information to plan their own adventures.

If you don't want to set up your own on-line photo account, you can login to the HCC Bulletin Board and create a message (thread) in the "Photo Gallery" section. While you are creating your message, you can upload a few pictures with your message.



Typical Kayak Self Portrait

The following bulletin board threads are examples where people have posted photos for trips:

Wolf River Trip: <http://www.hccbulletinboard.org/forums/showthread.php?t=2523>

Wabash River Trip: <http://www.hccbulletinboard.org/forums/showthread.php?t=2629>

Muddy/ Big Pine: <http://www.hccbulletinboard.org/forums/showthread.php?t=2511>

Browse through the messages in the Bulletin Board's Picture Gallery and Trip Reports forums for other trips.



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!
-

Indiana Paddler's Rendezvous, 2008

August 1, 2 & 3, 2008

Wildcat Park, Lafayette, Indiana

Indiana Paddler's Rendezvous (IPR) is Indiana's premier paddlesport cruise and one of the Midwest's best. This is 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. There's also 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.

People can set up camp on Friday with trips on Wildcat Creek on both Saturday and Sunday. More information is available in the [July HCC Newsletter](#). Details and schedules are available at www.Wildcatguardians.org. Or from cnweis@msn.com.

Grand Lake St. Mary's in Ohio ...

Sunday, August 24, 2008

Trip Sponsors: Sue Foxx, Rick Turney, Linda Smith

Tis the season to deck out your lake boat in it's Sunday best touring gear: sun hat, binoculars, deck bag, spare paddle, CD player, and map case (no Rick will likely provide a laminated lake map). This Grand lake is only a 2 ½ hour drive from Indy and boasts some pretty major stats—3 miles wide, 9 miles long, 6 islands and 52 miles of shoreline to explore. Our objective will be to bag at least 4 of the islands and to locate the rock island mystery pile. Next would be to try out one of the two designated "boat swimming areas" on our tour of the southern shoreline. As with all large lakes, chop can be a problem for open boats but a deck boat will be fine. There are lots of coves and inlets to duck into for storm relief should the weather turn ugly.

Grand Lake St. Mary's lies along one of the country's major migration routes. Water birds using the lake as a resting stop include Canada geese, ducks, grebes, swans, egrets, loons, herons, cormorants and ospreys. Many ducks, geese and heron also nest here. Bald eagles also nest on the southwest corner of the lake at the wildlife refuge.

In 1837, work commenced on a reservoir for the Miami-Erie canal to maintain the canal's five-foot water depth. Workers using hand tools were paid 35 cents a day and a jigger of whiskey to keep malaria away. At its completion in 1845, 13,500-acre Grand Lake was the largest man-made lake in the world. The lake was connected to the canal by a three-mile feeder. The canal prospered until the coming of the railroads in the 1870s. The area experienced another boom in the late 1890s when oil was discovered. For a time, the lake was dotted with oil derricks. Today, a pile of rocks near the center of the lake marks the spot of the last producing well.

Meeting Place/Put-In: Windy Point Public Access point at the southwest corner of the lake. Take I-70 East to New Castle, Exit 123, at SR 3. Head north on SR3 and drive through New Castle to US 36. Go east on US 36 across the Ohio State Line and merge with US 127 as they curve north toward the lake. Stay on US 127 and follow it to Montezuma, Ohio. At SR 219, go east through Montezuma, just past the town 219 jogs north, follow it as it turns into Windy Point Road (SR219 actually goes east ...do not follow it). Follow Windy Point Road to where it ends at the picnic grounds and parking lot. (It will take about 2 ½ hours from Indpls.)

Take-Out: Same



Trip Length: 5 hours

Expected Water Conditions: Large lake with little shade.

Schedule:

10:00 am	Arrive at the Put-In
10:30 pm	Start Paddling
4:30 pm	Landing at the Take-Out

Trip Requirements: Bring your lunch, plenty of water, and sunscreen.

Contact Information: Contact Sue Foxx by 4 pm Saturday, August 23 at 317-363-4074 (cell) or sufoxx713@aol.com if you plan to come.

Whitewater Events

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, or the HCC bulletin board if you are coming, what days you will be there and what you'd like to run.

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)

Ohiopyle Falls Fest/Lower Yough (Class III-IV)

August 23-24, 2008

Trip Sponsor: Sharon Schierling

The official date for the 10th Annual American Whitewater (AW) Over The Falls Festival 2008 has been set for August 23rd. Whitewater paddlers from far and wide will converge on Ohiopyle, PA for a once-a-year opportunity to run eighteen-foot Ohiopyle Falls (Class IV). Although there has been a lot of discussion with Ohiopyle State Park, and AW is optimistic about expanded access to the falls in the future, this remains the only opportunity to run the falls legally. If you want a great screen saver photo, there are professional photographers on hand to capture your falls run. Spectators gather to watch paddlers sprint and cartwheel off the waterfall. Other event features include a town party with live music and dancing, film screening, silent auction and food booths. The area also offers biking, hiking, rafting, mountain scenery, history and cultural activities.



Sharon Schierling on Ohiopyle Falls

Most HCC paddlers who want to run the falls will do so during the "practice runs" on Saturday morning then join any non-falls-runners in the group to paddle the Lower Yough (Class III) on Saturday afternoon. Sunday's paddling plan will depend on what's running, with options including another run of the Lower Yough or a number of other nearby runs.



We will camp at Tall Oaks Campground, 544 Camp Riemo Rd., Farmington, PA 15437 (NOT Benner's, which is the official festival campground). There should be plenty of room at our group site for everyone but please let the trip sponsor know you're coming. Each person must check-in and pay for camping individually upon arrival.

IF YOU WANT TO RUN OHIO PYLE FALLS, YOU MUST REGISTER WITH AW. For registration information, go to <http://www.FallsRace.com/>. The cost varies depending on whether you race or not, volunteer or not, want a t-shirt or not, etc. There is a discount for early registration. Proceeds benefit American Whitewater and Friends of the Yough.

IF YOU WANT TO RUN THE LOWER YOUGH BUT NOT THE FALLS, YOU WILL NEED A LAUNCH PERMIT. Permits cost \$2.50 per person and should be reserved in advance by calling Ohio Pyle State Park at 1-888-PA-PARKS. Permits may also be reserved online at <http://www.visitPAparks.com> (click on reservations, search for Ohio Pyle, select "whitewater hard boating" then follow directions to check availability and select your permit time). The permit has a specific launch time (with a 1-hour grace period) and must be presented to the ranger at the State Park put-in. (A permit is not necessary if you put in after 3 PM or before 8 AM.)

If the Festival cannot be run on Saturday, August 23rd due to high water (or any other reason), it will take place on Sunday, August 24th. If the event cannot be run for the entire weekend, it will be held on a cancellation date to be announced.

For more information, check the Whitewater forum on the Bulletin Board as the date approaches or email Sharon at [sschierl\(at\)nd.edu](mailto:sschierl(at)nd.edu) -- please put "Ohio Pyle Falls" in the subject line.

**Upper/Lower Gauley (Class IV-V) - First Release
Trip Sponsors: Jordan Ross and Sharon Schierling**

September 6–7, 2008

Mark your calendars! Gauley season begins the weekend of September 6-7 and we plan to be there for the first release. Different groups will run the Upper (Class IV-V) and Lower (Class III-IV) sections but will camp together, probably at Battle Run campground (to be confirmed). For more information, contact Jordan (phone: 317-460-7000) or check the Whitewater forum on the Bulletin Board as the date approaches.

Other Events

**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 listed below:

Tuesday/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.

For more information, refer to Page 5 in the [July HCC Newsletter](#) or <http://www.amishcountry.org/uscanationals>

**Wabash Heritage Paddle Fest, New Harmony, Indiana
Sponsored by University of Southern Indiana**

August 16, 2008

The Wabash Heritage Paddle Fest offers outdoors and canoe enthusiasts a 9.7 mile float down the Wabash River from Grayville, Illinois to Historic New Harmony, Indiana and is great fun for the entire family. This is a perfect event to take advantage of a weekend of camping at Harmonie State Park.

Check-in begins at 7:30 a.m. the day of the event at the Athenaeum/Visitors Center in New Harmony, Indiana. A "Quick Start" class for beginning canoeists will be held, which also provides tips for canoe camping; canoeing with kids; coldwater canoeing; and yoga for boaters. Events for the entire family will be held throughout the day.

A trip down any other river in the state will not give you as complete a view of Indiana and Illinois as the Wabash. You will experience a pristine natural environment (except in isolated sections) as well as Indiana and Illinois as they are today.

For a copy of the brochure for this event or to register, go to <http://www.usi.edu/hnh/paddlefest.asp>





Trip Report—Driftwood River Sunday, June 22, 2008

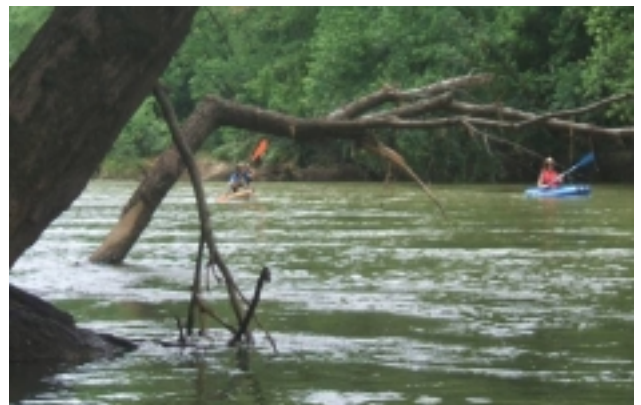
Linda Smith

Trip Sponsors: Dan Evard and Linda Smith

Participants: Jim Clendenin, Todd and Cheryl Sullivan, Denise Szocka, Theresa Kulczak, Mary Keith, Mark Wade, Reggie and Debby Baker, Shelly Sturgis, Sue Foxx, Linda Weiland, Jim Sprandel, Bob Moran, Dwayne James, Rick Turney

Dan Valleskey gets high marks for scheduling this trip on this date! Had it been a week earlier the Hundred Year Flood would have swamped us and forced a cancellation. As it happened, we had spring time like water conditions with lots of current and an enthusiastic group that showed up early looking forward to lots of action.

Our 5 canoes and 12 kayaks set out on this winding beautiful river right on time and encountered our first play area 20 minutes into the trip. This was a bouncy, splashy, wavy river stretch that all navigated successfully! We had three more of these features to look forward to.



Paddling down the Driftwood



Lunch on the Sandbar

We stopped for lunch past the Iron Bridge on a gravel beach half way to our original take-out. Jim Clendenin shared home-baked cookies and Jim Sprandel provided

us with a stone skipping seminar. We extended the trip past Heflin Park to the Lowell Bridge Public Access Site—a total of 15 miles which we did in under 5 hours (including lunch time.) Fast current at the take-out could have posed a problem but the folks in this group were so congenial and careful to look out for each other that all boats landed without mishap.

Could we repeat this trip again under such happy circumstances? Join us next year and find out!

Additional photographs are available at:

<http://www.hccbulletinboard.org/forums/showthread.php?t=2595>

Photo Acknowledgements: Pages 3 and 7—Jim Sprandel, Page 5 from Sharon Schierling



Upcoming Events

Tues. Evenings	Paddling at Eagle Creek —Group Paddle at 6:00 pm.	Page 3
Wednesdays 7 pm	Pool Sessions —Thatcher Pool, Indianapolis, IN	April Newsletter, Page 1
Aug. 1-3	Indiana Paddlers Rendezvous - Wildcat Creek	Page 4
Aug 1-3	Whitewater Trip —Upper (IV-V) & Lower (III) Yough, PA	Page 5
August 5 –10	US Canoe Association Nationals, Bristol, IN	Page 6
August 9, 10	East Race Last Public Weekend - South Bend, IN	
August 16-17	Swiftwater Rescue Clinic , East Race, South Bend, IN	Page 1
Saturday, Aug. 16	Wabash Heritage Paddle Fest , New Harmony, IN	Page 6
Aug. 23, 24	Whitewater Trip —Ohiopyle Falls Festival/Lower Yough (III-IV). Yough River, PA	Page 5
Sunday, Aug. 24	Flatwater Trip —Grand Lake St. Mary's	Page 4
Sept. 6, 7	Whitewater Trip —Upper/Lower Gauley, First Release, WV (IV-V)	Page 6

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

