

The **BLUE RIDGE VOYAGEURS** Newsletter August 2017

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CLUB BUSINESS AT THE PUT-IN

We have the full moon evening picnic coming up on August 12. (Please note the date change!) We are still looking for trips for August and September. Consider organizing a trip to the August waterfall clinic at the Tygart's Valley Falls or offering to lead a trip while at the New River Rendezvous over the Labor Day weekend. There are still releases on the Lehigh and Stonycreek as well as the Riverkeeper River Palooza events. There are possible Jennings Randolph Lake releases for Bloomington on August 26-27 and September 16-17. These seem more likely given the 7000 cfs released from the dam July 29 and the 4000 cfs of water that I watched pour over nearby Swallow Falls this weekend.

We recently have been enlightened by Barb Brown's paddling history presentation, Beth Koller's WV WOR slide show, and a video about paddling the steep rivers dropping into Lake Superior. (Indeed, the St. Louis River, which is near Duluth, MN, is the site of the Paddle-Mania Festival held there last weekend.) Now take a crack at some of the boating trivia questions.

If you have some river pictures that you could put into a slide show, please talk to Beth about the program she used, ProshowGold. It allows you to rearrange JPG or TIFF pictures, apply text to photos, insert title and text slides, download music and sound effects from their library, and control the timing of the slides and music. A program can be put together almost on auto-pilot or with customized control. Programs can be shown directly from the computer on which the program was prepared. Alternatively, a program with exe (execute) files can be generated so that a DVD or other drive can be used independently of the originating computer. The club could consider purchase of this program (<\$75).

Please welcome new members: Ross Dence ross.dence@gmail.com, Lisa Fallon kayakcrashtestdummy@gmail.com, Jim Keihn jimkeihn@gmail.com, Daniel Mullins mtbmullins@juno.com, and Lisa Weed lisa.weed@teamriverrunner.org.

We have some great articles in the newsletter including descriptions of self-shuttle options in the mid-Atlantic, how the towns Davis and Elkins came to be so named, and what Team River Runner is doing--along with a large safety training segment including a float trip template and a first aid kit inventory. Many thanks to newsletter contributors: Nathan Ackerman, Al Cassel, Alf Cooley, Charlie Duffy, Ed Evangelidi, Larry Lempert, Mike Martin, Star Mitchell, Justin Padgett, John Snitzer, and Lisa Weed. **The deadline for the next newsletter is Saturday, September 10.** Please get materials in on a timely basis so the editor can paddle too.

There will be a Fall meeting which tentatively will feature canoeing on Canada's Missinaibi River. The time is 7:15 P.M., **Wednesday**, September 20. I will post this in an e-mail blast. The meeting will be held at the Clara Barton Recreation Center (7425 MacArthur Blvd #151, Cabin John, MD 20818). The meeting will adjourn to Ledo's for pizza (5245 River Road Bethesda, MD 20816).

Rick Koller

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FEATURE ARTICLE #1

Self-Shuttling Options--Ed Evangelidi

Not all of us are named Ron Knipling or Ed Gertler, both of whom have been known on many occasions to jog or bike shuttles. BUT if you ever get the urge to be out on a river and don't have a second vehicle or just like to hike and bike with a group, here are some popular runs with self-shuttle options organized by region:

Delaware-NewJersey-Eastern Pennsylvania

Lehigh River: The bike trail runs most of the way from Walter Dam to the Delaware River so you can paddle the three whitewater sections (on release days) or go beyond to explore milder sections that stay up longer and are rarely paddled by people from our area. The whitewater section is over 30 miles with Rockport conveniently being near the midpoint.

Delaware River: If coming down the Lehigh, why stop at the mouth? The convenient canal trail goes downstream more than 50 miles towards Philadelphia. There are lots of access points to break up this trip, and there is a 19 mile section of canal on the Joisey side.

Millstone & Raritan River: I'm not pushing a mega-paddle here, but these two rivers kinda touch the Delaware and have over 30 miles of the adjoining Delaware & Raritan Canal for walking, biking, or paddling (!) your shuttle.

Tohickon Creek: Except for a wee bit of nasty uphill walking on Cafferty Rd., the Tohickon whitewater shuttle is on nice hiking trails, which can be biked, and with great views of the rapids.

Schuylkill River: There are numerous opportunities here. Check Pennsylvania web sites for more information on the specific sections with adjoining trail and which have the most reliable water.

Little Juniata River: While the trail ends just above the best whitewater, the section above Tyrone is still quite pleasant. The caveat is that a good antecedent rain is required.

Pine Creek: Do you want to combine a great gorge paddle with a great gorge bike trail? It's hard to beat this particular combination. While the gorge "only" lasts for 17 miles, the creek is still a beautiful run for days down to the West Branch of the Susquehanna. The bike trail and occasional bars provide comfort along the way.

Western Pennsylvania

Casselman River: The bike trail also allows you to explore a few lesser paddled sections in addition to the three sections of whitewater.

Youghiogheny River: The bike trail from the Casselman River to the mouth is highly recommended for shuttling. There may even be more bikers going along the river than boaters down the river.

Blacklick Creek: This great gem is slowly being discovered by both whitewater boaters and bikers. The bike trail covers the traditional Class 3 section and a much longer and mellower upper section.

Kiskiminetas River: The paddling section from Saltsburg to Apollo has sections of trail for trips.

Western Maryland-West Virginia-Western Virginia

Potomac River: There are rumored to be 184 miles of trail from Cumberland to Washington D.C. There are camping spots along the way. The Paw Paw Bends section is perhaps the finest.

North Branch Potomac River: There is a nice four mile trail running downstream from Barnum. The most downstream site for vehicle parking is Blue Hole. This trail has been walked or biked by many a whitewater boater.

Fifteen Mile Creek: There is a hiking trail here from the upper segments of the creek to the Potomac. Some C&O canal walking may be needed at the bottom.

District of Columbia-Middle Maryland

Rock Creek: There are biking and hiking trails along the creek from Maryland to the Potomac.

Little Patuxent River: From Columbia to Savage and from Murrh Hill Road to Savage on the Middle Patuxent is a hiking trail to get you into this whitewater trip.

Patapsco River and the North and South Branches of the Patapsco: A variety of hiking trails connect to a lot of river frontage from above Gaither Gorge to I-95. The caveat is that the number of trails means that you need to know the trail systems to connect the proper trails and to avoid getting lost.

Gunpowder Falls: Extensive hiking trails connect in much of the river from the Pennsylvania line to below I-95. All of the rapids sections are easy to hike.

Tuckahoe Creek: This creek is within a state park, and trails can be followed down to Route 404.

Northern and Middle Virginia

Accotink Creek, Bull Run, Cub Run, Difficult Run, Four Mile Run, Goose Creek, Occoquan Creek, Pohick Creek: These urban streams all have nice trails running alongside for easy walking. (Thank rights-of-way for sewer lines for many of these trails.)

Rappahannock River, James River: Again we have urban whitewater fall-line streams with nice hiking trails (that can be biked) alongside.

Jackson River: Below Gathright Dam is a nice 13 mile section with a bike trail. Try this on a summer week day water release.

Southern Virginia and West Virginia

New River: The New River Trail State Park is essentially a bike trail along the mid-section of the river for many miles. The trail has numerous access points.

New River: The river in West Virginia has many walkable sections too. The Sandstone section can be walked on the lightly used shuttle road as does the Glade Run section. The Gorge Section has a trail as well.

West Virginia

Glady Fork of the Cheat River: The loooooong Allegheny Hiking Trail traverses most of the three sections of Glady Fork.

Cheat River: While unfinished with loose gravel, the Cheat Narrows trail goes from Rowlesburg to WV Route 7--mostly on river right.

Back Fork of the Elk River: The little used shuttle road can be easily hiked.

Gauley River: On non-release days, there is limited access on the Middle Gauley on both river right and river left below the Meadow River.

Greenbrier River: A 77 mile rail-trail allows for pleasant sectional paddling from Cass to near Lewisburg.

Etc: I've only hit some of the big ones in our area. I'm sure many of you have already hiked along some other great streams. One of the many great trips of which I have heard was a long trip on the Potomac with paddlers and bikers rotating days on the river and on the trail.

There are also some more Southern options: the South Fork of the Holston using the Virginia Creeper Trail; the Cumberland River near Ashland City, TN and the Cumberland River Bicentennial Trail; the Big South Fork River and the Ledbetter Trail near Stearns, KY; the lower Green River and the Green River Cove Trail near Saluda, NC; the Ocoee Whitewater Center and the Rhododendron Trail in Tennessee, etc.....

PROGRAMS

On July 25, we had a program about the 2017 West Virginia Week of Rivers. The images covered runs on the Black Fork, the Bloomington section of the North Branch of the Potomac, various segments of the Dry Fork, the Glady Fork, Hopeville Canyon with various put-ins and take-outs and levels, (sorry no Horseshoe Run; skunked again), Kitzmiller, and the Middle Middle of the Tygart down to Audra State Park during the last week in April.

This was followed by a video of paddlers from the Duluth, Minnesota area “Dakib”. They introduce you to the steep urban run right in town and their local festival. Then they paddle rivers dropping off the Laurentian Shield into Lake Superior. There are many waterfalls! (The geology is the larger equivalent of our Piedmont fall-line, and the rock is granite. The editor has run the Baptism, the Brule, and the Temperance and can attest to their zesty quality.) The rivers are seasonal so the group includes their later-in-the-year ventures to the southeast and the west. We also had a brief presentation by Lisa Weed, a paddler with Team River Runner about upcoming activities.

The upcoming September program night tentatively will feature a multi-day canoe adventure on the Mattice to Moose Crossing section of the Missinaibi River. This northern Ontario river was a key connector for commerce between James Bay, a southern prong of Hudson Bay, and Lake Superior. Most paddlers run the Class 1 and 2 rapids and portage the Class 3, 4, and higher rapids because of gear considerations and the remoteness. It is a true voyageuring trip. Some video short clips of the seldom runnable Nantahala Cascades and the high volume of water pouring over Swallow Falls may be added as well.

The Club is looking for additional programs. Shorter presentations from different speakers can be combined so, if you have a shorter program, please don't hesitate to let us know. If you have taken pictures, but do not know how to present them as slide show, let us know so that the various options including use of the ProShow Gold program can be discussed. If you will be bringing a computer to connect to the club projector, let us know in advance to confirm that the club has all of the necessary cables. The newer computers use HDMI to HDMI cables. The Club just purchased one—so the one from the President's home entertainment system can be returned to its rightful place! **Also many of the new computers DO NOT have an internal CD/DVD player. This hardware problem can be fixed by purchasing one for about \$25, but there is a software problem in computers running Windows 10. There is NO “media player”! One can be purchased on-line for a song or for free, but it is best to have this installed well before your presentation.**

FESTIVALS

Valley Falls Clinic and Race

There will be a spectacular event on the Tygart River in West Virginia on August 20, 2017. The Army Corp of Engineers will adjust the water to an appropriate level for paddlers. There will be a clinic on how to run a water fall. Plans are on the way to also have a race. The Valley Falls State Park support this event. Spectators are welcome.

Other

The weekend of August 19 and 20 will be a busy one.

- For those of you who are willing to travel, Lockapalooza will be held both days at Lock 32 in Pittsford, NY. The contact phone number is 585-328-3960.
- The Midwest Freestyle Championships will be held at the Wausau Race Course in central Wisconsin. *Check out these links.*

<https://www.evensi.us/2017-midwest-freestyle-championships-wausau-whitewater/197842588>.

YouTube:

<https://www.bing.com/videos/search?q=midwest+freestyle+championships&&view=detail&mid=543C1F61FC2ECAA72DA543C1F61FC2ECAA72DA&rvsmid=60C2DC9D2F589E45014660C2DC9D2F589E450146&fsscr=0&FORM=VDQVAP>

- Locally for those two days, the Potomac Little Falls Race/Festival will take place. Please *check with anadventure.com*.

CONSERVATION

Potomac Riverkeeper River Palooza Events (info from Nathan Ackerman)

The season that kicked off Saturday, June 3 in Harpers Ferry is full swing. The season will end Sunday, September 24 at the National Harbor with a party and concert for clean water. In between, there will be a variety of events including:

- *August 27-Sunday—Bloomington*
- *September 8-Friday—Dyke Marsh evening paddle including stand-up paddle boarding*
- *September 9-Saturday—Women on the Water with Calleva on the Potomac Heritage Trail*

<http://www.potomacriverkeepernetwork.org/riverpalooza-2017/>

TRIP ANNOUNCEMENTS

Summer Picnic Mark Wray (redshoestwo@juno.com;703-222-4842) will organize the annual Summer picnic to co-ordinate with the monthly full moon. People will meet on August 12 (no longer August 5) at Violet's Lock (off River Road; **the sign is now missing**) to paddle across the river. Open boats are wanted to convey the heavy cargo.

Provide a **timely RSVP** so that the Club can arrange for the appropriate food and supplies. Give Mark a call 703-222-4842 or respond to his invite e-mail by **Thursday, August 10**. BRV will provide chicken and drinks (soda, wine and beer — approximately two per person).

Bring your money: \$10 for adults; \$5 for children ages 2 through 12.

Bring food for eight. The food category is designated by the first letter of your last name.

A-G: salads, uncooked veggies, fruit dishes

H-N: desserts, snacks

O-Z: pasta, casserole, cooked veggies, rice, etc.

Bring serving utensils for your dish, if needed.

Bring camp chairs/cushions, bug repellent, glowsticks/flashlights (and attaching tape) for boats, and camping gear if you wish.

Camping is permitted, but a permit for overnight parking at Violette's is required.

Parking at Violette's Lock is unrestricted, but there is little police surveillance. Do not leave valuables in your cars.

New River Rendezvous

This is an inter-club event. The general organizer is Ken Dubel (540-578-5523) from the Coastal Canoeists. A specific BRV co-ordinator has not yet stepped forward. The campground is in Hico, West Virginia—about a six hour drive from here. (From Maryland, it is about equi-distant taking I-68 to I-79 versus taking I-66 to I-81 to I-64.) There will be a variety of trips—usually through the New River Gorge and on the easier sections upstream. Gauley runs may be available.

Bloomington Release Given that the reservoir is full, it is likely that there will be a release this weekend. Beth Koller (240-506-0417) will co-ordinate a trip for one of these days. Contact her in advance. The trip will be limited in size.

Recovery from Labor Day Weekend Trip Lou Compagna (campagnal@verizon.net;301-929-0136), the former Voice of the BRV trip phone line, will co-ordinate a local trip for Saturday, September 10 or Sunday, September 11. It will be a relaxed run, Class 1-2.

Pine Barrens Car Camper Ed Evangelidi (edevange@localnet.com) will lead a car camping flat water/fast water scenic trip through the New Jersey Pine Barrens over the extended Columbus Day weekend, October 7-9.

Eastern Shore Car Camper Ed Evangelidi (edevange@localnet.com) will lead a car camping flat water/fast water scenic trip somewhere on the Eastern Shore over the Veterans' Day weekend, November 10-12.

The Club is about trips and camaraderie. To support this, there will be a drawing for two \$25 gift certificates at the end of the year for those who have led BRV trips. A completed trip open to Club members and posted on the Club website at least one week in advance of the trip or in the Club newsletter will earn one drawing chance. A Club trip recorded by a trip report in the BRV newsletter will earn one drawing chance. A Club trip announced in advance (as above) and followed by a trip report will earn two drawing chances. It is understood that a trip organizer may need to adjust the date or river run based on water levels and unexpected personal circumstances. Do something for the Club and your fellow members and qualify for a prize! (No Club funds have been/will be used for this.)

TRIP REPORTS

Paddling through History—A Run on Antietam Creek—Beth Koller

On May 14, a group of six boaters (Tom Dejordy, Dean and Lori Geis, Beth Koller, Kathleen Sengstock, and Liam Straton; two tandem canoes and two kayaks) paddled Antietam Creek.

There are three sections to this river. The top section has a take-out at Antietam Creek Canoe and is more challenging than the other two, but requires more water and inspection for wood pile-up especially around bridge pilings. The middle section runs eight miles from the Lappan's Road (Route 68) bridge put-in to a non-descript river left take-out just downstream of a runnable low-head dam/ledge. The last section runs four miles further to a confluence with the Potomac, downstream of Shepardstown. These latter two sections are runnable most of the year because the river is spring-fed.

The shuttle for the middle section involves driving north and west on 68 and traveling south on 65 through Sharpsburg to South Church Road (at the intersection of 68 and 34 [Main Street] which turns into Burnside Bridge Road. Because the parking is so limited at this take-out, Greg Mallet-Prevost, the proprietor (240-447-0444), will be happy to bring the driver of a single drop-car back and even happier if adult beverages are provided.

The creek is very narrow and tree-lined. This does increase the risk for deadfall, but we were able to get around all such hazards without disembarking. The rapids are Class 1-2 and are notable for their ledge structure. Even in the flatwater areas, the current is continuous. The rapids permit practice moves or lazy day paddle dipping--your choice! The water is warmer than Bloomington as evidenced by the many mollusk shells on the banks and riverbed. Little islands provided lunch stops or knee breaks. Lori Geis brought out lunch works that included salmon. No granola for them. Their big rig tandem was great for packing fine dining and serving as a table. A candelabra was not included.

The last third of the middle section passes through Antietam National Battlefield Park. When you see a water fall on river right, start looking for some rock out-croppings on the left and the Pry House Field Hospital Museum, which is an annex of the park—just off of Route 34 (Shepardstown Pike). The latter is well worth the \$5 price of admission to a) see architecture of the house and the huge barn and b) learn about the role of German immigrants in the area, how the medical corps emerged from the Army with its own equipment and organizational structure, and how/why this piece of real estate was seized by government entities. You will pass under several bridges, the most significant of which is probably Burnside Bridge (Rohrbach's or Lower Bridge when built in 1836 to connect commercial traffic to the C&O canal), which was recently restored. Major General Ambrose Burnside had been ordered to attack General Lee's troops in the area. The higher vantage point of the Confederates and unforeseen difficulties in crossing the river resulted in a multi-hour battle and over 500 Union casualties.

We had some unexpected sights. There was an engine block just downstream of said waterfall; visible only if wearing polarized lenses. There was also a family of geese disturbed by our presence.

There are options available for après boating dining. Bender's Tavern (111 E Main St, Sharpsburg, MD 21782; 301-432-5813) offers wide selection from pub food, including fried pickles and assorted burgers cooked to order, to fancier entrees, including salmon and crab cakes. What was most striking on our way to the restaurant, however, was the inability to get a near-by parking spot on a Sunday night and the throngs of people on the 100 block of East Main Street. Duh! There was no parade. They were in line for or eating Nutter's Ice Cream (100 East Main Street, Sharpsburg, MD; 301-432-5809). This past-time is obviously a big deal in Washington County because there were ice cream shops in Boonsboro and Middletown as well: Potomac Street Creamery (9 Potomac Street [Route 34], Boonsboro, MD 2171; 301-432-5242 and More Ice Cream (13 West Main Street [Alt U.S. 40], Middletown, MD 21769; 240-490-5337).



Lori, Dean, Liam, & Tom



Lunch! Mmmmm!



Kathleen bow surfs



Tom (bow) & Liam (stern) over the ledges



Kathleen side surfs



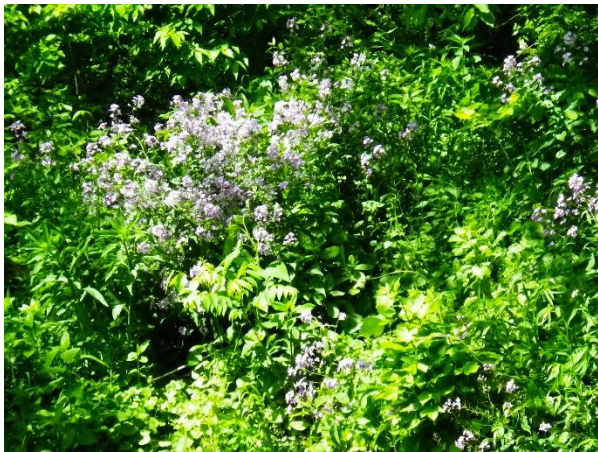
Lori does the work.....



Around the deadfall



Burnside bridge



Streamside flowers



The irate goose

Memorial Day Weekend Run on Bloomington—John Snitzer

A cast of thousands, well thirteen, ran the Potomac North Branch on Sunday, May 30. Beth, Tony, Virginia, Valerie--all in K-1, John 1 and 2--both in K-1, another un-named paddler with an orange helmet in a blue-white K-1, Tim and Mark 1 and 2--all in OC-1, Bruce in a ducky, and Henry and Sally in a shredder. We had had predictions of dire weather, and thoughts of the foggy run at the end of the WV Week of Rivers were on our minds. Although the skies were overcast, we experienced only a few brief showers that were over by lunchtime.

The gauge showed a reading of at the upper end of the 1000 cfs mark, but felt higher. The generous water level meant that the wave trains were really big and wavy and that there were few rocks. This was most evident on the early ledges and at Top of the World.

We had lunch at the walkway along the river at Blue Hole. The traditional lunch spot was a nice cobble bar at one time. It has been eroded and become weedy, soggy, shaded, and cold. Some machete work is needed! Besides unless your group is jumping into the hole to play, the view across the Blue Hole pool at the cliff is far superior to that of the old concrete railroad wall!

The semi-submerged tree in the center eddy in the rapids above the usual lunch spot was still there, but could be avoided on river left. There was still deadfall above the section of river that

widens into rocky shoals on the right and has a slalom route on the left below the tree. The latter was runnable with some forethought.



Tim & Mark W. at the put-in



Sally & Henry rev up for the run



Valerie above the ledges



Lunch at Blue Hole



Bruce cools off at lunch



Mark B. paddles past the usual lunch spot



Valerie & John F. look overjoyed in the rain

There were no incidents. Just lots of fun. Robin's Nest (named for a paddler from the Greater Baltimore club) was the peak of the paddling day with some bouncing down the knuckles on river left and some paddling the tongue between the boulders and the holes on river right, moving right to left into the eddy below.

John F. was testing his should after an injury. None of us could have guessed because he looked so good as he surfed and ferried. Ginny and Valerie worked on eddy turns and ferries all the way down the river. Valerie executed a maneuver into an eddy with Beth on river left above Blue Hole. Several snapped into the river right, pulsing eddy at the river bend above the usual lunch spot. The shredder team drove that shredder like a sports car. It was fun to watch their crisp eddy turns, which were a testament to their long history in hard boats. The three *loooong* open canoes skimmed the surface of the waves. Bruce had another great run in his IK in Top of the World. For Tony, it was just another day on the river.

The forest was amazingly lush after the wet spring. There was a single nice patch of mountain laurel in flower, but the ninebark dominated. Multiflora rose repaid its nasty tendency to invade fields, draw blood, and puncture dry suits with a glorious display of many white flowers.

We ran into the fine folks from Baltimore on the river and in the parking lot after. Everyone reported a good day on the river; trip rating: 10/10.

A subset of the group went to the Banana Leaf in La Vale where the portions were generous and the entrees tasty.



Ginny is awed by Top of the World



John F. showing good form



Tony hitting the big wave at the bottom



John S. headed for the big wave



The sports car shredder drivers mug for the photographer & prepare to sign-off on the run

[A Different Section of the Shenandoah!--Al Cassel](#)

Sometimes you get the opportunity to run something that doesn't run very often. That was the case with our run on the South Fork of the Shenandoah (Newport to Luray). See Ed Grove's *Classic Virginia Rivers* (1992). After consulting with the resident boating guru, Ron Knipling, it was determined the water level the weekend before was too high. Dropping water levels were monitored during the following week. They were perfect at about 2300 cfs for a run on June 4, 2017.

Five of us (Al Cassel, Beth Koller, Bob Maxey, Gary Quam, and Ginny Quam) met off of I-66 in Manassas. After some gear juggling, we headed towards Front Royal. The scenery was terrific. The vegetation was a lush green, punctuated by lofty railroad trestles. (Ron Ray, a train guy, would be jealous.)

We put in at the upstream end of Kite's Store and Campground in Newport, Virginia. There is a small fee for this, and the owners ask that you park closer to the roadside part of the campground so as to not obstruct others disembarking. The shuttle was more direct than the numerous bends in the river, and we were able to park under the US 211 bridge at Whitehouse Public Boat Landing—a blessing given the bright sunshine of the day!

Despite being only a fork of the main Shenandoah, this section is already very wide (several hundred yards). The karst (limestone) topography contributes to the numerous river-wide ledges and is similar to other southern rivers with sedimentary rock. For the most part, there were no large isolated “drops”—just continuous activity over serial, small ledges or in chutes through the ledges. Busy, busy, busy....

But there was plenty of time for conversation. It turned out that Ginny and Gary had just returned from Wisconsin and had paddled rivers familiar to Beth and with people known by Beth. Even more curious, was the response when Beth asked Ginny (an engineer with a degree from the UW) as to whether she knew another female engineer, who was a paddler “...*We went to camp together...*” Six degrees of separation anyone?

We had lunch on a tiny rock out-cropping. Poison ivy was a major consideration. A snake decided to inspect our spot and our boats before it slithered away in the water.

No other major excitement. Just good fun and fellowship which was topped off by dinner at Firebirds Wood Fired Grille in Gainesville, near to our morning meeting point. The menu was diverse and offered gluten-free entrees. Beer, cocktails, and wine were available. The meals were not inexpensive, but the food was good and the portions filling.



Bob riding the waves



The Quam tandem team



Ginny & Gary at lunch-before the snake



In sync after paddling in Wisconsin



Al enjoying the beautiful day



The river was already very wide this far south

[A Run on Our Backyard River with a Few Twists—Alf Cooley](#)

On June 22, the Thursday Paddlers, whose mailing list contains 330 who've signed up under no duress, numbered but six--our irreducible minimum--all drawn from the "Decemviri" who've been paddling together for years: Barb B., John S., Mark B., Miki, Tim, and Alf! The level

was a beefy 3.52 feet by take-out time at Lock 10. A simultaneous lower octane Thursday trip from Anglers to Lock 10 attracted Wayne McDermott and Paul Schelp.

We met at Carderock at 10:00 A.M., dropped off vehicles at the Lock 10 take-out, and drove over to our Virginia put-in at Great Falls. As advertised, the 80-foot descent into Fisherman's Eddy was more than unpleasant, alleviated only by a couple of hefty men helping us slither our boats down the rock-pile. They were seeing off their children, among 19 on a PoPadSports raft trip which was just launching. Although we had to wait 15 minutes as they put four rafts into the river, we enjoyed that kindly manpower. So you take the smooth with the rough....

For those of you who have not yet had the pleasure (?) of launching here, this location puts you immediately into pulsing big water, where you have to cross over to the river left side (Maryland), then back over to river right (Virginia), then out into the center, and WHOMP down the constricted middle of a possibly three foot descent through the constricted S-Turn and into boiling cross-currents and eddies below. This big water is a different kind of boating from our Thursday general predilection for small streams. (They're all dry right now.) I suspect that that half-hour descent among the boulders is what discouraged other boaters from joining us.

A similar high level on a Thursday Paddle in 2012 caused several swims and upsets, so we were happy for Barb to take the lead showing us the lines to avoid the Scylla of the Fish Ladder jet and the Charybdis of the S-Turn hydraulic hole. All of our party passed the test unscathed, and we caught up on river news and future plans in the big eddy below the Rocky Wave. The Gorge was its beautiful best, with rock climbers dangling down the Virginia cliffs and Billy-Goat Train hikers on the Maryland side. One asked about where to jump in, but we demurred.

After arrival at the Chutes, we dropped down the Center Chute. All of the K-1s, except one, were able to attain the last, most difficult drop. I almost had it, but pooped out trying to get up behind the target rock and so dropped down the rapid. *Losin' my groove.* We met Ursy and Carter at Maryland Chute and saw the Alexandria Fire Department practicing swift-water rescue. (This is your tax dollars at work, but raises questions about what whitewater is near Alexandria.) We missed the usual playing in Offut's Rapid because it was already occupied by a family fishing. Yellow Falls was tumultuous, but we did not play. Instead we proceeded to Carderock, where John and I bailed.

The day was overcast, clear and pleasant. I don't think that the air temperature reached the predicted 90° F. The water temperature was 83° F! We saw wildlife: a doe and two fawns at Carderock and an eagle at Madeira School. Fine day and good company!

[Adventure on the Violette's Lock Run—Alf Cooley \(organizer\)](#)

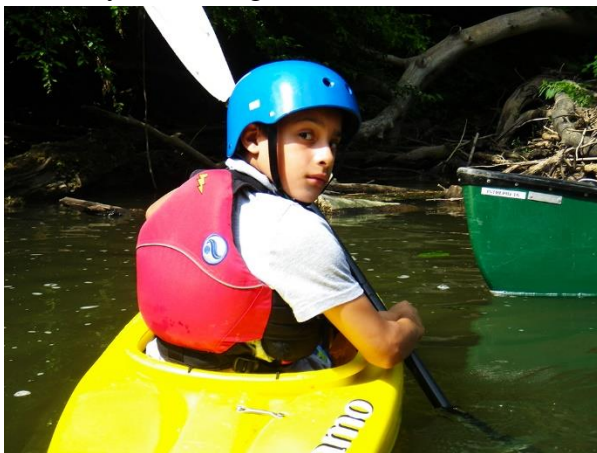
A motley crew made their way across the Potomac from Violette's Lock on Sunday morning, June 24. The group included Barb Brown, Bill Carr, Alf Cooley, Beth Koller, the Tom Panning family, Kathleen Sengstock, Mark Wray, and an additional paddler named Doug or Gary. Two of the Panning boys (Brayan, age 13; Jean, age 11) were in kayaks (one skirted, one non-skirted); the third (Maichol, 11 years) was in the open canoe with his father.



Brayan learning to lean into the rocks



Close encounters of the log kind



You're going to ask me to do what?



Maicol & Dad have it under control



Bill shows how it's done in a long boat



Kathleen waves for the camera

Because the boys were relatively new to the sport, Barb reviewed the importance of leaning into a rock to push your hull away from the rock. Right around the bend, there was a just submerged, nearly river-wide log (which was removed sometime thereafter). The open canoe spent some time on the log. With some guidance, the two boys made their way down an opening on the far left. The two boys were able to ferry with some instruction. The first big ledge caused some

water to enter the non-skirted boat-despite the excellent line taken. There were tears and fear as we emptied the boat, but soon we went down stream. More eddying out; more ferries.



Maicol getting ready to swim the ledge



Kathleen in the drink!



Jean with smiles & keeping his feet up!



Brayan runs twice

Eventually we arrived at the second large ledge. There was some trepidation by Jean, but the big smile that emerged when he ran the drop clean and dry let us know that all was well. Brayan hauled his boat up to run again. The other two boys swam the drop—not once, but twice. Kathleen, bless her heart, had gotten out of her boat to swim the rapid so that everyone would know where to go!

Shortly thereafter, the group split into three groups, with one group going to a lower take out, another group paddling straight across the river, and two of us paddling down the big wave train in the main channel before crossing.

Post Script. The Panning boys did very well at the CCA course with Cory Heyman the following weekend. They are now very experienced with wet exits and so can use spray skirts. Plus they all had fun and are eager to paddle more.



Barb in instruction mode



Alf with Mark in the background



Brayan



Our unknown paddler on the return crossing



Mark (BRV VP)

4th of July: Picnic + Paddling+ Fireworks = FUN—V. Star Mitchell

The rain held off, and the picnic at Fletcher’s Cove went off as planned with 14 people in attendance. The attendees were Gus Anderson, Betsy Andrews, Barb Brown, Debbie Crouse, Sandra and Darrell Knuth, Kerrie Kyde, Alex Moad, Eric Nelson, Kathleen Sengstock, John Snitzer, Nicola Spatafora, Jan Wolf, and *Yours Truly*. (If I have left anyone off the list or misspelled your name, I apologize.) About six other people left e-mails or messages and said they would come, but didn’t show—what else is new?

The spread of food was truly magnificent. Then it was time to head to the viewing location for fireworks. In the past, we would get there about 7 P.M. and then paddle all around the boats and under the bridges and just have a lot of good fun. Unfortunately, we did not have as much time for cruising around because we did not leave Fletcher’s until 8 P.M. I guess that we will need to return to the prior picnic start time of 4 P.M. instead of 5 P.M. Note that for the planning record.

I got to the fireworks site after the show had begun. I’ve been having problems with my shoulders, and I took my Crossfire kayak which I have not paddled for TEN YEARS, and I’m no longer 39. What was I thinking? The combination made the slog down against the tide and the slog back against the tide an ordeal for me. But the fireworks were terrific. We did have a

beautiful almost full moon to guide us on the return trip. This made the night very bright with no blackout spots on the river.

As an aside, I hope the clubs work together to get the right returned to park at the Teddy Roosevelt Island lot. I know bugs are eating up the trees on the island, and this needs to be addressed. Whether access to the parking lot alone can be separated from the hiking access is something to be determined.

I have been doing this trip for over 30 years. It is a great trip, and this year was no exception. All-in-all, it was a magnificent evening, the food was superb and plentiful, the fireworks (the greatest in the world—the nation’s capitol) were fantastic, and the people in attendance are the best buddies a person could have!

“This Had More Action Than I Remembered”—Mike Martin (BRV Webmaster)

There had been dithering over gauges and rain reports for several days.

The trip was originally set for Stonycreek on Saturday, but it was raining hard in many places so most of who had signed up for the joint BRV-CCA trip, organized weeks ago by Ross Dence, decided to see what the gauges said Sunday morning. He and a few others could not boat Sunday, so we regrouped at the instigation of Mike Komlash, John Snitzer, and *Yours Truly*.

A sizable posse gathered at Myersville Sunday morning of July 30. We were joined by Linda Basilicato (relatively new OC-1er and C-1er), Kim Buttleman, Courtney Caldwell, Lisa Fallon, Jim Keihn (new BRV member), Beth Koller, Kathleen Sengstock, Carrie Singer, and Jenny Thomas.

X We’d considered the Stonycreek, PA basin, but the rain there was scant.

X Stonycreek was an option. The Ferndale gauge was about 1300 cfs, but still pointing up. There were some concerns about the extra water being provided for the rafting company, and Carrie had run it the day before.

X The flow on the North Fork of the Casselman and the Upper Savage, which had earlier been lobbied for by *Yours Truly*, appeared to be falling too fast.

X The Casselman and Yough Rivers were quite high.

X The Cheat basin was flooded.

X There wasn’t any water to the east besides Bloomington, which had been running at 7000 cfs, and the Hopeville segments of the South Branch of the Potomac, a long reach from Myersville.

Such are the quirks of the mid-summer rain dumps paddlers crave.

The verdict was finally in. The group finally opted for Laurel Hill Creek (PA) run below the Whipkey Dam with a take-out at the Lower Humbert Covered Bridge.

The trip was a first descent for most of our crew. Court, Kim, Jim, Jenny, and I had run it before, several times. It appears, however, that I mistakenly poo-pooed it in my pre-trip description. It was much prettier, had more action, and was a longer run than I remembered. We put on with about 950 cfs, and only lost about 150 over the five hours it took us to run. Thanks

to Jim, who had run the creek a month or so ago, we chose *left* all the way through the braided section and endured only one easy drag around of a tree that had just fallen.

The weather was perfect: clear skies, and a break from heat and humidity we'd suffered during the previous week. The trip seemed to have hit the right spot for everyone, judging from the smiles at the takeout.



Yours Truly—Mike Martin



1891 Bridge

More images to follow.

[North Carolina Week of Rivers](#)



Tucker and Supersoaker fun

Stay tuned for the next edition.

[FEATURE ARTICLE #2](#)

[Team-up with Team River Runner—Lisa Weed](#)

Team River Runner (TRR) is a non-profit organization that encourages health and healing for wounded and disabled veterans through adaptive paddling programs. We offer a variety of environments, from flatwater paddling to guided whitewater adventures, and everything in between. Using kayaks, stand-up paddleboards, rafts, and more, we build social connections, promote paddling as part of a healthy lifestyle, and develop leadership in our participants.

TRR has over 50 active chapters in 31 states and last year served more than 2,100 individual veterans with support from over 500 volunteers. Our flagship chapter at Walter Reed National Military Medical Center hosts year-round pool sessions twice a week and outdoor kayak practice

on the Potomac River from April through October. TRR's local program brings veterans and their families to paddle waters accessed at Riley's Lock every Sunday during the season. All boats, outfitting, safety gear, and instruction are provided for our participants free-of-charge, through the generosity of our donors and sponsors.

TRR enjoys being part of the paddling community and has interest in stewardship, conservation, and access to our rivers and waterways.



Montana Outtasight Clinic for blind veterans

Recent events include:

- An Adaptive Paddling Conference in Uniontown, PA, June 2017
- Montana Outtasight Clinic for blind veterans, July 2017; teaching and guiding blind veterans on the Yellowstone River
- Robert Gallagher Memorial Chaotic Kayak Race in St John, USVI, July 2017; all proceeds support the annual leadership clinic
- Third Annual National Veterans Kayak Football Challenge at Willowdale Lake Country Club in North Canton, OH, July 2017

Upcoming events include:

- **13th Annual DC Biathlon at the Washington Canoe Club, Washington DC, October 2, 2017 - TRR's largest yearly fundraiser**

To volunteer or donate boats/gear, contact: lisa.weed@teamriverrunner.org

To make a tax deductible contribution, click: <https://www.teamriverrunner.org/Donate>

To express interest in hosting a fundraiser for TRR, click: <http://www.teamriverrunner.org/contact/>

Facebook <https://www.facebook.com/TRRUSA>

MEMBER PROFILES

Ross Dence:

1--How did you get into paddling?

I purchased my first canoe almost 4 years ago. I wanted to start an outdoor activity that I could do with my family.

2--What kinds of watercraft do you paddle? Do you paddle more than one kind of canoe? If so why? Do you ever paddle tandem?

I have four canoes in the fleet: a 16 foot Old Town Appalachian, a 16 foot Wenonah Prospector, a 13 1/2 foot Old Town H2Pro whitewater canoe, and a Blackfly Octane9.2.

I paddle tandem and solo. I like to take the family out in the 16 footers; I use the shorter boats for solo paddling in whitewater.

3—Any favorites among the various watercraft?

*I don't have any strong favorites on boats, but I would say I prefer the Prospector over the Appalachian and the Octane over the H2Pro. The Blackfly Octane is really great in whitewater-- enabling me to successfully bounce through rapids where paddler technique might be lacking. The Octane is hard on my knees and feet and **not so fun for flat water sections**. I also enjoy paddling the Prospector solo.*

4--In how many states and countries have you paddled?

One country, USA; four states (Maryland, Virginia, West Virginia, and Pennsylvania) and the District of Columbia.

5--What was the most fun thing that you have paddled and why?

To date, the Bloomington section of the Potomac was the most fun as it was one wave train after another and very enjoyable without pushing the limits of my skill level.

6--What is the hardest thing that you have paddled? Why was it so difficult?

The Lower Yough is the most difficult river I have paddled so far. In particular, Cucumber, Railroad, and River's End are rapids that require moves I have yet to perfect.

7—What do you enjoy most about paddling?

I like the challenge of paddling Class 2-3 whitewater solo and spending time with my family paddling tandem with my wife and two kids.

8--Are you a member of other clubs? How did you come to join the BRV? What would you like to get out of the club?

I am a member of the CCA. I learned about BRV through CCA events. I want to improve my paddling skills and to get exposure to many new rivers while paddling with experienced BRV members.

Ginny DeSeau:

1—How long have you been paddling? *Approximately 25-30 years.*

2--How did you get started in paddling? *To meet people and be on the water.*

3--What kinds of watercraft do you paddle? *OC-1; shredder; inflatable; sit-on-top kayak; sea kayak* Do you paddle more than one kind of canoe? *Yes* Do you ever paddle tandem? *Seldom*

4—Have you undertaken boating camper trips? *Yes* Have these been self-support or raft-support? *Both*

5—Can you tell us about your western river IK experiences? *Western paddling on big water is fantastic - in the right craft.*

6--Any favorites among the various watercraft? *Depends on the river or ocean*

7--What was the most fun thing that you have paddled and why? *Boating in an IK on BIG western water because it is a forgiving craft and is self-bailing*

8--In how many states and countries have you paddled? *About 10 states*

9--What is the hardest thing that you have paddled? Why was it so difficult?
Specific rapids on otherwise fun rivers, e.g., Dimple on the Yough and Nantahala Falls on the Nantahala because there were required must-make moves with big consequences if the moves could not be made.

10—What do you enjoy most about paddling?
Going to beautiful places and playing on the water with nice people (well, that is a few things...)

11— How did you come to join the BRV?
I knew some BRVers who were fun people and who paddled fun rivers!

12--We know that you are a member of other clubs; which ones?
CCA. And when I recover from some orthopedic issues, I'll get back to paddling and will re-join Monocacy and Carolina Canoe Cruisers, and maybe others.

13--Describe the various capacities in which you have served in these clubs.
I have served on the Boards, helped with paperwork and organization, co-ordinated and assisted with a variety of events, e.g., river clean-up, stream clearing, and meetings.

(Ginny is underestimating her many contributions to the local boating community. Our hats (er helmets) off to her!

Lisa Weed:

1--How did you get into paddling? How long have you been paddling?
While on a Salmon River trip years ago, I was more interested in the maneuvers of the scouting kayak than the raft I was paddling. Later I took whitewater lessons with Potomac Paddlesports. I have been paddling whitewater ever since, for nine years!

2--What kinds of watercraft do you paddle? Any favorites among the various watercraft?
I mostly paddle a Dagger RPM river runner, which is my favorite. I occasionally paddle a stand-up paddle board (SUP) or a rec boat.

3--You have said that most of your paddling has been local on the Potomac. What would you like to get out the BRV? What rivers would you like to paddle?
I would like to explore more regional rivers, particularly those in West Virginia, with the BRV.

4--Tell us about your run on the Big Sandy.
In April, I ran the Upper Big Sandy with a group led by Charlie Duffy. It was a personal first descent for me. I had a TON OF FUN!

5--How did you come to be involved with Team River Runner?
One day, while playing in the Maryland Chute, I saw a small group of kayakers surfing and practicing skills. Later, at the take-out, I ran into them again. There they were being hoisted out of their boats by guys wearing Team River Runner t-shirts. I was amazed to see that these boaters had single or double lower extremity amputations. I realized that kayaking is the great enabling equalizer for leg amputees. We were ALL THE SAME WHEN SKIRTED INTO A WHITEWATER BOAT!

6--We understand that you have something in common with Keith Merkel: percussion instruments. Tell us about this interest and how you got started? How many instruments do you have/play?
I've always been drawn to rhythm. My sons are drummers, and my family collects percussion instruments. Holidays and camping trips usually involve some kind of percussion jam session. We have the cajone, the frottoir, bongos, djembes, and a horde of bells, clackers, tambourines, and the like.

7--What do you enjoy most about paddling? *Moving in the wild.*

HISTORIC/FOLKLORIC

Canaan Valley and Elkins: Seats of Power in West Virginia in the Late 19th Century and the Men Behind Them—Larry Lempert

Those who have enjoyed West Virginia paddling, and especially those who frequent the West Virginia Week of Rivers, are no strangers to the towns of Davis and Elkins. Many are the times I've driven through or spent time in these towns, but never did I stop to think that they might be linked to key figures in the state's history.

Never, that is, until I came on a sign in Durbin, a small town at the foot of the wonderful West Fork Trail, which we had biked. That's when I learned that Davis and Elkins were named after politicians and businessmen Henry Gassaway Davis (1823-1916) and Stephen Benton Elkins (1841-1911). The towns were founded in 1880 and 1890, respectively.

The two men had much in common, starting with Elkins having married Davis's daughter Hallie in 1875. Davis and Elkins were in the railroad business and other ventures together, starting two

years after that marriage. With a few other associates, they founded the West Virginia Central and Pittsburg [sic] Railway, allowing development of large wilderness areas in the state. And both were associated with Davis Coal & Coke. Lumber, banking, and real estate also contributed to Davis's fortune.

Both were U.S. senators: Davis, 1871-1883, and Elkins, 1895-1911. But Davis was a mover and shaker in the Democratic Party, while Elkins was a Republican and became similarly influential there. Apparently, family ran deeper than party, as Davis helped his son-in-law Elkins get elected. Or maybe it was money that was deeper than party, as Elkins then backed tariff legislation beneficial to their business interests.

Both lived in Elkins (apparently neither actually lived in Davis, although Davis owned the land on which the town was built). Their residences, described by sources as "mansions" or "palatial," were near each other on land now part of Davis & Elkins College—an institution named after them, of course. Davis's Graceland (not to be confused with that *other* Graceland) and Elkins's Halliehurst were social and political hubs in their day, and are available for special events today.

One interesting difference is that Davis had only an elementary school education, while Elkins went to the University of Missouri and became a lawyer, leading to positions that included attorney general of New Mexico.

Both, however, were wealthy, influential, and important in West Virginia history. And as they were close in life, so are they in death—both are buried in Maplewood Cemetery in Elkins.

Think about that, next time you're getting dinner in Davis or driving through Elkins en route to the great rivers nearby.

(Best sources: wvencyclopedia.org, bioguide.congress.com.)

TRIVIA



The first member to accumulate 200 points will be awarded a prize from the shameless division of BRV commerce. **(No really, a real prize!!!)** The questions are arranged by category—as in the game show “*Jeopardy*”. **The questions will remain open until there is a correct response. The questions from the January and May newsletters remain open. Question 2 from the WHO category from the March/April newsletter remains open.**

WHAT

1 & 2--What is a gunwale? **10 POINTS** Why is it called a GUNwale? **10 POINTS**

3--What is the Canadian equivalent of the Nantahala Outdoor Center (NOC)? **10 POINTS**

4--Which falls on the Tygart is named after a boat designer? **10 POINTS**

WHO

5--Who was the first to run Illgen Falls (31 feet; Baptism River on the north shore of Lake Superior) (like those in the video “Dakib” (*cold water in Ojibwe*; shown at the last meeting)? **10 POINTS**

*For contemporary runs: <https://www.youtube.com/watch?v=iwoQVda6RaI>
<https://www.youtube.com/watch?v=lR1GBATI3BY>
<https://www.youtube.com/watch?v=lR1GBATI3BY>*

6--Who was the first to run Ohiopyle Falls (18 feet)? **10 POINTS**

7 through 10--Who were the first to run Great Falls on the Potomac (Spout 22 feet; total drop 65 feet)? **One answer 10 POINTS; 30 POINTS for all three**

THINGS YOU NEVER LEARNED IN SCHOOL

11-13--What is the Burned-Out Canoe Club? **10 POINTS** What were the rules? **10 POINTS** **10 POINTS** for locating recent information/clips regarding the “club”.

15 through 20--What is a Toptex? **10 POINTS** Who made it? **10 POINTS** Who in the Club has them? **One answer 10 POINTS; 30 POINTS for all three**

Hint: Several of the answers were provided during the last program.

21--Name the inflatable craft with the same name as an office appliance that tears up pieces of paper. **10 POINTS**

22--Where does the paddle of “Lost Paddle” Rapids fame reside? **10 POINTS**

Hint: The answer was provided during the May program.

HUMOR DIVISION—Ed Evangelidi

Motto of a good whitewater paddler: “*In low braces we trust.*”

I found the perfect keeper hydraulic on a popular river and had an electrical genius friend rig up a detector and a speaker. When the remote detector noted a boater stuck in the hole the speaker would then paraphrase the familiar: “*Thank you for choosing our sticky hole. Please continue to hold. Your terminal surf means so much to us. We may monitor this surf for quality assurance laughs. Have a nice day.*”

This psychiatrist is trying to help this boater who has a fear of ‘Pure Screaming Hell’ on the Gauley River. Knowing that the guy is also a computer addict; he has the guy visualizing his brain as a computer and says: “*Search and find any files in there that show Pure Screaming Hell. Now hit ‘delete’*”.

The radical politician gave up his boating classes when he found out he would have to spend time in the mainstream.

Gravitational pull: Why you are being sucked back into the keeper hole.
Service technician: Dude with the duct tape for on the river repairs.
Wardrobe malfunction: Blowing a gasket on your dry suit.

I'll try anything to get rain before the weekend. Lately I've started uploading large files into the clouds in hopes.....

Ed claims that he rarely swims. He says he has no clue why Googling his name and "swim" results in thousands of hits.

MEMBER EQUIPMENT FOR SWAP OR SALE

- KAYAK: Red BlissStick RAD 185 playboat. In good condition. \$350. Gus Anderson
- KAYAK: Yellow WaveSport Lazer river runner. Stored indoors. \$375. Beth Koller
- CANOE: Caption tandem w wood gunwales. More sporty than the workhorse Dimension. Stored indoors. \$1000 (or call). Dean Geis.
- PADDLE: White, fiberglass Sidewinder. ~200 cm. Minimal use. \$100. Beth Koller
- PADDLE: Lightning Gradient. Right fix. 197 cm. Used 10 days. \$80. Jim Pruitt.

SAFETY/INSTRUCTION

Why One Might Use Nose Clips

Pre-test:

I should use nose clips:

a—because I look better in the photos

b—because they reduce the area that needs sunblock protection

c—to prevent infection

d--to prevent water from going into my sinuses

The U.S. National Whitewater Center in Charlotte, North Carolina was just recently re-opened after being closed since June 24 of 2016. The artificial waterway is notable for its circuit system which can carry paddlers up to the top of the waterway without disembarking. The center provides recreation for rafters and hard boaters as well as instruction. The center has served as a site for Olympic qualifying races in canoe and kayak in 2008, 2012, and 2016.

The center was closed because of the unexpected death of an apparently otherwise healthy 18 year old recent high school student graduate. The cause of death on June 19 was amebic meningoencephalitis, a brain infection with *Naegleria fowleri*. On June 8, the Ohio teenager had fallen into the water, like some of her companions, while rafting at the center.

The ameba (amoeba) is found in the environment including fresh water bodies. Higher water temperatures facilitate growth. Of the 138 U.S. cases reported between 1962 and 2015, most have been reported in the South. Florida has had 34 cases as has Texas. North Carolina has had four prior cases. (See <https://www.cdc.gov/parasites/naegleria/infection-sources.html> .)

The subsequent investigation, which included Mecklenburg County and U.S. Centers for Disease Control staff, assessed water from a--the course which is derived from two wells, the Charlotte-Mecklenburg municipal system, and rain, b--the nearby Catawba River, and c--nearby sediment.

All of the 11 water samples from the course were positive for the ameba whereas there were four negative water samples (denominator not specified) for the river and only one positive sediment sample (denominator not specified).

The disease is almost uniformly fatal when diagnosed. People exposed to water with ameba, however, do not uniformly become infected. The organism does not enter the body (and later the brain) through the GI tract. It enters through the nose. The olfactory nerves (in the nose) pass through the cribriform bone to the olfactory bulb (an outpost of neural tissue connected to the brain). (See <http://teachmeanatomy.info/head/cranial-nerves/>.) The frequent history of infection after falling while waterskiing is consistent with this route of exposure.

The center has altered its water quality practices. It filters and disinfects its water. Filtration reduces the number of microorganisms and the sediment that can support growth of microorganisms. Both chlorine and ozone are used for the disinfection (<http://usnwc.org/water-quality-information/>; <http://charmec.org/mecklenburg/county/CountyManagersOffice/BOCC/Ordinances/Whitewater%20Systems%20Rules.pdf>).

The non-profit center offers a variety of activities including rock climbing, mountain biking, zip lines, canopy walking, and hiking in addition to whitewater and flatwater paddling (<http://usnwc.org/calendar/>). A daily paddling pass with your own equipment costs \$25; a daily pass for all activities is \$59; a season pass is \$199. Paddling clinics offer a 3:1 student : instructor ratio for \$50 or \$60. Individual kayak lessons are \$80. A package of five sessions is \$300. (<http://usnwc.org/visit/activity-passes/>). Several instructors were present at the Carolina Week of Rivers and received high marks for their teaching.

FEATURE ARTICLE #3

First Aid Kit Considerations—Charlie Duffy and Justin Padgett

Introduction

Paddlers face risks every time they get in a boat or on a board, but fortunately there are many ways to reduce these risks. *Two of the most effective ways to reduce risks are training and prior planning. Commonly faced risks during paddling trips include injuries and illnesses.* Because of this, all ACA instructors are required to hold current first aid and CPR certification. Most CPR classes take about four hours to complete and cover roughly the same content. On the other hand, first aid classes vary widely in their length and content.

Many organizations, including American Red Cross and American Heart Association, offer basic first aid courses. These courses are generally four to five hours in length, and provide an overview of how to recognize and treat common injuries and illnesses. They spend little time on general patient assessment, injury prevention, extended treatment, or evacuation considerations. A common theme in these courses is “call 911”. Longer courses, including Advanced First Aid, First Responder and Emergency Medical Technician (EMT), spend more time on patient assessment and treatment, but maintain the focus on calling 911.

When calling 911 isn't a viable option, as is true on most paddling trips, a different type of first aid training is probably appropriate. There are a wide range of wilderness medical courses that can meet this need.

- The shortest wilderness medical course commonly offered is *Wilderness First Aid (WFA)*. WFA courses are generally 16 to 20 hours long, and are often taught over a weekend. They cover recognition, initial treatment and prevention of soft tissue and musculo-skeletal injuries, and of common medical emergencies such as allergic reactions, diabetic emergencies, and bites/stings. WFA courses also discuss patient assessment and evacuation considerations. Much of the teaching is done through scenarios. WFA courses provide an overview of many of the common medical problems paddlers face, but do not provide the in-depth instruction found in longer classes.
- *Advanced Wilderness First Aid (AWFA)* courses are 32 to 40 hours long, and provide more training on patient assessment, stabilization and evacuation, as well as additional scenario training.
- *Wilderness First Responder (WFR)* courses are 8 to 9 days long, and cover assessment and treatment in much greater depth. Mental health issues and expedition behavior are often addressed in WFR courses. Scenarios in WFR courses are more challenging and formal written tests more difficult than in WFA and WAFA courses. Many professional outfitters require WFR certification for their staff.

Healthcare professionals can pursue training beyond WFR, including *Wilderness EMT (WEMT)*, *Advanced Wilderness Life Support (AWLS)*, and *Fellowship in the Academy of Wilderness Medicine (FAWM)*.

Just like ACA instructor certifications, wilderness medical certifications do expire. It is important to stay up to date, and to make sure certifications are renewed as needed. Many organizations provide wilderness medical certifications, but most follow guidelines established by the Wilderness Medical Society (www.wms.org). The American Camping Association provides a partial list of course providers on their website (<http://www.acacamps.org/accreditation/firstaidcpr>).

Because most courses have similar outlines, content from one course provider to another is generally not a deciding factor when choosing a course. Courses can be expensive, so cost, location, and timing are obvious considerations. Once a course is identified, it is important to ask about the experience and qualifications of the instructors, and the course focus. Although course content between providers is generally similar, instructor qualifications, experience, and on-going education can vary widely. Any wilderness medical course is likely to be a fun and rewarding educational experience. When students can ensure the instructor is highly qualified and experienced, and has a background in the student's areas of interest, the classes are even more fun and rewarding.

Common Incidents

When deciding what type of first aid training to pursue, it is important to consider the conditions likely to be encountered. For example, alpine climbers might expect to treat acute mountain sickness (AMS), whereas mountain bikers might expect to treat wrist and shoulder injuries.

Data on the frequency of wilderness injuries and illnesses demonstrate that injuries are more common than illness in the backcountry. For example, as shown below, data collected by the National Outdoor Leadership School (NOLS) from their classes shows roughly **two-thirds** of medical events are injuries and **one-third** illnesses. (http://www.aee.org/files/en/user/cms/WRMC_Incident_Poster_text_2008.pdf)

<u>Injuries</u>			<u>Illness</u>		
Athletic: Sprain/strain/tendinitis	158	38%	Nausea/vomiting	41	18%
Soft tissue: all types	138	33%	Allergy	31	14%
Fracture	27	6%	flu symptoms	23	10%
Cold injury (frostbite/immersion foot)	26	6%	Infection	16	7%
Dislocation	25	6%	Abdominal pain	14	6%
Head w/no loss of consciousness	14	3%	Other	14	6%
Other	9	2%	Asthma	14	6%
Dental	7	2%	AMS	13	6%
Head w/loss of consciousness	6	1%	Diarrhea	11	5%
Eye injury	5	1%	Genitourinary	11	5%
Snow blindness	1	0%	Dehydration	11	5%
Totals	416	100%	Respiratory/not flu	10	4%
			Hypothermia	7	3%
			Cardiac/chest pain	4	2%
			Heat illness	2	1%
			Fever (non specific)	2	1%
			Anaphylaxis	0	0%
			Totals	224	100%

- Bone and joint injuries make up half of all reported injuries. Soft tissue injuries (cuts, scrapes, bruises) make up an additional third of reported injuries. Many injuries can be treated during a trip, and do not require evacuation.
- Common illnesses include gastrointestinal problems and sinus and breathing problems. In many cases, these common problems also can be treated during a trip.
- *It is, however, important to always consider the need for evacuation.*
- *Hypothermia appears to be a rare problem, but it always is a concern in wilderness medicine*, and many paddlers report suffering from mild hypothermia at some point in their paddling career. Region of the country is an important consideration as well as paddling preferences.

The NOLS data addresses a wide range of wilderness activities. When only paddling is considered, the frequency of injuries appears to increase.

A British study of Olympic paddlers (canoe & kayak) found the data below. (<http://www.sportsinjurybulletin.com/archive/canoeing-kayaking-injuries.html>):

<u>Type of Injury</u>	<u>Frequency</u>
Sprains	32%
Tendinitis	20%
Chronic muscular pain	14%
Simple bruises	9%
Infections	8%
Dislocations	3%
Lacerations	2%

The data show that, among highly skilled paddlers, injuries to bones, joints and soft tissue are common, and infectious problems are rare.

A US study of paddling club members found similar data. *This study also noted that chronic injuries such as tendinitis (particularly in shoulders and wrists) are common among paddlers.* ([http://www.wemjournal.org/article/S1080-6032\(02\)70607-8/fulltext#back-bib4](http://www.wemjournal.org/article/S1080-6032(02)70607-8/fulltext#back-bib4)):

<u>Acute</u>		<u>Chronic</u>	
Laceration, Contusion, Abrasion	40%	Tendinitis	44%
Sprain, Strain	26%	Sprain, Strain	27%
Fractures	9%	Unknown Cause	25%
Dislocations	6%		

In all of these studies, soft tissue injuries and injuries to bone, muscles and joints make up roughly two thirds of all reported injuries and illnesses. In particular, almost every study on whitewater injuries reports that *shoulder dislocations are the most common reason for a whitewater paddler to seek emergency medical care.* Roughly 15% of whitewater paddlers will dislocate their shoulder during their paddling career.

→The research above, combined with paddling accident reports, suggests all paddlers should be prepared to assess and treat cuts, scrapes, and bruises; sprains, strains, and tendinitis; fractures and dislocations (especially shoulder dislocations for whitewater paddlers); environmental emergencies such as hypothermia; upset stomachs; sinus and breathing problems. All of these topics are covered in most WFA courses.

→Finally, although drowning is exceedingly rare for paddlers, all paddlers should be prepared to care for drowning victims.

Tools and Equipment

It often is taught that knowledge is the most important tool for medical care. Knowing how to assess, diagnose and treat common problems is essential. *Perhaps more important is knowing when problems can't be treated with the resources at hand and when evacuation to a higher level of care is needed.* Knowing what to do is critically important, but having appropriate equipment makes it much easier to provide care. WFA courses teach how to improvise medical supplies using commonly carried equipment. There are, however, first aid kits and other supplies that make providing care much easier. First aid kits of all shapes, sizes and costs are available. Many people start with commercial kits, and customize them by adding equipment.

Others prefer to build their own kits. Either way, first aid kits for paddlers should consider the common problems paddlers face.

- **Personal Protection** – Before caring for a patient, it is important to protect yourself with barrier devices. First aid kits should include CPR masks and gloves. Waterproof paddling gear provides excellent barrier for skin protection and eyeglasses or sunglasses can provide eye protection. A small plastic trash bag can hold dirty supplies after use.
- **Cleaning** – Ideally, caregivers should clean their hands before and after providing care, and also should clean any wound suffered by the patient. Equipment for this can include a small bottle of liquid soap, a small bottle of alcohol based skin cleanser, tweezers, and a way to irrigate the wound. Irrigation syringes work well, but squirt top water bottles or ziploc bags (with a corner cut out) also work. Topical antibiotic ointments can be applied to wounds, but they often wash off when paddling.
- **Cuts and Scrapes** – Dressing supplies for cuts and scrapes include Band-Aids, gauze pads and tape. In some cases, tincture of benzoin can help dressings adhere to skin. Elastic wraps (Ace wraps), self adherent tape (Coban) or conforming gauze can help hold dressings in place. Trauma shears are helpful when clothing has to be cut away to see injuries, and if dressings have to be improvised. Duct tape can be used to hold dressings in place, or to protect skin where blisters are starting.
- **Bruises, sprains, strains, fractures and dislocations** – Each of these conditions benefit from immobilization. Flexible aluminum and foam splints (SAM splints; <http://www.sammedical.com/products/sam-splint/>), elastic wraps and triangular bandages are all useful tools. Splints also can be improvised using a wide range of clothing.
- **Stomach problems** – Although abdominal pain, nausea, vomiting and diarrhea are among the more common illnesses seen in wilderness medicine, they're hard to treat while paddling. Prevention through good hygiene is the best treatment. Paddlers with these conditions should consider not paddling. Adequate hydration is important. On longer trips, over the counter medications such as loperamide (Immodium) and bismuth subsalicylate (Pepto-Bismol) might be included in first aid kits.
- **Sinus problems** – Over the counter medications such as diphenhydramine (Benadryl) and pseudoephedrine (Sudafed) can help relieve the misery of seasonal allergies.
- **Breathing problems** – About 5% of the US population suffers from asthma. Prescription medications are most appropriate asthma and related conditions. Prescription medications should only be used by the person for whom the prescription was written. Each paddler who suffers from asthma should carry a rescue inhaler on them, and a second one in their personal first aid kit.
- **Hypothermia** – Prevention is the best treatment, so paddler should be careful to dress appropriately. Paddlers also should have extra warm clothes, food and water. Hats (that can fit under helmets for paddlers using helmets) can make a huge difference. Emergency shelters (expensive) or emergency bivies (less expensive) can help shelter hypothermic patients. Plastic drop clothes and heavy duty trash bags are inexpensive alternatives. Fires can help warm patients, so kits might include matches or other fire starters.
- **Pain Control** – Over-the-counter (OTC) medications such as ibuprofen (Motrin, Advil), naproxen (Aleve) and acetaminophen (Tylenol) can provide effective pain relief for many wilderness medical conditions. Ice packs can be helpful for some injuries, but they are often bulky and require well protected storage.
- **Medications** – Individual paddlers should carry all personal prescription medications they need. Prescription medications should be used as prescribed and should not be shared with others. Use of over the counter medications is sometimes debated. Some argue that no first aid provider should give any medication to a patient. Others argue that “if you’d offer it to your friend at work, you can probably offer it to your friend in the backcountry,” and “if the patient is asking for some Motrin, you should be able to give them some.” Ultimately, this decision is up to the caregiver and the patient.

Paddlers who keep medications in their first aid kits should be careful to check expiration dates for medications, and replace them as needed.

- **Instructions** – A small first aid guide can be stored in the first aid kit. The pocket guide for the American Red Cross' Wilderness and Remote First Aid Course is found at http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240197_WildernessRemoteFirstAid_PocketGuide.pdf. Other guides are available for purchase from many wilderness first aid course providers.
- **Record Keeping** – A written inventory of the first aid kit's contents helps ensure supplies are replaced after use. Whenever supplies are removed, a note should be made on the inventory. A written record of patient care is helpful when care is transferred or if care is provided over a long time. A small notepad and pen or pencil should be part of every first aid kit. The ACA has accident report forms available on their website, at the address below.
(https://c.ymcdn.com/sites/www.americancanoe.org/resource/resmgr/insurance-documents/aca_incident_accident_report.pdf)

Accident report forms help ensure accurate information is collected and recorded at the time of the event. Several wilderness medicine training organizations publish their own patient care report forms, and some are available online. Two examples are below.

(<http://www.wildernessmedicineweekletter.com/wp-content/uploads/2012/02/soapnote-860x1024.jpg>)

(<http://library.constantcontact.com/download/get/file/1101635218710-296/ACC+Ottawa+SOAP+NOTE++Sept+2011.pdf.pdf>)

Use of these forms helps ensure caregivers collect accurate information with a consistent format.

- **Storage** – The best first aid kit in the world becomes useless if everything in it is soaked. Keeping supplies dry is particularly important for paddlers. Supplies must also be accessible and their container must be re-sealable. Many options are available.
 - Pelican containers (<http://www.pelican.com/home.php>) are crush proof, water tight, and available in different sizes. They allow easy inspection of contents. They are, however, expensive and care must be taken to avoid damaging gaskets required for a watertight seal.
 - Wide-mouth Nalgene bottles (<https://store.nalgene.com/>) are inexpensive, crush proof, and water tight. However, it can be difficult to access the equipment stored in them.
 - Dry bags do not provide crush protection, but can be found in a wide range of sizes.
 - Zip seal dry bags (e.g., Watershed bags, <http://www.drybags.com/>) are more expensive, but much drier.
 - Traditional dry bags with folding seals often allow minor leakage, but are less expensive. Some are transparent, making it easier to find supplies.
 - Supplies inside the kit should be placed in watertight bags for additional protection.
 - Ziploc style freezer bags work well. More durable bags are available from LokSak (<http://www.loksak.com/>).
 - LokSak bags are designed to be opened and closed multiple times, and are guaranteed waterproof to 60 meters.

Regardless of what is used to store the kit, caregivers should consider how to effectively pack the kit. Barrier devices should be readily accessible. Frequently used items should be at the top of the kit. Rarely used items can be stored at the bottom of the kit. Medications should be carefully stored, so they can be easily identified. Medication dosages, treatment guidelines, and expiration dates should be easily visible. In some cases, the kit might be distributed across two or more containers. One container might contain frequently used items, whereas the second might contain bulkier or less frequently used equipment.

Conclusion

Adequate training and appropriate supplies make it much easier to care for injured or ill paddlers. This article provides some broad guidelines, but nothing replaces hands-on training. First aid standards and techniques change over time, so it is important to keep certifications current. All paddlers should strongly consider earning WFA certification. If time and budget allow, paddlers should obtain first aid training beyond WFA.

The authors have extensive training and experience. Charlie Duffy is WFA and WEMT certified and is an ACA instructor trainer for level 4 safety and rescue and an ACA level 4 river kayak instructor. Justin Padgett, MS, NREMT-P, is a Landmark Learning Executive and is an ACA instructor trainer for level 5 safety and rescue and an ACA level 4 river kayak instructor.

Charlie has prepared a [Whitewater Float Trip Template](#) and a [First Aid Kit Inventory](#). These are included as separate documents at the end of the newsletter.

WHITEWATER FLOAT TRIP TEMPLATE

Trip/Event Title:

Event Date/s:

Weather Forecast (<https://www.wunderground.com/>):

Water Level (<http://www.americanwhitewater.org/content/River/search-limited/>):

Stage Forecast (<http://water.weather.gov/ahps2/hydrograph.php?gage=brkm2&wfo=lwx>):

NOTE: Estimate a week in advance and monitor. Consider upstream gauges if necessary.

Water Temperature (http://waterdata.usgs.gov/md/nwis/uv?site_no=01646500):

Venue Description (<http://www.americanwhitewater.org/content/River/search-limited/>):

Evacuation Access (<https://maps.google.com/>):

Hospital/s (<https://www.google.com/>):

Contact List:

NOTE: Phone & Email

Group Gear (Query just prior to setting shuttle, take only what's necessary):

- ✓ First Aid Kit
- ✓ Pin Kit
- ✓ Spare Paddle
- ✓ Full size Throw Ropes (70/75' x 3/8")
- ✓ Repair Kit

Prepared by Charlie Duffy

FIRST AID KIT INVENTORY SHEET (SAMPLE)

Last Accessed By (Name & Date):

Directions: Strike out any items used so they can be replaced.

Item	Qty	Expiration	Notes
Pelican 1170 Case	1	N/A	Hard shell container, waterproof/submersible
10-gram Desiccant Pads	2	N/A	Keeps contents dry
Protection			All in one bag, pack on top
Nitrile Gloves - pair	4	Manual test	Non-latex
Swimming Goggles	1	N/A	Eye protection - Dry Bag
CPR Mask - Key Chain Variety	1	N/A	
Bio-Hazard Bag	2	N/A	
Hand Sanitizer - Small Bottle	1	N/A	
Wound Management			
Band-Aid Assortment - Packet	1	N/A	
Steri-Strip Pack	3	08/2018	Wound Closure
Tincture of Benzoin - Capsule	4	12/2020	Makes dressings adhere well
Povidone-Iodine Prep Pad	4	11/2018	Antiseptic germicide wipe
Alcohol Prep Pad Medium	4	12/2018	Wound Cleaning
Antiseptic Towel Wipe	4	05/2019	Hand Cleaning
Triple Antibiotic	4	05/2019	Prevents infection
Sterile Gauze Pads - 4" square	4	N/A	
Sterile Gauze Roll - 4"	1	N/A	
Surgical Sponge – 2" square	4	N/A	
Sterile Pad – 2"x3"	2	N/A	
Triangular Bandage	1	N/A	
Eye Pad	2	10/2021	
Mastiosol	1	N/A	Wound Management/Sterile
Ace Wrap	1	N/A	
2" Vet Wrap Roll	1	N/A	Self adhering
2" Silk Tape Roll	1	N/A	Hypo-allergenic tape which sticks to wet skin
TegaDerm Patch Assortment	4	05/2018	Waterproof dressing
Safety Pins	5	N/A	
SAM Splint	1	N/A	Store in Dry Bag
Quick Clot Sport (Combat Gauze)	1	4/2019	Optional - Advanced clotting sponge
Instant Ice Compress	1	N/A	Optional
Second skin blister pads - Packet	1	N/A	
Chapstick	1	N/A	
Sterile Eye Wash - Bottle	1	Depends	Saline Contact Solution an alternative Store in Dry Bag
Israeli Emergency Bandage	1	01/2018	Optional but could come in handy (inexpensive)
Tools			
Trauma Sheers	1	N/A	
Tweezers	1	N/A	
Irrigation Syringe & Splash Shield	1	N/A	
Replacement Irrigation Tips	5	N/A	
1.5" Hypodermic Needle	1	N/A	
Single Edge Razor	1	N/A	
Small Carabineers	2	N/A	
Pen	1	N/A	Can't be erased, cross through
Waterproof SOAP Notes	2	N/A	
Patient Assessment Chart	1	N/A	
Small First Aid Book	1	N/A	Might pack separately - water proof bag
Tick Twister	1	N/A	Optional
Instant Mini-Towel	1	N/A	Optional but handy
Tecnu Poison Ivy Skin Cleaner - Packet	1	N/A	
Tick Identification Chart	1	N/A	Optional but worth it
Medicaine Sting Swab	2	08/2020	Insect stings, pain relief

Digital Thermometer	1	N/A	
Small Light	1	N/A	Optional
Space Blanket Bivvy	1	N/A	Optional - Store in Dry Bag
Aquatabs	15	08/2018	Purifying water
Pair of hand warmers	1	07/2020	For a swimmer
NRS Mystery Hood	1	N/A	Optional - Store in Dry Bag
Small packet of Duct Tape	1	N/A	Not for wound dressing
Wooden Tongue Depressors	2	N/A	Optional
Q-Tips	12	N/A	Optional
Waterproof Matches - Box	1	N/A	Optional - Store in Dry Bag
Medications			All in one aLOKSAK bag, pack on top. Each medication in a separate zip lock
Aspirin - Packet	4	08/2017	Pain, fever, heart attack, anti-inflammatory
Acetaminophen - Packet	4	01/2018	Pain, fever
Calcium Carbonate	2	12/2017	Upset stomach (acid indigestion)
Bismuth - Packet	4	02/2018	Upset stomach, diarrhea
Diphenhydramine - Packet	4	09/2017	Allergic reaction, vomiting
Burn Gel - Packet	2	N/A	Burn relief
Electrolytes - Pedialyte - Packet	2	08/2015	Dehydration
Mustard Packet	4	N/A	Optional - Dehydration muscle cramps
Oral Glucose - Honey Packet	4	N/A	Diabetic emergencies, Hypothermia
Hydrocortisone - Packet	2	06/2017	Hives, rash, itching
Ibuprofen - Packet	4	02/2019	Pain, swelling, fever, anti-inflammatory
Loperamide - Packet	4	01/2018	Upset stomach, diarrhea
Naproxen - Packet	4	02/2019	Pain, swelling
Pseudoephedrine - Packet	12	07/2018	Decongestant
Meclizine - Packet	4	08/2017	Optional - Motion sickness
Cramp Tabs	2	03/2018	Optional - For the ladies ;-)
Small bottle of Motrin	1	02/2019	Heavily requested - Place on top



Prepared by Charlie Duffy

QUICK TRIP REPORT

Trip date(s): _____

Trip destination(s): _____

Trip participants: _____

Water levels/gauge readings: _____

Any access or safety issues: _____

Notable aspects on or off the river: _____

Photos available: _____

Can be submitted to newsletter editor electronically (brvnewsletter [at] earthlink.net) or via mail PO Box 9513 Silver Spring, MD 20916

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