



The Paddler's Gauge

It's time: Renew your TRPC membership for 2011.

2010 TRPC Officers

President: Kent Reigel
Vice President: Jeff Rahuba
Treasurer: Dave Greenwald
Secretary: Phyllis Gricus

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Holiday Party

The TRPC Holiday party is soon approaching. Make sure you get your form filled out and mailed to Rose by the January 8th deadline. The form and details about the party are on page 5.

The Yough by Carl Schneider

Yough, fuses with me,
A spirit of life boils in her whitewater,
and I in her.

Thrown and tumbled
Rolled and pulled
Tugged
Below
I merge alive
There I come alive
I come alive.

Conception occurs,
In the presence of white foam.
And life is begat.
Conception occurs.

A new life,
I live,
floating by the hemlocks.

The maples wrap about us,
The river and I.
Stalwart the oaks rise above us
on the hilltops.

I and my love,
The Yough.

Summer 2006

Carl W. Schneider
March 28, 1975 - October 1, 2010

No, Ohiopyle is in Pennsylvania...

An outsider's view into the world of whitewater

(and a glossary of terms)

by Zack Cyphers

"Ohiopyle is like our second home," mom said. This weekend I'm leaving the confines of my Philadelphia apartment for Southwestern Pennsylvania to get to know the world of whitewater boating. Ohiopyle State Park is an hour and a half south of Pittsburgh, in Fayette County. The Youghiogheny (pronounced "yock" for short), a tributary of the Monongahela (it's easier just to say "Mon") runs through the park.

My mom wasn't lying about this place. I'm surprised by how familiar she and her husband Hap are with everyone here. They spend so many summer weekends here that they know everyone from the owner of the campground to the wait staff at Falls Market. My mother can identify boaters from the shore just by the sight of their gear. Everyone knows one another on a first name basis. There is a strong sense of community. I'm amazed and excited to get to know this foreign culture.

There's a lot to do in this beautiful little corner of the country: kayaking, canoeing, fishing, hiking, biking, camping and the natural water slides. Frank Lloyd Wright's Fallingwater house and a Revolutionary battlefield are just up the road. It's a popular spot for outdoor enthusiasts from Pennsylvania, Ohio and West Virginia. People come from even farther away, but this time for one reason only. It's "Over the Falls Fest". They've come to run Ohiopyle Falls.

The 18-foot waterfall at Ohiopyle is the centerpiece of the park. It is regulated by a dam that was built in 1944 to control flooding in the river valley. The falls are managed by the state and are only open to boaters one day a year. This weekend anyone who registers and pays a fee can run the falls. For \$20 plus \$10 for a T-shirt thrill seekers can strap on their "PFDs" and conquer the falls.

Local whitewater groups believe the falls should be open year round. Clubs like American Whitewater, the Keel-haulers of Ohio and the Pittsburgh's Three Rivers Paddling Club are working to free the falls for year-round boating. Hundreds of people have descended upon Ohiopyle to paddle the Yough, and over 300 have signed up to run the falls. These groups have an audience and are working to make their voices heard.

I'm awakened at dawn by a voice and a hand rattling my tent. "Let's get moving!" Mom says. We order dinner from the friendly staff at Falls Market, the diner

in town. Then it's time to sign up. We grab a lucky spot at the head of a line fifty or sixty people long and growing. Not a seasoned boater myself, I've volunteered to capture the event on video. I take up my position on the sidelines and ready the camera to capture the carnage.

From a platform erected at the river's edge I can see the line of boaters waiting in the eddy. That's the calm at the top of the falls. There are two smaller rapids above the main falls, each a four to six foot drop. A wipe-out at one of these smaller rapids could send a boater tumbling over the 18-foot drop upside down. I watch as several boaters meet this fate. The crowd collectively comments on the number of people getting "eaten alive" by the river this year. They wait until they see a paddle, a helmet, and then give a cheer as the swimmer steadies himself at the bottom and climbs back into his boat. He'll have to wait in line to try again.

Gary McCormick, an announcer with a thick Pittsburgh accent calls a droll play-by-play of each boater's performance. From his clipboard he can see the boater's name and hometown. One boater runs the rapids in an inflatable "duckie" that he paddles from a standing position. His paddle is extra long so he can reach the water from a higher position. One man, a friend of my mom's, paddles a hybrid boat that is more canoe than kayak. He paddles from a kneeling position using only one paddle. Spectators watch as he descends into the tongue of the main rapid. His large boat rushes over the falls as gallons of water pour over him. He makes it. With a loud "who!" he celebrates his victory in the pool at the bottom.

After the boaters in my mom's company successfully (or not so successfully) run the falls we prepare for our day of boating. Now it is my turn to test my mettle against the mighty river. I rent a large inflatable "duckie", sort of the Yough equivalent of training wheels. My mom and her husband give me a few warnings about various rapids, following our "lines" and other general advice before we head to the put-in.

We run the Yough. I'm doing fairly well for a beginner, my mom tells me. At midday we pull up onto a large boulder and break for lunch. This is Vulture Rock, where boaters can sit in the sun and snack while watching hordes of tourists get dumped into the spray.

At a particularly technical section of river called "Pharaoh's Tomb", "Death Slot" or "Screaming Blue Angel" depending on whom you ask, I am warned to follow the easy line to the right, away from danger. Succumbing to the current for a moment I find myself pointed toward danger, a pourover between two rocks. Unable to maneuver back to the eddy, I am headed for the most dangerous part of the rapid. I paddle as hard as my arms will allow and brace myself against the rushing current, remembering to lean into the rocks not away from them. I paddle hard and suddenly I'm through. I've

run the Death Slot! I rejoin the group and proudly accept congratulations from the more experienced boaters.

I survive with only a few bumps and bruises and sore arms and shoulders. My mom, the experienced boater, tells me I did much better this year. I only top-pled out of my boat a couple of times, and once intentionally at a rapid called "Swimmer's". Every time the river reminds me who's boss I steady myself, secure my gear and climb back into my boat.

Listening to my mom and her friends on and off the river I realize that boater culture has its own vocabulary. Boaters have their own language that they use to communicate everything from who boated well or swam that day to how high the water level is. It can be humorous and whimsical at times. Here is a sample of the boater lingo I picked up this weekend:

attain *v.* to gain distance upstream by paddling against the current.

boil *n.* water that is turbulent and hard to paddle in, sometimes in an eddy and often caused by deep water pushing beneath calmer water.

boof *n.* the sound a kayak or canoe makes when landing from a large drop from a rock. *v.* "to boof"

bow *n.* the front end of a canoe or kayak.

boof stroke *n.* the last stroke one takes before plunging over a large drop.

dry bag *n.* a waterproof sack used to store, among other things, lunch.

eddy *n.* a patch of calm water on a river behind a rock. Some are still while others are "boily".

hole *n.* a confluence of rough, rushing water created by water flowing over and around rocks.

karma shuttle *n.* when a group of kayakers has only one car to shuttle them back to the put-in and one of the group (usually the cuter of the two and female) goes to the take out and attempts to hitch a ride back to the put-in.

line *n.* the route taken by a boater through a rapid, as in "follow my line."

maw *n.* the churning water at the bottom of a waterfall or rapid. The backward motion of the water in the maw can draw a boater back into danger.

play *v.* to remain in a "hole" by paddling against the current. To attempt tricks and turns in said whitewater.

pdf *n.* personal flotation device.

put-in *n.* the place where boaters enter the river.

roll *v.* an emergency maneuver executed by a skilled

kayaker to return to an upright position after being flipped over. also *n.* "To get one's roll back".

spray skirt *n.* part of a kayaker's gear; it creates a seal around the cockpit of the boat.

stern *n.* the back end of a canoe or kayak.

surf *v.* to ride a wave by paddling against the current.

swim *v.* to "pull skirt" and exit one's boat (intentionally or unintentionally).

take-out *n.* the place where boaters get off the river. Also pizza, Chinese food, etc.

undercut *adj.* invisible to all but the seasoned boater, a dangerous rock with a hollow under it through which water flows and under which a boater can become trapped if he or she is swimming.

worked *v.* as in "to get worked". Getting the crap beat out of you in a big hole.

Rapids and natural features at Ohiopyle also have clever and sometimes silly names. Here are a few of them:

Bruner Run

Cheese grater - a dangerous rock lying invisible just below the water's surface.

Dimple Rock - a dangerous undercut rock.

Double Hydraulic

Killer Falls - a tiny rapid at river's end that, according to tradition, must be run backwards to appease the river gods and bring good karma to your trip.

Squiggley Wiggly

Swimmer's Rapid - a place on the river where it's safe to get out of the boat and enjoy the water.

Vulture Rock - the boulder where we took out to eat our lunch and watch groups of inexperienced tourists get tossed out of their rafts against Dimple Rock.

At the close of the day we head back to our campsite for s'mores, snacks, beer and good company. We stay up late laughing by the fireside. This is another important boater ritual. Everyone, experienced or inexperienced, gathers as the sun descends behind the hills to share jokes and stories. We compare notes about the dangers we faced on the river. When our eyelids get heavy, we sleep. We awake Sunday morning and hastily pack up our gear, satisfied that we had run the river unscathed.



It's a bird, it's a plane, no it's my boat flying away!

Bob Kilbert (Safety Chair)

We probably all know of someone who this happened to.....

Situation 1: Hey, "where's your boat?" It was in the back of the truck secured with bungee cords and now its gone! We need to go look for it.

Situation 2: I thought I had another boat on the roof rack? Oh, I did! We need to go look for it.

Situation 3: Wow, look the boat getting ready to boof off the hood of the truck. I guess the ropes loosened up over night.

Situation 4: Look at that kayak bouncing down the down getting ready to be run over by a semi!

Situation 5: Fill in your own stories.....

Transporting of kayaks is something we all do, unless you have someone bring it to the river for you. Safely tying down a kayak to your roof rack, bed of your truck, or passenger seat of your convertible is a must. I write this article after I had an incident with a kayak freely leaving a vehicle.

In some ways it seems funny to hear about how a boat flew off your car. However, keep in mind there are some consequences to consider. The loss of a boat would stink. Also consider if a boat comes off your vehicle in transport and hits another motorist, this can be a tragic situation. This could kill or seriously injure someone or multiple people. Next thing you know, you are being sued for ever thing you own. So here are some basic ideas to keep in mind when securing a kayak to a vehicle.

Tie-Down Strategies

Tie-Down Straps/Cam straps

These straps feature self-locking cam buckles that are easy to use and quick to cinch down. Tie off the extra length of strap directly above the buckle once it's been cinched down for added security in case the buckle releases while you're driving.

Ropes

Unless you're super-confident in your knot-tying ability, use nylon tie-down straps! If rope is all you have, make sure it's non-stretch and not a cheap plastic rope that is slick and won't hold a knot.

Bungees

Just bad news! They are not a secure tie down device.

Basic Securing Procedures

No matter what type of tie-downs you use, follow these basic procedures whenever you secure your kayak to a roof rack.

-Use at least 2 lines or straps to hold the kayak in place.

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-It's also a good idea to secure both ends of the kayak to your vehicle's bumpers. This would be a bow and stern tie down.

-Caution: Don't over tighten the ropes or straps. Over tightening can deform plastic hulls and crack fiberglass.

Driving Tips

Pre-Driving Check

Make sure your boat is securely fastened to your rack before heading out. Yes, the night before when you loaded your boat and forgot to put ropes/straps on to secure it is why we do a check before we depart. Check the kayak during your drive to make sure it is still there and secured firmly. Also be aware that road and temperature conditions may cause cam-straps and ropes to loosen.

On the Road

Drive cautiously when you are transporting your kayak and especially multiple kayaks.

Identification

Write your name, number, email, and/or address in the boat along with other gear. I also like adding "\$\$\$" in addition to my name. The "\$\$\$" placed on your gear is a visual reminder to a non-boater that a reward may follow for the return of your gear. For instance, if a non-boater finds your paddle they may be more inclined to call if they feel there is a reward instead of leaving it where they found it.

(continued on next column)



Additional Holiday Party Information

If you are attending the Jan. 15th Holiday Party and coordinating (a) river trip(s) in 2011, please mark your trip(s) on the annual trip calendar. This HUGE calendar will be present somewhere at the Holiday Party.

If you are coordinating (a) river trip(s) in 2011 and cannot make it to the Holiday Party, please contact Outings Chair, Jeff Macklin with your trip information by Jan. 31 or list that information on your 2011 membership form.

Retailers, organizations and individuals are welcome to bring donated items to the party for the annual door prize extravaganza. In the past, donations have ranged from simple bags of candy, homemade changing towel and hand-made ornaments to gift certificates, PFD's, paddling gear and river-ready boats. As you can see, any door prize gifts will be welcomed.

If you wish to donate goods or services and cannot attend the party, please contact:

Jeff Macklin at 724-331-7873 to make arrangements.

Setup help will be needed on the day of the party at 4 p.m. Please check with Rose Prycl for setup timing and assignments at 724-836-2549.

Doors will be open at 5 p.m.

A brief business meeting will held at 5:15 p.m.

Dinner will start at 6 p.m.



TRPC Holiday Party Form

Saturday, January 15, 2011

Carnegie United Methodist Church

Name: _____

Phone: _____

E-mail: _____

Dinner	\$6.00 per Adult (17 and up)	Number of Adults	_____	at \$6.00 each	_____
	\$4.00 per Child (under age 5 are free)	Number of Children	_____	at \$4.00 each	_____
					Total _____

I will bring the following to share:

Please describe:

Main Course _____

Large Dessert _____

Large Vegetable Dish _____

Large Appetizer _____

Large Salad _____

___ I am willing to arrive early to help set-up.

Call Rose at 724-836-2549 for set-up arrival time.

Make checks payable to "Three Rivers Paddling Club".
Mail this completed form and payment to:

Rose Prycl
320 Painter Avenue
Greensburg, PA 15601

Reservation Deadline is
January 8, 2011



PO Box 1540 - Cullowhee, NC 28723
866-BOAT-4-AW - americanwhitewater.org

MEMBERSHIP APPLICATION

CONTACT INFORMATION

New Member Renewing Member

Name _____

Address _____

City, State, Zip _____

Telephone () _____ Email _____

*Note: American Whitewater will never share your information with others

MEMBERSHIP LEVELS

- | | |
|-----------------------------------------------------------------|----------------------------------------------|
| <input type="radio"/> \$35 Standard | <input type="radio"/> \$100 Ender Club |
| <input type="radio"/> \$25 Affiliate Club Member
Club: _____ | Shirt Size: _____ |
| <input type="radio"/> \$25 Student
School: _____ | <input type="radio"/> \$250 Platinum Paddler |
| <input type="radio"/> \$50 Family | <input type="radio"/> \$500 Explorer |
| | <input type="radio"/> \$750 Lifetime |
| | <input type="radio"/> \$1,000 Legacy |
| | <input type="radio"/> \$2,500 Steward |

DONATE

Donation of \$ _____

DISCOUNT SUBSCRIPTIONS

- \$30.00 Kayak Session Magazine (Save \$5)
 \$40.00 Lunch Video Magazine (Quarterly DVD) (Save \$8)

JOURNAL OPTIONS

Do NOT mail me the AW Journal, email it to me <- Saves AW money, and trees! :)

PAYMENT INFORMATION

- Cash
 Check # _____
 Credit Card MC Visa Disc AMEX

Card Number: _____ Exp Date: _____

Name on card: _____

Signature: _____

SAVING RIVERS SINCE 1954



July 2009

Dues are \$20 per household (\$7 in Sept. and Oct.) and are for the CALENDAR YEAR. Memberships received after Nov. 1 will be applied to the next calendar year. Return this completed application with a check payable to TRPC to: TRPC Membership Chair 146 1st Street Pittsburgh, PA 15238	<h2 style="margin: 0;">2011 TRPC</h2> <h3 style="margin: 0;">Membership Application</h3> <p style="margin: 0;">Pittsburgh, Pennsylvania Established in 1977</p>	
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(please print) Last Name			Dues: \$10 per household	\$10.00
Address			Extra Rosters @ \$2 each	
City	State	ZIP + 4	TRPC stickers @ \$1 each	
Newsletter Delivery: <input type="checkbox"/> Web Delivery <input type="checkbox"/> U.S. Mail Delivery (default)			TOTAL ENCLOSED	

Member's Mutual Agreement for Protection From Liability

DESIRING TO JOIN MY FELLOW PADDLERS IN THE THREE RIVERS PADDLING CLUB (TRPC), I DO HEREBY DECLARE THAT I FULLY UNDERSTAND AND ACCEPT THE FOLLOWING FACTS REGARDING PADDLING:

- (1) Boating (canoeing, kayaking, rafting, etc.), particularly on white water rivers, is inherently hazardous, and therein lies part of its appeal to me;
- (2) No one but myself is responsible for my safety when I choose to challenge my capabilities by paddling on any river, creek, or lake;
- (3) It is my moral and sporting "duty" to assist my fellow paddlers to the best of my own personal ability, if they appear to need such assistance, but **ONLY** so long as I can do so, in my own best judgment, without endangering myself. I understand that this does **NOT** imply any **LEGAL** duty for me to render such assistance, nor for anyone else to render me such assistance.

NOW THEREFORE, INTENDING TO BE LEGALLY BOUND, I DO HEREBY WAIVE, for myself, my heirs and assigns, and for anyone else whomsoever claiming through me, my right to sue or in any other way to attempt to hold responsible, TRPC, its officers, and so called "trip leaders" or "trip coordinators", or any of my fellow paddlers, for any mishaps to my person or my equipment, other than that which is due to the willful and malicious action of the individual against whom I claim relief.

This waiver is given in the interest of permitting TRPC to exist and to serve the paddling community, and to enable myself and my fellow paddlers to feel free to donate their services to improving the sport and to help in training those less skilled than ourselves without fear of liability.

MY WAIVER, THEREFORE, IS GIVEN IN CONSIDERATION FOR SIMILAR WAIVERS TO BE GRANTED ON MY BEHALF BY ALL OTHER MEMBERS OF THIS ORGANIZATION.

Paddler Information (please print)	Liability Waiver Signature Parent/Guardian must sign for those under age 18	Date
Name (sample): Jane Paddler K1/4, SK/F, W Phone: ☎ C W 555-555-5555	Signature: <i>Jane Paddler</i> Email: JanePaddler@anywhere.com	
#1 Name: Phone: H C W	Signature: Email:	
#2 Name: Phone: H C W	Signature: Email:	
#3 Name	Signature:	
#4 Name	Signature:	
#5 Name	Signature:	
#6 Name	Signature:	

Boat Type/Paddling Interests	Water Difficulty in which you are COMFORTABLE	Availability and Other Interests
K1 – Kayak, solo 02 – Open Canoe, tandem C1 – Decked Canoe, solo SK – Sea Kayak 01 – Open Canoe, solo IN – Inflatable (any kind)	F – Flat Water 1, 2, 3, 4, 5 – Whitewater (Beginners should list 1 or F)	W – Available Weekdays S – Available Summer Weekdays I – Impromptu Paddling

TRPC is an all-volunteer organization and participation of our members is needed in order to continue the variety and quality of programs and services provided in the past. If you are interested in helping TRPC in any of the areas listed to the right, please check those items.	<input type="checkbox"/> Clinic Instructor/Assistant <input type="checkbox"/> Meeting Programs <input type="checkbox"/> Food & Beverages (mtg.) <input type="checkbox"/> Outings <input type="checkbox"/> Safety <input type="checkbox"/> Conservation <input type="checkbox"/> Newsletter <input type="checkbox"/> Club Roster	<input type="checkbox"/> Trip Coordinator River/Section to be run: _____ Date(s): _____
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Paddler's Gauge

Submissions

We welcome and invite articles, trip reports, information about upcoming trips and releases, opinions, reflections, poems, photos or anything else you would like to see in the Paddler's Gauge. This is YOUR newsletter. Please note, however, that the Editor reserves the right to edit all articles submitted for length or appropriateness. Please submit articles via email to bkilbert@gmail.com and rjgst31@yahoo.com

OFFICERS AND BOARD MEMBERS			
Chairperson	Kent Reigel	C 412-427-9872	kezsksis@verizon.net
Vice Chairperson	Jeff Rahuba	H 412-882-2803	jrahuba@state.pa.us
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Secretary	Phyllis Gricus	C 412-654-8693	pgricus@verizon.net
Treasurer	Dave Greenwald	H 412-968-0597	davidgreenwald@comcast.net
Conservation	Chrissy Zeltner	C 304-612-1084	chrizee@msn.com
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Outings			
Outings			
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Safety	Bob Kilbert	C 412-216-1160	BKilbert@gmail.com
Video Librarian	Phyllis Gricus	C 412-654-8693	pgricus@verizon.net
Webmaster	Brian Lorence	C 724-396-6489	webmaster@threerivers.org
AW Liaison	Barry Adams	H 412-242-4562	bj2adams@juno.com

Your 2011 TRPC Membership Form is Enclosed



**Please support
American
Whitewater**

TRPC Meetings

Club meetings are held the third Tuesday of each month, at 7:30 p.m. (Except December and January)

Meeting Place

Carnegie United Methodist Church
415 Washington Ave., Carnegie.

Directions: If you are traveling on the parkway heading to the airport, get off at the Carnegie/Heidelberg exit #2. The ramp splits. Take the left lane (Heidelberg). This turns into Lydia Street. Less than ¼ of a mile, you will see a large parking lot on the right. On the left is a business called Xi-tech. Park in the lot on the right. The church is the last building on the right, next to the parking lot. Lydia Street ends at Washington Ave. If you are coming from the parkway towards downtown, take the Carnegie exit again. Directions are the same because that ramp drops onto Lydia Ave.



**2011 Membership
Form Enclosed**

TRPC Membership Chair
146 1st Street
Pittsburgh, PA 15238

