



# The Paddler's Gauge

**Next Meeting:**  
July 15 at 7:30 p.m.

**Program: 2008 Slip Clinic Video.** Copies are available. \$8 for 1st. copy, \$ 5 for additional copies.

**Turkey Bash info is in this issue. Registration Deadline is July 25.**

August newsletter deadline is July 31.

**Inside this issue:**

Youth Clinic, Special Request	3
Hells Froze Over	6
Coasters & Kayaks Trip	7
Yough River Sojourn	8
Upper Yough Race	8
Upper New River Kids Trip	9
New River Trip, July	9
Creeking Clinic, Valley Falls, WV	9
Upper Yough Newbie Trip	10
Lake Arthur Regatta	10
New River Trip, August	11
Waterfall Instruction, Valley Falls	11
Ohiohyle Falls Race & Festival	12
Florida Rivers	12
Racers' Eddy	12
Lower Yough, Loop Paddling Trips	13
Roll Classes	13
Calendar of Events	14
More Events of Interest	15
Meeting Minutes, April	15
Meeting Minutes, May & June	16
Adult Clinic Survey Form	17
Turkey Bash Registration Form	18
Clinic Instructor Request Form	19
Appalachian Wilderness Medicine Conference	19

## Turkey Bash Training Clinic Saturday and Sunday , August 2 & 3, 2008

The twenty-ninth TRPC Turkey Bash will be held the weekend of August (1), 2 & 3. There will be two days of paddling instruction provided by experienced TRPC volunteer paddlers as well as food and other fun events. The highlight of the weekend is the turkey dinner on Saturday night. We would like to encourage all TRPC members to participate in the dinner, even if you do not participate in the Clinic. We would like your company and we could use your help in preparing dinner, set-up and clean up.

The instructional clinic will start Saturday at 9:00 a.m. in the Ferncliff parking area of Ohiohyle State Park (unless your instructor has called with prior arrangements for an alternative meeting

time/place). Students and instructors will check in here and groups will organize for Saturday's paddling. Instructors will select a paddling venue based on the experience level of the group and water levels. Some of the advanced groups may be meeting earlier in order to utilize 8 A.M. and 9 A.M. launch permits. Students in these groups will be contacted by their instructors to arrange an alternate meeting time and place. The Ferncliff parking lot entrance is located on Route 381 by the railroad tracks (across the bridge over the Yough from Ohiohyle).

**Adult Clinic:**

There is a donation of \$20.00 per student for two

*(Continued on page 2)*

## Win Big Money for Big Sandy River & Trail Access

Friends of the Cheat is trying to purchase an outstanding piece of scenic recreational land along West Virginia's Big Sandy. I can't give you too many details as the purchase is still in negotiation, but it covers 2.2 miles of shoreline and trails along the lower section, one of West Virginia's most beautiful rivers for paddlers, hikers, and fishermen. The trail is very popular, and our goal is to keep both it and the shoreline

protected and open to public use.

The Redwood Creek Wines "Greater Outdoors Project" is offering a \$50,000 competitive grant. Friends of Cheat applied for this grant to support this effort. A panel of judges reviewed over 100 applications from trail clubs and conservation groups. We finished in the top five.

*(Continued on page 5)*

## Swiftwater Rescue Class With Charlie Walbridge,

A report by Matt Pascal

To promote and assure the safety of those joining us in whitewater fun, several regular "Got Boof" adventurers spent last weekend (June 14-15) with AW Safety Guru and old school C1 boater, Charlie Walbridge. Despite the rain bringing up many of our favorite creeks, we were all glad that we resisted the temptation to paddle in lieu of Charlie's exercises. After all, these exercises were designed to simulate many of the typical binds we all hope to never encounter, but probably will (or have).



Coop & Jeff practice 2-man wading

Photo by Matt Pascal

It started with a rainy Saturday in Charlie's century-old barn off of Little Sandy Creek

*(Continued on page 4)*

(Continued from page 1)

days of paddling instruction. You will be assigned to an instructional group based on your ability. These instructional groups will remain intact for both days. Arrangements have been made with the park to get a number of free put-on slots for the Lower Yough for both days. An additional \$3.00 shuttle fee will be in effect for those who are running the whole Lower Yough.

#### Youth Clinic:

Laurie Haugh is coordinating the youth clinic and can be contacted at lauriehaugh@yahoo.com . The Youth Clinic will be held on both days of Turkey Bash and is available to member families. Youth Clinic participants must be AT LEAST six years old. Special forms are needed to register your child for the Youth Clinic. These forms are available on the TRPC website. **No child may participate in the Youth Clinic unless his or her parent has talked to Laurie prior to the clinic. All Fees should be sent to Matt Pascal.**

Send Youth registration forms to: **Laurie Haugh  
146 1st Street  
Pittsburgh, PA 15238**

#### Instructors and Assistants:

Information packets will be mailed to you as soon as the instructional classes are put together. Every group will have at least one instructor and one assistant. Remember that this is a TWO-DAY clinic. If you can teach both days, GREAT! Having a few extra instructors is a valuable resource, so please register, even if you can only teach for one day. Safety boaters are also welcome, but do not get a free meal.

#### Season Pass Holders:

**IF YOU ARE AN OHIO PYLE LAUNCH PERMIT SEASON PASS HOLDER, PLEASE NOTE THAT INFORMATION ON YOUR REGISTRATION FORM IN THE COMMENTS AREA.** We have a limited number of launch permits allotted for Turkey Bash. Using your season pass may help to free up a launch time and allow another student to paddle the Lower Yough.

#### Registration deadline is July 25, 2008!

This will allow adequate time to set up instructional groups and mail student information to the instructors. Instructor and student groupings will be posted on the TRPC message board.

#### Forms Needed:

There is a variety of clinic forms available depending on your (your family's) needs. All forms are available for download on the TRPC website ([www.threeriverspaddlingclub.com](http://www.threeriverspaddlingclub.com)). The forms and instructions are as follows:

#### Prerequisite to participate:

**Membership Form** - Must be completed by each nonmember family or individual. **You must be a current TRPC member to participate in TRPC clinics.** Download this form from the web or obtain from Judy Macklin at (724) 448-1602 ([jpolczy777@aol.com](mailto:jpolczy777@aol.com)).

#### Adult Students & Instructors:

**Adult Clinic Participation & Experience Survey Form** - Must be completed by each adult student.

**2008 Clinic Registration Form** - Must be completed by each family group (or individual participant) and each instructor.

**ACA Release and Waiver (adults)** - Each student and each instructor must complete an ACA Release and Waiver (one form for each participant). This form is found at the bottom of the Clinic Registration Form.

#### Youth Students:

**Youth Clinic Participation & Experience Survey Form (2-page form)** - Must be completed for each YOUTH student.

**ACA Release and Waiver (minors)** - Each minor student must have an ACA Release and Waiver completed and signed by a parent or legal guardian (one form for each minor student).

**Medical Release Form (for Youth Clinic)** - Each minor student must have a medical release form completed and signed by a parent or legal guardian (one form for each minor participant).

**Youth Clinic Check-off List (for Youth Clinic)** - Each minor youth clinic student must have a youth clinic check-off list completed (one form for each youth clinic participant).

#### Adult Instructors:

**Clinic Instructors Request Form** - Each instructor needs to complete and return ASAP to clinic coordinator. Please remember to include the 2 forms mentioned above.

#### Equipment Needed:

Each student must provide their own equipment, including their own boat. Many local paddling stores rent as well as sell equipment. Try Rocky Mountain Kayak, Wind and Water Boatworks, Riversport or Outdoor Rec. Equipment in Ohio. Used equipment can be found in the Boater's Marketplace at [www.threerivers.org](http://www.threerivers.org)

Each participant **must** have a proper whitewater boat, helmet, spray skirt, and life jacket. The following list will give you an idea of what you need:

- **Canoes** must be equipped with flotation foam or bags and painters on both ends of the boat
- **Kayaks** must be equipped with properly attached grab loops in good repair on both ends of the boat, full flotation bags, and foot braces.
- **Helmet** that fits
- **Spray skirt** - that fits both you and the boat (only for closed-boats)
- **PFD (Life jacket)** that fits - must be worn by all participants
- **Paddle** - correct size for you and your boat
- **Clothes** - for paddling that suit the weather (cotton is bad)
- **Shoes** - that will stay on in swift water
- **Lunch** - for each day in a waterproof container
- **Water bottle** - with plenty of fluids
- **Strap for eyeglasses** - if needed
- **Sunscreen**
- **A method to tie items in your boat** - many use carabiners.
- **Camera** - but keep it off the river if it's not waterproof!

#### Turkey Dinner:

The cost of the dinner is \$8.00 per adult and \$5.00 per child (age 12 and under). Clinic instructors get a **FREE** dinner, but they must send in both their Registration Form and waiver in order to reserve their dinner.

The Saturday evening turkey dinner will be served at Benner's Meadow Run and will once again be cooked by Tom Irwin and his trusty crew of helpers. Serving will start at approximately 6:00 p.m. and will continue in stages thereafter for paddlers who arrive later. Even if you are in a later group, dinner will be hot and ready for you. Bring a lawn chair or blanket to sit on. We need assistant cooks and people to help clean up after dinner. Please volunteer for these activities so that we don't have to come around and twist your arm. There are places on your participation form to indicate that you wish to help

(Continued on page 3)

## \* \* \* Special Request for the Youth Clinic \* \* \*

In addition to instructors for the youth clinic, we will need 2-3 able-bodied individuals looking to get in a good workout for the day, specifically a bicep workout!

### Kayaking knowledge is NOT REQUIRED.

You will spend a good part of Saturday late morning/early afternoon merely emptying kayaks at the lake. Why, you ask? After some paddling instruction, the kids will learn to safely exit the boats should they ever flip. Once they do this, it will be hard to keep them in the boats, as they will insist on flipping over and over "accidentally on purpose" as the saying goes. Each time this occurs, the boats then need to be emptied of water. Most of the children are not able to lift their boats when empty, let alone full of water. Training will be provided, if needed.

If you just need some exercise, a good workout or a way to occupy a couple of hours on Saturday, then let this be your calling. Throw on your muscle shirt and come out to join us. Be sure to bring a lunch as you may get hungry.



Youth Clinic Participants

Contact Laurie Haugh at 724-454-8028 or via email at [lauriehaugh@yahoo.com](mailto:lauriehaugh@yahoo.com) with questions about this activity!

(Continued from page 2)

with these items. If you are interested in helping out with dinner but are not quite sure, give Tom a call at (724) 537-6363 for more details. Better yet, contact Jean Bailey at: 412-881-2244 or [jean.bailey@kkgates.com](mailto:jean.bailey@kkgates.com). Let her know you will help. You will also get dinner for free, not to mention a great lunch.

### Dessert Bakeoff Competition:

The All-Male River Rat Bake-Off will once again provide dessert. Men get to demonstrate their cooking abilities by providing a dessert to be judged by the women. Ladies, a few of you will be called upon to sample these tasty treats. We know it's tough, but someone has to do it! Remember guys, without you, we have no desserts. If that is not enough incentive, we will give out prizes and gift certificates for the top 10 winners. That's right, 10 winners!

### Camping:

Camping is available at a group rate from Benner's Meadow Run. Camping will be \$9.25 per adult, \$3.00 per child (4-17) per night and under 4 is free. You will pay for your own camping upon entering Benner's. The campground personnel will have a list of all clinic participants. You must identify yourself on the list to receive the group rate.

If you are NOT camping but just coming for dinner, you must still sign in at the gate. Non-campers MUST ALSO sign out when leaving for the evening. If you haven't signed out before the next morning, it will be assumed you spent the night and you will be charged for camping. For non-campers registered for the dinner, there is no admission charge into the campground unless you choose to use the various facilities like the swimming pool, showers, etc. The charge would then be \$3.25 per adult and \$2.75 ages 4 to 12.

### Directions to Sites:

#### To Ohiopyle

Take the PA Turnpike to the Donegal Exit  
Turn Right onto Rt. 31 East  
Turn Right onto Rt. 711 South (toward 7Springs). This

turn is at *Sarnelli's Market*.

Follow Rt. 711 until it comes to a T at Rt. 381 South, and turn left.

The town of Ohiopyle is in Ohiopyle State Park, about 10 miles on 381 South.

Immediately after crossing the railroad tracks, turn right into the Ferncliff Parking area.

#### Benner's Meadow Run Campground

From Ohiopyle, take 381 South for 5 miles.

Turn right on Bell Grove Rd.

Turn left on Nelson Rd. Benner's is on right.

Or . .

From Rt. 40, turn North onto Nelson Rd. (opposite of Fort Necessity National Battlefield)

Travel 2-1/2 miles on Nelson Rd. Benner's is on left.

724-329-4097 [www.bennersmeadowrun.com](http://www.bennersmeadowrun.com)



### 2008 Slip Clinic Participants, please note:

Unknown to TRPC clinic organizers, ACA insurance cost were reduced sometime after the Slip Clinic forms were printed & distributed. As a result, 2008 Slip Clinic participants have overpaid for ACA insurance by \$5 per person.

For 2008 Slip Clinic participants that are going to 2008 Turkey Bash, the Turkey Bash registration form has a "cost DEDUCT" line entry to compensate for the overcharge.

For 2008 Slip Clinic participants that are NOT going to Turkey Bash, the overpayment amount will be mailed to your address on record.



Saturday, Charlie Walbridge talking about ropes outside his barn.

*(Continued from page 1)*

Road in the "classroom" phase by setting up mock pins and entrapments and then self-rescues and victim and boat extractions. Dodging the rain inside the old barn, Charlie contrasted the technical knowledge of knots and mechanical advantage with social rescue issues like team structure, dealing with emergency personnel, and liability. When the skies cleared, we stepped outside to practice using ropes and life jackets.

In a belaying exercise, Charlie challenged an unnamed member of the group who responded by leveling the big man with a fierce heave on the rope he was holding. With that in mind, we practiced rescue techniques we'd just learned about and then discussed how they can go wrong and what to do to minimize these dangers. Charlie demonstrated the danger of using the mechanical advantage of a Z-drag system, by applying the force to a small piece of cord. When it broke, the snap it made sounded like a revolver as the system sent ropes and carabiners flying in both directions. Charlie was a safe distance from the flying debris because he'd added a change in direction to the system.



Sunday, wading techniques practice on the Lower Big Sandy.

Photo by Matt Pascal

Strangely exhausted despite little activity, our group traveled back to our weekend home at Teter's campground on Saturday evening, split into groups, and spread out to most of the edible options available to us in Kingwood. A group of three secretly skipped dessert to run nearby Muddy Creek (Sneaky, guys) while the rest of us drank exactly \$62.50 worth of lousy beer around a classic campfire.



Jason demonstrates aggressive swimming & use of river features.

Photo by Matt Pascal

Sunday was a long day on the river, though most of us didn't paddle more than a few yards. We rendezvoused at Rockville on Big Sandy Creek at 8:30 a.m. and within an hour, Charlie had us wading across the waist-deep rapids just below the bridge. For hours, we found out that each and every one of the activities Charlie had in store for us was simple to understand and unpredictably difficult to initiate. Lessons abounded that day.



Practicing with the use of rescue vest & release mechanism in current.

Photo by Matt Pascal

Now that the weekend clinic is over and I've processed, I'm overcome with a general desire to never use the techniques I learned on the Sandy. I discovered that I wish to never

*(Continued on page 5)*



Wonder Falls, Lower Big Sandy

*(Continued from page 1, Big Sandy vote)*

We really need your help in the next phase, but it won't cost you a penny.

On June 15<sup>th</sup> a short 150 word bio on the project and a photo will be posted on the RedwoodCreek.com website. The direct link for the voting is:

<http://www.redwoodcreek.com/greatoutdoors/voting.asp>. You have to register with the site, which involves giving a valid e-mail address. After registering and confirming your registration, scroll

down three projects and click on the "Friends of the Cheat" project. **You can vote every day, once per person/email address.** The voting lasts through July 31<sup>st</sup> and the project getting the most votes is the winner.

Please bookmark this site and go there every day when you check the weather, news, or river levels. Vote early and often for the Big Sandy Project. Then spread the word!



*(Continued from page 4, Rescue Class)*

have to wade out into whitewater to get to a victim, though I now know how to do it effectively. If I have to use the Hand of God rescue, I hope that it's in flat water. With luck, my rescue vest will never find itself supporting me as I'm lowered in strong current to assist a friend in trouble. But, I'm now comfortable enough to do it, unless setting up a zip-line or line-assisted wade seems more prudent. God forbid I ever find myself swimming toward a strainer because the seemingly easy technique of aggressively swimming up onto it is tremendously difficult. And, if I either experience or stumble upon a foot entrapment, then the severity of the



Charlie Walbridge shares his knowledge & experiences during class.  
Photo by Matt Pascal



Strainer swimming practice... very difficult when the "strainer" is lifted slightly above the water!

situation and the critical role of timing will be on my mind as I decide how to resolve the situation.

By the end of the day Sunday, our minds were overloaded as we stumbled around on the rocky shore in exhaustion. A few participants found the energy to paddle off into the bright evening sun for the last run of the Sandy until the next rain. The rest of us slowly packed up for the ride home and thanked our instructor for the valuable lessons.



# Hells froze over

By Steve Bloskis

Thinking back to a third run on a brisk 20-degree paddle in Forbes forest asking the question “why isn’t this working?” Unable to feel your hands, having to put the rock hard frozen gear back into the slushy cold drink just to get it pliable and fitted back on. That very cold past made it feel not so bad to be out swimming a week later in 35 degrees and snow! Why Swimming? Read on.

As the temp dropped we did Roaring a rare gem and now on Fikes a better gem. Two of us knew about the tree you had to limbo under if you didn’t run the drop right. The drop starts with a boof, so to miss a hole and catch an eddie, which can feel like your sitting on a pod of water up in the tree line. Paddle out and drop off an eight-foot slide.

Added this tree pushes the envelope of a class 4 rapid into a mind game of sorts. The rapid is hard/fun enough without a tree in it. Oddly before the tree became present we never missed this boof and looked forward to this section. After the tree just the opposite missing the moves, off line and confused, why when adding a tree does the mind/body have trouble thus changes the approach or was it just the higher water levels that day??

On this given run all of us ended up in the hole loaded with water and pushed toward the tree. Keith P. aims up clearing the more forgiving side to limbo the tree, shoots the drop and is gone. John Doe aka T-bone gets pushed to the lowest side of the tree stops on it with his head. Then with a very very low braces he almost flips passing under the tree. This side he didn’t choose has just a little bit of room for more than a boat to go under. Passing under, at this point he needs to roll himself up right and turn his boat 45 degrees to drop the eight footer. Here the boat stops dead in its wake, his bow and stern pin and almost all of the back of the boat subs under with water. A hard bottom brace keeps his head out of the water. This is where time froze as a light mist of snow began to fall.

Have you ever noticed times when not taking heed reaching out to help puts you into the same danger. Flipping under that tree trying to help, putting two paddlers in that dangerous same spot was not an option.

Paddling up stream Ferry high through the hole and skating around the outside to miss the tree altogether catching a squirrely micro eddie and holding it long enough to looking backwards eight foot over my shoulder to see if there is an optional line no ones taken before?!? Looks clean running out of time so shooting the drop and in my peripheral vision see Keith is running up the shoreline stick and movin around Rodi with a throw rope.

Rope in the air and misses, I getting out, scrambling a small rock and boat in the middle of the drop below T-bone who seems like for minutes has been hung hard on a bottom brace above this way to ugly to run upside down drop.

I had to tip toe reaching high for his bow loop yelling up to him “you ready on the count of three” his head just out of the water, he shouts “yeah” ONE TWO THREE As I pull with all my might he clears the rock and runs the drop. With the boat free a force of gushing water pushes me backwards falling over and knocking the boat off the rock. I’m launched confused swan diving head first into the cold soup.

Emerging out of the dark black, gasping for air, again Keith’s throw bag wisps high spiraling mixing together with the soft snow, perfectly so sweet right into my hand. Everything at that moment in time seemed in almost slow to a stop. There was no cold, no raging sound of whitewater, only a sense of floating in a larger matrix of soft misted falling snow entwined within a curtain of pine green contrast. Like Hell froze over, everything but those three things came to a halt and

“It” was all-Omniscient.

Why are there moments in life that you will never forget? Once back on shore the icy cold, wet and rushing sound of water with a rage storming ones senses back into a hurting focus so to paddling out. No longer riders of the pale horse, chasing the hells of an ever descending well. We returning to civil as we sat warm by a crackling log fire, enjoying supper and beer that T-bone bought.



## COASTERS & KAYAKS

Coordinator: Judy Polczynski-Macklin  
 Phone: C 724-448-1602  
 Email: [jpolczy777@aol.com](mailto:jpolczy777@aol.com)

*Please, contact  
 Judy if you are  
 coming.*

Coasters: July 18  
 Dorney Park, Allentown, PA  
 Kayaks: July 19, 20  
 Lehigh River, PA (dam releases)

**Friday, July 18, 2008 - Dorney Park & Wildwater Kingdom** <http://www.dorneypark.com/>

Bring the whole family and join us at Dorney Park for a day of fun. They have grown-up rides (including 6 coasters), kiddie rides, and an awesome water park that is included in the admission price.

Regular Admission: \$38.99 (Guests 48 inches or taller in shoes.)  
 Senior Admission: \$18 (Guests age 62 and older.)  
 Junior Admission: \$18 (Guests ages 3 or older AND under 48 inches tall in shoes.)  
 Guests ages 2 & younger are admitted FREE.

Can't join us until evening?  
 Starlight Admission (5 p.m.) is \$19.50 or \$18 for Juniors and Seniors.

The TRPC group will be meeting just inside the front gate at the Merry-Go-Round at noon. If you need a later meeting time, please contact Judy and we can make some additional meeting times. I will be heading out to Danville, PA on Thursday afternoon, but will have my cell phone with me.

The park is scheduled to be open from 10 a.m. to 10 p.m. that day.

Directions to Dorney Park: From Harrisburg, take I-81 North to I-78 East to Exit 54. OR, from I-80 take I-476 South (PA Turnpike Northeast Extension) to the Lehigh Valley Exit #56, then Route 22 East, to Route 309 South, to I-78 East to Exit 54.

**Hickory Run State Park Campground** (camping Friday and Saturday nights) The large tent and trailer camping area has modern restrooms with hot showers, a sanitary dump station, a forested section and a grassy, more open section. A camp store has general camping supplies, ice, firewood and food. Cost is \$18 per night for a site without electricity, \$3 for an additional car on the site and possible additional charges for pets. Call toll-free 888-PA-PARKS, 7 a.m. to 5 p.m. Monday to Saturday, for state park information and reservations or make online reservations <http://www.pa.reserveworld.com/> at <http://www.pa.reserveworld.com/SearchPark.aspx>

A campground map is available at [http://www.dcnr.state.pa.us/stateparks/parks/hickoryrun/hickoryrun\\_camp.pdf](http://www.dcnr.state.pa.us/stateparks/parks/hickoryrun/hickoryrun_camp.pdf)



We will be meeting at Judy's campsite (#29) both mornings at 9:00 a.m. to organize for the river runs.

Directions to the campground: I-80 East to the Hickory Run State Park Exit #274, then drive east on PA 534 for 6 miles OR, from Dorney Park, I-476 North to I-80 East to exit 274.

### **Saturday, July 19, 2008-- Lower Lehigh River**

This is a 10-mile run from Rockport to Glen Onoko (dam release); Class 2 to 3-. It is longer and more scenic than the upper section and has more challenging rapids, but more flat water. For more info, see :

<http://www.americanwhitewater.org/rivers/id/3138>

### **Sunday, July 20, 2008 -- Upper Lehigh River**

This is a 9-mile run from White Haven to Rockport (dam release); Class 2 to 3-. The Upper is more "creeky" and has more play spots and great surfing waves, but is not as pretty as the gorge area of the Lower.

Additional activities: There is a bike trail along both sections of the Lehigh. Hickory Run State Park has over 40 miles of hiking trails, 3 state park natural areas, a lake swimming area and miles of trout streams. The Boulder Field, a striking boulder-strewn area created by glaciers, is a National Natural Landmark.

## 2008 Youghiogheny River of the Year Sojourn

Register now to participate in the Yough River Sojourn from Thursday, July 17 to Sunday, July 20!

The Youghiogheny River Sojourn is a 4-day excursion on the Youghiogheny River, simply known as the Yough, in southwestern Pennsylvania. We'll begin our journey at the Youghiogheny River Lake near Confluence and will follow the river north as it meanders towards McKeesport. Along the way we'll discover the unique ecology, culture and rich history of the Youghiogheny River corridor.

The trip will feature one Class I and II whitewater day on July 17, and a Class III whitewater rafting trip with professional guides in each boat on July 18, with a bicycling alternative. On July 19 and 20, we'll spend two days leisurely floating the northern section of the Youghiogheny, where we'll experience the changing character of the river and the historic communities along its banks.

No experience is necessary. This trip caters to beginner or first-time paddlers, but will have plenty of excitement for river enthusiasts of all ability levels.

All meals from lunch July 17 through lunch July 20 are included in the cost of the trip, as well as camping and activities. Boats are included in pricing July 17 and 18, and can be rented on July 19 and 20 as part of the registration.



As an alternative, people may bring their own bicycles or may rent bikes on their own to ride the parallel Great Allegheny Passage.

Hurry, space is limited! Deadline for registration is July 3rd, 2008.

Detailed information and the Registration Form are available on-line at:

[www.pecpa.org/youghsojourn](http://www.pecpa.org/youghsojourn)

## 28th Annual Upper Yough Race, July 26

The 4th Annual Yough Festival and 28th Annual Upper Yough Race will take place on Saturday, July 26, 2008. Race registration will take place on July 26, from 10:00 a.m. to 1:00 p.m. at the liquor store parking lot across from Mountain Surf. Due to increased insurance costs, the entry fee is \$30.00 and includes; insurance, timing with prompt printed results, T-shirt, band, prizes, finish line refreshments, and festival admittance. A great variety of food vendors will be available at the Friendsville Town Park.

The race will start at 4:00p.m. at Gap Falls and race to Kendall pool. Racers will start at one-minute intervals. Those who want to race with a friend or group for safety or fun need to register together. Registration ends promptly at 1:00 p.m. The starting positions will be posted shortly thereafter. Driving and boating to the starting line will take you around 1 hour and 15 minutes. Please give yourself plenty of time to get to

the starting line.

Boat classes include Men's, Women's, Wildwater, Wavehopper, Slalom, K2, Creek boat, Play boat, Canoe, Ducky, and Raft. The results publication will reflect all of these classes for your enjoyment and recognition. Prize allotment varies from year-to-year. Speed will be rewarded when it comes to prizes.

The race organizers have a special request to the boating public regarding Saturday's special release: they ask that you respect the desire of racers to have an open and clear race course. The race starts near the end of the release, 5:00 p.m. If you are on the water, please be aware of the time and pull over to watch the race.

The Yough Festival committee is planning ambitiously for a fun filled event. Any proceeds above event expenses will go to river conservation and American Whitewater. Ask for your Friday off now and don't miss it! Any Race Questions e-mail, [jwit@mac.com](mailto:jwit@mac.com)

## Upper New River, Kids' Trip, July 25 New River Gorge Trip, July 26-27

If you are planning to go on this trip,  
especially the KIDS' TRIP,  
call Jeff Knechtel first.

Please make arrangements for your  
own raft prior to going on this trip.

Coordinator: Jeff Knechtel H (724) 622-0075  
Location: New River, West Virginia  
Meeting Place: New River Park Visitor Center  
Meeting Time: 9:00 am for Saturday and Sunday  
Camping: Ray's Campground  
\$7.00 per person per night



Kids' Group photo before the Upper New Trip

Sections of the river expected to be run:

July 25- Prince to Thurmond or Thurmond to Cunard,  
Class II-III. This section is good for advanced  
beginners (intermediate) both canoe and kayak.  
July 26, 27- Cunard to Fayette Station, Class III-IV

Directions to meeting place:

I-79 south to US Route 19 south, turn left just before reaching  
the New River Bridge into the Visitor's Center -see signs, about  
a four hour drive from Pittsburgh.

Directions to Campground:

Near Hico. South on Route 19, west on Rt. 60 for 300 ft. Turn  
right onto Sunday Rd. Ray's Campground (304-658-4386) is 1  
mile on left.

Trip Description:

This is the biggest whitewater in West Virginia. The entire river  
flows through an immense gorge with extremely rugged moun-  
tains and cliffs in view all the way. The upper sections are good  
for advanced beginners and intermediate paddlers. Many other  
activities are available in the area for non-paddlers, and we  
are encouraging non-paddlers to come along on this trip.

Check the TRPC Message Board for last minute information.

### The Kids' New River Trip is July 25

## Creeking Clinic Valley Falls State Park, WV Sunday, July 27

Alrighty, time for the now second annual Intro to  
Creeking Clinic, brought to you by [www.got-boof.com](http://www.got-boof.com)  
and TRPC. The idea here is to expose students to the  
aggressive paddling techniques that dominate the  
creeking end of paddling, without most of the inherent  
dangers of actually creeking. This class is primarily  
designed for paddlers in the grey area between Class  
III and IV, and provides plenty of opportunity to prac-  
tice these techniques in a controlled environment,  
complete with safety and photo opportunities. Plus, it  
is a chance to run some pretty spectacular waterfalls  
and rapids.

This class will specifically address the following pad-  
dling techniques:

1. creek specific safety

2. aggressive paddling posture
3. scouting vertical features
4. both waterfall and rock boofing (which are different)
5. advanced boofing techniques (rolling boof, stomp)
6. complex rapid sequence scouting, memorizing and  
running
7. teamwork within the creeking environment

The class will take place Valley Falls near Fairmont,  
West Virginia on **Sunday, July 27th 2008.**

The class is free for TRPC members, so make those  
dues count.

Feel free to contact me to register, at which point I  
will add you to a mailing list that includes times and  
directions.

C'ya on the river  
Jason Hilton  
creekaction (at) gmail (dot) com

## Upper Yough TRPC TRIP August 1, 2008

Are you a strong class 4 boater looking for the next level?

How does paddling the Upper Yough sound?

Sandwiched between 5 miles of flatwater on the Upper Youghiogheny River is a 5-mile stretch with some of the best continuous whitewater in our area.

A few TRPC Upper Y paddlers and I are planning an Upper Yough TRPC club trip on August 1, the Friday before Turkey Bash.

This trip is intended to introduce the Upper Yough River to paddlers who already have demonstrated the skills necessary to COMFORTABLY paddle in class 4 rapids (possibly have even paddled some class 4+) and have not yet had the pleasure of paddling this classic river.

The plan is to place one new Upper Yough paddler with at least one experienced Upper Yough paddler. As a result, spaces on this trip will be limited. Please don't be discouraged if there is not space for you on this trip. The river will be there for future paddling dates.

**Please Note** (here is where I try to scare ya):

### This is NOT an instructional/training trip!

You cannot just show up and expect to be taken on this trip. As your guides/mentors, we need to be comfortable with your stated skill level before the trip AND comfortable with your paddling ability during. We must "OK" you to come with us. The worst thing we could do for you, and you could do for yourself, is to get you onto a river that you are not yet ready to paddle.

Exaggeration of your skill level to participate in this trip or YOUR misinterpretation of your ability has the potential to result in very unpleasant and serious consequences. If we discover that stated skills are drastically inflated and demonstrated skills are woefully inadequate, we will send you walking back to the put-in. That would be a grueling 3-mile hike with your boat and gear!

As a new Upper Yough paddler, you are responsible for YOU! We will do our best to describe and demonstrate some favorite lines. It is up to you and your ability to execute the necessary moves.

Again, **This is NOT an instructional/training trip.**

If you have not been to the upper Y and wish to go with us:

1. **Read AW's river description at:**  
<http://americanwhitewater.org/rivers/id/753> .
2. **Score your paddling ability** using the using Keelhaulers self-evaluation guide at: <http://www.keelhauler.org/>. Look for the "Self-Rating System" button on the left of the page. Then compare your score to the Keelhauler's Upper Yough difficulty rating of 32 (2' at Sang Run). Be brutally honest.
3. **AFTER reading** AW's river description and performed the paddling skills self-evaluation, **call Jeff at 724-468-8113** if you think that you are ready and would like to go on this trip.

I have no idea how many responses I will receive, so get in touch with me ASAP. I will contact everyone by July 25 to inform whether we have space for you or not.

Let's paddle!  
Jeff Macklin

## Lake Arthur Regatta August 2 & 3

The 10<sup>th</sup> Annual Regatta at Lake Arthur will be held on Saturday and Sunday August 2 & 3, 2008 in Moraine State Park at the Lakeview Area on the North Shore. A new event for this year, which will be of interest to canoe paddlers in particular, is FreeStyle Canoeing.

FreeStyle Canoeing is a collection of paddling techniques which emphasizes efficiency. It combines an intimate knowledge of how a canoe wants to move in the water and the ways in which one can use and enhance those tendencies to maximum advantage, and a subtlety of paddle placement and action to produce exceptionally fluid and graceful movement. A repertoire of moves has been developed over the years, and those who do this well can make a canoe move in ways which are both amazing and beautiful to watch, and seem to do it without effort, or even with very much momentum.

On Saturday afternoon, there will be an Exhibition featuring a number of National Champion FreeStylers who will



perform routines which are set to music.

On Sunday, Aug. 3, there will be an Instructional Session, at which these same folks will provide an introduction to some of the basic FreeStyle techniques. All area paddlers are invited and welcome, but this session is not for beginning paddlers. One should have a command of the common paddling strokes and be generally able to make a canoe go where you want it to go.

(Continued on page 11)

(Continued from page 10, Lake Arthur Regatta)

The Instructional Session will take place at the McDaniel's launch area in Moraine State Park at 10:30 a.m. There is no fee and no registration is required. Just show up. No equipment will be provided, so you must bring your own boat and paddling gear (PFDs are required on the water).

FreeStyle is not necessarily about learning to do a bunch of flashy tricks (though they're a lot of fun in their own right). It's about balance, efficient and effective paddling, and boat control - all of which skills serve one well on moving water. Think of it as "obedience classes for your canoe".

More info is available at the Regatta website [www.moraineregatta.com](http://www.moraineregatta.com)

## New River Trip, West Virginia August 16-17, 2008

**Coordinator:** Greg Dick (814)255-3091  
GregDick@atlanticBb.net

TRPC Paddlers will be meeting in the parking lot of the New River Bridge Visitor's Center at 9:00 a.m. on both Saturday and Sunday. At that time, we will determine which sections of the New and other local rivers can be run, then split into groups.

Options include:

New River Gorge from Cunard to Fayette Station (Class III-IV) – the *standard* trip

New River, (Upper Sections) Prince to Thurmond or Thurmond to Cunard (Class II-III) *if someone volunteers to lead this section*

Upper or Lower Gauley at summer levels  
Cranberry, Cherry, Williams -- if there is water

The New is the biggest whitewater in West Virginia. The entire river flows through an immense gorge with extremely rugged mountains and cliffs in view all the way. The upper sections are good for advanced beginners and intermediate paddlers, while the gorge is a great big-water experience for

those looking for a little more adventure. Many other activities are available in the area for non-paddlers, so we encourage non-paddlers to come along on this trip. Please email or call the trip coordinator if you plan on attending. Check the TRPC website message board for last minute information ([www.threeriverspaddlingclub.com](http://www.threeriverspaddlingclub.com)). Coordinator does *not* monitor the board – so email or phone him with questions.

**“All are welcome!”**

**Directions to meeting place:** take I-79 south to US Route 19 south; turn left into the New River Bridge Visitor's Center just before reaching the New River Gorge Bridge. (Watch for signs for the Visitor's Center). It is about a four-hour drive from Pittsburgh.

**Directions to campground:** We will be camping at Ray's Campground near Hico, WV, just north of the New River Gorge. (304-658-4386 or <http://www.rayscampground.com/>) Rt. 19 S – about 17 miles south of Summersville (Rt. 39) – turn right onto... Rt. 60 W - (Watch for signs for Hawk's Nest State Park.) – proceed just a 100 yards or so and turn right onto ... Sunday Road. Drive a few miles and watch for Ray's campground on the left side of the road. Group reservations have been made in the name of Greg Dick / Three Rivers Paddling Club for Friday and Saturday evening.

## Tygart, Valley Falls Trip

Waterfall Running Instruction and Practice,  
Class III-V

**Coordinator:** Jeff Prycl, C724-331-9566, W724-925-9675  
**Date:** **Sunday, August 17th**  
**Meeting time:** 9:30 a.m.  
**Meeting Place:** Valley Falls State Park, WV

Bring a lunch, throw bag, sunscreen, drinking water and cameras. Valley Falls is a beautiful park. Bring the family and friends to watch the action.

### Trip Description:

We will work on paddle strokes for falls running, timing of strokes and landing angles. We will practice whitewater rescue, including ropes and boat-based skills. The group will run the upper and lower falls in many places, many times. If all goes well and time permits, Twist and Shout and Hamburger Helper await down stream. Normally, the class ends around 4:00 pm, followed by dinner at 5 Corners Restaurant near Grafton on Rte 119 North.

### Directions:

Valley Falls State Park is located east of Fairmont, WV. From I-79, exit 137, follow route 310 east about 8 miles to sign for Valley Falls State Park; turn right, follow until you see a lake to your left and a bridge ahead of you. Make a left before bridge along left side of lake until you reach the breast of the dam. Make a left up the hill, following the sign for Valley Falls State Park. Go to the top of the hill, stop at buildings on left, and sign in on clipboard if you are running the falls or thinking about running the falls. **YOU MUST SIGN IN to run the falls!!!** Follow road down hill into park. We will be in parking lot on left. Valley Falls can be reached from Grafton.

Running waterfalls is dangerous. Safety is very important. We will be practicing safety and talking about it in depth. This will be a low-water run, much like Ohiopyle Falls at low levels but much safer. You don't have to be a great paddler to run waterfalls if you have a good forward stroke, and this too will be talked about in depth. Many beginning boaters have done this trip and have done surprisingly well. This class has been run annually for at least twelve years with lots of fun and learning, a few swims and no injuries in the falls.

## AW Over the Ohiopyle Falls Festival and Access Update Festival August 23, 2008

The Festival this year will be a one-day event with a number of activities scheduled:

Over the Falls Race

Over the Falls Freestyle Event

Practice Runs

“The Upstream World Championships held on the Lower

Yough and sponsored by Wilderness Voyageurs

Silent Auction

Town Party with live band 706 Union

Film Festival

Falls Under Lights

For additional information, registration and updates see: [www.FallsRace.com](http://www.FallsRace.com)

We need plenty of Help! Volunteers will get discounts and T-shirts. This is in our back yard and TRPC is a sponsor of this event so we need TRPC help. Even if you do not run the falls just come out and party with us. We have a great band. A good time is always had by all.

We have submitted a number of proposals to the Bureau of State Parks and had a number of conversations with Ohiopyle State Park. After some positive conversations in 2006, we were disappointed with the Bureau of State

*(Continued on page 14)*

## Florida Rivers: Winter 2009 Last two weeks of February Guide: Donna Egbert

If you would like to see spring on some of the beautiful rivers of Florida, I'll be pleased to have you join me. I will be in Florida from Christmas until mid-March but these two weeks are put aside for spending time with any TRPC members who can fit some or all of the time in their schedules. We will be based near Homosassa Springs and work from there. Camping will be at the Chassahowitzka River Campground. This is an hour north of Tampa on the West Coast. You will need camping gear, your boat\* and gear, and time off from work. We can cook in or eat out. Many of the rivers are clear and have springs to explore and wild-

life to observe. Bugs are at a minimum and temperatures are just warming. Yes, we will see manatees! I've been exploring these rivers the last two years and also have located some of the best seafood places and watering holes. If you're interested, let me know. I am not charging for my guide service as long as no one complains about the bugs or price of gas.

For more info and to reserve, contact Donna Egbert at 412-719-6637 or [pghsunbird2@aol.com](mailto:pghsunbird2@aol.com)

\*These rivers are suitable for canoe or recreational kayaks. They are slow moving.

There's also biking and hiking in the area.....and always wildlife watching. There are some tourist adventures nearby as well

## Racers' Eddy

By Natalie Thomas

Last year's race season was a great success, with first timers, serious athletes and old timers joining in the fun! TRPC members were among this group learning in clinics and racing. Want to improve your river running skills, refine that duffek stroke, learn how to run gates or speed downriver? Come join us for this year's season!

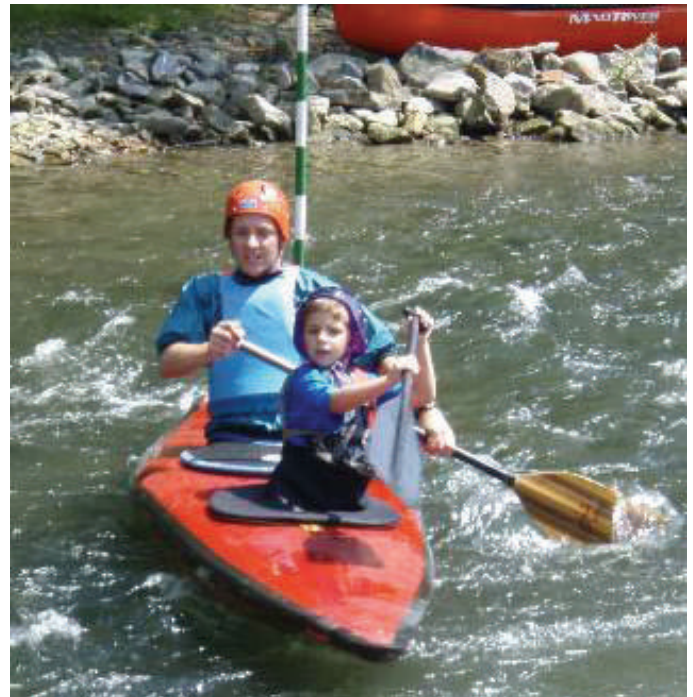
### Schedule

- New England Slalom Series—9 races this year, check out the website at: <http://aca.whitewater-slalom.us/a-ness.htm>
- Dog Days Slalom, August 16-17, 2008—Part of the Penn Cup Series
- Riversport Slalom & Clinic—August 23-24, 2008—Part of the Penn Cup Series

More information will follow. Watch the newsletters and message board for updates.

For Wildwater, check out: [www.usawildwater.com](http://www.usawildwater.com) and for Slalom, check out: [www.daveyhearn.com](http://www.daveyhearn.com)

See you at the races! Natalie



Adam & Zack at Dog Days Slalom

# Lower Yough Loop Paddling Trips

## Sunday Afternoons

Coordinator: Jeff Prycl  
724-331-9566  
Location: Lower Yough Loop  
Meeting Place: Ohiopyle, PA  
11:30 a.m. in Ferncliff parking lot  
3:00 p.m. at the Boaters' Change House

Trip Description: Come and join Jeff and his friends for an instructional Sunday afternoon. Bring a lunch. Learn to ferry, catch eddies and surf above the Rte. 381

bridge from noon to 3 p.m. Boat control is the goal.

Loop Trip starts at 3 p.m. You will practice skills taught earlier in the day. We try to get off the river at 7 p.m.

Safety boaters are always welcome, especially after 3 p.m.

Call Jeff or check the message board for last minute changes.

## Wednesday Evenings

Wednesday Evening Loop Paddling Trips  
Coordinator: Chara Whittemore  
[chara@qcol.net](mailto:chara@qcol.net)  
Meeting Place: Boaters' Change House  
Meeting Time: 1st & 3rd Wednesdays  
Between 5:30p.m.—6p.m.

All are welcome and encouraged to come. The next scheduled loop night will be July 2nd. We will be meeting Wednesday night between 5:30 and 6:00 for our bimonthly loop night club paddle (Yough Paddling Club, <http://www.youghpaddlingclub.org/>). Email [chara@qcol.net](mailto:chara@qcol.net) for further details.

## Friday Evenings

Coordinator: Susan  
Additional Contacts: Kasia & Lou  
Meeting Place: Wilderness Voyagers  
Meeting Time: 6:30p.m.

Store and better your paddling skills, or just join friends and WV's lead kayak instructor, Susan, for an evening Loop run. If you'd like to test drive a new boat, demo boats will be ½ off for Loop nights. It's a great way to get out on the water!

Every Friday, meet at Wilderness Voyageurs Outfitter

For more information call : 800-272-4141

## Kayak Roll Lessons

Jeff Prycl, owner of Rocky Mountain Kayak, is conducting roll classes in his 2-acre pond on Wednesday evenings in New Stanton, PA. There is a minimal fee

for insurance cost and wear on equipment. Call Jeff at 724-331-9566 for directions and details.

# TRPC Summer Calendar of Events

Date	Trip	Coordinator	Phone	Email
Apr. until it dries up	Slip (Wed. noon) II-III	Steve Bloskis (TENTATIVE)	C 412-715-1813	k1buddha@yahoo.com
Apr. until it dries up	Slip (Wed. 5:00) II-III	Gary McCormick Bill Schwab	H412-885-0712 C412-915-6030	garymccormick@verizon.net pakayaker2000@yahoo.com
June 28-29	Slippery Rock Rescue Rodeo	Rob Hammond	216-287-8580	Rob@SCD-Corp.com
June 29	Lower Yough III	Suhail Baloch	C 412-491-5831	sbaloch@comcast.net
July 11-13	Camping FUN Weekend, Yough II-III	Pam Kinkus	412-607-3625	pkinkus@hotmail.com
July 15	TRPC Meeting			
July 18-20	"Coasters & Kayaks", Dorney Park & Lehigh River II-III	Judy Polczynski-Macklin	C 724-448-1602	JPolczyk777@aol.com
July 19	Lower Yough III	Suhail Baloch	C 412-491-5831	sbaloch@comcast.net
July 26	Upper Yough Race			jwt@mac.com
July 25	Upper New River Kids' Rafting Trip, WV II-III	Jeff Knechtel	C 724-622-0075	jgkayak@hotmail.com
Jul 26-27	New River, WV II-IV	Jeff Knechtel	C 724-622-0075	jgkayak@hotmail.com
27-Jul	Creeking Clinic	Jason Hilton		
Aug. 1	Upper Yough 1st & 2nd Timers' IV+	Jeff Macklin	C 724-331-7873	jmac221@gmail.com
Aug. 2-3	<b>Turkey Bash &amp; Clinic</b>	Matt Pascal	C 412-496-9963	matt.pascal@gmail.com
Aug. 3	Savage Release, 10am-4pm	needed		
Aug. 16-17	New (& Other) River(s) Trip II-IV	Greg Dick	H 814-255-3091	gregDick@atlanticBb.net
Aug. 17	Valley Falls Waterfall-Running III-IV	Jeff Prycl	C 724-331-9566 W 724-925-9675	prycl@rockymountaingarage.com
Aug. 19	TRPC Meeting			
Aug. 23	Ohiopyle Over-the-Falls Festival	Barry Adams	H 412-242-4562	bj2adams@juno.com
Aug. 23-24	Riversport Slalom Clinic	Natalie Thomas	H 724-935-5482	nthomas1@connecttime.net
Aug. 24	Riversport Slalom Race	Natalie Thomas	H 724-935-5482	nthomas1@connecttime.net
Aug. 31	Savage Release, 10am-4pm	needed		
Sept. 5-7	Beaver & Raquette Rivers IV-V+	Mike Bailey	H 412-881-2244	baileybuild@comcast.net
Sept. 6-7	Upper Gauley V	Keith Pasquariello	C 724-255-1148	
Sept. 5-7, 12-14, 19-21, 26-28	<b>All of Sept. Gauley release dates</b>			
Sept. 13-14	Gauley IV-V	Richard Dabal	H 201-414-0801	rdabal10@hotmail.com
Sept. 16	TRPC Meeting			
Sept. 20-21	Gauley Festival			
Oct. 3-5, 10-12	<b>All of Oct. Gauley release dates</b>			

For last minute changes and impromptu trips, check the TRPC message board at <http://threeriverspaddlingclub.com/>

<b>Outings Chair-people</b>	<b>Additions, Corrections, Deletions</b>	Steven Bloskis Jeff Knechtel	C 412-715-1813 C 724-622-0075	k1buddha@yahoo.com jgkayak@hotmail.com
-----------------------------	--	---------------------------------	----------------------------------	---

(Continued from page 12, Falls Festival & Update)

Parks response to our proposals. Ohiopyle State Park submitted a proposal late in 2007 to which the Bureau of State Parks has not responded even after several attempts by AW to get an answer. The Park has agreed to let area outfitters who wish to participate in a specific program allowing access to Ohiopyle Falls.

The registration forms for the running the falls and volunteer registration forms will be on the above web site or a new web site. We are currently having trouble with the above web site.

We can assure you that we will continue to pursue our ultimate goal of unlimited access. Your participation in the above events is a way of showing Park Management that falls running is not a stunt, but rather a challenging component of whitewater sports.

Thank you!  
AW Ohiopyle Access Committee  
Barry Adams 412-242-4562  
Bj2adams@juno.com

## More Events of Interest

### Riversport, Confluence, PA

May 31-June 1 Girls At Play with Anna Levesque  
 June 23-27th Kid's Kamp  
 July 21-25th Kid's Kamp II  
 August 4-8th Kid's Kamp III

August 16-17 River Rescue Course with Charlie Walbridge

Please call Riversport at 800-216-6991, or e-mail Andy at Riversport@earthlink.net

### Wilderness Voyageurs, Ohiopyle, PA

**Movie Nights!** Wednesday night is movie night. Starting Wednesday, June 4<sup>th</sup> through Wednesday, August 13<sup>th</sup> at 9 PM in the pavilion across from the pub. If you have any movie suggestions, feel free to drop me an email to [kasia@wilderness-voyageurs.com](mailto:kasia@wilderness-voyageurs.com)

**Loop Nights:** Every Friday night starting June 6<sup>th</sup> at 6:30. Meet at Wilderness Voyageurs Outfitter Store and better your paddling skills, or just join friends and WV's lead kayak instructor, Susan, for an evening Loop run. If you'd

like to test drive a new boat, demo boats will be ½ off for Loop nights. It's a great way to get out on the water!

Let us know if you are a TRPC member and receive 10% off when checking out or purchasing through [www.gearfetch.com](http://www.gearfetch.com)

Thanks for your support and we'll see you on the river! Kasia, Eric, Lynne and the rest of the Wilderness Voyageurs' Crew (even the dogs).

Contact us at: 800-272-4141

### Meeting Minutes April 15, 2008

Meeting was called to order at 7:43 pm by president, Chrissy Zeltner. There were 24 members present.

**Secretary's Report:** Previous meeting minutes were read by Carl Schneider filling in for Dave Mueller. Minutes were accepted as read.

**Treasurer's Report:** Jeff Rahuba (filling in for Steve Wang) reported that there were no changes in the treasury since the last report. No monies were spent. The treasurer's report was accepted.

**Racing:** Natalie reported that 3 TRPC members raced at the Red Moshannon downriver race on March 29. They joined over 200 other racers. 22 racers participated in U.S. Wildwater Team Trials on the Cheat Narrows. Chrissy Zeltner placed 3<sup>rd</sup> in the women's class. Congratulations, Chrissy. There were a few swims and the race lacked safety boaters, but no injuries were reported. The Slalom Skills and Drills Trip is still tentatively scheduled for May 4. Natalie will post on message board if a cancellation is necessary. May 31-June 1 will be a wildwater training clinic on the N. Branch of the Potomac for anyone who is interested in learning how to paddle a wildwater boat. Chrissy stated that the Wildwater Committee is sending some used wildwater boats our way to be used as training boats. Our area has been specially selected to receive these boats.

**Newsletter:** Deadline is April 18 for the May newsletter.

**Video:** Nothing to report.

**Conservation:** Nothing specific to report but members mentioned Amerikohl's Proposed Curry Mine affecting the Ohiopyle

area. A public meeting will be held on April 16<sup>th</sup> in Dunbar Township.

**Education:** Nothing new.

**Parks & Access:** Nothing new.

**Safety:** Bob Kilbert reported that SRU is still having Swiftwater Training clinic on May 17-18 See information on the message board. Bob will post a link on the message board regarding rescue classes at ASCI. Bob stated that other safety clinics are not scheduled yet. He will see about scheduling when the weather gets warmer.

**Webmaster:** Nothing to report.

**Outings:** Dave Greenwald reported that the Sinners and Heathens trip had a nice water level and that it was a good trip with 2 swims. 6 people participated, some of them new paddlers. The Loyalhanna trip on March 29-30 was cold but informative. About 50 people attended. Jeff Macklin reviewed the upcoming trips from the newsletter – Tygart Trip w/Mike Bailey on April 19-20. Little Beaver with Shelley Nilson on April 20<sup>th</sup>. Lower Big Sandy April 25<sup>th</sup> with Keith Pasquariello. The Stony Creek Rendezvous April 25-27. Roll Session at Jeff's pond start in May. Call Jeff Prycl. Cheat Downriver Race is May 2<sup>nd</sup>. See the Keelhauler message board to check out the smack talk going on regarding the race. Cheat Fest Narrows Trip with Judy Peascoe and Gary McCormick on May 3<sup>rd</sup>. Also on May 3<sup>rd</sup> is

(Continued on page 16)

(Continued from page 15, Minutes)

Dean Fletcher's Connequenessing Trip. Carl Schneider is still looking for volunteers to help with the TRPC booth at Cheat Fest on Saturday.

Membership: 231 households and 389 individuals.

Old Business: None.

New Business: A suggestion was made to password protect the newsletter on the message board to make the newsletter a true member benefit. Discussion regarding how to get passwords to

members and only protecting the most current issue of the newsletter. Chrissy stated that she would discuss the ease of password protecting and getting passwords to members with the webmaster (Brian). Nothing was decided or voted on.

Steve Kroser was introduced as the new coordinator for the Slippery Rock Clinic. Instructors are needed. The deadline for registration is May 17<sup>th</sup>.

Meeting adjourned at 8:22pm. Program – Reducing Shoulder Dislocations by Dr. Jack Ditty.

Submitted by Natalie Thomas filling in for Dave Mueller.

## Meeting Minutes May 20, 2008

7:37, Meeting was called to order.

**Secretary Report**, Minutes from last month (April) will be reviewed next month (June).

**Treasurer Report**, Money Market has \$5030.03, Checking has \$4343.49.

**Membership Report**, 245 households, 416 individuals, forms coming in for Slip Clinic.

**Newsletter Report**, deadline is May 24, 2008 for June newsletter.

**Trip Report**, "Stonycreek Rendezvous was a goodtime" – Bill Schwab; Roll Sessions at Prycl's Pond have started.

**Cheat Race** – TRPC beat Keelhaulers – Matt Pascal placed 18<sup>th</sup> overall.

**Dean Fletcher's Connie Trip** was a success, although there were a couple swims - Participants were able to park at Rock Point.

**Cheat Narrows Trip on Cheat fest** weekend with Judy

Peascoe and Gary McCormick was successful. Water was high. **Thanks to Ryan Rahuba** for manning the TRPC Cheat Fest booth during the day while others paddled - Booth served as a good meeting place after paddling.

**Joe Markz TRPC/Keelhaulers Slip Trip** was good.

**Weds. Slip Trips** are a huge success. 35-40 people on a trip. Chris Bailey's Kids trip had 6 paddlers on the North Branch of the Potomac.

**Trips coming up:** May 26 Upper Yough with Steve Bloskis. Slip Clinic – Steve Kroser is looking for volunteers - Open Boater instructors needed - Other than that everything is ready. June 15<sup>th</sup> Lower Yough with Suhail;

May 31<sup>st</sup> Wildwater Clinic on North branch of Potomac; Wilderness Voyageurs in Ohiopyle extends invitation to participate in their Friday night loop runs.

Other news; Mike Bailey points out the landing of the waterfall on Paint Creek has changed.

New Members – Jen Franko. 8:14 meeting adjourned.

Report submitted by Carl Schneider (Please forgive any misspellings of names.)

## Meeting Minutes June 17, 2008

Meeting called to order by Donna Egbert

**Secretary Report**; Minutes read from last month (May) and will be reviewed next month (July)

**Treasurers Report**: Money Market funds total \$5033.64. Checking balance is \$8955.13

**Membership Report**: No representative present

**Newsletter Report**: Jeff Macklin is working on next edition.

**Trip Report**: Charlie Walbridge safety clinic was informative and interesting—Kent Reigel. Kent promises a more detailed account of the experience-his first safety clinic- for the next newsletter.

Discussion about voting for Big Sandy Concerns, 50K grant money available for winner of favorite cause—and your vote counts. Deadline 7/31. Talked about doing a web blast to members encouraging everyone to vote and support Friends of the Cheat. Money may be used to purchase land for take out from Allegheny Wood Products.

Slip clinic—good time was had by all. Good organizing job by Steve Kroser.

**Education Chair**: 7/27 Jason Hilton will be offering an Intro to Creeking Clinic mentioned by Jeff Macklin.

**AW Liaison**: No report

**Membership Chair**: No report

**Video Chair**: Working on cataloging DVD's & Video. Still need equipment to transfer VHS to digital format.. Will explore buying new videos.

**Old business**: None

**New business**: ACA Insurance fee collected for Slip Clinic was \$10. It has since been discovered that the fee is \$5. Decision must be about what to do with additional funds collected

Suggestions for funds:

Use towards video library to transfer VHS into digital format.

**Trips coming up:**

6/28 Suhail will organize a Lower Yough Trip

7/6 Savage River release. Mike Bailey

7/19-20 Coasters & Kayakers trip, Lehigh River, PA (dam release) notice read by Donna.

7/25-27 Kid's New River Trip hosted by Mike Bailey. Mike reports that the trip has been expanded both in days and now includes adults with both easy and harder paddles available.

Watering hole Patty's Pourhouse.

**Meeting adjourned: 8:10**

**Program**: LVM Video special, featuring a Jason Hilton Production of a Russel Fork Trip.

# 2008 Adult Clinic Participation and Experience Survey Form

**Submit a completed a copy of this form for EACH adult student.**

**Please be candid and accurate concerning your paddling skills.** This survey information will be used to place you into the appropriate skill level group for the clinic with other paddlers whose abilities are similar to yours.

The Youth Clinic has its own required forms that are available at [www.threerivers.org](http://www.threerivers.org). Participants must be at least 6 yrs old. **If you do not have internet access and/or cannot download Youth Clinic Forms, please contact: Laurie Haugh C 724-454-8028 [lauriehaugh@yahoo.com](mailto:lauriehaugh@yahoo.com) for Youth Clinic Forms.**

Students Name: _____ Phone Number: _____ Email: _____ This form is for: <input type="checkbox"/> Slip Clinic <input type="checkbox"/> Turkey Bash If you participated in a previous clinic, who was your last instructor? _____	Boat Type: <input type="checkbox"/> Kayak (K1) model- _____ <input type="checkbox"/> Decked Canoe (C1 or C2) <input type="checkbox"/> Solo Open Canoe (O1) <input type="checkbox"/> Tandem Open Canoe (O2)	Dinner Assistance (This section for Turkey Bash only): <input type="checkbox"/> Help Cook Dinner <input type="checkbox"/> Help After Dinner w Cleanup <input type="checkbox"/> Dessert Bake-off Participant <input type="checkbox"/>
--	--	--

**Indicate the NUMBER OF DAYS that you spent paddling (in the type of boat you will be using) on each of the following kinds of water during the past year:**

_____ Flat Water, such as lakes and reservoirs	_____ Class III Rivers, Lower Yough or Mile on SR
_____ Class I Rivers, such as the Upper Allegheny River	List most difficult rivers run and water levels: _____
_____ Class II Rivers, such as the Middle Yough (from Confluence to Ohiopyle)	_____

**CHECK THE 12 RESPONSES THAT BEST APPLY (for the boat you will be using at the clinic); ONE ANSWER PER QUESTION:**

A. SWIMMING ABILITY:	<input type="checkbox"/> Non-Swimmer	<input type="checkbox"/> Weak Swimmer	<input type="checkbox"/> Average Swimmer	<input type="checkbox"/> Strong Swimmer
B. PHYSICAL ACTIVITY PER WEEK:	<input type="checkbox"/> Less than 1 Hour Aerobic Exercise	<input type="checkbox"/> 1 to 2 Hours Aerobic Exercise	<input type="checkbox"/> 2 to 4 Hours Aerobic Exercise	<input type="checkbox"/> More than 4 Hours Aerobic Exercise
C. CONFIDENCE:	<input type="checkbox"/> Uncomfortable in and around water	<input type="checkbox"/> Comfortable in a swimming pool	<input type="checkbox"/> Comfortable in action water sports	<input type="checkbox"/> Willing to take risks in water activities

1. BOAT CONTROL:	<input type="checkbox"/> No experience, or can keep boat straight in flat water	<input type="checkbox"/> Can maneuver in Class I water to avoid obstacles	<input type="checkbox"/> Can maneuver in Class II water; can work in current	<input type="checkbox"/> Can maneuver in Class III water; can play in Class II holes and waves
2. EDDY TURNS:	<input type="checkbox"/> No experience	<input type="checkbox"/> Can make eddy turns with difficulty	<input type="checkbox"/> Can make eddy turns in Class II water	<input type="checkbox"/> Can make eddy turns in Class III water
3. FERRYING:	<input type="checkbox"/> Cannot ferry	<input type="checkbox"/> Can ferry in Class I water	<input type="checkbox"/> Can ferry in Class II water	<input type="checkbox"/> Can ferry in Class III water
4. PADDLE STROKES:	<input type="checkbox"/> No paddling experience	<input type="checkbox"/> Knows basic strokes (Forward/Reverse/Sweep/Draw)	<input type="checkbox"/> Comfortable executing basic strokes on Class II water (knows bracing/sculling)	<input type="checkbox"/> Comfortable executing basic strokes on Class III water (knows duffek/cross draw)
5. WATER READING:	<input type="checkbox"/> Little or no experience	<input type="checkbox"/> Can recognize basic river features (eddies, holes, waves, V's, etc.)	<input type="checkbox"/> Can plan routes in Class II rapids	<input type="checkbox"/> Can plan routes in Class III rapids
6. BRACING:	<input type="checkbox"/> No experience	<input type="checkbox"/> Inconsistent brace	<input type="checkbox"/> Solid brace in Class II water	<input type="checkbox"/> Solid brace in Class III water
7. RESCUE ABILITY:	<input type="checkbox"/> No exit skills	<input type="checkbox"/> Can safely exit from capsized boat in current	<input type="checkbox"/> Can self-rescue in Class II water	<input type="checkbox"/> Can self-rescue in Class III water; can assist others in Class II water
8. ROLLING:	<input type="checkbox"/> No roll	<input type="checkbox"/> Pool roll (3 out of 4 times)	<input type="checkbox"/> River roll in Class II water (3 out of 4 times)	<input type="checkbox"/> River roll in Class III water (9 out of 10 times)
9. AGGRESSIVENESS:	<input type="checkbox"/> No experience	<input type="checkbox"/> Plays on familiar rivers	<input type="checkbox"/> Plays on most rivers; explores new routes	<input type="checkbox"/> Plays a lot; works rivers long and hard

List any physical limitations or medical conditions that apply to you, such as allergies, diabetes, epilepsy, etc.:

Other comments /requests:

## Registration Form -- Turkey Bash Training Clinic, August 2 - 3, 2008

Application Deadline: July 25, 2008

*Mail this completed form and payment to: **Matt Pascal, 1042 S. Braddock Ave. 2<sup>nd</sup> Floor, Pittsburgh, PA, 15218***

Registration confirmation may be obtained by including a stamped, self-addressed envelope with your registration forms.

<b>Membership:</b> Non members may include a completed Membership Application form and payment. Download from <a href="http://www.threeriverspaddlingclub.com">www.threeriverspaddlingclub.com</a> OR contact Judy Polczynski at 724-448-1602 <a href="mailto:jpolczy777@aol.com">jpolczy777@aol.com</a>	
<b>Camping:</b> Benner's Meadow Run Campground, 724-329-4097 <i>Pay camping fee directly to campground at time of arrival.</i> <a href="http://www.bennersmeadowrun.com">www.bennersmeadowrun.com</a>	
<b>Clinic Registration:</b> <b>Includes instruction plus \$5.00 ACA insurance</b>	
Number of adult students ____ x \$20.00 per adult student = \$ _____	If you \$ _____ Registration Total
Number of youth students ____ x \$10.00 per youth student = \$ _____	
ACA Member Credit ____ x -\$5.00 per ACA Member= -\$ _____	
<i>*Please list ACA member # on waiver below.</i>	
<b>Each 2008 Slip Clinic participant should DEDUCT \$5.00 if you participate in the 2008 Turkey Bash.</b>	
-\$ _____	
<b>Saturday Dinner:</b> <b>\$8 for age 13 to adult, \$5 for age 12 and under</b>	
Number of dinners, age 13-adult ____ x \$8.00 per person = \$ _____	\$ _____ Dinner Total
Number of dinners, age 12 and under ____ x \$5.00 per child = \$ _____	
Number of safety boaters ____ x \$8.00 per person = \$ _____	
Number of instructors/assistants ____ free	
<b>Additional Donation:</b> If desired – to help offset the cost of the clinic dinner	
\$ _____ Add'l. Donation	
<b>Total:</b> Add registration fees, dinner fees and additional donations. Make check payable to <b>"Three Rivers Paddling Club."</b>	
\$ _____ <b>TOTAL</b>	

**EACH PARTICIPANT must read and sign a separate form:**

### AMERICAN CANOE ASSOCIATION, INC. WAIVER AND RELEASE OF LIABILITY

IN CONSIDERATION of being permitted to participate in any way in the American Canoe Association, Inc. sports and recreation program and related activities ("Activities") I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Paddlesports and related Activities and that I am qualified, in good health, in proper physical condition to participate in such Activity and willingly agree to comply with the stated and customary terms and conditions of participation. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately notify the nearest official and discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) Paddlesports and related ACTIVITIES INVOLVE RISKS AND DANGERS OF DAMAGE TO PERSONAL PROPERTY AND SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE American Canoe Association, Inc, its Paddle America Clubs, affiliated clubs and organizational affiliates, their respective ACA certified instructors, certified instructor trainers, and certified instructor trainer educators, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, INJURIES, DAMAGE TO PROPERTY, OR OTHER DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed Name of Participant:		Signature of Participant or Adult:	
Address:	City:	State:	ZIP
Date of Birth:	*ACA Number:	Club/Organization: <i>TRPC ACA #038030</i>	
Phone:	Email:		

**Instructors, please fill out the "Clinic Instructor Request Form" on the next page.**

## Clinic Instructor Request Form

Instructors, please complete this form along with a "Clinic Registration Form" and an "ACA Waiver and Release Form." Send all 3 forms to the Clinic Coordinator ASAP. The number of students accepted is dependent upon the number of instructors we can provide. Please consider instructing or assisting. Your students and you will be glad you did!

*You must be at least 18 and a current member of TRPC.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I am able to teach: \_\_\_\_\_ Sat. \_\_\_\_\_ Sun.

I would prefer to be a(n): \_\_\_\_\_ instructor  
 \_\_\_\_\_ assistant

I prefer to teach: \_\_\_\_\_ youth only  
 \_\_\_\_\_ adults only  
 \_\_\_\_\_ youth or adults

I prefer to teach: (#1 first choice, #2 second, etc.)  
 \_\_\_\_\_ beginners \_\_\_\_\_ intermediates  
 \_\_\_\_\_ practiced beginners \_\_\_\_\_ advanced

List any relative training you have, including first aid, safety & rescue, teaching/certification, etc. If you have taught at previous clinics, write the number of clinics.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

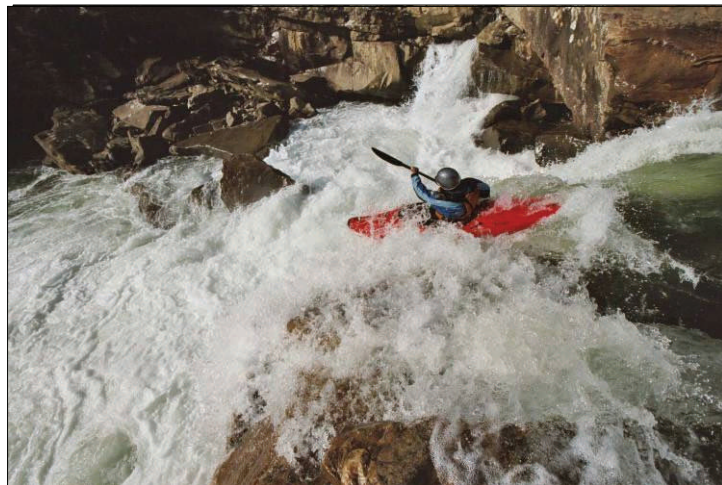
Additional comments/questions:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WVU DEPT. OF EMERGENCY MEDICINE, ACEP, AND WV ACEP

# APPALACHIAN WILDERNESS MEDICINE CONFERENCE

**AUGUST 8-10, 2008**  
**MORGANTOWN, WV**



**FEATURED TOPICS:**  
 ENVIRONMENTAL ILLNESS AND INJURY  
 RIVER RESCUE  
 SEARCH AND RESCUE  
 CAVE RESCUE

[WWW.HSC.WVU.EDU/SOM/EM/WILDERNESS.ASP](http://www.hsc.wvu.edu/som/em/wilderness.asp) OR [WWW.WVACEP.ORG](http://www.wvacep.org)

IN CONJUNCTION WITH THE MOUNTAINEER AREA RESCUE GROUP  
 SEARCH AND RESCUE CHALLENGE

[HTTP://WWW.SARGROUP.INFO/SARCHALLENGE](http://www.sargroup.info/sarchallenge)

**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 JMac221@gmail.com.

**OFFICERS AND BOARD MEMBERS**

Chairperson	Chrissy Zeltner	C (304) 612-1084	chrizee@msn.com
Vice Chairperson	Matt Pascal	(412) 297-9501	matt.pascal@gmail.com
Programs	Matt Pascal	(412) 297-9501	matt.pascal@gmail.com
Secretary	Dave Mueller	C (412) 334-6256	dmueller@verizon.net
Treasurer	Steve Wang	(714) 721-8212	lost_rivers@yahoo.com
Conservation	Ken Gfroerer	H (724) 593-5222	kgfroerer@reliant.com
Education	Jason Hilton	C (412) 512-0790	creekaction@gmail.com
Membership	Judy Macklin	H (724) 468-8113	jpolicy777@aol.com
Newsletter	Jeff Macklin	H (724) 468-8113	jmac221@gmail.com
Outings	Steve Bloskis	H (412) 831-1486	k1buddha@yahoo.com
Outings	Jeff Knechtel	C (724) 622-0075	jgkayak@hotmail.com (also call phone)
Parks and Access	Jeff Prycl	H (724) 331-9566	prycl@rockymountaingarage.com
Parks and Access			
Racing	Natalie Thomas	(724) 935-5482	nthomas1@connecttime.net
Safety	Bob Kilbert	C (412) 335-9748	BKilbert@gmail.com
Video Librarian	Phyllis Gricus	C (412) 654-8693	pgricus@verizon.net
Webmaster	Brian Lorence	(724) 396-6489	webmaster@threerivers.org
Roster, AW Liaison	Barry Adams	H (412) 242-4562	bj2adams@juno.com



**Please support  
American  
Whitewater**

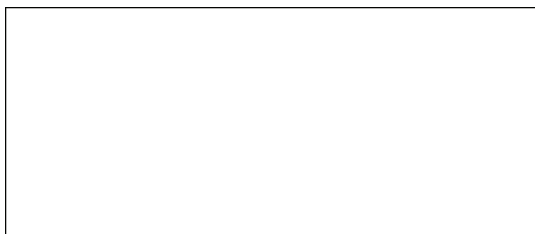
**TRPC Meetings**

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.



NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit No. 663  
New Kensington, PA  
15068