



The Paddler's Gauge

Online at
www.threeriverspaddlingclub.com

Your Officers:

Chairperson:

Kent Reigel

Vice-Chairperson:

Jeff Rahuba

Treasurer:

Steve Wang

Secretary:

Dave Mueller

Submissions

The Paddler's Gauge welcomes and encourages articles, trip reports, information about upcoming trips and releases, opinions, reflections, poems, photos, or anything else you would like to see. This is your newsletter. Please note, however, that the editor reserves the right to edit all articles submitted for length or content. Please submit articles via email to wmo-ran@potentialtech.com.

Rescue Clinic and Rodeo

The Keelhauler and Three Rivers Paddling Clubs are once again holding the Slippery Rock Rescue Weekend. This event is for boaters who want to learn how to self rescue and rescue their fellow boaters in moving water. The event will be held on easy Class II whitewater, teaching basic river rescue skills that all whitewater boaters should know.

Where and When:

We will meet at the Kildoo Picnic grounds at McConnell's Mill State Park; website: www.dcnr.state.pa.us/stateparks/parks/mcconnellsmill.aspx Saturday and Sunday June 27-28. Sign in both days is at 9 a.m. with events start promptly at 10 a.m.

Camping:

We will be camping and having the Potluck dinner at Breakneck Campground near the Eckert Bridge takeout; website: www.breakneckcampground.com They have nice clean facilities with tent camping or cabins for rent.

Clinic:

The clinic will be on basic river rescue skills and is intended for new boaters, as well as being a brush-up for intermediate and advanced boaters. There will be several learning stations (with some new ones this year) both on land and in moving water. Students will rotate through these stations to learn various rescue skills. Skills to be taught include first aid, rope throwing, snag line rescues, boat-based rescues, and wading rescues. For your added enjoyment, we will simulate some more complicated rescues in the comfort and safety of the picnic grounds. Admission to the clinic is limited, so sign up early at the contact below.

Potluck Dinner:

Saturday night is a potluck dinner for all. Bring a dish to share (main dish, salad or dessert) and join us for a good time with old or new friends. If making a dish is not your thing, bring some chips or soda to share and a \$5 donation to have some burgers or dogs.

Rescue Rodeo:

Think you are a pretty hot boater, or maybe you have been boating for a year and think that you would like to test your rescue skills in a safe environment with your buddies? Well then, the Slippery Rock Rescue Rodeo may be for you! New boaters and experienced boaters compete head to head and you may be surprised to find out which teams come out on top. Hint: the teams that do best usually attended the clinic the previous day!

The rodeo team competition is in basic river rescue techniques. Each team must have four (4) people. The events are timed or judged and the team with the highest cumulative score for the events wins the rodeo. Rodeo events include such things as rescuing a boater and equipment, ferrying a snag line across the river, and a simulated rescue event where teams are judged by the timeliness and effectiveness of their rescue. Most people find that even easy tasks become much harder when under the pressure of a rescue. Although nothing can simulate a real rescue, I think you will find that the demands of competition go a long way to duplicate that pressure.

Besides bragging rights, the winning team members will be awarded prizes!

Cost:

The fee for the clinic or the rodeo is \$23 for TRPC and Keel Hauler club members, and \$27 for non-members. Additional discounts are available for pre-registration and for attending the clinic, see application for details.

Sign up early and save:

Save \$4 for pre-registering Go to the Keelhaulers' website: www.keelhauler.org/Instruction/#rc and download an application to send in, or signup online and pay with PayPal

For more information or a registration form, you can also call:

Rob Hammond 216-292-5618 or send me an e-mail at Rob@security-fire.com

Dave Altman 412-977-7099 or Dave@classv.org

or check the website www.keelhauler.org

Event T-Shirts: Event T-shirts are available. Thanks to our sponsor, Rocky Mountain Kayak, the shirts will be free! This year, we are going to have a limited number of men's and women's T's. All shirts have a cool new design, front and back. Shirts and sizes are on a first-registered, first-served basis, so if you want a choice, register early and check off the size and style. The shirts run true to size.

Sponsors: Need boating gear? ... check with these guys first!

Rocky Mountain Kayak www.rockymountainkayak.com

Wind & Water Boatworks www.windnwaterboatworks.com/

Weigel on the Water www.weigelonthewater.com

Trip Report: South Branch of the Potomac

Trip report for the South Branch of the Potomac

Jim Blackham Memorial Trip

April 17, 18 and 19, 2009

By Charlie Brown

Since I was one of the "newbies" on the trip, I got the assignment to write this trip report. That's what I get for paddling with educators. (At least I don't have to write "I will not BELITTLE the local boys" 100 times.

Over the years, I have read reports of this trip with snow, sleet and just about anything else mother nature can deliver. Well, this year we had nothing but sunshine, blue sky, warm air and good water. One thing that did not change was the punctuality getting on the river each day.

Friday, the North Fork had enough water that some went upstream for a little class 3 warm up on Seneca Creek. The class 2 section below Seneca Rocks was continuous with a few surprise holes that are usually eddy rocks. The group was strong, with only one swim and a lot of laughing.

Saturday started with a logistical ballet that had different groups paddling multiple sections of the South Fork. My group did the extremely scenic section from Big Bend Camp ground to the confluence with the North Fork. I thought you had to paddle up north to get scenery that nice, and here it is right at our door step in West Virginia.

I didn't make the canyon run on Sunday so some other "newbie" will have to comment on that.

I will now join the choirs of TRPCers who call this trip a "Must Do."

June-August Events			
June 26-28	FUN trip, river TBA	Pam Kinkus & Sally Love	412-607-3625 724-822-7229
June 26,27,28	Upper Yough IV-V	Bill Powers	724-816-7756
June27-28	Slippery Rock Rescue Rodeo	Rob Hammond	216-287-8580
June Sundays	Lower Yough Loop	Jeff Prycl	C 724-331-9566 W 724-925-9675
June-August	Wednesday Night Roll Sessions	Jeff Prycl	C 724-331-9566 W 724-925-9675
July 5 CANCELLED	Savage River Release CANCELLED		
July 17	Kid's New River Raft Trip II-III, WV	Chris Bailey	H 412-881-2244
July 18-19	New River Trip II-IV, WV	Jeff Knechtel	C 724-622-0075
July 21	TRPC Meeting		
July 25	Upper Yough Race & Fest, MD (6-hour release)		
July 26	3rd Annual Creek Clinic	Jason Hilton	412-512-0790
August 1-2	Turkey Bash and Clinic	Dave Greenwald	H 412-968-0597
August 1	TRPC Meeting (Evening at Turkey Bash)		
August 16	Valley Falls Waterfall Clinic	Jeff Prycl	C 724-331-9566 W 724-925-9675
August 22	Ohiopyle Over the Falls Festival	Barry Adams	H 412-242-4562
August 22-23	Riversport Slalom Race	Natalie Thomas	H 724-935-5482
August 23	Over 12' long boat trip	Matt Pascal	C 412-496-9963

January 2009 Meeting Minutes

Minutes of the January 10, 2009 meeting of TRPC.

The meeting was held as part of the holiday party. The meeting was called to order by President, Kent Reigel, at 5:30 P.M.

Minutes of the previous meetings were read by Secretary, Dave Mueller, and accepted as read on a motion by Jeff Macklin, seconded by Phyllis Gricus and passed by all.

Treasurer's report by Steve Wang showed \$5,054.22 in the money market account and \$7,173.69 in the checking account.

Outings: The 2009 Outings calendar is posted on the wall, everyone is encouraged to fill in dates for their trips.

Slip Clinic is June 6 and 7; Turkey Bash is August 1 and 2.

Programs: Jeff Rahuba reported that several good programs are in the works. You'll have to attend the meetings to find out what they are!

Conservation: Kent reported that Chrissy Zeltner has volunteered to be the new chair of this committee.

Education: A chairperson is needed for the Education Committee.

Membership: No official report, but word from Natalie Thomas is that we have received 99 membership checks already.

Newsletter: Kent has expanded the Newsletter committee to include several members, with hopes of spreading the workload and preventing "editor burnout", a common affliction in clubs run by volunteers. The new committee is: Bill Moran, Editor; Rick Gates, Publisher; and associate editors Carolyn DeVenney and a new member named Heather (sorry Heather, I don't know your last name. Dave)

Parks and Access: Jeff Prycl will continue to head this group.

Safety: Bob Kilbert will be the new chair

Video: Phyllis Gricus is trying to get a list of available videos onto the website. Steve Wang will attempt to transfer some of our rare and/or historic VHS tapes onto DVD. Phyllis reported that only a handful of our titles are on DVD, so if anyone has some paddling porn they aren't watching, please consider donating your DVDs to the club.

Old Business: After a short discussion, it was decided to cancel the February meeting. This was on a motion by Jeff Rahuba, seconded by Steve Wang, and passed by all.

There was no new business.

A motion to adjourn was carried at 6:08 P.M.

Submitted by Dave Mueller, Secretary

March 2009 Meeting Minutes

Minutes of the March 17, 2009 meeting of the TRPC

The meeting was called to order by president Kent Riegel at 7:48P.M. There were 24 members present.

The minutes were read by secretary, Dave Mueller and accepted on a motion by John Rudland, seconded by Bill Schwab, and passed by all.

The treasurer's report was read by Kent and showed \$7,036.53 in the checking account, and \$5,057.47 in the money market. The report was accepted on a motion by John Rudland, seconded by Bill Schwab, and passed by all.

Committee Reports:

AW: Barry Adams reported that AW is making slow progress on access to Ohiopyle Falls. The local park officials are in favor, but there appears to be a stumbling block in Harrisburg. Barry also reported that the deadline for advertising in the roster is March 20th, and March 31st for members to make it into the roster.

Conservation: It was reported that chair, Chrissy Zeltner will attempt to get an article into each newsletter.

Education: No report

Membership: Chair Natalie Thomas reported that as of tonight, we have 333 paid members in 190 households. She also mentioned that members prefer paper newsletters to email by about a 3:1 margin (136 to 54).

Newsletter: Kent reported that Bill Moran was able to publish a brief February newsletter, but was not able to publish it to the web. Several members reported not receiving the mailed version. We are still debating using bulk/non-profit mail versus standard first class.

Web: Several members complained about poor security on the website's classified section.

Outings: Carolyn Devenney reported that most outings from last year will be repeated this year, and several new ones have been added. Upcoming trips: Jeff Prycl's Loyalhanna trip on 3/28 and 29; April 4 & 5 will be Mike Bailey's Tygart trip as well as the Elk River fest in Webster, WV, and a Casselman trip on Sunday the 5th. April 10th to the 18 is the Southern Trip, see Jeff Prycl; StoneyFest 4/24-26; Venture Outdoors Festival on 5/16; CheatFest 5/2.

Parks/Access: A rumor surfaced that several of the rangers at McConnell's Mill SP have retired or moved on.

Race: Natalie Thomas reported that the Red Mo race will be on 3/28, and the Riversport Slalom on 8/22-23.

Slip Clinic: June 5-6-7. Matt Pascal is working with Cheeseman's and McConnell's Mill SP to organize the clinic. **Turkey Bash:** August 1-2. Dave Greenwald is working with Benner's and Ohiopyle SP, and Tom Irwin has once again graciously volunteered to cook. There was no old or new business.

A motion to adjourn was made at 8:40 P.M. by Bill Schwab, seconded by Gary McCormick, and passed by all. The video for this evening is from Scot Loveland and is entitled, "Tough But Dumb", a chronicle of a trip down South that he made with several club members.

There will be an attempt at a post-meeting meeting at Paddy's Pourhouse on this St. Patrick's Day.

Submitted by Dave Mueller, Secretary.

April 2009 Meeting Minutes

The April 21, 2009 meeting of the Three Rivers Paddling Club was called to order by President Kent Reigel at 7:25 pm.

Secretary: Minutes from the March meeting were read and approved.

Treasurer: A balance in the checking account was reported as \$7,734.53, and the balance in the money market was \$5,058.33.

Race Committee/Membership: Natalie Thomas reported there are two upcoming racing events including Stoney and Cheat Festivals. TRPC website provides details of the events.

Natalie is also indicated the club has 200 new members; 206 households and 354 members total. The membership roster will be printed shortly and mailed to members.

Conservation: Nothing to report at this time.

Video Library: Phyllis Gricus reported the library video information will be posted on the web in the near future.

Newsletter: The April newsletter is completed and will be mailed to the membership within the next week. John Rudland is able to print the newsletters at no cost; however the club will provide the paper. The May newsletter is drafted and members are welcome to send articles and trip information to Bill Moran.

Education: Nothing to report at this time.

Parks and Access: Information was provided by Jeff Prycl indicating there are personnel changes at McConnell's Mill State Park. Additionally, there are discussions underway to improve the put-in area.

Safety: Bob Kilbert reported the possibility of a future swiftwater class, and details will be provided in the future. In addition, there will be a Rescue Rodeo on June 27/28 hosted by the Keelhaulers.

Outings: Nothing to report at this time.

Old Business: None reported.

New Business: Jeff Rahuba discussed upcoming events including Stoney Fest; Cheat Fest; Beer Fest at Ohioplye. Jeff also discussed changes in tokens, costs and process for the Lower Yough. Moving forward, old tokens will not be recognized and in the future will be replaced with wrist bands.

Kent Reigel indicated the Instructors' Manual is in final draft form, and will be sent to instructors for input. A final version of the manual is expected for the Turkey Bash Clinic.

Kent provided some updates regarding the slip clinic, which included the following: basic first aid kits will be provided to instructors without a kit; the Regular Joe's will provide entertainment on Saturday evening for the cost of under \$200.00. Mike Bailey has requested a volunteer to take over the Kids' Club Certificates for both clinics.

There were 15 members present at 8:00 p.m. with one new member present, Heather Maceiko.

Respectfully submitted,

Heather Maceiko

(In the absence of Dave Mueller, Secretary)

May 2009 Meeting Minutes

TRPC Meeting Minutes May 19, 2009

Meeting was called to order by President Kent Reigel at 7:43p.m. There were 13 members present.

Secretary's report: Kent read the April meeting minutes standing in for Dave Mueller. The minutes were approved as read.

Treasurer's report: Steve Wang reported that we have \$7,592.82 in the checking account and \$5,059.16 in the money market account. The treasures report was approved.

AW: Nothing to report.

Conservation: Nothing to report.

Education: John Rudland had nothing new to report. A discussion was held regarding the instructors' list that used to be on the old website. Based on everyone present the list wasn't utilized as far as we know. The list is not on the new website.

Membership: Natalie Thomas reported that we have 220 Households and 372 Members, 155 households receive their newsletters by mail, 65 download them on the website. Matt Pascal stated he has roughly 20 new members from the Slippery Rock Clinic.

Newsletter: Bill Moran reported that the May issue is a bit behind, but he is working on it. May might be combined with the June newsletter and should be out soon.

Outings: No representatives present, so Kent read off the upcoming trips from the Event listing.

May 23-24 North Branch of the Potomac Release

May 23 Lower Yough Trip – Work the Lines with Steve Kroser

May 30-31 Lower Slippery Rock Kids Run- Dawn Wehman

June 4-7 Benscreek Canoe Sojourn – Jill Latuch

June 5-7 Slippery Rock Clinic – Matt Pascal., Next TRPC Meeting Saturday evening at the clinic

June 14 Up Stream Trip – Matt Pascal

June 26-28 Slippery Rock Rescue Rodeo – Rob Hammond

June Sundays – Lower Yough Loop – Jeff Prycl

July 17 - Kids New River Raft Trip – Chris Bailey

July 21 – TRPC Meeting

Parks & Access: Nothing to report.

Race: Natalie mentioned the Downriver Race, Friday, June 5th on the The Mile on the Slippery Rock the evening before the Slippery Rock Clinic. World Kayak is donating items to be raffled off. Also mentioned was the Riversport Slalom Clinic and Race, August 22-23. The Falls Race is August 22.

Roster: Discussion regarding whether or not to renew or transfer the bulk mailing permit to make it easier for newsletter and roster mailing and if it is still cost effective to do so. \$180 annual fee and additional cost to transfer to another post office. Convenience vs. \$\$\$\$. Steve Wang stated he would look into whether or not stamps.com mailing is effective to use. Nothing was decided and discussion was tabled until another time.

Safety: Nothing new to report.

Video: Nothing to report.

Web: The new website is up; other than that, nothing to report.

Old Business: Nothing pending.

New Business: Slip Clinic is coming up. Matt Pascal is taking apps until Wednesday, May 20. Currently he has approx. 40 instructors and 65 students. Downriver/Giant slalom race Friday evening before the clinic. Registration 5-5:30 at Eckert Bridge. Boats will be shuttled to the mill to relieve congestion at the Mill. Competitors can walk or find their own ride. Each competitor and volunteer will be entered into the raffle for prizes from World Kayak. Matt also reported that all paperwork for ACA insurance and permits are taken care of for the Slippery Rock Clinic. Instructors' Manuals have been mailed out and new instructors will get them soon. Mark comments on them and give to Matt at the clinic.

No new members were at the meeting.

The meeting was adjourned at 8:36p.m.

Minutes submitted by Natalie Thomas filling in for Dave Mueller.

Turkey Bash Training Clinic

Saturday and Sunday

August 2 & 3, 2009

The 32nd Turkey Bash, which is THE social event of the year, will be held the weekend of August 1 & 2. 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. In order to participate in this great event, you need to satisfy several requirements: you must be alive, you must be a member of TRPC, you must have filled out the appropriate forms and gotten them to Dave Greenwald by the July 18 deadline. If you want your children in the youth clinic, there is a fifth requirement, which is contacting Sue Knechtel and getting youth clinic forms to her by the same deadline. Youth Clinic participants must be AT LEAST six years old.

The instructional clinic will start Saturday at 9:00 a.m. in the Ferncliff parking area of Ohiopyle 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. 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 Ohiopyle).

Instructors will select a paddling venue based on the experience level of the group and water levels. Arrangements have been made with the park to get a number of free put-on slots for the Lower Yough for both days. Each student paddling the entire Lower Yough is responsible for \$4.00 shuttle bus fee. In addition to the Lower Yough, the Middle Yough, several sections of the Casselman, the Cheat Narrows, the Cheat Gorge and Meadow run have all been used in prior clinics, depending on water levels and group skills.

Volunteers

In order to run the clinic, we need instructors, assistant instructors and safety boaters. In addition, Jeannie Bailey needs help cooking (including prior to the event) and the youth clinic needs some extra help moving kids and equipment.

Registration deadline is July 18, 2009!

This will allow adequate time to set up instructional groups and mail student information to the instructors.

Adult Students & Instructors — the following forms should be sent to Dave Greenwald:

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, including instructors

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 — the following forms should be sent to Sue Knechtel, NOT Dave Greenwald:

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).

Equipment Needed:

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

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

- **Canoes** must be equipped with flotation foam or airbags and must have 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 and full flotation bags
- **Paddling helmet** that fits — **Bicycle helmets are not acceptable!**
- **Spray skirt** - that fits both you and the boat (only for closed boats)
- **PFD (life jacket)** that fits and is US Coast Guard approved— must be worn by all participants
- **Paddle**
- **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.

Turkey Dinner:

The Saturday evening turkey dinner will be served at Benner's Meadow Run Campground 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 with these items.

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.

Camping:

Camping is available at a group rate from Benner's Meadow Run. Camping will be \$9.75 per adult, \$4.00 per child (4-16) 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 Fernclyff 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

Some of the clinic crew:

Clinic Organizer (should receive all forms except youth)

Dave Greenwald
235 Rockingham Rd.
Pittsburgh, PA 15238
412-968-0597
TurkeyBash2009@comcast.net

Youth Clinic (Must be contacted to enroll students in the youth clinic; should receive youth forms)

Sue Knechtel
132 Dave St.
New Brighton, PA 15066
724-284-4693
slkgeneral@hotmail.com

Executive Chef

Jeannie Bailey
412-881-2244
jean.bailey@klgates.com

Membership chair

Natalie Thomas
TRPC Membership Chair
384 Lindscot Lane
Wexford, PA 15090
nthomas1@consolidated.net

Registration Form -- Turkey Bash Training Clinic, August 1 - 2, 2009

Application Deadline: July 18, 2008

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

Name:	
Membership: Non members include a completed Membership Application and payment \$ 20.00 per family. Form is available at www.threeriverspaddlingclub.com All clinic participants must be TRPC members	\$ _____ Membership
Clinic Registration: Includes instruction plus \$5.00 ACA insurance Number of adult students ____ x \$20.00 per adult student = \$ _____ Number of youth students ____ x \$10.00 per youth student = \$ _____ ACA Member Credit* ____ x -\$5.00 per ACA Member= -\$ _____ <i>*Must list ACA member # on waiver</i>	\$ _____ Registration Total
Saturday Dinner: \$8 for age 13 to adult, \$5 for age 12 and under Number of dinners, age 13-adult ____ x \$8.00 per person = \$ _____ 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 Number of cooks (not boating) ____ free <input type="checkbox"/> Bakeoff participants	\$ _____ Dinner Total
Additional Donation: If desired – to help offset the cost of the clinic dinner	\$ _____ Add'l. Donation
Total: Add registration fees, dinner fees and additional donations. Make check payable to " Three Rivers Paddling Club. "	\$ _____ TOTAL
Camping: Benner's Meadow Run Campground, 724-329-4097 <i>Pay camping fee directly to campground at time of arrival.</i> www.bennersmeadowrun.com	<input type="checkbox"/> Friday night <input type="checkbox"/> Saturday night

Instructor/Assistant/Safety Boater Form

Name:		Phone:	Email:
Safety Gear you are bringing:	<input type="checkbox"/> Throw bag <input type="checkbox"/> First aid kit	<input type="checkbox"/> Other (list)	
Relevant training you have:	<input type="checkbox"/> Current CPR <input type="checkbox"/> Current first aid <input type="checkbox"/> Expired CPR <input type="checkbox"/> Expired first aid	List other safety, education, or whitewater training	
List prior TRPC clinics when you instructed (I), assisted (A) or safety boated (SB), and indicate I, A or SB			
Days you can attend:	<input type="checkbox"/> Sat <input type="checkbox"/> Sun	Preferred roll: <input type="checkbox"/> Instructor <input type="checkbox"/> Assistant <input type="checkbox"/> Safety Boater	
Preferred student age: Either	<input type="checkbox"/> Adult <input type="checkbox"/> Youth <input type="checkbox"/>	Preferred student skills <input type="checkbox"/> Beginners <input type="checkbox"/> Practiced Beginners <input type="checkbox"/> Intermediates <input type="checkbox"/> Advanced	
Other comments:			

Send membership, registration, adult student, instructor and ACA waiver form with payments to:

Dave Greenwald
235 Rockingham Rd
Pittsburgh PA 15238
412 968 0597
TurkeyBash2009@comcast.net

Send youth clinic registration forms to:

Sue Knechtel
132 Dave St.
New Brighton PA 15066
724 284 4693
slkgeneral@hotmail.com

Clinic Participation and Experience Survey Form

Submit a completed a copy of this form for EACH student

This form, clinic registration, youth clinic and ACA insurance forms can be found at <http://www.threerivers.org>

Name:	Phone:	Email:	Age:
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Boat Model: Kayak Canoe (circle type) Open/Decked Solo/ Tandem

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 this year: Enter 0 for any water you have not paddled

Flat water (lakes and reservoirs)	Class I Rivers (Upper Allegheny Clarion, etc)	Class II River (Middle Yough, Slip Eckert-Harris, etc)	Class III Rivers (Lower Yough, Slippery Rock Mile, etc)
_____	_____	_____	_____

Three most difficult rivers paddled this year and level (gage reading)	(1)	(2)	(3)
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How many times during a typical river trip do you swim?

Check the 12 Responses the best apply for the boat you will be using, one answer per question only, if you don't know the jargon check the left answer

Swimming Ability:	<input type="checkbox"/> Non-swimmer	<input type="checkbox"/> Weak swimmer	<input type="checkbox"/> average swimmer	<input type="checkbox"/> Strong Swimmer
Aerobic exercise:	<input type="checkbox"/> Less than 1 hour per week	<input type="checkbox"/> 1 to 2 hours per week	<input type="checkbox"/> 2 to 4 hours per week	<input type="checkbox"/> More than 4 hours per week
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
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
Eddy turns:	<input type="checkbox"/> Cannot perform eddy turns	<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
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
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)
Water Reading:	<input type="checkbox"/> Little or no experience	<input type="checkbox"/> Can recognize basic river features (eddies, holes, waves, V's)	<input type="checkbox"/> Can plan routes in Class II rapids	<input type="checkbox"/> Can plan routes in Class III rapids
Bracing:	<input type="checkbox"/> No brace	<input type="checkbox"/> Inconsistent brace	<input type="checkbox"/> Solid brace in Class II water	<input type="checkbox"/> Solid brace in Class III water
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
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)
Aggressiveness	<input type="checkbox"/> Don't play much	<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:



AMERICAN CANOE ASSOCIATION MEMBERSHIP FORM



All participants in ACA-insured activities must be ACA members in one of the following categories (choose one):

I am currently an ACA member. My member number appears below. (Check here if renewing with this form <input type="checkbox"/>) <input type="checkbox"/>	I would like a one-year ACA Paddle America Club Membership for: (check & circle one) Individual \$30 Family (2 adults & minors) \$40 <input type="checkbox"/>	I would like a one-year ACA Membership for: (check & circle one) Individual \$40 Family (2 adults & minors) \$60 <input type="checkbox"/>
I would like a one-year Student Membership for \$25 (under 18, or under 23 with copy of student ID) <input type="checkbox"/>	I would like an ACA Introductory Membership for \$10 (Six month full membership with benefits, including <i>Paddler</i> Magazine) <input type="checkbox"/>	I would like an ACA Event Membership for \$5 (one activity membership, no member benefits) <input type="checkbox"/>

AMERICAN CANOE ASSOCIATION ADULT WAIVER & RELEASE OF LIABILITY READ BEFORE SIGNING

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 discontinue further participation in the Activity. If I decide to leave early and not complete the trip as planned, I assume all risks inherent in my decision to leave.

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 the 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.

Name (print) _____ Date of Birth _____ ACA # (if any) _____

Street Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Date _____ Adult Signature _____

Name / Description of Activity or Event _____

Sponsoring Club / Organization _____ Activity Date _____

Submissions

The Paddler's Gauge welcomes and encourages articles, trip reports, information about upcoming trips and releases, opinions, reflections, poems, photos or anything else you would like to see.. 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 molly.pascal@gmail.com.

Please support



OFFICERS AND BOARD MEMBERS

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Vice Chairperson	Jeff Rahuba	H 412-882-2803	jrahuba@state.pa.us
Programs	Jeff Rahuba	H 412-882-2803	jrahuba@state.pa.us
Secretary	Dave Mueller	C 412-334-6256	dmueller@verizon.net
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Conservation	Chrissy Zeltner	C 304-612-1084	chrizee@msn.com
Education	John Rudland	H 412-344-6737	xerox@cmsd.k12.pa.us
Membership	Natalie Thomas	H 724-935-5482	nthomas1@consolidated.net
Newsletter Editor	Bill Moran	C 412-302-4487	wmoran@potentialtech.com
Newsletter Publishers	Rick Gates and Heather Maceiko	H 724-745-2427 C 724-249-5209	rjgst31@yahoo.com fhenjr@yahoo.com
Outings	Jeff Knechtel	C 724-622-0075	jdkayak@hotmail.com
Outings	Steve Bloksis	H 412-831-1486	k1buddha@yahoo.com
Outings	Carolyn Devenny	C 724-622-0075	carealot2@verizon.net
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Racing	Natalie Thomas	H 724-935-5482	nthomas1@connecttime.net
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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

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.

Three Rivers Paddling Club
6830 Italy Road
Export, PA 15632



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