



Three Rivers Paddling Club

The Paddler's Gauge

July 2011

Remind your paddling friends: Renew your TRPC membership for 2011.

2011 TRPC Officers

President: Roy Bartoo
Vice President: Eli Loiben
Treasurer: Dave Greenwald
Secretary: Phyllis Gricus

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2011 Turkey Bash Clinic

Mark your calendars for the weekend of August 6th and 7th 2011.

The instructional clinic will start Saturday at 9:00 a.m. in the Ferncliff parking area of Ohiopyle State Park for most students. 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). The youth clinic will meet at Benner's Campground.

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 and assistant instructors for both the adult and youth clinics.

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Officer Elections

It's going to be that time of year again when we need volunteers to step up and run for office. It's not too early to start thinking of a campaign strategy for election. We need people to step forward and become club officers. All current officer positions and some board member positions need filled. The current officers have all served their time and need to move on. The future of the club and clinics rests in the hands of members who are willing to step forward and lead.

Elections will be held in November. Nominations for positions will begin in October.

CPR Made Fun

By Zach Reigel

In June TRPC safety chair, Bob Kilbert, organized a CPR class that was held at the church in Carnegie where the TRPC meetings occur. David Macher, of CPRpgh, taught the class. We were given a booklet at the beginning to look through to get an idea of what we would learn. He made the class fun and full of laughs.

Mr. Macher talked about the responsibilities of a person that is trained in CPR and AED. We discussed what actions are required verses what actions are voluntary, if you witness a person in need of CPR or AED. He also explained Good Samaritan laws.

As we started to talk about how to give proper adult and child CPR, we discussed mouth to mouth and compression only CPR. He said that you could keep time for your compressions by singing a couple of songs. One song was Stayin' Alive by the Bee Gees. If you were too young to know who the Bee Gees were, then for the younger folks, you could sing "All Star" by Smash Mouth. After performing a fine karaoke rendition of both songs while administering compressions to a training dummy, he sang "The Itsy Bitsy Spider" for the rest of us who can't remember song lyrics.

The old school way of locating where to perform compressions was to find the zymphoid process, which is located at the bottom of the sternum. Mr. Macher started to talk about how some people have a hard time finding the zymphoid process. He said that there are skinny people in this world and there are "fluffy" people. It is harder to find the zymphoid process on a "fluffy" person. The new way was to place your hands between the victim's nipples. Some snickers filled the room as he went on to say that you don't need to worry where to place your hands on grandma because when grandma is lying on her back she is "pendulous", and the rule still applies.

To get our certification, we needed to practice where to perform compressions, the number of compressions, the speed of compressions, and how give breaths. We also practiced how to use an automated external defibrillator.

After practicing a few times, Mr. Macher tested us to see if we knew what we were doing.

Overall, the class was fun and interesting. It was not boring at all. I think it is a useful skill to have, no matter what environment you are in.

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

Bob Kibert (Safety Chair)

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

Situation 1: Hey, "where's your boat?" It was in the back of the

truck secured with bungee cords and now its gone!

We need to go look for it.

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

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

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

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

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

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

Tie-Down Strategies

Tie-Down Straps/Cam straps

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

Ropes

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

Continued: Boat tie-down Page 3



boat tie-down continued from pg 2

Bungees

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

Basic Securing Procedures

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

- Use at least 2 lines or straps to hold the kayak in place.
- It's also a good idea to secure both ends of the kayak to your vehicle's bumpers. This would be a bow and stern tie down.
- Caution: Don't over tighten the ropes or straps. Over tightening can deform plastic hulls and crack fiberglass.

Driving Tips

Pre-Driving Check

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

On the Road

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

Identification

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



turkey continued from pg 1

Forms Needed:

All forms are available for download here where they are arranged in kits, so that each participant in clinic needs to download and fill out one multipage pdf file. For example the first person in a family would use either a TRPC member student registration if they will be student and is member of TRPC. The next member of the family would need an additional instructor kit if they want to be and instructor, and their child needs an additional youth clinic kit. Several of the forms can be filled in on the computer prior to printing, and include a "Print" button at the end of the pages which can be filled out before printing. Please use the print button, since it will check your inputs. After printing fill in the pages which must be done manually and send the completed forms and payments in. Payment and mailing instructions are on the registration form.

Equipment Needed

Each student must provide their own equipment. If you are renting a boat be sure to confirm with the vendor that it has floatation bags which provide buoyancy in addition to the foam walls in the boat. Each participant must have a 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 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, and floatation bags
- 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 - some will claim canoes use only half a paddle, while others claim kayaks have a second training blade.
- Clothes - for paddling that suit the weather (cotton is bad)
- Shoes - that will stay on in swift water and fit in your boat
- 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

Turkey 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

Continued: Turkey Page 4

turkey continued from pg 3

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.

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

Some of the clinic crew

Clinic Organizer (should receive all forms except youth)

Bill Deaton
433 N. 5th Street
Martins Ferry, OH 43935
740-359-6205
turkeybash@threeriverspaddlingclub.com

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

Laurie Haugh
5022 Lea Drive
Cheswick PA 15024
(412) 390-8423
lhaugh@idlww.com

Executive Chef

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

Forms

The forms needed for Turkey Bash are on the TRPC website. Each participant needs to fill out their own set of forms. If registering for a family, one person needs to fill out the Registration files, everybody else needs to fill out their own Additional file. And insurance rules require that participants in the **YOUTH CLINIC MUST** fill out the Youth waiver - Adult waivers **ARE NOT** acceptable for them!

The forms are in pdf format. Fill in as much of the form on your computer as possible; at the bottom of the last fill-in page is a print button. Print the form, complete the manual portion, and send in the completed forms and payment via snail mail.

Also, because of the need to get and assign launch permits, we are sorry but late applications cannot be accepted.



2011 Trips and Events Schedule

July

7/23, 24 KH (4) Lower Yough Intro weekend ? permits (PA) 23 Fran Hoven
 7/23 KH (2) Middle Yough (PA) 12 Carl Kudrna
 7/23 KH (1) Upper Cuyahoga Eldon Park to Camp Hi (OH) SK/FW Dennis Plank
 7/23,24 KH (4) New River (WV) 26 Cecil Tickamyer

August

8/5,6,8 KH Upper Yough (MD) - Friendsville Days - Fri 6:00-10:00 PM, Sat 12-10 PM 32 Doug Smith
 8/5,6,7 TRPC TRPC Turkey Bash Clinic at Yough 23 TBA
 8/6,7,13,14,20,21,27*,28* All Lehigh Releases for August, [http://www.nap.usace.army.mil/Projects/ ... r/wwrs.htm](http://www.nap.usace.army.mil/Projects/...r/wwrs.htm)
 If folks want to run the Lehigh, call a week in advance to check if I will be available. Richard Dabal, H 201-389-3007, C 201-414-0801, rdabal10@hotmail.com
 8/13,14 KH (5) New River Gorge or Lower Gauley (WV) 27 Joe Marks
 8/13,14 TRPC Dog Days Slalom, Bellefonte, PA
 8/14 Valley Falls, WV Jeff Prycl
 8/18 KH (4) Lower Yough - Skip Work Day (PA) 23 Pat Guzowski
 8/18 KH (4) Lower Yough - Ladies Only Day (PA) 23 Sherie Sanzenbacher
 8/19,20,21 TRPC New and Other Rivers Greg Dick
 8/20,21 TRPC Coasters and Kayaks, Lehigh River & Dorney Park Judy Polczynski
 8/20 TRPC Lower Yough Hand Paddle III Steve Kroser
 8/20 Ohiopyle Falls Festival & Race (PA) IV Barry Adams
 8/20, 21 KH Family Weekend on the Cheat or Yough (WV)(PA) FW Terry Markoff, Sabine Iben
 8/20, 21 KH (4) Lower Yough ? permits available (PA) Call before Thursday at noon. 23 Karl Nelson
 8/20,21 KH (2) Middle Yough (PA) 12/SK Gene Baker
 8/26,27 KH Upper Yough (MD) 32 John Kobak
 8/27,28 TRPC Riversport Clinic & Slalom, Confluence, PA

September

9/1 to 16 KH Grand Canyon (AZ), 26 Judi Fordyce
 9/3,4,5 KH Raquette/Beaver (NY) 27-35 Matt Muir
 9/3,4,5 TRPC Raquette/Beaver (NY) IV-V Mike Bailey H 412-881-2244 baileybuild@verizon.net
 9/3*,4*,16* All Lehigh Releases for Sept, [http://www.nap.usace.army.mil/Projects/ ... r/wwrs.htm](http://www.nap.usace.army.mil/Projects/...r/wwrs.htm)
 If folks want to run the Lehigh, call a week in advance to check if I will be available. Richard Dabal, H 201-389-3007, C 201-414-0801, rdabal10@hotmail.com
 9/9,10,11,12,16,17,18,19,23,24,25,26,30 All of September Gauley Releases,
<http://boatingbeta.com/releases/gauley>
 9/9,10,11 KH Upper Gauley (WV) - Camp at Battle Run 33 John Kobak
 9/10,11 KH (5) Lower Gauley (WV) 27 Phil & Jen Raber
 9/16,17,18 Gauley Festival
 9/16,17,18 KH Upper Gauley (WV) 27-33 Cliff Wire
 9/16,17,18 KH (5) Lower Gauley (WV) 27 Terry Markoff
 9/17,18 KH (4) Lower Yough (PA) 16 Dave Roush
 9/17 KH (2) Middle Yough (PA) 12/SK Gene Baker?
 9/23,24 TRPC Gauley River Richard Dabal H 201-389-3007, C 201-414-0801 rdabal10@hotmail.com
 9/25 TRPC Savage Release (MD) III-IV Richard Dabal H 201-389-3007, C 201-414-0801 rdabal10@hotmail.com
 9/30 KH Upper Yough (MD) 32 Elliott Drysdale

October

10/1,2,3,7,8,9,10,15,16 All of October Gauley Releases, <http://boatingbeta.com/releases/gauley>
 10/1 KH Upper Yough, Last Saturday Release (MD) 32 Elliott Drysdale
 10/1 Cheoah Release, <http://boatingbeta.com/releases/cheoah>
 10/1 KH Bike Cuyahoga Valley National Park Towpath Trail, (OH) Dennis Plank
 10/1,2 KH Upper & (5) Lower Gauley (WV) 27-33 Bill Miller
 10/8,9 KH Upper & (5) Lower Gauley (WV) 27-33 Dave Herron
 10/14,15,16 KH MooseFest (NY) 27-30 Matt Muir
 10/15,16 KH (4) Lower Yough (PA) 23 Sherie Sanzenbacher
 10/22,23 KH Russell Fork Fest paddle above Breaks (WV) 26 Cecil Tickamy

November

11/5 KH (3) Slippery Rock (PA) 13-19 Pat Guzowski?
 11/5 Cheoah Release, <http://boatingbeta.com/releases/cheoah>
 11/5,6,12,13,19,20 Tallulah Release, <http://boatingbeta.com/releases/tallulah>
 11/23 TRPC Top Yough, Day Before Thanksgiving Paddle IV-IV+ Steve Bloskis
 11/25 TRPC/KH Slip, Day After Thanksgiving Paddle II-III Eric Marksz & Annelies Layton

December

12/3 KH (3) Slippery Rock (PA) 13-19 Cliff Wire
 12/13 KH Holiday Party at Middleburg Hts Community Center Dennis Dukeman

January 2012

1/1/12 TRPC Good Karma Trip III-IV Greg Dick
 1/1/12 KH 11th Annual New Year Paddle at Edgewater Beach Stuart Warner
 1/14 TRPC Holiday Party Rose Prycl

Waterfall Running Instruction and Practice, Class III-V

Coordinator: Jeff Prycl,
 C724-331-9566, W724-925-9675
 Date: Sunday, August 14th
 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 water- falls 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.





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

MEMBERSHIP APPLICATION

CONTACT INFORMATION

New Member Renewing Member

Name _____

Address _____

City, State, Zip _____

Telephone () _____ Email _____

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

MEMBERSHIP LEVELS

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

DONATE

Donation of \$ _____

DISCOUNT SUBSCRIPTIONS

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

JOURNAL OPTIONS

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

PAYMENT INFORMATION

- Cash
 Check # _____
 Credit Card MC Visa Disc AMEX

Card Number: _____ Exp Date: _____

Name on card: _____

Signature: _____

SAVING RIVERS SINCE 1954



July 2009

**Paddler's Gauge
Submissions**

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

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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.

