

The DDRC Current News

Newsletter of the Dallas Downriver Club—Visit our website at www.down-river.org

July 2001



Special points of interest:

- The Deadline for next month's newsletter is July 31th. Contact Susan Harkins at 972-470-0195 or via email at: shark@ethos.net. Please send articles, upcoming trips, boating tips and information.
- DDRC board meetings are held every second Thursday. All members are welcome to attend to learn more about club business. Contact club President Alan Tittle at 972-727-3586 or ATatDDRC@aol.com for time and location.



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Taos Box Trip Report (Part II)

Glen Hart of Austin, Tx

I spent a great Memorial Day weekend through Tuesday (May 29th) paddling in New Mexico. I met the Dallas Downriver Club in Taos on Saturday, and got a chance to raft the Taos Box Canyon. On Sunday, Jason Kingston, my brother Warren, and I paddled the Pilar Racecourse Section. Then Jason and I went on a self-supported trip down the Rio Chama on Tuesday and Wednesday.

The Pilar Racecourse Section

On Sunday, Jason Kingston, my brother Warren, and I ran the Racecourse Section. The flow had increased to 2,300 cfs. I paddled my Probe 12, and as usual I was the only open canoe on the river. At levels up to about 1,500 cfs, this section is considered Class III. At 2,300, it was pushy, with quite a few steep waves and some grabby holes. Some consider the run to be Class IV- at this higher level. Most of my whitewater experience has been on the technical creeks and rivers in Tennessee's

Obed/Emory area. This was my first real experience with "pushy" water. I decided that I like "technical" a lot better than "pushy."

After a few warm-up rapids, we soon entered a long rapid called the Narrows. (I later clocked it on my odometer at 0.85 miles long.) It was a real challenge for me in my open boat. I was doing pretty well for the first half of the rapid, missing most of the main holes. I was constantly making correction strokes

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6th Annual Trinity River Challenge 2001!

The Dallas Down River Club (DDRC), is holding the sixth annual Trinity River Challenge on **Saturday, September 8, 2001**. This 11.2 mile paddlesport race will be on the Trinity River from Lake Lewisville Dam to McInnish Park in Carrollton. The Elm Fork of the Trinity River offers a flatwater paddle in a natural setting within the heart of the metroplex. Whether you are trying to test your flatwater paddling ability against some of

Texas' top racers or beat the heat in a beautiful aquatic setting, this USCA sanctioned race is the place to be. Race classes are offered from USCA racers to recreational paddlers. The race will begin at 9:15 a.m. below the Dam. Registration opens at 8:00 a.m. and will close 15 minutes prior to the release of each racing classification. An awards ceremony will be held at the river's edge at 2:00 p.m. in McInnish Park with hot food, bake sale, refreshments,

and raffle. Shuttles will be available to return racers to the put in. Registration is \$15 per person on or before August 31, 2001 (\$20 thereafter). Racers receive lunch. Registration by Sept. 3 guarantees tee shirts. For additional information, directions, sponsors and past race photos visit the DDRC website at www.down-river.org or call Neil Licalsi, Registra-

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Taos Box, *continued from Pg 1*

because there were so many waves and curlers going in different directions, each one seemingly intent on messing me up. Warren and Jason were having a good time, and we were rockin'. At one point, I remember thinking about how well it was going. Then I saw that I would have to move to the left to avoid the paddle raft that I was bearing down on. As I was about to pass the raft, a side current pushed me to the left, close to the bank. I bumped an underwater rock, and over I went. I tried to corral my canoe toward the bank, but there was a bit of a problem. There were not any eddies -- just constant whitewater with some slower water near the bank. Warren and Jason were working hard to try to push my boat to the bank, but we kept going downstream. Swimming does not really bother me that much (I've swam most of the streams in Tennessee), but this was not reaching a good conclusion. I remember thinking "in Texas, we have nice recovery pools and eddies for this kind of problem." Another voice in my head said, "Dude. You're not in Texas anymore. SWIM!" So I reluctantly let go of the boat and swam to the bank.

Warren and Jason were able to grab my canoe at the end of the rapid. It made it through the last half of the rapid okay. Luckily, the road goes right along the bank, so I climbed up to the road and walked down to my boat. Hint: you're not having a good run if you're walking down the road, paddle in hand, to get back to your boat. And you feel kind of silly. At Big Rock Rapid, I went just where I wanted to go, close to the right of the big rock, but a side current suddenly pushed my bow toward the rock. I bumped it lightly, and it spun me around. I slid backwards right down the the rock, but stayed upright. This was not the first time I had made it down a rapid backwards, and I must say that backwards and upright is a hell of a lot better than the alternative! Well, we got to the last rapid, Souse Hole, and I stopped to scout it. It was impressive. The

river gets really narrow, and has a big drop, probably about 10 feet (inclined) in all. At the bottom is a big Mama hole that is unavoidable because it goes all the way across the river. If you take the best line, which is on the left, you can miss the biggest part of the hole. I watched Warren make a perfect run, somehow punching the hole and staying upright. Jason didn't mess around. He flipped on the diagonal wave above the hole and went through the main part of the hole upside down. But then he rolled up, and he came out of it fine. I looked at this monster and realized that even if I did everything right, I would probably get flipped by the hole. But the hole was not dangerous and there was a pretty good recovery zone below, so I decided "why not go for it?". Jason set up a throw rope, and I got ready to go. I waited for my heart rate to slow down a little, and then realized that it was not going to slow down any more. So I ferried over and ran the rapid. I ran just exactly the line I wanted, powered through the diagonal wave, and hit the hole straight. It flipped me so fast that I don't even remember going over! But Jason was there with the rope, and Warren ran down my canoe, so no problem.

There was a commercial photographer at the rapid, and one of the pictures I bought shows me in the hole, with only my upper body showing. You can't even see any of the canoe! I felt good about the rapids I made, but I wished I had made it down the Narrows. Well, I can always hope for next time. It had been a challenging day. I was tired, and a little embarrassed, but I was glad I had experienced.

Final installment in August.....

Next Meeting:
Thursday, July 19th, 2001.
Enchilada's Restaurant, 6526
E. Northwest Hwy

See you there!



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Earning the ACA Whitewater Kayak Instructor Certification

Dave Holl

I first heard about The American Canoe Association's instructor certification program about fifteen years ago. I pretty much ignored it. After all, what value could it have for a boater who learned all his stuff in North Carolina and West Virginia. Boy was I wrong!!

Over the years, I watched this program develop. I noticed that the ACA instructors had better teaching skills than the run-of-the-mill boaters. They had well organized lesson plans. Many times, their students learned more and with greater speed than other students. There definitely seemed to be some value in this program.

Last year I began researching the "how to gain ACA Instructor Certification". The ACA's website (acanet.org) has a wealth of information on the program. The instructors were also great in providing information and support. Basically, there are two required workshops. The first is an Instructor Development Workshop (IDW). The second is an Instructor Certification Workshop (ICW). Both these workshops are taught by an ACA Instructor Trainer (IT). They take about a week and cost from \$400.00 to \$900.00. Within the whitewater certification process, there are three levels of certification. They are: Flatwater, Movingwater, and Whitewater.

Well now it was December and I had finally committed to do my best to gain this ACA Certification. The first decision required was, do I take the class in Texas or out of state. Oh - incidentally there are no classes offered in December. The advantages of taking the class in Texas are it is logistically a lot easier and less expensive. The advantages of taking the class out of state are you can gain fresh ideas and jump across some of the regional differences that currently exist in the paddling community. Also, would you rather paddle in Texas or in the mountains of a nearby state? I won't get involved in that debate, but the first class I could find was offered in late May, by RMOC out of Colorado. I asked if they couldn't offer an earlier class. They mentioned some of the regional differences: like ice, snow, and sleet. So, late May it was.

A month later, I was reviewing the ACA website and saw that Kent Ford (the ACA Instructor Trainer) was offering a combination IDW and ICW in Moab, Utah the first week of April. (added benefit - this is during Jeep Safari weekend in Moab, WOW). If you are not familiar with Kent, he is a past Olympian, member of the U S Team, and coach for the U S team. He has also written many of the kayak instruction books and also produced a number of instructional videos. There are a number of great ACA Instructor Trainers (IT's) out there. But for purposes of this story, Kent is the man. Moving right along, on our twenty hour drive out to Moab, Mike and I experienced a great diversity. We had clear

sunny driving conditions mixed with rain, sleet and snow. When we arrived in Moab, a cold front was passing through. Temperatures ranged from a crisp 30 degrees to a scorching hot 50 degrees. Combine this with the snow melt running into The Colorado River and you have the makings for a great week of paddling.

During our initial class meeting with Kent, he told us success for any of the certification levels is based, 10% on technical knowledge, 45% on paddling ability and 45% on instruction skills; with an instant failure for lack of safety.

The days of instruction were: long, mentally stimulating and tiring, physically demanding and exhausting, and overall rewarding. Throughout the class, positives were recognized and highlighted. Skills that needed improvement were identified with a suggested positive alternative. This was a outstanding environment for learning. I felt I learned in a week with Kent what would have taken a month with another good instructor.

Here's an example of a typical day of instruction and learning. (Well, this may be a little skewed to the right on the bell curve but it makes for great reading.) We assembled at 8:00 a.m. in the partially heated warehouse. Remember, it's a crisp 30 degrees outside. We watch videos and critiqued our runs from the prior day. Then Kent delivered several presentations dealing with skills that we would work on throughout the day. Next several students delivered presentations, while developing and refining their instructional and teaching skills. Next, we drove over to the Moab heated water outdoor crisp air temperature city pool. While there, we practiced both teaching the C to C and sweep rolls. After two hours our eyes were burning from the chlorine. Let's not forget the drizzling rain. After four hours of chlorine my field of vision was a gray blur. When we broke for lunch, Mike and I drove to the drug store and bought some eye drops. The drops made my eyes feel better but they didn't stop the rain or improve my hazy gray field of vision. After lunch we drove out to The Colorado River. Sitting in our boats, each student taught a topic to the rest of the class. Moving down river, we spent a couple of hours practicing and videoing runs in our examination rapid. It's amazing how challenging an easy rapid becomes when you have to catch a bunch of eddies and you know your runs are being taped for later frame by frame review and this is 45% of your grade. After a swim or two and a bunch of rolls, the weather caught our attention. The wind picked up. Then the rain picked up. Then it turned to sleet. Then it turned to snow and then the wind really picked up. Then the hail came.

After an enjoyable afternoon on the Colorado, we headed back to the warehouse and dry clothes. There we talked about our afternoon experiences and a few students taught selected paddling topics to the group. Next we watched our videoed runs, frame by frame. This was an informative exercise. We studied each participants runs to the extent that - well, here's what we were saying: "your paddle catch should have been a couple of

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tion Chairman, at 214-435-3150.

Each canoe is limited to one (1) or two (2) people, except unlimited.

Definitions:

Adult - all persons over the age of 17 years

Junior - all persons under the age of 18 years

Senior (Master) - all persons over the age of 50 years

Classes:

Recreation - Canoes < 17.5' constructed of fiberglass, aluminum, or plastic; paddled with single blade paddles by 1 or two people.

Recreation - Kayaks < 17.5' constructed of fiberglass, aluminum, or plastic; paddled with double blade paddles by 1 or two people.

USCA - Canoes > 17.5 constructed of any material, no rudders and paddled with single blade paddles by 1 or two people.

Unlimited - any canoe or kayak constructed of any material, may or may not have a rudder; paddled with single or double bladed paddles; by any number of paddlers.

Divisions:

Men, Women, Mixed, Junior

In addition to the above categories, the first boat to cross the finish line with persons over 50 years old in it, wins a Masters trophy.

Time Disqualification:

All recreational class boats must clear the Hebron bridge checkpoint within 1 hour and 15 minutes of their designated start or be disqualified.

The Application: Complete the application filling in Name, Address, City, State, and Zip. Give two telephone numbers if possible and a fax number, if you have one. Also complete for the Division, Boat and Class information. For the barbecue, all entrants are included. If you have others with you who want to enjoy the barbecue, add their number to your total. The charge for each additional meal is \$6.50. Also write your USCA number on the application, if applicable.

The Waiver:

The USCA Waiver of Liability must be signed and will be made available with race registration information and at the race registration booth.

If the participant is under the age of 18 then his or her parent or guardian must complete and sign the waiver. Under USCA rules, an Adult is anyone over the age of 17, therefore a Junior is anyone 17 years old or younger.



The Gun Goes Off—TRC 2000!

Make sure you are there in 2001!

July Schedule of Events

- **Every Wednesday Nite**—DDRC Roll, Paddle, and Rescue sessions 5:00 pm to dark at Lake Grapevine, Rockledge Park. Contact Keith Smith (940) 566-4869.
- **Every Saturday, 10:00 am**—Roll Classes in Kaufman. Contact Rand Oliver: 972.530.7307 for more information
- **July 7—Saturday, Brazos River Moonlight Paddle**, Brazos River below Whitney Dam. Contact Bonnie Haskins, (972)254-9672, or Jerry Johnson at (817) 267-5375 or email: jjohnsn@airmail.net.

August 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Roll Clinic	2	3	4 Moonlight Paddle
5	6	7	8 Roll Clinic	9	10	11 Roll Clinic
12	13	14	15 Roll Clinic	16	17	18 Roll Clinic
19	20	21	22 Roll Clinic	23	24	25 Roll Clinic
26	27	28	29 Roll Clinic	30	31	

August Schedule of Events

- **Every Wednesday Nite**—DDRC Roll, Paddle, and Rescue sessions 5:00 pm to dark at Lake Grapevine, Rockledge Park. Contact Keith Smith (940) 566-4869.
- **Every Saturday, 10:00 am**—Roll Classes in Kaufman. Contact Rand Oliver: 972.530.7307 for more information
- **August 4—Saturday, Brazos River Moonlight Paddle**, Brazos River below Whitney Dam. Contact Bonnie Haskins, (972)254-9672, or Jerry Johnson at (817) 267-5375 or email: jjohnsn@airmail.net.

As a participant in any DDRC activity, an individual assumes the responsibility of evaluating all inherent risks before participating and assumes any risk of death or injury inherent in the sport. The participant waives claims that may arise against the club, its officers, members, servants, agents and/or trip coordinators, for death or injury to person or property, including claims of vicarious liability and claims arising from civil recklessness or any degree of negligence. Not waived are claims against an individual who causes injury intentionally or with criminal recklessness and claims among driver, owner and passengers of a motor vehicle for injuries.

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We're shredding our way to the 21st century!

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inches forward on that stroke and your paddle should have been 20 degrees more vertical” - “if your head was directed to where you were going instead of watching your paddle blade you would have made the move and stayed dry.” When the quality of instruction is excellent and you are absorbing information faster than a sponge, you don’t mind if you run a little late. At 8:00 p.m. class had ended and we were heading over to Burger King for diner and then back to Danny’s house to finish out homework and then some much needed sleep.

After a week of this, we were exhausted but rewarded with months worth of newly acquired knowledge and teaching skills. All students/participants had received certification at various levels. Years ago, I had been ecstatic when I passed the CPA exam and also when I received an MBA degree. However, this was even better, I had received the Whitewater Instructor Certification from arguably one of the best Instructor Trainers (Kent Ford) in the country - heck, the whole wide world.

Finally, I wanted to recognize Charles Smith, an ACA Instructor who teaches at Tarrant County Junior College. Charles opened my eyes to the ACA Instruction Program and showed us all how much value a good instructor brings to the sport. His instruction and classes have positively shaped his students. He has added, good technique, safety and good river etiquette to the sport we love. I can’t wait to teach you some of the new skills I’ve learned. Hope to see you on the water soon!

DDRC news...

Please don’t forget our meetings are NON SMOKING!!!!

Last month an appeal went out to fill some posts that are being vacated for one reason or another. The following brave folks stepped up to the challenge:

New membership chair:

Brian Jackson

New Raffle chairs:

Cindy Lyrette and Debbie Kupp

New Newsletter Editor:

Jeremy Callahan (starting sometime after August)

New secretary:

David Harmon

Let’s wish all these good people luck, and help them in any way we can.

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The advertisement includes a map of the Dallas area with a red star marking the location of High Trails Outfitters at 3610 Marquis Drive in Garland, Texas. The map shows major roads like I-75, I-40, and I-10, and nearby cities like Dallas, Garland, and Fort Worth.

Come by and see Bob—Discounts on some items for club members!

DDRC Newsletter Add Rates

Type of Ad	Per Insertion	Annually
Business Cards (member)	5.00	50.00
Business Cards (non-members)	7.50	75.00
1/4 Page display	20.00	200.00
1/3 Page display	30.00	300.00
1/2 Page display	35.00	350.00
Full Page display	50.00	500.00

To advertise, contact Susan Harkins at 972-470-0195 to discuss artwork format. Are ads are payable by check to DDRC, ATTN: Newsletter Ad. P.O. Box 820246, Dallas, TX. 75382

DDRC Classified Notices

For Sale

Winona Prism 17.5" Solo Kevlar Canoe
Great Shape, Low Miles, asking \$1200.00
Contact Rand Oliver at 972.530.7307

Volunteers needed!

Club members, Please volunteer for the upcoming Trinity River Challenge. This event brings in revenue that helps us with our River preservation projects , etc. Your help is needed. There are many, many jobs to do. Contact David Nevers at 817-466-1257 if you want to volunteer.

More to follow.....

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		635 (LBJ)	
	MEADOW ROAD	GREENVILLE	<div data-bbox="987 401 1442 667" style="border: 2px solid black; padding: 5px;"> <p>DALLAS DOWNRIVER CLUB July MEETING</p> <hr/> <p>Thur. 19th, 7:00 PM Enchilada's Restaurant 6526 E. Northwest Hwy.</p> </div>
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DALLAS DOWNRIVER CLUB

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*We're on the web
www.down-river.org*

Contact Marvin Dietel to change your personal information on the roster, or Susan Harkins receive this newsletter via email AND IN COLOR!

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newsletter to you!

