



# THE SPRAY

THE NEWSLETTER OF THE COLORADO WHITEWATER ASSOCIATION

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## Check out CW's New website!

**We've changed our website host and some of the features of it, too.**

**Most of the functionality is the same as before but please take a minute and visit it and let us know what you think!**

**We've added two member forums to the website. One for General Information and another titled Ask an Instructor.**

**Feel free to post a question there and one of our ACA Instructors will reply.**

<http://www.coloradowhitewater.org>

## Green River Approved for Use In Nuclear Power Plant

By Nathan Fey

**S**alt Lake City, Utah -- The State of Utah has approved two water rights applications for a proposed nuclear power plant near Green River, Utah. The decisions follow more than two years of study.

Local water-rights from Kane County Water Conservancy District and San Juan County Water Conservancy District are being leased to Blue Castle Holdings to provide water from the Green River for nuclear power generation. The request has raised many concerns such as the safety and oversight of nuclear power, local water use interference, wildlife concerns including endangered fishes, over-appropriation of Colorado River water, the economic viability of the project, and the financial ability of Blue Castle to complete the project. Paddlers are expressing concern over potential impacts to iconic western river canyons, and the family oriented trips they provide, such as Labyrinth and Stillwater canyons in Canyonlands National Park.



"We have listened to and very much appreciate the concerns raised by those in the local community and others," said Kent Jones, State Engineer with the Utah Division of Water Rights. "Those concerns helped us look carefully and critically at the proposal, as we considered the appropriate action on these applications."

The water rights approval criteria dictated in Utah state law, directs the state engineer to evaluate and investigate applications. An application is statutorily required to be approved if the state engineer believes:

- Water is available from the source
- The proposed use will not impair existing rights or interfere with the more beneficial use of water
- The project is economically and physically feasible
- It would not be detrimental to the public welfare
- The applicant has the financial ability to complete the project; and,
- The application is filed in good faith and not for speculative or monopolistic purposes.

Almost 4.4 million acre-feet of water flows by the city of Green River every year. Blue Castle is seeking 53,600 acre-feet of that water to be allocated for its nuclear power plant project. "That amount of water is not a lot on the Green River," said Jones. "But it is a significant portion of the water Utah has left to develop on the Colorado River and a significant new diversion from the Green River where efforts are underway to provide habitat for recovery of endangered fish." Approval of the application does not guarantee sufficient water will always be available from the river to operate the plant. Plant design will need to address the possibility of interruptions in water supply.

Nuclear power plants in the United States are developed and licensed for operation by the federal government under the regulation of the Nuclear Regulatory Commission (NRC), which is charged with promoting the use of nuclear energy to benefit public welfare and protect the radiological health and safety of the public. In pursuing NRC licensing of this project, Blue Castle plans to invest \$100 million. Billions of dollars more will be required to construct the facility.

The state engineer's decision on these applications authorizes the use of water for the plant **after** NRC approvals for the project are obtained. Prior to any construction, NRC will oversee an exhaustive design process to make certain the proposed site is safe for a nuclear power plant and the National Environmental Protection Act and Endangered Species Act requirements are complied with.

Stay tuned to American Whitewater for updates on the project, and the NRC licensing process.

Interested parties may view a copy of the decisions from the Utah Division of Water Rights website: [www.waterrights.utah.gov](http://www.waterrights.utah.gov).

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COLORADO WHITEWATER

455 Sherman Street, Suite 300

Denver, CO 80203

[HTTP://WWW.COLORADOWHITEWATER.ORG](http://www.coloradowhitewater.org)

## CW MISSION

The Colorado Whitewater Association promotes the sport of whitewater paddling in the Rocky Mountain region. The club introduces new paddlers to whitewater, provides training in technique and safety, supports racing, informs the public about whitewater issues, including river access and conservation, and works to resolve related problems. CWWA is a 501(c)(3) nonprofit organization run entirely by volunteers.

CW was founded in 1954, and is the oldest club in the United States of America devoted wholly to whitewater paddle sports.

## CW BOARD OF DIRECTORS

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## MEMBERSHIP QUESTIONS?

To Join CW, visit our website at [www.coloradowhitewater.org](http://www.coloradowhitewater.org) and join online. To change your e-mail or other contact information: Contact Helen Johnson at [helenj@coloradowhitewater.org](mailto:helenj@coloradowhitewater.org).

## 2012 Spray Submission Schedule

The Spray encourages article submissions on all whitewater related issues. Please send submissions to Scott Winkleman at [scott@coloradowhitewater.org](mailto:scott@coloradowhitewater.org).

<u>Issue</u>	<u>Submission Date</u>
Mar/Apr	March 1, 2012
May/June	May 1, 2012
July/Aug	July 1, 2012
Sept/Oct	September 1, 2012
Nov/Dec	November 1, 2012
Jan/Feb	January 1, 2013

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### Submissions

We welcome your contributions on topics related to whitewater paddling.

### Written Material

We prefer e-mail submissions, preferably in Microsoft Word, RTF, or plain text. Maximum length: 1,000 words.

Don't be shy, even if you don't think you're a great writer. We'll edit for length, style, grammar, and spelling as needed to make your writing more clear and readable.

Photos and graphics files:

We much prefer bitmap, jpeg, pdf, or tiff format, but can work with others. Please use a minimum resolution of 300 dpi.

# Golden



# River Sports

806 Washington Ave.  
Golden, CO 80401  
303-215-9386  
GoldenRiverSports.net

**We Have  
Officially  
Expanded!**

We punched a hole in the wall and took over the space next door. Come explore our new kayaking side of the building which is a renovated and redesigned 1,400 square foot space dedicated officially to paddle sports! Or if fly fishing is your thing - we are still fully stocked! Half Fly Fishing / Half Kayaking! Lots of room for you to explore.



New gear will be arriving in March so take this opportunity NOW for the last of our 2011 clearance and discontinued items - up to 50% off!

- PFD's
- Paddles
- Skirts
- Booties
- Dry Pants
- Dry Tops
- Rash Guards
- Helmets
- Kayaks

**CW Members  
Always Receive  
a 15% Discount!**

Some restrictions apply  
See store for details.

**Golden River Sports  
- Doing the Snow Dance for YOU!**

# COLORADO WHITEWATER 2012 SPRING INSTRUCTION SCHEDULE

Classes will be held at Meyers Pool, 7900 Carr Drive, Arvada (80<sup>th</sup> and Carr St.),  
unless otherwise indicated.  
There will be an \$9.00 pool entry fee.

## Open Pool

Simply come to the pool to practice and tune up for the upcoming season on your own without instruction. The pool will be open for kayaking practice from 1:00 - 5:00 p.m. Sundays, starting January 8, 2012 through May 6, 2012, except for February 19, March 4 & 11, and April 8 & 15, 2012.

**Cost:** \$9 pool entry fee.

## Just Starting Out (Beginner) Kayaking Classes

### Just Starting Out (Beginner) Kayaking Classes

Beginner classes provide instruction in a safe and comfortable pool environment. All classes are led by ACA-certified instructors. These classes are suitable for those who have never been in a kayak before. You will learn about boats, essential gear, basic paddle strokes, river safety, and we'll introduce you to the kayak roll. Once you've learned the basics in the pool, you can join your instructors for a weekend of intensive instruction on flat and moving water, May 12 & 13.

**Cost:** \$130 course fee plus pool admission for each pool session. Includes three 2-hour pool sessions, the flat-water/moving water weekend and rental equipment (boat, spray skirt, and paddle) for the three pool sessions.

#### Class One

Pool Sessions  
March 18, 25 and April 1  
all sessions 3:00 – 5:00 PM

#### Instructors:

Elizabeth Austen  
Sean Stevenson

#### Class Two

Pool Sessions  
April 22, 29 and May 6  
all sessions 1:00 – 3:00 PM

#### Instructors:

Dick Alweis  
Jenny McCurdy

#### Class Three

Pool Sessions  
April 22, 29 and May 6  
all sessions 3:00 – 5:00 PM

#### Instructors:

Pat Brown  
Peter Holcombe



May 12 & 13 will be flat water/moving water weekend for both classes.

## Beginning Roll Classes

Never tried to roll a kayak before? Tried but just didn't quite get it? Come learn the basic steps in mastering this essential white water kayaking skill. Learning to roll your boat upright will open the door to enjoying the rivers as opposed to being intimidated by them. Plus, learning in a safe and warm environment makes it all the more fun.

**Cost:** \$35 course fee plus pool admission. Includes one 2-hour session in the pool.

We suggest you provide your own equipment (boat, paddle, spray skirt).  
Boats, paddle and spray skirts will be available with request.

### Class One

Pool Session  
March 18, 1:00 – 3:00 PM

### Class Two

Pool Session  
March 25, 1:00 – 3:00 PM

### Class Three

Pool Session  
April 1, 1:00 – 3:00 PM

### Instructors:

Elizabeth Austen  
Sean Stevenson

### Instructors:

Elizabeth Austen  
Sean Stevenson

### Instructors:

Elizabeth Austen  
Sean Stevenson

## Roll Tune-Up Classes

This class is for kayakers who have learned and practiced the basics of the kayak roll, but would like help with technique and consistency.

**Cost:** \$35 course fee plus pool admission. Includes one 2-hour session in the pool.

We suggest you provide your own equipment (boat, paddle, spray skirt).  
Boats, paddle and spray skirts will be available with request.

### Class One

Pool Session  
March 25, 1:00 – 3:00 PM

### Instructors:

Mark Robbins

### Class Two

Pool Session  
May 6, 1:00 – 3:00 PM

### Instructors:

Pat Brown  
Peter Holcombe

## Hands Roll Classes

So you've been told that you don't need that paddle in order to roll. You've seen it done. You know that someday you'll find yourself upside down without your trusty paddle. Come learn the secret (they say there isn't one) to the no-paddle or hands roll.

**Cost:** \$35 course fee plus pool admission. Includes one 2-hour session in the pool.

We suggest you provide your own equipment (boat, paddle, spray skirt).  
Boats, paddle and spray skirts will be available with request.

### Class One

Pool Session  
March 18, 3:00 – 5:00 PM

### Instructors:

Steve Dougherty

## Basic Playboating

This class is for kayakers with dependable rolls who would like to begin to learn essential playboating skills. After learning moves in the pool, participants will get a chance to take these skills onto moving water. Participants should have intermediate ability and a solid roll.

**Cost:** \$65 course fee plus pool admission. Includes one 2-hour session in the pool and one session on moving water.

Participants should have their own equipment (playboat, paddle, spray skirt, helmet, PFD, etc.).

### Class One

Pool Session

April 29, 1:00 – 3:00 PM

Moving water session will be scheduled with the class at the pool session.

### Instructors:

Peter Holcombe

Robert Baca

## Playboating for a Solid Roll

Playing in holes on the river is one of the best ways to improve your roll. This class is for kayakers who would like to improve their roll by playing in holes. Basic playboating skills will be learned, but the emphasis will be on rolling. After practicing your roll and learning some playboating basics in the pool, participants will get a chance to take these skills into a hole at the play park.

**Cost:** \$65 course fee plus pool admission. Includes one 2-hour session in the pool and one session on moving water.

Participants should have their own equipment (playboat, paddle, spray skirt, helmet, PFD, etc.).

### Class One

Pool Session

April 22, 1:00 – 3:00 PM

Moving water session will be scheduled with the class at the pool session.

### Instructors:

Peter Holcombe

Robert Baca

## Grand Canyon Protection Announced

By Kevin Colburn

**O**n January 9th, the Secretary of the Interior, Ken Salazar, announced a 20-year moratorium on new uranium and other hard rock mining claims on roughly 1-million acres of land surrounding the Grand Canyon.

Paddlers requested that the Secretary do just this in

March of 2011 as the federal government formally considered the merits of allowing or prohibiting new mining claims. Our letter can be downloaded from the box to the right of this article. American Whitewater also col-



laborated with our partners in the Outdoor Alliance to support protections for the Grand Canyon.

New (as well as existing) mining claims could threaten the water quality and quantity of cherished Grand Canyon tributaries like Havasu Creek, Kanab Creek, and the azure Little Colorado River.

We would like to extend a heart-felt thank you to Secretary Salazar, his staff, and the administration for acting as responsible stewards of one of America's most treasured places.

(Reprinted with permission from American Whitewater)

## Free Youth Beginner Kayaking Class

This class is intended for youth, 8-18 years of age and will provide entry-level instruction in the pool. This class is suitable for those who have never been in a kayak before. You will learn about boats, essential gear, basic paddle strokes, river safety, and we'll introduce you to the kayak roll. The focus will be on safe boating and FUN! Participants will need parental approval. Equipment will be available. There is no cost for the class, but the \$9 pool entry fee is still applicable.

### Pool Sessions

February 5, 12 & 26  
all sessions 3:00 – 5:00 PM

### Instructors:

Cindy Fornstrom  
Kent Montgomery

## Stroke Tune-up Classes

This class is for kayakers with at least one season of experience on moving water. We will review strokes and techniques for more advanced paddling this season.

**Cost:** \$35 course fee plus pool admission. Includes one 2-hour session in the pool.

We suggest you provide your own equipment (boat, paddle, spray skirt).  
Boats, paddle and spray skirts will be available with request.

### Class One

Pool Session  
March 25, 3:00 – 5:00 PM

### Instructors:

Mark Robbins

### Class Two

Pool Session  
May 6, 3:00 – 5:00 PM

### Instructors:

Dick Alweis



## Boating Betties

Beginner/Advanced Beginner classes for women taught by women. These classes are designed for women who are interested in taking their boating to the next level. One session will be taught at the pool and will focus on basic paddling skills and roll practice. There will also be a class on moving water so paddlers can improve their technique on the river. (The location will be decided by the instructors.) After the on river session, join your classmates for a relaxing spa session at one of Colorado's famous hot springs resorts.

**Cost:** \$65 course fee plus pool admission (does not include spa session). Includes one 2-hour session in the pool and one session on moving water.

Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.).

### Class One

Pool session  
April 29, 1:00 – 3:00 PM

### Instructors:

Cindy Fornstrom  
Jenny McCurdy

Moving water session & spa will be scheduled with the class at the pool session.

## Instructor's Corner

CW instructors will be available to help you one-on-one with a skill you may want to develop or improve. Look for a white board at the pool entrance with information on available instructors. Put your name on the board and what boat you are in and the instructor will find you. No cost, but you must provide your own boat, paddle, and spray skirt and be a CW member.

# Mental Toughness Class

**Registration deadline is February 19, 2012!**

Take your boating to the next level!

If you can roll in the pool, but not on the river, this class is for you! The class is designed for kayakers who have basic paddling skills and can roll in the pool, but have difficulty translating their skills to the river. The class has proven successful in helping participants make the transition to more difficult moving water, develop a combat roll, and boost confidence on Class III whitewater. Participants will develop physical and mental skills and confidence to help improve their paddling on the river. Class activities include discussions, boat drills, weekly pool practice, river practice, and river trips.

**Cost:** \$130 course fee plus admission for each pool session. Includes three 2 hour pool sessions and river sessions. **Note:** additional registration in Training Camp is required as well.

Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.).

## Class One

Pool sessions

February 26, March 18 & April 22

sessions 3:00 – 5:00

## Instructors:

Mark Robbins

Matt Rensel

River sessions will be scheduled with the class at the pool sessions.

# Precision Boating/Advanced Whitewater Class

So you have run Brown's Canyon for the 50th time, and you want to move up to the Numbers, but you are not sure that you have the skill or confidence to execute the moves in order to safely navigate class IV whitewater. Or perhaps you have been dreaming of that southern hemisphere vacation over the winter, but hesitate to jump into class IV whitewater where portages are difficult and an early exit from the river means a two day jungle tramping nightmare.

This class is designed to teach you skills required for class IV boating and give you the experience to execute them with confidence. You will learn:

- How to effectively catch eddies and use them to control your progress down a rapid and boat scout.
- How to read the river not just for "The Line" in a rapid, but to find eddies and break down a difficult rapid into a series of easier moves.
- Basic slalom kayak skills and how to apply them to running whitewater.
- Basic playboating skills and how to apply them to running whitewater.
- Advanced paddling skills to help you catch eddies, use the current to your advantage and avoid obstacles. Eddy-quiete; how to safely paddle difficult whitewater in a group.

**Instructors:** Steve Dougherty, Cindy Fornstrom, Dan Simon

<u>Times</u>	<u>Date</u>	<u>Location</u>	<u>Activities</u>
3:00 – 5:00 PM	March 18	Meyers Pool	Mandatory pool session and roll test.
6:00 –9:00 PM	May ?	Golden Playpark	Introductions, playboating
6:00 – 9:00 PM	May ?	Golden Playpark	Slalom gate practice
All Day	TBD	TBD	River day: review and practice skills - class III run
All Day	TBD	TBD	River day: class III/IV run

Moving water session will be scheduled with the class at the pool session.

## **Prerequisites:**

- Basic river rescue class
- At least one season of solid class III boating experience
- River roll

**Cost:** \$180 course fee plus pool admission.

**Register with the instructor, Steve Dougherty, at [sdougherty@erresources.com](mailto:sdougherty@erresources.com).**

Participants should have their own equipment (boat, paddle, spray skirt, helmet, PFD, etc.).



# Changes in the Management of Westwater Canyon for 2012

The Bureau of Land Management Moab Field Office has made two changes in the management of Westwater Canyon for the 2012 season. These changes will affect both private and commercial river runners and will enhance the primitive experience for which Westwater Canyon and Westwater Wilderness Study Area are managed.

Dogs will no longer be allowed on river trips through Westwater Canyon. This stipulation will be effective March 1, 2012. During the past two seasons BLM personnel increased their efforts to communicate resource concerns to dog owners who chose to bring their dogs on river trips through Westwater Canyon. Staff reminded dog owners of their responsibilities, including keeping dogs leashed and cleaning up and packing out all dog solid waste. Unfortunately, incidences of negative dog interactions such as barking, charging, solid dog waste at popular day use and camping areas and general misbehavior continued during the 2011 season. An exception to the prohibition of dogs will be made for service dogs.

Additionally there will be a change to the private launch calendar for the fall of 2012. During October the Moab Field Office will allow seven, rather than nine, private launches

per day. Only five of those launches will be authorized for overnight use in Westwater Canyon. The number and location of campsites is a limiting factor in Westwater Canyon. Most river trips prefer to camp above the rapids especially during the short days of fall. In the interests of safety, good resource management and continuing to provide a quality boating and camping experience in a primitive and remote setting the number of launches have been reduced. This change is consistent with the 2008 Moab Resource Management Plan.

Westwater Canyon is revered by many as one of the premier whitewater river experiences in the West. These two changes in management are intended to enhance this primitive whitewater river experience.

Additionally, the section above Westwater, Ruby/Horsethief Canyon will require a permit to run in 2012. For more information about this decision go the following website.

[http://www.blm.gov/pgdata/etc/medialib/blm/co/field\\_offices/grand\\_junction\\_field/press\\_releases.Par.37840.File.dat/Ruby%20horsethief%20permits%20faqs%201-11-2012.pdf](http://www.blm.gov/pgdata/etc/medialib/blm/co/field_offices/grand_junction_field/press_releases.Par.37840.File.dat/Ruby%20horsethief%20permits%20faqs%201-11-2012.pdf)

## High School Students Offered Different Kind of Education Boating & Outdoor Adventure Part of Curriculum at the Alzar School

The Alzar School offers academic semesters for motivated high school sophomores and juniors. These semesters immerse students in rigorous, challenging educational settings that emphasize leadership training.

The mission of the Alzar School is to develop and educate high school leaders who will change the world. We aim to equip students with the background knowledge and skills to be effective leaders. Alzar School accomplishes its mission through the integration of our "Six Foundations." Through these foundations, the Alzar School challenges hard working, passionate future leaders.

1. Academics
2. Outdoor Adventure
3. Cultural Exchange
4. Environmental Stewardship
5. Leadership Training
6. Service Learning

Semesters begin and end in Idaho at the schools' 100+ acre campus along the North Fork of the Payette River (just two miles downstream of the brand new whitewater park). Six weeks of each semester are spent exploring the rivers



and mountains of central Chile.

Outdoor opportunities abound in both locations, and students can expect to get outside every day. Learning technical skills is a sure way to gain confidence and develop personal and group responsibility. Our students have a variety of skill levels, with beginner kayakers and expert skiers alike finding appropriate challenges.

Students will be involved in service projects throughout their semester, with the end result of students developing and implementing a project of their choice in their home community. The culminating leadership project is a part of the capstone leadership course required for all students. The project showcases students' leadership skills and allows students to make an immediate difference in a cause they care about.

More information can be found on the website: [www.AlzarSchool.com](http://www.AlzarSchool.com). If you, or someone you know would be interested in an academic semester using the outdoors as an avenue for leadership development, please get in contact with us!

"Scott has said many times, point blank, that this was the best experience of his life. You can read about something, you can see something, or you can live something- and the impact of living something is ten-fold greater."  
- Laura, Parent

# Training Camp - May 18th - 20<sup>th</sup>, 2012



**EARLY DISCOUNT: Sign up by 3/18/12 and save \$30.00!! Makes a GREAT GIFT!**

Come join your Colorado Whitewater friends at Training Camp, the CW's largest annual event. You can learn new skills, meet new paddling buddies and build confidence on the water by paddling with skilled kayakers. Off-river activities will include group dinner and breakfast, plenty of campfire time and even live entertainment!

Friday, May 18	Registration	3pm - 11pm
Saturday, May 19	Kayaking	10am - 3pm
	Dinner	6pm
Sunday, May 20	Breakfast	7:30am
	Kayaking	10:30am - 3pm

## Who Can Attend

You must be a current CW member to register for TC (including and through May 2012). To join or renew - visit the Membership page.

Boating kids must be 12 years or older by May 2012, weigh at least 50 lbs and must be accompanied in classes by a parent. Families, children and friends are welcome, whether they are boating or not. Children must be under adult supervision at all times. Dogs must be leashed AND SUPERVISED AT ALL TIMES. Please call the KOA for more information on their policies regarding pets. Unattended dogs have a tendency to bark. Therefore, if you do leave your dog unattended, the owners of the KOA reserve the right to call local authorities to remove the animal at your expense. If you want to make a reservation with our (tentative) "At-Camp" dogsitter, please send an email to PLaBarge@Hotmail.com after your online TC registration is complete. Additional cost will apply (approx \$30 for both days). "Space" reservations are limited.

## Cost

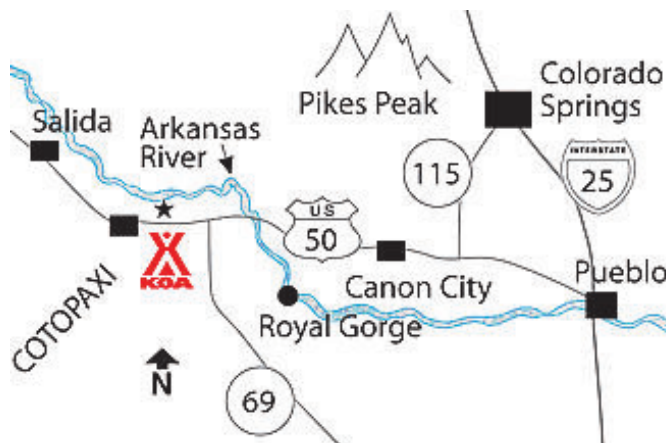
Cost for boating participants: \$160\* includes two all day on-river training sessions, tent / car camping at the Cotopaxi KOA, Saturday dinner and Sunday breakfast as well as evening entertainment. You must provide your own equipment (boat, paddle, spray skirt, helmet, PFD, etc.), lunches for both days and breakfast for Sat. Contact PLaBarge@Hotmail.com if info on rentals is needed.

Cost for non-boating attendees: \$45 includes camping, meals and all activities other than boating sessions. Please pay for all non-boating attendees upon arrival at camp at the registration table. Checks and cash accepted / no credit cards.

## Refunds

If something comes up and you cannot attend, you can apply for a refund (application does not guarantee a full refund). The club pays a fee for processing credit cards and we will deduct this convenience fee. **No refunds will be available after May 11th.**

**Location:** [www.ColoradoCampingKOA.com](http://www.ColoradoCampingKOA.com)



## Skills Assessment

On your registration form let us know your skill level using the guidelines below. PLEASE BE SURE TO PICK YOUR SKILL LEVEL **AND** CLASSES FOR BOTH SAT/SUN.

**PLEASE be conservative when evaluating your skills.** Boaters who have overestimated their abilities may be asked to leave the river or at a minimum to step-down a level (Note: Instructors for TC Weekend have the final "say" in safety and boating concerns when it comes to the assessment of your skills on the river).

### Level A

This category fits for you if: you have never been in a boat. HOWEVER, we STRONGLY prefer you have at least 6 hours of formal flat-water instruction (or are intending to take flat-water/moving water courses before TC) which can include pool session lessons (at a bare-minimum, you are required to know the use of all your equipment and the "wet-exit"). Also, this category fits if you have not been on OR are not comfortable on moving water. We encourage you to be aware of (and hopefully have practiced) the concepts on moving water of eddy turns, peel-outs, the cross-river ferry and the combat roll.

**\*SPECIAL NOTE: For Level A Boaters** - If you have not been on moving water, we STRONGLY suggest you take an "Introduction to Moving Water" course **BEFORE** TC Weekend as the water tends to be reactionary from winter/spring run-off on the Arkansas River in May. **We want you to have FUN** – not end-up swimming all weekend!

**Good News:** CW offers a 50% discount for our Flat Water / Moving Water Weekend (usually held the weekend before TC) Course if you sign up in advance for TC as well. Prices are VERY reasonable so please see our "Instruction Page" on our website for a listing of classes and dates (space is limited). Or contact Mark Robbins for discount, scheduling and more information at MRobbins@Frii.com.

### **Level B**

This category fits if: you have been in a kayak on moving water (you have had 6 hours or more of formal moving water instruction). You have performed a wet exit on moving water and are comfortable with bow rescues. You can at least attempt a combat roll and have a 50% success rate (rolling upright). You can maneuver your boat with 100% control on flat water. You know what an eddy turn, a peel out and a cross-river ferry are and have sufficient practice on moving water with these concepts with at least an 80% success rate (without flipping over).

### **Level C**

This category fits if: you have a solid flat-water roll (100%) and are totally comfortable doing peel outs, ferrying and catching eddies on moving water. You are completely confident on Class II whitewater and want to improve your skills. You have at least an 85% success rate with your combat roll.

### **Level D**

This category fits if: you have a solid river combat roll (100%) and are comfortable and want to improve your skills in Class III whitewater. You should consider volunteering for TC if you are at this level. The more-the merrier and we'd appreciate the help!

### **Classes**

On your registration form let us know your class preference from the list below. Five person minimum per class.

### **Getting Started (Level A)**

Sat /Sun Package: New to kayaking or just want to get your confidence up? This session starts on flat water where you will learn (or review) basic skills including safety, familiarization with your equipment and boat handling. At the end of the first day (and also on the second day) the group will graduate to easy sections of moving water.

### **Float Trip (Levels B, C and D)**

Offered Sat and/or Sun. No frills, no thrills, this is a gentle float down a quiet stretch of moving water. No pressure, no skills drills, just easygoing fun in a kayak or duckie.

### **Skills Drills (Levels B, C and D)**

Offered Sat and/or Sun. Work on basic skills such as paddle strokes, catching eddies, peel outs, ferries, rolling and river reading. Participants are encouraged to ask lots of questions and let trip coordinators know which skills they most want to work on. Emphasis will be placed on river running and skills drills.

### **Intro to Playboating (Level C and D Only)**

Offered Sat only. Learn beginner playboating skills such as surfing waves, stern squirts and side surfing. This group requires solid river skills and a solid river roll. This class

will start with flat water maneuvers and move to the play park in Salida (water level permitting).

### **Reading Whitewater (Levels B, C and D)**

Offered Sat only. So you are getting down river OK but you have anxiety about finding the best route through a rapid? This class will develop your ability to visually dissect whitewater and better understand the forces at work. Be more confident in your ability to negotiate a rapid and to recognize typical obstacles you may encounter.

### **Basic Safety Class (Levels B, C and D)**

Offered Sun only. This is a one-day class designed for newer paddlers who want to learn the basics of whitewater safety, rescue skills, and how to stay safe on the river. The class will be taught on Sunday in conjunction with the CW TC. There will be exercises in safely swimming a rapid and practice sessions with throw bags and live swimmers. The class is half dry land and half on the water. Bring a chair to be comfortable for the morning dry land activities. You must have appropriate attire for afternoon the water activities as we promise you will be wet and cold. A dry suit or a wetsuit with a paddling top are strongly encouraged. Thick-soled shoes (preferably closed toe), helmet and PDF are required.

### **Learn to Lead (Level C and D Only)**

Offered Sun only. This one day class will cover the skills you need to lead your own trips. Students should be skilled paddlers who don't need guidance and have experience as a sweep boater. Have you ever wondered how to pick a river, put a group on and lead them down the river to the takeout? How to make sure your charges are prepared and not in over their heads and how to get the group safely down river? This class will cover the mechanics of putting a trip together, how to manage that group on the river and how to lead them through rapids. The class will also review safety topics including throw rope handling, swimmer rescue, rescue priority and hypothermia.

### **Volunteers NEEDED**

As in past years, we are looking for advanced boaters to help lead and sweep. We are also looking for an "At-Camp" dog sitter or two. If you are willing to volunteer to help make TC a success, please send a message to Patty LaBarge at PLaBarge@Hotmail.com. **Please RSVP as soon as possible for organizational purposes.** Please specify if you have a current First Aid/CPR certification (not required, but preferred) and if you would like to Lead or Sweep. Please also let me know what levels or classes you are interested in volunteering for (not guaranteed, but I will do my best). Donation fee for volunteers is \$20 per person to cover the cost of camping and meals.

**NOTE:** You must have a certain skill level to be both a lead and a sweep. Swimming is not an option. Please do not volunteer if you do not have appropriate skills. You may be asked to fill out a volunteer application for approval.

### **Questions?**

Email Patty LaBarge at PLaBarge@Hotmail.com