

The Oregon Whitewater Association brings private boaters together for the enjoyment of whitewater boating. Our vision is to promote whitewater safety and training for all of our membership in an effort to provide safety awareness and confidence when executing river rescue skills. OWA is the community of choice where fun and river adventures thrive and where people and rivers connect.



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Cold Weather Boating: Levels of Hypothermia

By Charles Walbridge & Wayne A. Sundmacher Sr.

This is a continuation of Cold Weather Boating published in the December 2013 newsletter issue.

The human body has three layers; an outer superficial layer, an intermediate layer; and the inner core. The superficial layer consists of the skin and subcutaneous tissue; the intermediate layer is made up of the extremities, skeletal and muscular tissues, and some lesser organs; the inner core contains the most critical organs; the heart, lungs, and brain. When hypothermia sets in, the body prioritizes heat distribution. It works to keep the vital core warm, hoarding the additional calories required to heat parts of the body that are not necessary for survival.

Continued on page 4

January Club Meeting

Flying Pie Pizza

7804 SE Stark Street
Portland, OR 97215

Wednesday,
January 8, 2014
from 6:00-8:30 PM

Guest Speaker **Bob Hunt:**

A long time river rafter and member of OWA. Bob will be showing a video of a group that ran the Clack at 13000cfs. This is not a level we normally see on this river. Bob's presentation will sure to be entertaining seeing that this is one of our "Home Water" rivers! Start 2014 with a thrill!

Contact Information



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RIVER TIP

Floating Straps

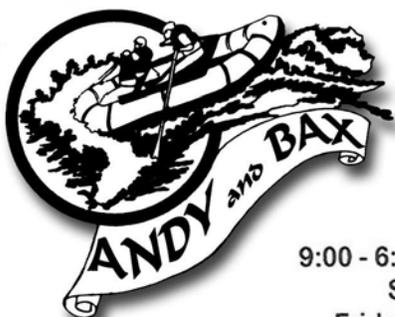
Submitted by Tom Hanson

A veteran river rafter would like everyone to know that having a loose strap on the outside of a raft can create an unpleasant situation. While on the Metolius, maneuvering around one of the many logs in this river, a loose strap caught on the end of one of the logs, hanging the raft in mid-stream. After a few tense minutes of trying to figure out what to do, the raft surged and freed itself. This rafter promised to never again have a loose strap on the outside of his raft. This event has been seen multiple times so it's something to think about.

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New Year, New Adventures, New Opportunities *by Bruce Ripley*

Well New Years is upon us again and it gives us a great opportunity to plan another year's worth of new adventures. This year will be no exception. In an effort to get the year kick started we were able to get the newly elected board members to the December board meeting and we've already begun to transfer some of the duties for the new officers. Thanks again to Bee and Scott for their hard work and dedication.

We've already got most of the safety classes lined up for this year, and we've had some questions about doing some one day events as well. We will certainly look into that but the key is funding it with time, so if you can help out from beginning to end on some of these projects let us know and we'll try to put your talents to good use.

One of the things that we'll be working hard on in 2014 is the eCommerce store. We now have several new bodies to work on this effort, and with the new energy we should be able to make some progress this winter. The first evidence of this is the new link at the top of the page labeled "Store". Click on this and it will show you links to the general store page as well links to specific items. We are happy to say that we now have the OWA Hydro Flasks up on the site and available for purchase and with a bit more time we'll have other items up for purchase as well, so that means T-Shirts and other items are on the way!

The other thing you'll probably see over the next couple months is an overhaul of the website. The transition of officers often brings several things including new ideas and new energy, we're hoping to harness this and begin a review of what's working and what needs some fine tuning. In the end we think we can make some changes that will not only make things more usable, but potentially easier to maintain as well.

Remember this is YOUR club and we only have an ACTIVE club when we have ACTIVE members! Safe Boating!

Don't Miss the February 12th OWA Pool Session!

**North Clackamas Aquatic Center
7300 SE Harmony Road
Milwaukie, OR 97222**

Pool session to practice knots, flipping boats, throw-bagging and other rescue skills in the water. Please remember to bring your helmet, PFD, throw bag and river shoes. No food is provided at this meeting.

New Officers

In December we elected 4 officers to the board:

Vice President – Events
Skip Currier

Vice President – Newsletters
Katie Watry

Treasurer
Merrie King

Technical Director
Stacey Strausberg

Thanks to each of these individuals for stepping up to help lead the club in new exciting directions!

OWA January Meeting

Our next meeting is at Flying Pie pizza on Wednesday January 8th. If you missed the meeting in December then you missed the largest meeting that we've had! We had 86 people and still had room for more, it was a great meeting. So plan to come out on Wednesday, support the club and meet up with some old friends!

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Cold Weather Boating



Cold Weather Boating: Hypothermia Continued from page 1

As the body begins to chill, the first signs of hypothermia come in the form of muscle tension and goose bumps. This non-shivering heat generation can double the metabolic rate. As the core temperature continues to drop, shivering begins. These uncontrolled contractions can increase the metabolism to five times the normal rate. Now the body is burning roughly 400 calories per hour. That's approximately the number of calories in two Snickers candy bars. Under the right conditions, the body can still rewarm itself.

At some point, the body starts to realize it is beginning to lose its battle to heat all its layers and decides it can survive without the superficial one. By shunting the blood flow away from the skin and outer tissues, it reduces the flow by about 1 to 2 percent. Strenuous activity could increase heat output, but the body has limited stores of fuel. Heating the entire body might burn what reserves are left and leave the victim to cool even more quickly.

When core body temperature falls below 95°F, shivering diminishes. The patient may become confused; reasoning becomes clouded. With continued heat loss, the body decides to sacrifice parts of itself so that the brain can survive. By reducing the area being heated, life is prolonged. First, the body decides it doesn't need the extremities, and carbon dioxide and lactic acid build up in these areas. Then it begins to shut down blood flow to unnecessary organs. And finally, it will limit flow to the three organs that sustain life itself.

As the body continues to cool, the victim begins to lose touch with reality. In some cases, they experience atypical mood swings and may become argumentative or combative when assistance is offered. Once the core body temperature drops to 90°F, shivering is replaced by muscle rigidity, and mental facilities are severely impaired. The victim is semiconscious, progressing toward unconsciousness. As the core temperature continues to drop, the metabolic rate diminishes, oxygen consumption drops, and respiration slows. Cardiac output also slows and weakens, resulting in further reduction in blood flow.

As lung and cardiac function diminish, cardiac arrhythmias develop, and ventricular fibrillation, a spasm of the heart muscle, eventually leads to cardiac arrest. A review of hypothermia symptoms follows:

Temperature above 95°F. Conscious and alert. Vigorous uncontrollable shivering, pain or numbness in extremities, loss of manual dexterity, slurring of speech.

90° to 95°F. Conscious. Mildly impaired mental facilities. Diminished shivering is replaced by muscle rigidity.

86° to 90°F. Semi- or fully unconscious. Severely impaired mental abilities; may appear intoxicated. Rigid muscles, cardiac arrhythmias.

80° to 86°F. Unresponsive, unconscious. Rigid muscles, dilated pupils barely responsive to light, diminishing or non-existent pulse and respiration, blue-gray skin color.

80°F. Ventricular fibrillation, cardiac arrest. Pupils fixed and dilated. Death.

Loss of body heat occurs in a number of ways that may affect a paddler simultaneously:

Radiation: Heat is given off to a cooler environment directly. The amount lost to cold water is many times that of cold air.

Conduction: Heat passes out of the body directly into a cooler object, such as the ground an injured person is lying on.

Convection: Heat rises away from the body into the air. Clothing helps prevent this.

Evaporation: Heat is removed from the body as water or perspiration evaporates and the skin dries. This is why wet clothing should be removed from hypothermia victims.

Respiration: Heat is continually lost as cold air is drawn into the lungs, warmed, and then exhaled.



River Trip Etiquette: A Trip Leader's Perspective

Submitted by: Eric Ball

I have thoroughly enjoyed leading OWA trips over the past decade. It has been an opportunity to meet many wonderful people, share great experiences, learn from others, and on occasion, jointly deal with adverse developments as a team. I encourage everyone to become a trip leader and help share your favorite river with others.

For those who choose to go on a trip led by a club volunteer, there are some things you can do to help make the trip go smoother and keep the leader's hair from turning prematurely gray. Here are some ideas I've collected from my experiences.

Pre-Trip:

1. Trip Information Requests: If you email the trip leader with a request for information about a trip, you should take the time to respond at some point and advise the leader whether you intend to go. People will sometimes ask me for information about the trip, which I take the time to describe in an email, and then I never hear from them again. That means I'm not sure whether to factor them in for group size, shuttle, or shared equipment, etc.

2. Joining a Trip: Most people are respectful of the trip leader's position when asking to join a trip, but occasionally, someone will email me and just announce that they are joining the trip. If I have never met you, I don't know your boating skills and physical abilities, equipment, special needs or group fit. The best way to introduce yourself as an unknown to a trip leader is to express interest in the trip, request to join if space is available, and describe a little about yourself, your river experience and your boating gear. On laid-back trips, this is less of an issue, but on more demanding trips, the safety of the group and the success of the trip depend on including appropriate trip members.

3. Special Needs: There are some folks who have a lot of special needs or require a lot of email "touches". Some of this contact is clearly legitimate, especially around questions such as whether this river is appropriate for your skill level, etc, but there are people who request a lot of special accommodations and adjustments to make the trip meet their needs. Remember that the trip leader has to do a balancing act for the needs of every group member, and your needs should not come at the expense of the group's welfare.

4. Updates: If your plans change, please let the trip leader know at once. I sometimes have to chase people down who have indicated interest in a trip, but don't ever respond to pre-trip group emails, leaving their intentions unclear.

5. Emergency Contact information: I always request that trip participants send me emergency contact information, in case something goes wrong on the trip. I probably get this information less than 50% of the time. Although I carry a sat phone, it does not do me any good if I don't know who to call.

On The Water:

1. Be ready to launch at the agreed upon time: This is especially important on trips where there are a lot of miles to cover, the days are short, or there is a safety concern. If everyone else got up early to be ready on time, you don't want to be the only one that didn't have the same respect for their time that they had for yours. This is true not only on day 1, but on every day of the trip. On the other hand, the trip leader does have an obligation to make it clear to the group what the expectations are before and during the trip. If you are tend to be slow getting ready, or slow on the water, you should start early when rigging your boat at the put-in or breaking camp in the morning, to make sure you do not hold up the group.

2. Group Pace: Participants need to understand that the trip leader has to mold the trip to meet everyone's needs. On the water, you should go at the group pace and not make the group go at yours.

I once had a boater who wanted to get a head start from camp, and I told him that he could go two hours and then wait for the group so we could see how people were doing (we already knew that the group had a large spread in ability). The next time I saw this guy was 9 hours and 25 miles later at what turned out to be our next camp because other members of the group had struggled to get that far. Even more amazing is that this guy didn't have a river map or GPS, and had no idea where he was.

At the other extreme was a boater who made no effort to keep up with the group. I put three different people from the group on his tail throughout the day to try to encourage him to keep up, and all three of them gave up in frustration because he made no attempt to change his boating. This was on a trip that was advertised as having long days. The problem for me was whether to let this guy lag (he was the least experienced boater on the trip and had never been on this river) and have him take the consequences, or try to give him some kind of protection by slowing or splitting the group.

As a rule, do not go in front of the group leader unless you have permission to do so, and if you are in the lead, never go beyond the next agreed-upon rest stop, lunch, or camp. If you are following, keep the boat in front of you in view. Understand that this is a group trip. If you want an experience customized to your needs, arrange your own trip.

3. Communication: On most trips, there can be a lot of flexibility based on participants' interests, such as side hikes, fishing, taking breaks, etc. It may be perfectly fine to split the group and meet up down the river, but you should communicate your plans directly to the trip leader; not the spouse, trip leader's friend or any other relay person. They may not know all the details of what lies ahead or other plans for the day. While safety is at the heart of this, common courtesy for the group leader goes a long ways towards making the trip fun. If you are not where I think you should be, I don't know if you're having a medical or equipment problem, you're stuck on a rock, or just on your own program.

Post-Trip:

1. I usually send out a group email after I get home thanking people for their contributions to the trip, maybe including a photo or trip re-cap. I really appreciate hearing from people that they made it home safely, or sharing some special trip memory, etc. I think it is appropriate to give the trip leader feedback on the trip: if they did something that made the trip go well for you, let them know what that was (it might help reinforce a leadership style that will benefit others on future trips). If there is something that could have been done to make the trip better for the group (not just for you personally), I think most trip leaders would appreciate that information if provided gently.

Many people send an email expressing enjoyment for the trip and recognizing the efforts of the trip leader. The irony is that the appreciative folks are usually the ones who made the trip a blast to lead, and I should be thanking them for coming, while many times the people who required the most special accommodations send no email reply at all, even though it was clear from the volume of pre-trip requests that they do know how to use email.

I have made many good friends and had many great experiences doing river trips with the OWA, and I hope to continue doing these trips for many years to come. The vast majority of OWA members have no need to read what I have written here. But, if you are new to river travel, this is a glimpse of what it looks like from a trip leader's perspective.

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Recipe of the Month

INGREDIENTS

1 14 oz box brown rice pad thai noodles (you can sub fettucine if that's all you can find)

1 pack Papa G's sesame tofu (substitute pre-cooked boneless chicken if preferred)

2 cups chopped purple cabbage

1 sweet red pepper, chopped

4 green onions, sliced

3 Tbs peanut oil (can sub olive oil)
sea salt to tasten



Sesame Stir Fry with Rice Noodles

Submitted by Michele Gila

DIRECTIONS

Heat one quart of water in sauce pan. When it reaches a boil, remove from heat and add pack of rice noodles. Cover and let sit while you prepare the veggies.

In large skillet heat 1 Tbs peanut oil. Add all of the veggies and tofu and stir fry until just browned & tender. About 5 minutes. Drain noodles. Add the rest of the oil and the noodles and toss until well combined. Salt to taste. If you keep Sriracha on board, this is the time to pull it out.

Serves 4 very hungry boaters.



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Swimming in Whitewater: The truth revealed! by Julie Munger

As whitewater boaters, our goal should always be to stay on line, and keep ourselves, and everyone else IN their boat(s). A swim can be much more strenuous and dangerous than we expect, and can not only lead to exhaustion and hypothermia, but also puts us right on top of all the hidden obstacles just under the water. It should always be our priority to avoid unplanned swims.

Unfortunately, we are not perfect, and often times the little bump on the rock, losing a paddle, or a big wave sends us on an unplanned swim into whitewater. When this happens, our strategy, and that of our companions, becomes critical, and can mean the difference between a pleasant, or very unpleasant, rest of the day. Having a strategy is critical. Here are some tips to keep in mind:

Know before you swim: Have a picture in your mind of the rapid, and where things may go wrong so you will have a strategy. Rafters are generally better off on top of, or in their boats. Have a plan. If you can't swim out, don't run the rapid unless you KNOW you will stay in the boat.

Ball up : When you are falling from an IK, raft or Cat boat; or going over a drop,: Keep your feet close in to your body, so you will not be tempted to push off the bottom, or snag one of your limbs.

Get out of the water as fast as you can: It is hard to see, and easier to get snagged on underwater obstacles.

When swimming:

-Conserve energy and use strategy, do not allow yourself to get more winded.

-The leg muscles use lots of oxygen! Consider only using your arms for movement.

-Look where you are going, and pay attention to your angle.

-At higher water flows, you will need to swim more aggressively to get across eddy lines. This is where a technique like the "barrel roll" can keep you on the surface and keep your momentum going.

Rescue:

Be prepared -for self rescue, but this is the time where everyone needs to be ready to react. Being in the right place with the right skills may be the only thing that assists someone out of the water.

Choose Wisely-Boat with folks that will know you are in the water, and are doing everything they can to safely assist you, and others, to get out of the water.

Knot of the Month –Klemheist

Each month we will showcase essential knots you should know for river situations

Overview

- Friction hitch that grips under tension in one direction and slips when tensions is released
- Used as an alternative to the Prusik as means of gripping a rope for a haul system
- Easy and fast to tie
- Use at least 4 wraps
- Can be tied with webbing or cord



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Oregon
W H I T E W A T E R
 ASSOCIATION
Year in Review

Photos from OWA adventures in 2013.
 Safe boating and new river
 adventures in 2014!



Upcoming Trips

Submitted by Pat Barry,
Trip Editor



Please go to the OWA website for additional details on each trip, [CLICK HERE](#)
Or go to <http://oregonwhitewater.org/calendar/trip-calendar>

2.15-17 Sat-Mon	Rogue River	III/IV	Steve Oslund	stevilone@gmail.com	503-709-7661
3.22-24 Sat-Mon	Lower Deschutes	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
4.12 Sat	Deschutes River	III/IV	Bill Goss	zanng@msn.com	503-757-4659
4.25-27 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
5.9-11 Fri-Sun	Grande Ronde	III	Eric & Candace Ball	balle@pocketinet.com	509-529-6134
5.10-11 Sat-Sun	Lower Cispus	II/III	Tina and Eric Myren	TNEMYREN@gmail.com	
6.6-8 Fri-Sun	Upper N. Umpqua	III/IV	Walt Bamaan	wbamaan@wmni.net	
6.7 Sat	Klickitat River	II/III+	Doug Smith	Doug@davidsmithmapping.com	503-232-5285
6.13-15 Fri-Sun	Lower Deschutes Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
6.26-29 Fri-Sun	McKenzie River	III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
9.13-14 Sat-Sun	Tieton River	II/III+	David Elliott	dce@dcell.com	
9.13-15 Sat-Mon	Hell's Canyon	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
11.9-11 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785

PAST OWA RAFTING TRIPS

7.4-6 Thu-Sun	Lower Salmon River	III/IV	Eric and	balle@pocketinet.com	509-525-6134
9.13-15 Thu-Sun	Tieton River	III+	Brenda Bunce	Brenda.bunce@gmail.com	360-931-4224
9.14-16 Fri-Sun	Hell's Canyon (Snake River)	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
9.28 Sat	N. Santiam	III	Matt Saucy	sawdusty9@yahoo.com	971-241-5396
11.9-11 Sat-Mon	Rogue River	III/IV	Scott Ogren	scott@scottogren.com	503-267-9785
1.1 Wed	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991

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