

# Oregon WHITewater ASSOCIATION

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**PLEASE NOTE  
MEETING LOCATION**

### NEXT OWA MEETING

Wednesday, January 11, 2012

#### **Keen Footwear**

926 NW 13th Ave., Suite 210  
Portland, OR 97209

**6:00 pm**

Social hour begins

**6:30 pm**

Club business and announcements

**7:15-8:15 pm**

Featured presentation



## **A Class V Cataract State of Mind**

Submitted by Will Conley

*Originally printed in the American Whitewater Journal, Nov/Dec 2011*

**"Want a rope?"** I heard Mark shout from the bank as I pulled myself into the cockpit and leapt into the seat. I was upright but increasingly at risk of missing the eddy as the boat drifted. "No!!" I shouted, aligning my oar-lock for my one chance to re-set the shaft before being swept over a horizon line and a series of as yet unseen Class V drops. The oar popped into place and I made several pulls to join Dave in the safety of the eddy.

I had just pulled a sacrificial flip after being wallpapered on cliff and my adrenaline was pumping after re-flipping on the fly. A quick scout revealed that another solid Class V was upon us with a meaty crux at the intersection of two big diagonals. The river then disappeared over another large horizon line below the short runoff.

**PICTURED ABOVE: Mark Cramer victorious after running the last big drop on the Rubicon**

**>> CONTINUED ON PAGE 4**

## **RIVER TIP**

Submitted by Tom Hanson

Ready to launch in the morning but you forgot to brush your teeth – and now your toothbrush is packed? I keep a second toothbrush and toothpaste handy in an ammo can. This also works well for lunch.



*Oregon Whitewater Association is dedicated to preserving, protecting and promoting Oregon's rivers for the safe enjoyment of both public and private non-motorized boating, now and in the future. We advocate fairness in accessibility to river resources and provide a voice for responding to river issues and management concerns.*



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**OWA web site address:**  
<http://www.OregonWhitewater.org>



PRESIDENT'S CORNER

BY BRENDA BUNCE

Join us January 11 at Keen Footwear in downtown Portland for an exciting presentation by Will Conley. He will provide a presentation on the Class V mental state of mind based on the article he wrote for the November/December issue of *American Whitewater* magazine (our cover story). He will give us valuable tools for taking our boating and safety skills to the next level with a mental preparedness. Don't miss this exciting event and social hour – beginning at 6:00 p.m. with pizza.

We have had a great turn-out of members over the last several club meetings at the Flying Pie Pizzeria. At our annual meeting in December we voted unanimously for Bruce Ripley as Vice President for a second term and Merrie King for Treasurer.

It's not too late to order your 2012 Oregon and Idaho invasive species tags. Simply click on our website at: <http://oregonwhitewater.org/rivers/invasive-species> and order today.

Share your river trips and stories with our members. Everyone loves to learn about new rivers and your adventures. Write up your latest river trip and share it directly on the website. It's easy, just go to: <http://oregonwhitewater.org/rivers/trip-reports> and upload your document or write it up directly on the website.

Dues will increase to \$28.00 per year for NEW members in 2012 and renewing members in 2013. This is to help off set club costs in an ever growing healthy club.

Learn more about the OWA board and our plans for 2012 at our next board meeting on January 31, 2012.

Happy New Year!

“Put on the river like a fleeing coat, a garment of motion, tremendous, immortal.”

~James Dickey



February's meeting will be held at the Clackamas Aquatic Pool in Milwaukie. Come practice your technical skills on knots, throw bags and re-flipping your raft and Cat boat. Don't forget to bring your helmet, throw bag and river shoes along with your lifejacket. River Connection will be donating a door prize to the winning participant.



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The author buried in "Cali Tongue", South Fork Merced

## A Class V Cataract State of Mind

CONTINUED FROM PAGE 1

**W**e all nailed the line, but the hydraulic force of the fold blew both of my oars and I was scrambling again. Only this time, I didn't get the oars re-set until I was past the eddy. I looked at a small wave to my right, decided to skip an emergency surf, and back-stroked at the lip for a quick boat-scout. Mark hollered, "Right-third!" as I stood on the scout rails and the full magnitude of the fifteen-footer came into view. The landing looked clean, so I made a quick downstream push on the oars and drove my 11-foot cataract over the edge.

I patted my head as I headed for the eddy and Dave and Mark followed with clean lines. "You OK?" they asked as they pulled-in. "Yup." I was unhurt and my gear was fine, but I was a bit shaken. Both are

good friends that have been in similar positions and gave me the mental space I needed as I took a deep breath and regained composure. My first 20 minutes of Day Three on the South Fork of the Merced had been exhilarating: failing to fully execute a must-make move, pinning, intentionally flipping, re-flipping, having a freak gear failure (I've never blown both oars at the same time before or since), and running a very large horizon line blind.

There wasn't much else for me to say except, "Mind if I lead?"

Whitewater is a great activity because there is something for everyone...captain or passenger, rafter or kayaker, client or guide, roadside or wilderness, day-run or multi-day. Different boaters may find similar degrees of satisfaction in Class III and Class V. Having

the physical ability, experience, and proper gear for a run goes a long way. However, if your head isn't in the right place, that other stuff may not matter.

Regardless of skill level, one's mental approach ultimately shapes success and enjoyment. Push into wilderness and/or multi-day Class V in a raft

**I've never blown both oars at the same time before or since**

without anyone that knows the run and one's ability to prepare, problem-solve, maintain objectivity, and manage stress affects not only the quality of the outcome, but survival.

There were two ways I could have gone that morning on the

South Merced. Boating timid in Class V is a recipe for disaster and spending the rest of the trip following my buddies would have been a disservice to us all. My mind needed to be re-focused and there was only one way turn a confidence-shaker into a confidence-builder: get in the lead. (See sidebar at right.)

**Being honest about one's abilities.** This is an important part of AW's Safety Code. I've seen folks run well-established IV+ runs with the occasional V- rapid get self-congratulatory and throw the phrase "Class V boater" around. This is OK as long as they stay within that realm. There is a huge difference between the boater that runs the occasional Class V rapid and those that do Class V runs more regularly. It doesn't matter which you are, just be honest with yourself. Be trained and practiced in rescue and first aid. Talking about being safe is one thing, living it is another.

**Situational Awareness.** Be continuously cognizant of your surroundings and comprehend their relationship to your objectives. This includes anticipating how a sometimes sudden change in one variable will affect the course of events. At a minimum, have a plan, a back-up plan, and back-up for your back-up plan and sequence in order of probability. When scouting, it is easy to be distracted by the roaring unknown presented by the river. However, once standing on land, the river is no longer the primary hazard.

>> **CONTINUED ON PAGE 10**

I've been fortunate to run with two guys that bring an analytical approach to whitewater similar to my own. Mark Cramer, Dave Nissen, and I have assembled a mental tool-kit that has facilitated safe and enjoyable passage through some of the most challenging whitewater any oar-boater has seen. Though refined in wilderness Class V, a disciplined application of the following considerations will increase the safety of any trip on any class of water.

### **On river rules ... have them, love them, live them.**

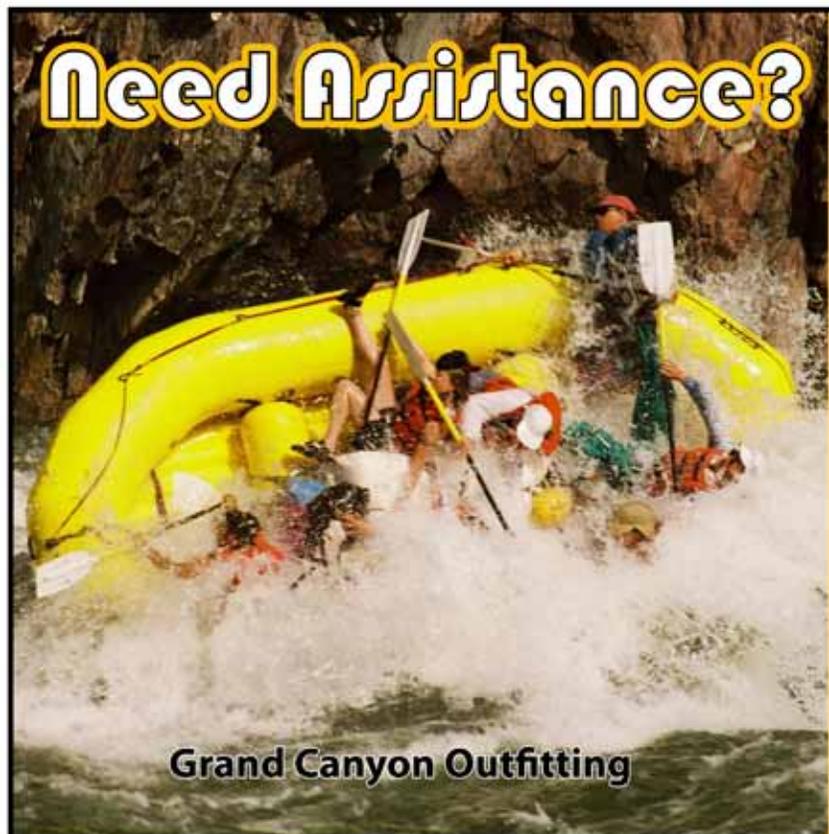
*The structure of these rules should be sufficiently comprehensive to apply to all situations, but flexible enough to facilitate improvisation while dealing with the variability across rivers. Many of these are well-known:*

- **WHEN IN DOUBT, SCOUT.** If you can't see the bottom/exit from a rapid or an intermediate eddy prior to committing, you should be in doubt.
- **THE LEAD BOAT IS IN CHARGE.** If they signal to 'eddy-out' or 'hold', do it (or be prepared for a talking-to).
- **MAINTAIN (PREFERABLY VISUAL) CONTACT WITH YOUR GROUP.** Unless explicitly agreed upon, keep upstream and downstream boats in-sight. Have radios or some other contingency plan in place if there is a chance for extended separation.
- **HAVE A BRIEFING PRIOR TO LAUNCHING.** The briefing should focus on communications and known hazards. We've been using the same briefing for over four years. Though we've heard/spoken it many times, the review is always beneficial. It also helps calibrate the mindset of other boaters that may join us.
- **DON'T GET SEPARATED FROM YOUR BOAT.** This is the #1 rule of the Class V catarafter. Your boat is your lifeline. Your PFD is a distant back-up. We've all violated this rule at some point. We all work hard to ensure it never happens again.
- **SELF-RESCUE.** Each boater is responsible for their own safety. Just because you're in a group, doesn't mean anyone will be able to do anything for you. Be mentally prepared and rigged for self-rescue. Help will come if it can, but be wary of any plan that depends on it.
- **PRESERVE GEAR.** This may mean portaging something you know you could run, but recognize some potential for major gear failure (e.g. frame breakage) that would compromise the integrity of the trip and everyone on it.



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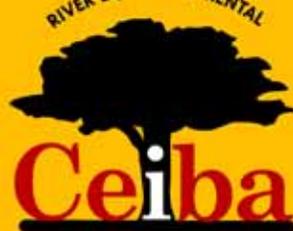
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## TRIP REPORT: New Years Day Float 2012

Submitted by new boater Marnie-Anne Sell

All of the uncertainty of the week leading up to the New Year's Day float were washed away when I saw the clear morning sky of the first day of the year. As a new boater I have to admit that I was a little nervous as I read the emailed updates in the days preceding the float; not enough water – too boney they said, then there was too much water – flooding and dangerous! I decided to layer myself in polypropylene, polar fleece, a drysuit, life jacket and hope for the best!

Well, the best occurred; the clear skies opened up to sun, the park was not closed, and the river cooperated with a flow of 6500 cfs. Which, according to those who know much more than I, was just about perfect!

The shuttle from Dodge Park was set to begin at 10:00 am, however it seems most everyone was ahead of schedule and we were one of the late arrivals at 9:30 am. An eager crew I thought! Everyone was all smiles, encouraged by the sunny morning. There were lots of hugs and "Happy New Year's" as we all prepared to head out.

The run started off very exciting



with the biggest rapid of the day just moments after we launched. As the icy water splashed up on my face I could not imagine a better way to spend New Year's Day. My heart soared as we rocketed down the Sandy past breathtaking steep cliffs, water falls and deep forests. The city had melted away, and I was reminded how happy I am to live in one of the most beautiful places in the world!

A big thank you to trip leader Val Shaul who did a terrific job organizing the float – a joint venture between OWA and NWRA. There

were 42 boats in all and eight veterans paddled while four set up the delicious potluck at Oxbow Park.

Thank you also to Disabled American Veterans and Team River Runner, an organization that provides health and healing

**My heart soared as we rocketed down the Sandy past breathtaking steep cliffs, water falls and deep forests.**

to wounded veterans and their families through paddle sports, for provided the BBQ and to everyone who brought side dishes and deserts. Finally, thank you to the crew who stayed behind and had a warm fire and food welcoming us when we arrived at Oxbow Park.

It would have been easy to sleep in on New Year's morning, however I'm so glad I made the decision to paddle. The river, the sunshine and the wonderful community of boaters helped me start this year off right, thank you!!! See you all next year – January 1 – on the Sandy!



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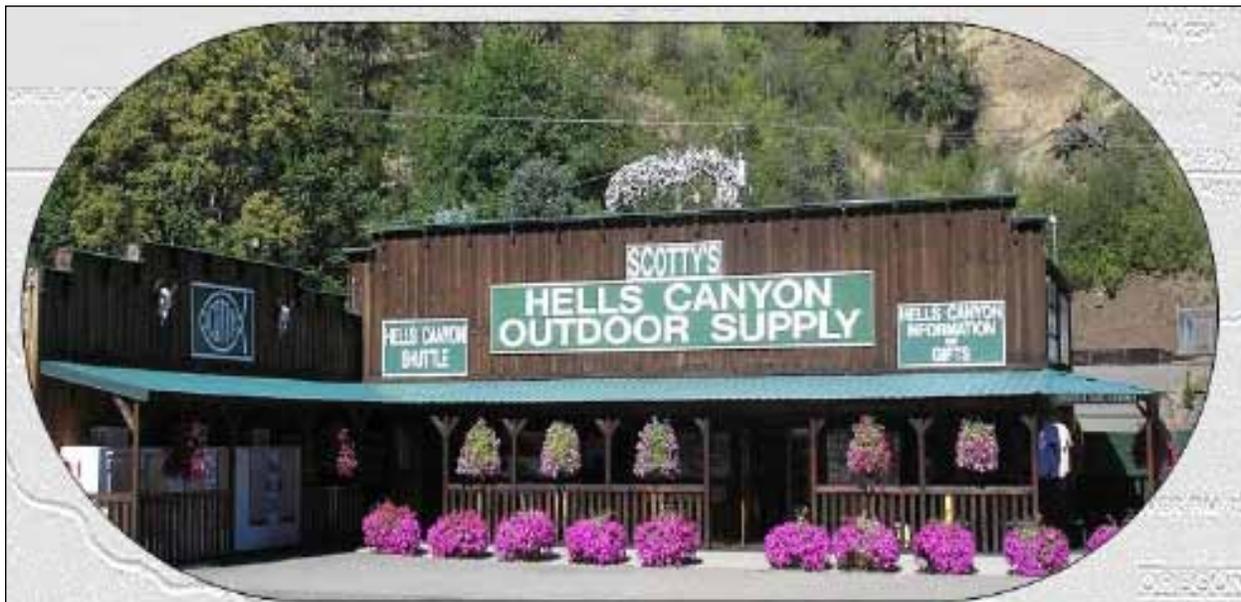
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# Clackamas Pool Safety Training

**C**ome one, come all to the Clackamas Pool Safety Training on February 8. The pool is located at 7300 SE Harmony Road, Milwaukie OR 97222.

OWA has organized another great event to help members advance their rescue skills to the next level or to simply add to their current bag of tricks.

We will begin promptly at 6:45 p.m. with the introduction of the five stations, their objectives and the rotation flow of the night. Come see how our instructors are passionate and committed to helping you raise your confidence and your abilities to rescue yourself and others on the river.

Be sure to bring your helmet, river shoes, lifejacket and throw rope.

## STATION #1 KNOTS

Students will learn five basic knots – what they are best used for and why it is important to dress knots properly.

**Instructor:** Bruce Ripley

Bruce will show you how to tie the Bowline, Figure 8, Water Knot, clove hitch and Double Fisherman's bend.



## STATION #2 THROW BAGS

THROWING, RETRIEVING  
and RE-THROW

Students will practice opening, throwing their rope to their target and retrieving and coiling rope properly

**Instructor:** Brent Davis

## STATION #3 RAFT FLIPPING

Learn the different leverages and angles to re-flipping your raft.

**Instructor:** Zach Collier

## STATION #4 THROW BAGS

LIVE BAIT and  
RIVER SIGNALS

Throw to moving person in deep water from a perched position (and re-throw). Students will practice grabbing rope, position it over shoulder, and get pulled in deep water.

**Instructor:** Val Shaul

## STATION #5 CAT BOAT FLIPPING

Students will learn how to flip with and without flip lines. Learn advantages and disadvantages of knots in the flip line. Understand leveraging your weight and size and other tricks to re-flipping your Cat boat.

**Instructor:** Dave Nissen

## A Class V Cataract State of Mind

CONTINUED FROM PAGE 5

A disproportionately high number of river accidents happen near the bank. Minding foot and hand placement on scouts and portages can prevent falls and rattlesnake encounters, reduce poison oak contact, and avoid other pitfalls that can derail a trip. Maintaining situational awareness assists an objective assessment of runnability on a rapid-by-rapid basis. Upon having several portages in a concentrated area, it is possible to slip into the portage doldrums and keep portaging when it is unnecessary. Aside from improving safety, maintaining situational awareness helps conserve energy and time.

### **Wilderness experience, there's no substitute.**

Dave, Mark, and I have 90 years of collective wilderness experience, with no one of us with less than 20 years working and playing in remote settings. There's an acquired attitude that comes with such experience that governs self- and gear-preservation as well as contingency planning. Navigation of any river is super-imposed on top of that. In a true wilderness setting, be willing to portage and don't expect a government agency to swoop in when the going gets rough.

**Be prepared.** Yes, I was an Eagle Scout. Much of what I learned as a boy has served me well through adulthood,

but one doesn't have to have been a Boy Scout to reap the rewards of preparing for the worst and hoping for the best. While gear is an essential part of preparedness, this article isn't about that. Prepare yourself with the knowledge to succeed. Real-time and historical streamflow and weather data are invaluable. Be knowledgeable and practiced in technical rope rescue and first-aid techniques.



Dave "Madcatr" Nissen dropping into "Superslide", South Fork Merced

**Be ready for the askance look.** Look up nearly any Class V run in the guide books and, more often than not, it will say "No" next to "Rafts". Many of these runs can be rafted, some quite enjoyably if you've got the skills and a willingness to work for it. The hard part can be determining which runs are, in fact, raftable; especially if you can't find anyone that's done it. Direct communication with kayakers will be of varying degrees of assistance, but will tend to echo the guide book.

I rarely bother to ask "Is it raftable?" because fact of the matter is, most kayakers don't have the perspective to know. Most will be happy to share what they know of a run. Most won't want to be there on the same day you are if you decide to go. That's OK. While eating lunch on the 49 to Bridgeport section of the South Yuba one day, a group of kayakers drifted by, waved politely but avoided eye contact and wasn't

interested in talking. No biggie. It was obvious they figured we were in over our heads and didn't want to be around when carnage ensued. Which brings me to what I call....

**Cataract pride!** There's a common perception that having a kayaker along makes every trip safer. However, the notion of "the safety kayaker" is a bit dogmatic. While I've lost count of the times I've rescued kayakers and/or hauled kayaks and other equipment down-river,

I've been rescued by a kayak exactly once ... the third time I was ever on a river. Having one or more kayakers along may provide some additional safety, but kayaks and catarafts have their relative strengths and weaknesses. Cats are just as capable of probing a line and setting safety in the pool below. The mid-rapid performance of a cat with a swimmer in-toe is hindered less than a kayak and the boatman has a better angle on the water when boat-scouting. Kayaks are smaller and faster and capable of catching micro-eddies where setting safety or scouting would be difficult to impossible for a cat. It is difficult to describe the satisfaction of completing a run none of your group has ever seen before in rafts-only. If you want to invite kayaks along, do so because you want to, not because you feel like you have to.

**Take your time.** Yeah, the guide book says it's an overnight trip. Yeah, some hair-boat kayakers have blazed through

it in six or eight hours. The guide book also said it wasn't raftable, remember? Rafts can boat-scout, but not like kayaks. Further, they can't run everything kayaks run, and in, general just aren't as fast as kayaks. Once you've accepted this truth, you've freed your mind of the irrelevant constraints of "the guide book." Bank-scouts take longer and portages with prudently loaded rafts take 4-5 times (or more) longer than with a kayak. When we do Class V multi-days, we find it best to add at least a day or even double the guide book estimate on travel time. Just to be safe, add a safety factor and bring another day or two's worth of food.

**Don't forget the home front.**

Inform family and friends of your intended whereabouts and schedule as appropriate. It definitely helps to "coach" their expectations in terms of when to expect communications and when or (more importantly) when not to call in the authorities. A couple years ago, a friend's wife graciously agreed to run the epic shuttle for the upper Kings for us.

However, she was unfamiliar with our approach and called Search and Rescue when we hadn't returned to camp prior to dark while packing our boats in. We set out to find a phone and/or rangers that night, albeit unsuccessfully, to hopefully pre-empt a search. I was woken from my slumber atop the raft trailer at about 3 AM when a very nice deputy shined his spot-light in my face. We got things cleared-up and, thankfully, a search team had not been mobilized. As we headed to the put-in for the Rubicon this summer, we knew there was a significant rain event coming. We had contingencies for spending several days off the river, including a temporary hike-out, and we notified folks accordingly. Making sure that our loved-ones are aware that we plan on self-extraction and budget extra time can avoid having the authorities notified pre-maturely and unnecessarily putting first-responders at risk.

>> CONTINUED ON PAGE 12

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## A Class V Cataract State of Mind

CONTINUED FROM PAGE 11

### Past performance is no guarantee of future results.

I know people that pride themselves on having boated Class III or IV for 30 years without a flip. Upon venturing into IV+ or V- water, their first flip may not come on their first or second run, but as the saying goes, we are all in between flips and swims. When they inevitably have their first flip, they are caught off-guard because they carried an unrealistic assessment of their ability into heavier water. This may or may not result in some analysis which may or may not lead to the actual cause of the problem.

### Get back on the bike/Dance with the date you brought.

Upon having trouble in more difficult runs, some folks conclude that the problem lies with the boat, sell their gear, and buy the latest-greatest. This will get them by for a time, but when you're off-line, you're off-line. While newer cataracts are more generally enjoyable and forgiving, they are still in-between flips. They just flip differently. An old boat underneath a skilled boatman will perform better than a new boat driven by a Class V rookie.

The river doesn't care. This is one of the most important points in maintaining perspective. The South Fork of the Merced doesn't care how many times I've been down the North Fork of the Payette. For that matter, the North Fork Payette doesn't care how many times I've been down the North Fork Payette. Last winter I passed the 100-run

mark on my local training run. Despite having a similar regard for the Wind River as for an old friend, I can never be lulled into thinking that sentiment is reciprocated. No matter how familiar with a run you are, if you put your boat in the wrong place, the river will stomp you. Sometimes you'll get a pass; be very thankful when you do, but never expect one.

"Never give the river a free shot," is a saying of Mark's that I like. In Class V, you will get beat down and the effect is cumulative. Therefore, preparing and executing to your potential reduces the likelihood of a technical knock-out.

**Know your place.** We're all guests on the river and should be humble in our approach. Humility is individual-specific and can be in short-supply in many adventure sports. "Boater Ego" can create conflict amongst group members and cloud judgment. I've found a number of humbling places over the years such as when scouting Taffy Puller on the North Payette. One of my most memorable was a short walled-in section of the Middle Feather shortly before the big portage where the canyon seems to whisper, "You don't belong here. You might pass through, but you'll never belong." Coupled with a humble attitude, I use Leave No Trace tactics.

"Meter your adrenaline," is Dave's synthesis of energy conservation. Folks that whoop and holler after completing their first V rapid of the trip are borrowing prematurely against the reserve they're going to need for the next 15 Class Vs, 5 or 10 portages, and 50+ scouts over the subsequent three days.

After-action review (AAR).

AARs are common practice in wildland fire-fighting and emergency response. Whether things go as planned or not, it's helpful to have a constructive discussion of what worked, what didn't, and why. This can be at the end of the day and/or the end of a trip, but should occur in close temporal proximity and in the absence of alcoholic beverages.

The challenges presented by whitewater are a big part of the appeal. Being competent and confident without being cocky is important, but that can be a challenge unto itself. A strong, but flexible mindset prepares one to deal with contingencies while facing-up to tough decisions. A disciplined implementation of the above mental tools will increase one's probability of safe and successful navigation in remote and hazardous environments. Which brings me to the final and most liberating part...

Guide? We don't need no stinking guide! A number of years ago, we were getting ready to run 49 to Bridgeport on the South Yuba with some of our cat-brethren from California. Unfortunately, our friend Steve's boat blew a seam on the bank while waiting to launch. A couple of the other guys mentioned calling-off the trip since Steve was the only one that had seen the run before. Dave, Mark and I made our intentions clear that we were running as soon as we helped Steve pack his boat back up the hill. We also made it clear that we wouldn't fault anyone for not going. The others decided to come along and we had a great run. To this day, that is one of my favorite day-runs and nothing that some prudent scouting couldn't address. As the saying goes in Class V, "If you need someone to show you the lines, then you probably shouldn't be there."

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# Trip Calendar

Submitted by Pat Barry

Please go to the OWA website for additional details on each trip.

[CLICK HERE](#)

Or go to <http://oregonwhitewater.org/calendar/trip-calendar>



1.1 Sun	Sandy River	II/III	Val Shaull	<a href="mailto:val.shaull@frontier.com">val.shaull@frontier.com</a>	503.805.8991
1.28 Sat	Siletz River <i>This trip is full. Contact the trip leader to be added to a wait list.</i>	III/IV	Tom Riggs	<a href="mailto:trriggs@ashland.com">trriggs@ashland.com</a>	503.647.0690
2.18-20 Sat-Mon	Rogue River	III/IV	Bee Tyree	<a href="mailto:dillflet@comcast.net">dillflet@comcast.net</a>	503.753.4081
3.16-18 Fri-Sun	Rogue River	III/IV	Rick Carman	<a href="mailto:frederickcarman@comcast.net">frederickcarman@comcast.net</a>	503.642.9347
3.24-26 Sat-Mon	Lower Deschutes	III	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503.267.9785
4.14 Sat	Deschutes River	III/IV	Tom Hanson	<a href="mailto:TJHRafter@earthlink.net">TJHRafter@earthlink.net</a>	503.201.4428
4.20-22 Fri-Sun	Lower North Umpqua	II/III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360.931.4224
5.11-13 Fri-Sun	Grand Ronde	III	Eric/Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509.201.4428
5.26-27 Sat-Sun	Lochsa River	IV/V	Steve Herring	<a href="mailto:stevenh@tektronix.com">stevenh@tektronix.com</a>	503.646.6100
6.1-3 Fri-Sun	Upper North Umpqua River	III/IV	Suzie Richards	<a href="mailto:suzir47@gmail.com">suzir47@gmail.com</a>	360.601.0898
6.15-17 Fri-Sun	Lower Deschutes	III	Carol Beatty	<a href="mailto:caroldon1@comcast.net">caroldon1@comcast.net</a>	503.816.6172
7.2-4 Mon-Wed	Lower Salmon	III/IV	Eric/Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a>	509.201.4428
7.19-22 Thu-Sun	McKenzie River	III	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>	360.931.4224
9.15-17 Sat-Mon	Hell's Canyon	III-IV	Mike Moses	<a href="mailto:mtymo@hotmail.com">mtymo@hotmail.com</a>	509.240.4220
9.22 Sat	North Santiam River	III	Rick Hendon	<a href="mailto:gonetothedogsinc@msn.com">gonetothedogsinc@msn.com</a>	503.887.4305
9.29 Sat	Yakima River	II	Vance Cordell	<a href="mailto:pyloris58@yahoo.com">pyloris58@yahoo.com</a>	360.253.3013
11.10-12 Sat-Mon	Rogue River	III/IV	Scott Ogren	<a href="mailto:scott@scottogren.com">scott@scottogren.com</a>	503.267.9785



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# NEW! Sign up online with PayPal

EXISTING MEMBERS: <http://oregonwhitewater.org/about/pay-dues>

NEW MEMBERS: <http://oregonwhitewater.org/about/join/sign-up>

## Oregon Whitewater Association Membership Application Form

Address: \_\_\_\_\_  
City, State Zip: \_\_\_\_\_

**A household membership is \$28.00 for one year, from January 1 to December 31.**  
You may go to our website at [Oregonwhitewater.org](http://Oregonwhitewater.org) to sign up and pay your dues online.

### Membership

1 Year – \$28

2 Years – \$56

3 Years – \$84

I hereby state that I wish to participate in courses and/or activities offered by Oregon Whitewater Association (OWA) a non-profit corporation. I recognize that any outdoor or aquatic activity may involve certain dangers including, but not limited to, the hazards of traveling by boat on rivers or other bodies of water, accidents, or illnesses in remote places or occurring during portages, forces of nature, and the actions of participants and other persons. I further understand and agree that without some program providing protection of its assets and its leaders, officers, and members, OWA would not be able to offer its courses and activities.

In consideration of and as part of my payment for the right to participate in the activities offered by OWA, I hereby release OWA and its leaders, officers, and members from any and all liability, claims and causes of action arising out of or in any way connected with my participation in any activities offered by OWA. I personally assume all risks in connection with these activities, and further agree to indemnify OWA and its leaders, officers, and members from all liability, claims, and courses of action which I may have arising from my participation in activities including, but not limited to those involving death, drowning, personal injury, and property damage. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, assigns, personal representatives, and for all members of my family including any minors. [Parent or legal guardian must sign for all persons under eighteen (18) years of age.] This agreement is effective as of the date signed, and has no termination date. I have fully informed myself of the contents of this release and indemnity agreement by reading it before I have signed it.

All participating adult members of the household (age 18+) must sign. Guardians must sign for minors.

Participant	Printed Name	Signature
Member #1		
Member #2		
Member #3		
Member #4		

Participant	Email Address	Preferred Phone(s)
Member #1		
Member #2		
Member #3		
Member #4		

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