



WATERLINES



Newsletter of Poudre Paddlers

April, 2007

Why Join Poudre Paddlers? It's People and Skills

By Debbie Hinde

I just want to go on trips; I would never want to host a trip. I only go on flatwater and easy rivers....hmmm, that river looks easy from here. I would never want to paddle whitewater. I don't know how to teach others to paddle a canoe. I only like to be in the stern or be solo. I can't paddle the rivers around here; they flow too fast for me to paddle back upstream to where I'm parked. I've been canoeing all my life, what do you mean I should paddle upstream to the center of the river and then turn into the current after I'm away from shore? Hey – I'm going to hit that downed tree – what do I do?! Why am I so cold – I've got my jeans and sweatshirt on? What's a throw-rope?

That was me about 10 years ago. I had been paddling for my whole life. Easy stuff. Then I met the Poudre Paddlers. You mean there are actually clubs where like-minded people get together for paddling? I suppose I'll try it. But I'm not really comfortable in groups...

Now fast forward to March 2007. I have to renew my ACA whitewater teaching certificate. I salivate when I hear of multi-day trips in the Yukon and Costa-Rica. Yes, I'll teach beginning safety and rescue again. Sure, I'll meet you on the Poudre after work. Let's

eddy hop and surf all the way down! I wonder how many of my paddling friends will be on this trip? Check out my new paddling gear...

Do you get the picture? This club not only gets me out paddling, but it has helped me grow in several ways. I have gained confidence, I have pushed past my comfort zone and found new skills and capabilities, I have found numerous, fantastic friends with which to paddle and learn from, and much to my husband's chagrin, I have accumulated multiple canoes to clog the garage! This club gives to me and I thoroughly enjoy giving back.

What would you like to do to make this your ideal club?

In This Simple Issue:

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- Membership Form.....page 9, 10

Don't forget: Pay 07 dues soon-see p 9

All-Club Meeting April 22: See Calendar. (pay dues there as well)

PFD's: Some Low-Down on Staying Up

by Eric Hermann

David Karan sent some serious US Coast Guard statistics: In 2005, of 49 canoe deaths, 37 victims were not wearing pfd's. The message in this datum is clear.

In boats wear pfd's (personal flotation devices)—your life jackets—on yourself and all passengers, including pets! Wear good ones, and wear them correctly!

Sometimes we take off pfd's because we're sure we won't capsize (hah!) or we are sure we can wade or swim to shore if we do. We can never be sure of that because there is chance for injury, entrapments like foot pins, and hypothermia. Outside of your hot tub or heated swimming pool, there is no water in Colorado that doesn't threaten hypothermia.

Hypothermia works on extremities first; that's the part of us that swims. Debbie Hinde commented the other day that, after a practicing self-rescue swimming, even wearing double wetsuit protection, her arms felt useless and heavy. I've been there too, heard the false voice within saying, "Arms tired? Just rest awhile; it'll be all right." Last year a woman died in Westwater after floating in her pfd for three miles or so. No one is sure why, but hypothermia is a suspect. If you are in a good, highly buoyant pfd, it is easier to make a quick exit from the cold water.

If you capsize in a lake, holding on to your boat opens you to hypothermia in 15-30 minutes. But can you swim to shore? "Sure," you say, "I can swim a half mile easily, and it's only 200 yards to shore." Imagine that you swim the first 100 yards, then each 10

yards after that another five-pound rock is added to your back. That's like hypothermia. A pfd would keep you afloat if you succumb to the cold, maybe long enough for rescue.

Pfd's come in various types, classified I, II... to V. The I's and II's are the puffy, Mae West types—the orange pillowy things like Mae West's...never mind. Get a III that is a well-known brand, from a canoe-knowledgeable dealer. Type IV's are the throw types, the lifesavers on ships. Type V's are assorted types including bulky ones for raft passengers and the rescue types that come with rescue harnesses, which can be unsafe if you don't know exactly how to use them, and which can be an uncomfortable bother! (Tip for those who should wear a rescue harness: The slider ring can slip off, so bind it a little with a weak rubber band, which will break when you need it to.) Type III pfd's are made for the paddling crowd. Try one on before you buy, be sure it is snug, but make lots of paddling moves to be sure it doesn't bind and chafe your active body! Any rubbing on the arms will be a chafe after a good paddle.

How buoyant is your pfd? Most adult pfd's offer about 16 pounds of buoyancy. The Coast Guard insists on at least 15.5. That means it will float a 15.5-pound rock. There are several formulas and forums about how much buoyancy floats a human, but they are based on thinking like this: Water has a specific gravity of 1, meaning a cubic centimeter will weigh one gram at 4 degrees C. Human flesh comes in ranging in specific gravity from .99 to 1.07. (<http://www.tesarta.com/resources/library/weights.html>) The more fat content, the less specific gravity.

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By comparison a piece of granite has a specific gravity of 2.69. Looked at another way, a cubic foot of fresh water weighs 62.4 lbs. (sea water, 64). A cubic foot of person weighs 61-67 pounds; of granite, 168 lbs. That's why we need just a little buoyancy, but more for leaner folks made of bone and muscle. That's why Tom Peck, who has as much fat as a crowbar, found out his nose floated just at the surface in a Snake river swim in his 16-lb.-buoyant life jacket and then bought a 22-lb high-float. The wilder, more frothy, i.e., whiter, the water, the higher we need to float. Many companies, like NRS (Northwest River Supply) tell you the buoyancy of their pfd's. It's on most labels; be sure to check.

How does your pfd fit? Comfortable, yes, but in the water... The pfd must be worn tightly. Put it on, buckle everything, and pull the cinches tight. Someone lifting on the over-shoulder straps should not be able to slide the pfd an inch up your torso. Sometimes a capsized boater winds up with the pfd riding up over the nose, a serious problem for those who breathe. Be very careful fitting pfd's on children. We often buy gear "they can grow into," and that may not be wise. Don't allow any compromise on fit! Worst-case scenario: Someone tries to pull a swimmer out by grabbing the shoulder straps and the pfd slips off. (Tip: To pull in a heavy swimmer you might first have to push him/her down before pulling up, for an easier lift, like a fishing bobber. Be sure he/she knows you're going to do that!)

How do you care for the one piece of equipment that can best save your life? Keep it clean, free from abrasion. Store it out of the sun. Dry it well between trips. When you

take it off when coming ashore on trips, tie it to a bush or boat so the wind can't take it. This is serious: a person died on the Ruby-Horsethief section of the Colorado River—a class one and two run—years ago because the wind blew her pfd away. She "had to" proceed without it and died in the Black Rocks whirlpools. (Tip: Carry extra pfd's! for a group. Maybe one could jury-rig a sleeping pad as a wrap-around pfd, I don't know.)

Pets need pfd's too. My lab can swim like a duck, but she doesn't know rapids, and her swims in flat water involve retrieves quickly to shore. Dogs will often try to swim up a current, tiring fast. If they have flotation, they are less likely to be swept into entrapments.

Never, of course, tie a pet or child to a boat. I once had to swim under a tree-pinned canoe to cut a dog loose. He was okay, but water jetted about six feet from his nose and mouth!

Style and Color is up to you. Some companies, like Lotus, make models especially for women. Low profile vests offer more mobility, whereas high-profile offer higher buoyancy, but sacrifice mobility. Sure, pick a nice color, but bright colors offer better visibility if you need help. Mesh pockets come in all sizes and shapes and are great for sunscreen, shuttle keys and rescue gear. Vests that open on the side allow larger pockets. You should be able to put on and take off the vest easily. Dry- and wetsuits should fit under the vest, but your rain parka should fit easily over it. (Tip: Be sure to attach a whistle!)

Club Trips and Events Calendar, 1007

Please volunteer to host a trip. Call Roger, 669-4182. Check Listserve for updates or ask a friend to keep you informed if you lack a computer and email.

Sunday, April 22 - Annual Club Meeting – 6:30 pm -9. Open to the public; Upstairs ballroom of the Armstrong Hotel at 259 S. College Avenue; Pizza and soft drinks will be provided. Contact: Debbie Hinde (970-669-6247), dhindel@msn.com

Saturday, April 28, Town Run, Fort Collins (Shields Street to Prospect Street)

Rating: Class II (high water: Class III)

Description: This is a leisurely trip on mixed water, including flat stretches, island-slalom--requiring some quick maneuvering--and two drops through boat chutes. This is canoeing at its canoeiest. Likewise for kayaks. Class II experience required. Call for details.

Contact: Mark Riffe, mriffe@fs.fed.us, (970) 224-9812.

Saturday, April 28, Boat swap—Mountain Shop AND Lee's Cycle. Call 493-5720 for info. 7—9 to check stuff in; 9-3 is the swap.

Saturday, May 5, 8 a.m.—Treasure Island to Pick Bridge on the North Platte through Saratoga, Wyoming. Rating: Class 1+, prior experience floating a river is required

Description: We will float from Treasure Island heading north, stopping for lunch at the Hobo Hot Springs in Saratoga, and finishing at Pick Bridge. The North Platte flows between the Snowy Range on the east and the Sierra Madre Mountains on the west. Full Description: http://www.rff.com/Saratoga_Spring_2007.htm

Contact: Roger and Diana Faaborg, roger@rff.com, 970 669 4182

Sunday May 6 Kayak Demo Day - 10 to 4 , Sponsored by Rocky Mountain Adventures. At Sheldon Lake City Park in Fort Collins. Try out the newest kayaks.

Sunday May 6 - South Platte River, Evans Ball fields to Kersey and/or Kuner.

Rating: Class I water: paddlers must be able to navigate strainers (dangerous limbs in the water). There are two portages around spillways. Takes 5 to 6 hours. Meet at the I-25 and Hwy 34 Park n' Ride at 9:00 a.m. and then convoy to the put-in at the Evans Ball Fields or meet us at put-in at Evans Ball Fields at 10am.

Contact Mike O'Brien (970-482-2623), brokenpaddle@mywdo.com .

May 16 and every Wednesday thereafter: Wednesdays on the Poudre.

Location: Filter Plant, Bridges or Lower Mishawaka on the Poudre. Meet at Gateway Park if we're doing Filter Plant., which is Class II (II+) Bridges is Class III (IV-) Parentheses mean some rapids may be higher. Early season we'll do Filter Plant. Filter Plant and Bridges can be done in sections: Some people can start on easier sections then graduate to the entire runs. Contact : Dave Karan, poudreman@comcast.net 970-224-5621

June 3: Sleeping Elephant on the Upper Poudre Rating: Class II at medium flows; Class III at high flows. Beautiful, less-traveled upper stretch of the Poudre River. The first part of this stretch is fast and full of rocks and requires quick moves. The lower part is less rigorous but has a good potential for strainers. Class II+/III- whitewater experience is required. Participation is limited so reserve a spot well in advance. Contact: Mark Riffe, mriffe@fs.fed.us (9 70) 224-9812

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Club Trips and Events Calendar, 1007

(Continued from page 4)

June 8 – 10 - North Platte River Six Mile Gap to Treasure Island, Wyo.

Rating: Class II (II+) Description: Wilderness/ranchland, great camping, fishing, kids welcome. Poudre Paddlers/ RMCC trip. You should be able to run Filter Plant, loaded with gear, to do Six Mile Gap. Contact: kenbauer@comcast.net 303-709-8781 evenings.

Sunday June 10—Mtn Shop Demo Day at Windsor Lake. Call 493-5720.

Sunday June 24— Poudre River Filter Plant Run 1:30 p.m Rating: Class II+ Description: We are doing the Filter Plant run following the Basic Safety and Rescue Course. If this is your first run on Filter Plant, please let Debbie know. RSVP please. Contact: Debbie Hinde (970 669 6247) dhinde1@msn.com

Saturday, June 30, Lake to Lake Triathlon (Boat Support for swimmers)

Details and contact person will be added later on the calendar at www.poudrepaddlers.org

June 30 - Town Run on the Poudre Rating: Class II. Meet at 10. Shields St. Bridge to Prospect Street, 3-4 hours. Some tight maneuvering, standing waves, stretches and pleasant scenery along the way. The Coy Boat Chute and Cheese Grater will be part of the fun. Two short portages around diversions. Paddlers must be able confidently to handle Class II water. Contact: Mike O'Brien (970-482-2623), brokenpaddle@mywdo.com

July 6 – July 13 Desolation and Gray Canyons on the Green River in Utah.

Class III. Eight-day trip through open canyon country. Can be quite hot.

Contacts: Richard Ferguson and Will Golson (Golson@frii.com, 207 - 0101

3-6 boats. \$20 permit fee plus shuttle (\$120-\$150 per vehicle)

Sunday, August 12, Horsetooth Open Water Swim (Canoes support swimmers)

Wingshadow event. Details and contact will be added later.

Saturday, August 18, Pumphouse Run, Colorado River Rating: Class II/II+

Description: Three miles of Class II/II+ trip in beautiful mountain scenery. Pleasant surprises await first-timers. Stay overnight to enjoy the mountain air and Poudre Paddler nightlife. Ask Steve to demonstrate his submarine techniques. Paddlers may choose to paddle either Saturday, Sunday, or both. Contact: Steve Cassells (303 684-9252) scassell@lccc.wy.edu

Sunday, August 19, Blue River - Green Mountain Canyon

Rating: Class III. Description: Join Steve on the Blue for a very scenic and entertaining trip. After negotiating a class III+/IV- put-in trail, a quick current, clear water, many rapids (mostly Class II with a couple of very nice III's) and wonderful canyon scenery, will vie for your attention. Contact: Steve Cassells (303 684-9252) scassell@lccc.wy.edu

October 11 Gates of Lodore in Dinosaur National Park, Green River

—Drive on Wed., Oct. 10.....take out October 14 or 15. Drive home on October 15 or 16. Rating: Class II with two Class III- rapids. Description: Great Fall colors on this run in October. I have done it twice in mid October and it has been lovely both times. See Eric Hermann's description in the December 2006 issue of Poudre Paddler's Waterlines. <http://www.poudrepaddlers.org/docs/waterlines.pdf> . Contact BonnieGallagher652@gmail.com .

Poudre Paddlers Instructional Program

INSTRUCTORS AND CLUB-SPONSORED TRAINING

Through club sponsored training, Poudre Paddlers gives club members opportunities to enhance their paddling skills. The club offers classes for beginning canoeists to learn basic paddling strokes and for whitewater enthusiasts to enhance skills for bigger water. A fee of \$10 per non-ACA member will be added to classes taught by certified instructors to cover insurance cost. All class participants must have their club dues current for the **2007** season to begin classes. **You will need to have or rent your own boats and gear. You must know how to swim!**

Poudre Paddlers instructors with ACA certifications

Steve Cassells - 303-684-9252, Basic Solo and Tandem river

Eric Hermann - 970-482-8339, Solo and Tandem Whitewater

Debbie Hinde - 970-669-6247, Basic Solo & Tandem River and Whitewater Tandem

David Karan - 970-224-5621, Solo and Tandem Whitewater

Other Poudre Paddlers Instructors:

Mike O'Brien - 970-482-2623

Joe Schmid and Katie Christensen - 970-484-7857

Karen Roth - 970-482-4360

To Sign Up for Poudre Paddlers Classes: Check fees and insurance in the listings, below. Many classes are free. To sign up for a class, just follow three easy steps:

- Contact the instructor so they are expecting you and include you on their training roster. They can also offer preparation details, directions to the training location, and suggestions for their class.
- When you arrive at the training location please pay the instructor the class fee. If you are not a club member, or your membership is not current for **2007**, you may pay the \$20 membership fee also at this time.
- **YOU MUST REGISTER AT LEAST 7 DAYS BEFORE THE CLASS BEGINS. OTHERWISE CLASSES MAY BE CANCELLED DUE TO LACK OF SUFFICIENT STUDENTS.**

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Club Instructional Program, 2007

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Introduction to Canoeing (Flatwater)

Date/Time: April 28st, 9:00 a.m. – 4:00 p.m. **Location:** TBD

Instructors: Steve Cassells (303-684-9252) and Mike O'Brien (970-482-2623)

Class Fee: \$15 per boat. **Add \$10 Insurance fee for each non-ACA member**

Description: This is an entry-level class for anyone wishing to learn to canoe. No experience necessary but any experience you have paddling a canoe will be helpful. You will learn all of the basic strokes . . .the right way. Many of us have poor-form strokes that make paddling inefficient and less enjoyable. Paddling techniques include: forward & back strokes, sweep, and pry, j- and stationary stern pry, stroke recovery, and effectively linking strokes. Some of these strokes will be learned and practiced while others will be introduced and taught in more depth in more advanced classes. Some of the basic safety issues will also be covered including: exit and reentry, personal flotation devices (lifejackets), avoiding entanglement from gear or poorly equipped canoes.

Basic Tandem River Canoeing (Moving water)

Date/Time: July 7 and 8 (two full days), 9am to 3pm. **Location:** lake and Poudre River

Instructors: Eric Hermann (970- 482-8339) and David Karan (970-224-5621) **Class Fee:** \$30.00 per boat. **Add \$10 Insurance fee for each non-ACA member**

Description: This class will build upon the lessons learned in the Tandem Flatwater class. The basic strokes will be applied on moving water (up to Class I+). Your strokes will be refined through demonstration, practice, individualized feedback and instruction. Communication and coordination between tandem partners will be discussed. The sequence of moves to accomplish eddy turns, peel outs, and ferries will be introduced and practiced. Boat tilts and other methods that also help you stay upright will be discussed and demonstrated.

Introduction to Solo Canoeing

Date/Time: April 28, 9:00 a.m. – 4:00 p.m., **Location:** TBD

Instructor: Debbie Hinde (970-669-6247)

Class Fee: \$15 per boat **Add \$10 Insurance fee for each non-ACA member**

Description: This is an entry-level class for anyone wishing to learn to canoe. No experience necessary but any experience you have paddling a canoe will be helpful. You will learn all of the basic strokes . . .the right way. Many of us have poor-form strokes that make paddling inefficient and less enjoyable. Paddling techniques include: forward & backstrokes, sweep and pry, j- and stationary stern pry, stroke recovery, and effectively linking strokes. Some of these strokes will be learned and practiced while others will be introduced and taught in more depth in more advanced classes. Some of the basic safety issues will also be covered including: exit and reentry, personal flotation devices (lifejackets), avoiding entanglement from gear or poorly equipped canoes.

Poudre Paddlers Instructional Program

Basic River Solo Canoeing

This class may be taught depending upon interest – especially if students from the Intro to Solo Canoeing want to try moving water.

Instructor: Debbie Hinde (970-669-6247)

Introduction to Tandem Whitewater and Introduction to Solo Whitewater

– Call Eric Hermann, 482-8339, if interested. Enough people, we'll try it!

Reading the River

Date/Time: Date TBD, 6:00pm to 8:30pm. **Location:** Poudre River, meet at Lower Picnic Rock parking lot.

Instructor: Dave Karan (970-224-5621)

Class Fee: FREE.

Description: From the safety of the riverbank, learn about friends and foes: those features of rivers which can help you have a safe and fun run . . . or make things wet in a hurry. Learn to read and understand features and concepts like laminar flow, turbulence, hydraulics, deadfall, strainers, pour-overs, low head dams, holes, undercuts, souse holes, eddy lines, rocks and their effects on water, techniques for navigating curves, rapids, and various obstacles. Special emphasis on the most dangerous hazards.

Beginning River Rescue and Safety Class

Date/Time: June 22nd, 6:00pm to 8:00pm – Classroom session. **Location:** TBA.

June 24th, 9:00am to 12:00pm - River session. **Location:** Poudre River.

Instructor: Debbie Hinde (970-669-6247)

Class Fee: FREE.

Description: Safety and rescue skills are an essential for any paddler of any craft. This class is formulated primarily for Poudre Paddlers wanting to run rivers. Fundamental safety equipment, basic boat rigging for safety, understanding and recognizing hazards, reading rapids, self-rescue skills, and on-shore rescue of swimmers will be covered. As time allows, other safety and rescue issues may be addressed including: minimizing the risk of capsizing, safe boat entry and exit, and boat-to-boat rescue. **If you attend this class, you will get wet!** Please wear suitable clothing and bring extra dry clothing too. **Consider renting a wet suit or dry suit.**

Basic First Aid and CPR

Date/Time: TBD – August or September

Location: TBA.

Instructor: Kelly Falbo (970-224-2209)

FEE: TBD (instructors may use education stipend credits for this class)

FEE: \$35.00 per person (instructors may use education stipend credits for this class)

Mrs. Barbara Hayward will be our Certified Red Cross First Aid and CPR Instructor. The agenda covers basic first aid and CPR. You will be certified upon successful completion of the class.

Poudre Paddlers 2007 MEMBERSHIP FORM PLEASE COMPLETE THIS FORM AND THE WAIVER FORM. **NO MEMBERSHIP WILL BE COMPLETE WITHOUT SIGNATURES ON THE WAIVER FORM.** (see page 10)

Name _____ Phone #s _____

Address _____ E-mail _____

Check here if you don't want email put in Club listserve: _____ Check if you don't want it in roster: _____
 Check one: Current member _____ or New Member _____.

Q1. What type of paddling do you do? (check all that apply)
 ___ Kayak ___ Canoe ___ Whitewater ___ Flatwater ___ Overnight/multi-day trips

Q2. How would you rate your skill level? (check one each)
 Tripping: ___ beginner ___ intermediate ___ advanced.
 Whitewater: : ___ beginner ___ intermediate ___ advanced.

Q3. Are you interested in leading a trip or do you have trip suggestions? If so, what? _____

Q4. Do you have any skills that you might be willing to contribute to benefit the club? If so, what? _____

Q5. Please rate each of the following activities using 1=not very interested, 2=somewhat interested, 3=very interested

ACTIVITY	RATE	ACTIVITY	RATE	ACTIVITY	RATE
Paddling trips - general		Weekend trips - flatwater		Social events like paddle & pizza night	
Lake paddling trips		Longer than weekend trips - flatwater		Organizational meetings	
Easy rivers		Weekend trips - whitewater		Conservation activism	
Class I whitewater		Longer than weekend trips - whitewater		River access lobbying	
Class II whitewater				River cleanups	
Class III whitewater		Welcoming new members		Serving as a club officer	
Class IV+ whitewtr		Introducing youngsters to paddling		Tabling at events to give club exposure	
Racing		Introducing not-so-youngsters to paddling		Marketing the club	

Mail to:
 Poudre Paddlers
 PO Box 1565
 Fort Collins, CO 80522.

**Fill out and include waiver,
 page 10**

POUDRE PADDLERS CLUB WAIVER/RELEASE

KNOW EVERYONE BY THESE PRESENTS: WHEREAS, I (we), _____, intend, or am about, to engage in boating activities upon rivers, lakes, and/or other waterways, which activities have been organized by the POUDRE PADDLERS CLUB of Fort Collins, Colorado; and

WHEREAS, I (we) am doing so entirely upon my (our) own initiative, risk, and responsibility, and am duly aware that risks and hazards are, or may be, inherent in such boating activities; and

WHEREAS, I (we) elect voluntarily to engage in such activities having only limited knowledge of conditions and understanding that conditions may be more hazardous and dangerous than I (we) presently believe; I (we) further understand and expect that my (our) conduct during such activities shall be dictated by my (our) own decisions as to if and how to deal with any particular stretch of river, lake or other waterway; and

WHEREAS, I (we) understand that the POUDRE PADDLERS CLUB, its officers, directors, and trip leaders in particular and its members in general organize such activities solely for the pleasure and enjoyment of the participants; and

WHEREAS, I (we) am (are) supplying for my (our) own use such first aide, safety and medical supplies as I (we) deem necessary and I am (we are) not relying upon the members or leaders for such items; and

WHEREAS, I (we) recognize that neither the POUDRE PADDLERS CLUB, nor its several officers, directors, members and leaders are responsible for my (our) participation in any particular activity nor for the participation of other people and that in no event is the Club or its officers, directors, members or leaders responsible for my (our) conduct or the conduct of others sharing such participation; and

WHEREAS, my (our) participation is in no way based upon any representations made by any members, officers, director or leader as to the difficulty, danger or hazard of such activities, but rather because of my (our) independent desire to participate in such activities with other people with similar interests.

NOW, THEREFORE, I (we) do hereby, for myself (ourselves), my (our) heirs, executors, assigns, administrators, release and forever discharge the POUDRE PADDLERS CLUB of Fort Collins, Colorado, and all of its actions or causes of actions now or hereafter arising on account of my (our) death or on account of any injury to me (us) or damage to my (our) property, or on account of the injury or death suffered by any other person which may occur from any cause while I (we), or any other person, may be engaged in activities of the POUDRE PADDLERS CLUB, including therein all ground and transportation operations incident thereto unless such death, injury, or harm results from gross negligence or willful misconduct. This Waiver/Release shall be binding in all its terms for all activities of the POUDRE PADDLERS CLUB.

I (WE) HEREBY CERTIFY that I (we) have read the foregoing Waiver/Release, understand it in all its terms and conditions and sign it voluntarily and intelligently, the ___ day of _____, 2007. **SIGNED:** _____

Please list all children who intend, or are about, to engage in boating activities organized by the POUDRE PADDLERS CLUB:

As the parent(s) or guardian(s) of the aforesaid minor(s), I (we) have signed the foregoing Waiver/Release and approve of my (our) child s (children s) or ward(s) s participation in the activities. I am (we are) aware that the attendant risks, hazards, potential for injuries, loss or death stated in the Waiver/Release may well be greater for a minor s participation, but I (we) assume these risks as parent(s) or guardian(s) of the above named and herewith forever release, remise and discharge the POUDRE PADDLERS CLUB as specified in the foregoing Waiver/Release.

DATE: _____, INITIALS _____

Tips, Etc. For the Two-Prowed Traveler

Question: What is the difference between a wetsuit and a dry suit?

Answer: Wetsuits are insulating sheaths of neoprene that fit tightly to the body. They allow water to seep under them, next to the skin, where the body heats the water and the neoprene insulates the wearer and that thin film of water. Since the water doesn't move freely, it is not replaced by outside, cold water. We stay warm, though a bit clammy. Drysuits are sealed with latex gaskets around every opening. Water cannot enter. The wearer dons fleece and other warm insulators. Many drysuits are breathable, which helps prevent the clamminess. That dry warmth is very luxurious—can be pricey.

Tip (from Susan Langsley, sent to Debbie Hinde): A little talcum powder sure helps get drysuit gaskets on!

Question: How can one make loading a boat onto a car easier?

Answer: For loading from the side, set the boat down parallel, upright and next to the car first, then try to get a strong partner, who can then lift the boat closer to the middle by a foot or two to lessen the other's load. Flip the boat upside-down as you lift. Another good side-loading trick is to have one boat rack bar extending about two feet beyond the other bar. Lift one end of the boat onto this, then lift the other end and slide onto the rack. Extender bars can be bought just for that, or made, as long as they are solid. Some rigs allow the boat to be loaded from the rear, where one end is lifted by two people onto the rear bar, then the boat is slid up and over both bars.

Tip: When two people lift together, be sure to keep the boat level during the lift. Otherwise the shorter guy gets doused by water running out along the gunwales. If you can't lift together, or want to get even for some comment, be sure you lift your end higher first!

Tip: Be sure, on windy days, to have someone hold the boat securely to the rack while you get the straps on. Tie the boat down quickly, too!

Tip: Be sure to tie the boat to the front and rear of the auto with ropes—don't rely only on the rack straps. A wind can lift the boat and even tear the rack off the car otherwise, endangering others. Be sure the angles of front and rear ropes oppose each other (form a vee when seen from the side). From Jim Work: Great attachments: Get tree-support straps from nurseries and bolt into car's engine compartment (use existing bolts) so that they extend out of hood opening in front of windshield. Tie in to these; hide them when not in use.

Tip: Dishwashing, from Joe Schmid and Katie Christensen: Use four buckets or dishpans: Cold river water into 1st and 3rd, hot water/soap into 2nd, cold river water and bleach (3-fourths tsp. per 4 gallons) in 4th.

Scrape scraps into trash bag. Rinse/scrape in #1, Scrub in #2, rinse thoroughly in #3, since bleach won't work over soap scum. Leave at least 20 seconds in #4. Place in mesh (onion, etc) bag to dry. Strain water from buckets to keep food particles out of river.

Tip: Groovers (no, never tip a groover!) Also known as porta-potties. Traditionally, regulations required groovers to be flushable, usually with fittings to work at trailer dump stations. Now with new bags available, like PETT Company's WAGG bags, with enzymes included that break down the waste—and the bag—in landfills, most permitting agencies will allow throwaway bag systems. Check, though, as some, like the National Park Service in Dinosaur National Monument (Lodore) won't allow bag systems.

Flotilla–Club Officers

President..... Steve Cassells 303-684-9252
Vice Pres..... Debbie Hinde 970-669-6247
Treasurer..... Mary Peck 970-484-6309
Membership..... Mike O’Brien 970-482-2623
Trip Coordinator...Roger Faaborg 970-669-4182
Marketing.....Debbie Artzer 970-282-9135
Newsletter Editor...Eric Hermann 970-482-8339
ConservationDavid Karan 970-224-5621
InstructionDavid Karan 970-224 5621
Webmaster.....Will Golson 970-207-0101

Several Members did not respond to Will Golson’s email and were dropped from the Listserve. If you haven’t been getting Listserve messages, get in touch with Mike O’Brien, 482-2623

Many events are announced by email, and are missed by non-email folks. If you don’t have email and would like to get Club email messages by phone, call Eric Hermann, 482-8339.

Do you notice the same names as officers? Officers need new folks to help out, take their jobs. Please help with the work of the club!

Poudre Paddlers
P.O. Box 1565
Ft. Collins, CO 80522

