

The DDRC Current News

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

November 2000



Special points of interest:

- The Deadline for next month's newsletter is November 30. Contact Susan Harkins at 972-470-0195 or via email at: shark@ethos.net. Please send articles, upcoming trips, boating tips and information.
- DDRC board meetings are held every second Thursday. All members are welcome to attend to learn more about club business. Contact club President Betty Scott at 214-363-2480 or awscott@tenet.edu for time and location.



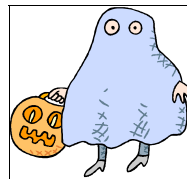
Inside this issue:

<i>Member Concerns</i>	2
<i>Nominations of 2001 Officers</i>	2
<i>Christmas Party</i>	3
<i>Vote on Donations at November meeting</i>	3
<i>Upcoming Events</i>	5
<i>Conditioning for Paddling</i>	6
<i>DDRC Officers and Committees</i>	7

From the Stern

Betty Scott, President DDRC

Those of you who did not attend the Halloween Party on Goat Island really missed a great party! Almost everything went as planned. The rain held off until mid-day Sunday, and then it was only scattered showers. We even got to hear the coyotes sing three times on Friday night. I'm not sure how the trip organizers arranged that surprise. Wow, what a special treat!



I want to thank everyone who had a hand in creating such a delightful weekend. I know that many of you went to great lengths to make sure that the event was a

success. From the guys who went out the weekend before to mow the grass and prepare for our arrival, to all of you who made Saturday a success, including organizers, participants and judges, I give a hearty THANKS!

Also, to the nearly two hundred of you who attended, I think we proved to the park rangers that "using" our public spaces does not mean "abusing" them. Sunday afternoon, the only evidence of our presence was the echo of a wonderful weekend and a little flattened grass.

Thanks to you for representing the club in such a positive manner. I was really proud to be a member of the DDRC! ■

Thanksgiving Big Bend Trip

One of the best things about the DDRC is all of the wonderful traditions that the club keeps alive. Every year, just about, folks from the DDRC head to the Rio Grande River to canoe the canyon in Big Bend.

As many of you know, November is a wonderful time to go on a trip outdoors in the

State of Texas. The weather is cool, and usually dry.

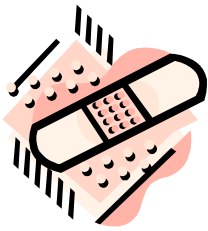
This year we will canoe Boquillas Canyon. The plan is to gather on Wednesday nite, camp on the Stillwell Ranch, have Thanksgiving Dinner on the river Thursday, take out Friday evening, and come back to Dallas on Saturday evening.

If you've never done this

trip, it is a truly wonderful paddle. The scenery is great and the company is always fantastic.

This year the trip is being coordinated by Bonnie Haskins. If you want to go, you can reach her at 972-254-9672. There will be more information at the November meeting, so speak up if you need directions or more information. 🗣️



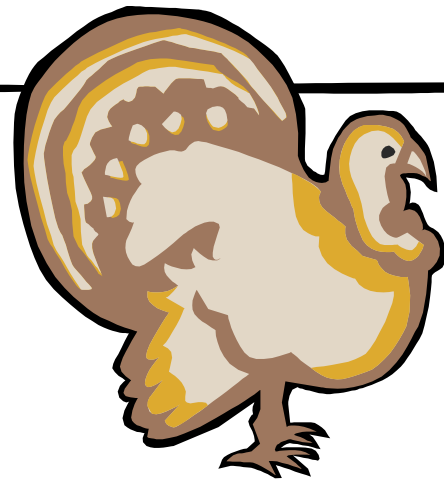


Keep these members in your thoughts...

Please keep Charles Edwards and Eric Rounsfelle in your thoughts. Charles is having problems with his knee and shoulder, and Eric had eye surgery on November 4th. Please send me any information that you may have regarding others in the club that we might want to put in the newsletter.

Next Meeting: Thursday, November 16, 2000.
Enchilada's Restaurant, 6526 E. Northwest Highway.

Hope to see you there!



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Nominations for 2001 Officers

Time flies! Yes, it's time once again to nominate officers for the 2001 paddling season for DDRC. Please come to the November and December meetings prepared to nominate new officers for next year.

President, Vice President, Treasurer, Secretary and Newsletter Editor are all offices that will need nominations. Also, any committee chairs that need to be filled will need to have volunteers.

Remember that we cannot enjoy the benefits of our club without volunteering and nominating people to these positions, If you are nominated, please consider



participating! This club promotes paddling, river conservation, boating skills, fun trips, fellowship, safety, and (like for Christmas) PARTIES!!!!

If you think that you are interested in serving, please get someone to nominate you! It's your chance to give something back to the club for all the fun we have all year!

Don't get jaded or discouraged about politics, come out and get involved.... Serve the DDRC with your time and talents!!!!



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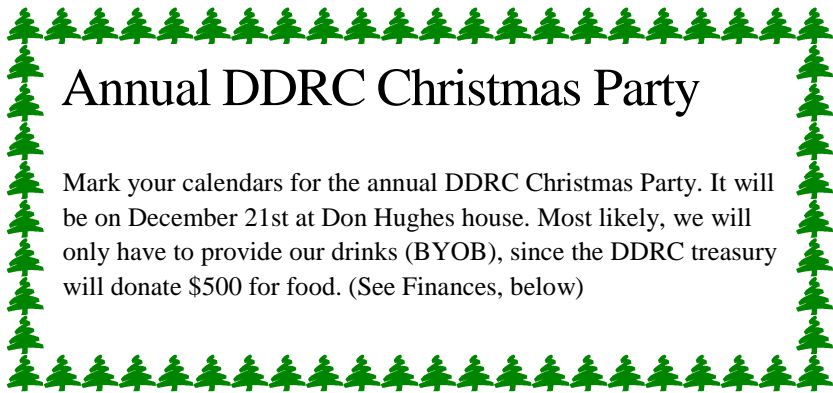
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We're shredding our way to the 21st century!



Annual DDRC Christmas Party

Mark your calendars for the annual DDRC Christmas Party. It will be on December 21st at Don Hughes house. Most likely, we will only have to provide our drinks (BYOB), since the DDRC treasury will donate \$500 for food. (See Finances, below)

Raffle News...

Support our monthly raffle and you could win great gear!

Tickets are:
\$1 each -
Donate \$5,
and get 6
Donate \$10
and get 13



Financial Report and Vote on Donations

At this time, our treasury has about \$4200. A move was made at the last meeting to donate \$1000 to TRPA, and \$500 to the annual Christmas Party. Please be prepared to vote on these issues at the November meeting!

Dear Club Members,
You are invited to visit the largest
paddlesports resource on the internet.



Club Members Save

10% Off

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expires 12/31/00
coupon does not apply to boats

DDRC Members: be on the lookout in your mail for a \$5 gift certificate, compliments of our advertising partner, www.outdoorplay.com. Please support our advertisers for all you gear needs!

November Schedule of Events

- **Every Wednesday**—Roll, Paddle and Rescue Clinic, 5-dark, Lake Grapevine, Rockledge Park, Contact Keith Smith @ 940-566-4869
- **Wed 22nd—Sat 25th** — Annual Thanksgiving Big Bend Trip. Contact Bonnie Haskins at 972-254-9672
- **Fri 24th—Sun 26th** — After Thanksgiving Campout on Goat Island, Caddo Lake, contact

December Schedule of Events

- **Every Wednesday**—Roll, Paddle and Rescue Clinic, 5-dark, Lake Grapevine, Rockledge Park, Contact Keith Smith @ 940-566-4869
- **Thursday, December 21st**—Annual DDRC Christmas Party at Don Hughes' house.
- **Monday 25th** — Happy Holidays!

December 2000

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



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

Conditioning for Paddling...

reprinted from the Georgia Canoeing Association's Newsletter "The Eddy Line", September 2000

Susan Mink, ACA Canoe Instructor

"The best conditioning for paddling is paddling, but what about those of us who can only get on the river once or twice a month? Any sport is more enjoyable if you are in condition to do it, so we need to spend a few hours every week doing some exercises that will help us enjoy our river time.

Before you start, get a physical, decide what type of exercise is best for you, and be sure to keep a record so you can see your progress or spot any weak areas. Everyone should have an aerobic and a weight lifting routine.

Aerobic conditioning helps strengthen your heart and lungs and gives you endurance for a long day on the river. Aerobic exercise includes walking, jogging, biking, swimming or any exercise that gets your heart rate up for twenty to thirty minutes.

The purchase of a heart rate monitor can be useful for keeping your heart rate in the zone for maximum benefits from the exercise. To figure your target heart rate, you can roughly calculate your age-adjusted maximum heart rate. The formula for women is 226 minus your age; for men it is 220 minus your age. Your target heart rate for aerobic training is 70—80 % of the maximum

heart rate. For more information on this type of training, look for *The Heart Rate Monitor Book* by Sally Edwards.

Weight lifting strengthens the muscles that are used not only in paddling, but in those class III take-outs and put-ins and those pull-overs and portages.

Weight lifting is being recommended more and more for women to help improve their bone density and prevent osteoporosis. There are plenty of books with information on using weights, and most gyms have a trainer who will help get you started.

Aerobic conditioning helps strengthen your heart and lungs and gives you endurance for a long day on the river.

I found the following routine for conditioning for canoeing in *Weight Training for Everyone*, by Tuten, Moore and knight: Bench press, bent-over rowing, chin-ups, dips, dumbbell lateral raises, sitting military raises, wrist curls, leg extensions, leg press and leg curls. Do three sets of eight to twelve repetitions (reps) of each of these exercises at a weight that is comfortable for 10 reps with the last rep being a little hard to do. Remember that good paddling technique uses torso rotation, so don't forget your abdominal and back muscles. Do some crunches and back lifts. I also use the rotary torso machine at the YMCA.

Stretching before and after aerobic exercise or weight lifting helps prevent muscle injury, but there are all kinds of disciplines that promote a limber body such as Yoga, Tai Chi, and other types of martial arts. If getting in and out of your boat is a problem, consider this type of program. My husband and I have been taking Tai Chi classes at the YMCA and we can certainly recommend that discipline to paddlers who need to loosen up their knees and strengthen their legs, as well as improve their balance.

With all this conditioning to do, how will we ever find time to paddle? Well, the good news is that an hour or so a day is considered an adequate amount of time to devote to conditioning. In weight lifting, it is recommended to allow at least a day between workouts to let your muscles recover and rebuild, and that off-day can be devoted to your aerobic workout. It is important that

Weight lifting strengthens the muscles that are used not only in paddling, but in those class III take-outs and put-ins...

you work out regularly, however you can fit it into your schedule. If you do, it won't be long before you notice a big improvement in your enjoyment of a long day on the river." ■

DDRC Newsletter Add Rates

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

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

Are you concerned about the boat registration issue, permanent fees on public lands for any and all types of recreation or other issues affecting the paddling community?

Make our system work for you. Your legislators need your opinion. Learn more in coming meetings. Find your senators and representatives at www.vote-smart.org/index.html

Please, Please, Please....

If you have a computer with an internet connection, and the Adobe Acrobat Reader (you can download it free) - Please consider getting the newsletter via email. This saves money from the treasury and trees from the environment. You can also get the newsletter in color, if you have a color printer.

DDRC Officers & Committees

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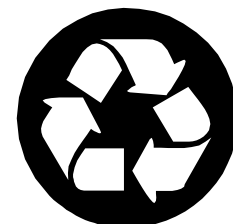
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
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Kayak Training:

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DALLAS DOWNRIVER CLUB

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*The Official Newsletter of the Dallas
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