

The DDRC Current News

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The Official Newsletter of the Dallas Downriver Club

December 1997

Excerpts From... The Grand Canyon Yahoo II Expedition

by Lisa Burton

There's friendship in a shared challenge. That was true for this whole trip, but especially for the hike from Tapeats Creek to Deer Creek. Only two from our group had made the overnight hike before, and eight of us were anxious to go: Dave Holl, Tammy & Darell Luther, Mark Long, Justin Venable, Chad Edwards, and Jim and me. Joining us for the day hike to Thunder River were Charles Smith, Joel Venable, and Jamie and Adam Heller. We started early, with fresh energy, and the hike to Thunder River went well. It's a steep climb in places, and there were hands out to help and encouraging words for all. By the time we got to the incredible thundering waterfall, I was ready to soak my feet and rest in the cool spray. Chad immediately found a flat rock and took a morning nap, and the rest of found time to read, nap, and be



Downstream view of Nankowep Canyon

captivated by the waterfall. We shared a quick lunch of bagels and peanut butters (thank good for Mark's pocket knife!) and by 2:00 p.m. we agreed to start across Surprise Valley to Deer Creek.

The view from the ridge above Thunder River was incredible. We were on a high plateau, and our trail across Surprise Valley following rolling hills. The surprise to me was the heat. The two places we found shade brought wonderful but brief relief. Our water, recently pumped from the cold river, quickly became hot and less refreshing. At a rest stop just above Deer Creek, I retrieved a water bottle from my backpack and was

glad to find it slightly cooler, so that when poured over Tammy's head and face, it didn't scald her.

When we reached the pools of Deer Creek canyon at about 5:30 p.m., we followed Justin and Dave's lead and unrolled our mattresses. It would have been pretty easy to sleep for the night and skip dinner, but we had these interesting things called MRE's - Meals Ready to Eat (thanks again, Mark). We opened them up and figured out the user-unfriendly instructions, and proceeded to cook six dinners without a stove. It was

one hot chemical reaction! We had hot dogs, spaghetti, chili and a couple of pasta meals, and we passed around the dinners while sharing spoons, crackers and cheese, and cookies that look like compressed sand but tasted better. This was the worst meal in terms of food quality and quantity, but it was the one I will remember best from our whole trip.

We slept on slabs of rock that night with wind that blew increasingly cooler all night. Mark was serenaded by three frogs in their hot tub near his head, and I put on all the dry clothes I had and still got cold under just a sheet. Still, I was in the company of friends, and rested well knowing I had accomplished a goal by making the hike. (Thanks to the eight who stayed at Tapeats and did extra work to bring the boats down to Deer Creek to meet us.)

A Field Guide to the Genus *Homopaddleaua*

Some Common DDRC Species

Excerpt from *Paddler Magazine Oct 1997 Issue*

HAIRBALLENSIS - Known in some regions as *Hairboaterus*, *Hairballensis* exhibits blatant disregard for Darwin's survival theory, with seemingly destructive behavior stemming from highly evolved adrenal glands. Most often seen in kayaks, but occasionally found in decked and open C-1s and inflatables. Demonstrates cool demeanor in potentially lethal environments.

Species Characteristics: Displays seasonal migration habits, often international in scope, and tendency to videotape antics for off-season entertainment. Lies dormant during droughts, but is active in spring, summer and rainy seasons. High testosterone levels (and large testicles) in males ensures reproductive capacity—however, same trait also limits gene pool of suitable mates. Digestive and urinary tracts evolved to process large amounts of water.

Habitat: High-gradient drainage systems throughout North America, especially during peak flows. Migrates seasonally. May also be found in emergency rooms and banging on manufacturers' doors demanding warranties.

CANOEFLATICUS - Aficionados of flatwater usually found in solo and tandem canoes. Averse to wearing skirts. Unlike *Hairballensis*, which often crams the stern of its craft with loose gear for multiday excursions,

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1997 DDRC OFFICERS

President:

Jerry Kier 972-869-2642

Vice President:

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Secretary:

Anna Miller 214-739-5401

Treasurer:

Betty Scott 214-363-2480

Newsletter Staff:

Cyndy Meijer 972-342-5821

Debbie Meller 972-727-9290

Steve Schleiter 972-329-5502

Internet Webmaster:

Rich Grayson 214-827-0144

Environmental:

Steve Irvan 972-243-4770

Librarian:

Beverly Haddox 972-517-6750

Roster:

Marvin Dietel 972-564-1545

Advertising:

Rand Oliver 214-340-4078

Trip Coordinators:

Helen Livingston 214-821-6712

Charles Edwards 972-867-6579

New Members:

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Arnie Blatt 972-416-9194

Racing:

Canoes

Richard Steppe 214-252-2493

Kayaks

Bill Green 972-272-4748

Raffle:

Suzanne Greer 972-271-4972

Safety:

Ken Lock 214-823-5263

Training:

Tom Jenkins 972-414-1706

President's Column

by Jerry Kier

Paddling was far from my mind in November, spent in the dry climate of inland southern California. The closest I got to water was the ankle-deep Kern River and the saline lakes of Death Valley. I missed my first DDRC meeting of the year, and missed the camaraderie that I have come to look forward to on the 3rd Thursday of every month.

Get Connected on the Internet

DDRC's website is provided by Inturnet, inc., a local ISP based in Richardson. In addition to providing our club with FREE web space, inturnet also offers access to DDRC members at a 10% discount off the regular monthly rate of \$19.95 per month for unlimited, 24 hours per day access.

To top it off, DDRC receives a 10% bonus for each member signing up, so it's a double win-win for you and the club. If you want your own web pages, inturnet provides 10MB FREE space, enough space to create about 900 pages (more or less)! You will also receive an e-mail address so you can communicate easier.

Call Tod E. Weber at (972)783-0066 for an account and be sure to tell him you are a DDRC member so both you and the club get the bonuses, or contact Rich Grayson.

This is the time of year when rivers are low and the weather is cool enough so that we find excuses for staying off the lakes. Non-paddling significant others get to visit their paddlers on the weekend, often on consecutive weekends. However, visits are frequently relegated to cold garages where equipment is in the process of being repaired and reconditioned. Be observant and listen. From these visits in cold garages come Holiday gift ideas.

The DDRC officer nominating process has begun, and will resume at the January 15th meeting. Officers will be elected in January by a majority of those present, whether 40 or 240 members are present. This is the time to get involved and help steer the direction your club will take in the coming year. Ask those that are nominated what they want to accomplish for the coming year. What are their visions and hopes for the club. To paraphrase Microsoft, where do they want to go next year? Where do *YOU want the club to go next year?*

Many thanks to Pat Tittle for typing the amended DDRC Bylaws and to Marvin Dietel for keeping the DDRC Membership roster up to date.

See you at the Xmas party December 18th.



Newsletter: The DDRC newsletter, Current News, is a monthly publication distributed to club members and affiliated paddling organizations nationwide. The deadline for submissions is the 1st Thursday of each month. Information may be submitted via e-mail, at schleiter@dallas.net, or fax/phone to Steve Schleiter, at (972) 329-0729. Articles about and of direct interest to DDRC members will receive first priority, paid advertising will be given second priority, and other materials will be included on a space-available basis. Unless otherwise specified, all information about river trips will be added to the DDRC Internet website trip calendar.

Change of Address: Please contact Betty Scott, Treasurer, if you need to report a change of mailing address. If you fail to get a newsletter, it will be because we do not have a current address or your membership has expired. Betty will be happy to correct wrong addresses, and take your dues if you are in arrears.

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How To Keep Muscle Injuries From Stopping You Cold

Francesca Rheannon, C.M.T., M.Ed

Contributed by Valerie Parrish

Your river trip has started and finally you're paddling, looking forward to running whitewater and taking in the scenery. You're relieved to leave behind that desk job and happy to stretch your muscles. But at the end of that first day—or maybe on the morning of the second—your arm, back or leg muscles have another idea. Tight, sore, or even worse, those muscles are telling you to slow down and take it easy. You need to give them some tender loving care. Following are a few ways to take care of sore or injured muscles and speed their healing.

You're more likely to get a serious muscle injury off the river than on. Still, on-the-water injuries can and do occur. Kayakers are especially prone to separated shoulders, where the sudden force of a rapid stretches the muscles beyond their ability to keep the shoulder joint in its socket. And catching an oar on a rock can jerk a rafter's arm back, straining chest muscles. Typical overuse injuries involve the forearms, especially for karakers, and gripping and twisting paddles and oars can cause tendonitis in the elbow and forearms. For rafters, another hot spot is right between the shoulder blades.

So what's a body to do? Basic first aid for muscle injuries of all types is RICE (Rest, Ice, Compression and Elevation)—and don't delay! An hour of recovery time is added to every minute you put off RICE:

- **Rest:** stop using the muscle for at least 30 minutes.
- **Ice:** apply cold for 20-30 minutes to bring down the swelling and limit the injury. You can use crushed ice in a plastic bag, a portable cold pack, or just submerge the injured part in cold river water.
- **Compression:** wrap the injured area snugly, but not tightly, with an elastic bandage.
- **Elevation:** if you can, raise the injured area above the level of your heart to keep the swelling down.

After 30 minutes of RICE, stop and carefully test out the muscle. If there is no pain other than a slight soreness, go ahead and

try some more activity, making sure that you pay attention to pain signals. Continuing to care for an injured muscle is a key to rapid recovery. Here's how:

Use RICE three to six times a day (the more the better) until the swelling is gone (usually 48 to 72 hours). After that, alternate cold and hot compresses. Soak a cloth in hot/cold water, wring it out, apply it to the injured area, and wrap it all with a dry towel. Start and end with a cold compress. This flushes toxins from the injury site.

Take some anti-inflammatory medication (i.e. Ibuprofen)

Muscles only moderately sore from overuse should be gently stretched before using them. (Don't do this if you have sprained or strained a muscle or tendon—it's best to stay off these injuries for a while). This helps to properly condition the muscle and increase blood flow.

Finally, massage is one of the best treatments for injured muscles. (Warning: never massage an injured area while it is still swollen. It will make the swelling worse.) Firmly but gently stroke away from the injury, working above and below it (better yet, have a friend do it). Ease up on the pressure if there is any pain. Once the swelling is completely gone—usually after two to three days—you can massage over the injured area, using smooth, firm strokes and being careful not to apply more pressure than feels good. Once you get back to "civilization" go see a professional massage therapist. Some therapists specialize in methods geared to treating muscle injuries, like "sports massage" or "muscle rehabilitation".

And remember, Grandma was right; an ounce of prevention is worth a pound of cure—especially when it comes to paddling. So get into shape before your trip, and your muscles will reward you both in the rapids and on the flats.



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Canoeftaticus packs meticulously and is generally over-supplied. Often pays more attention to condition of craft and paddling technique than interacting within species. May paddle in circles or across large lakes.

Species Characteristics: Vocabulary restricted to one-syllable word of "hut". Displays innate ability to acquire food from water. Males demonstrate extreme aversion to bow paddling. Will also pack entire families, including dogs, into a single craft. Distinguishing features include coolers, wicker picnic baskets, storage boxes and fishing poles.

Habitat: Flat, mirror-like water. Dense populations found in the Midwest and Canada. Occasionally found swimming Class III-IV rapids and attending canoe club meetings.

OPENBOATICUS - Result of interbreeding between Hairballensis and Canoeftaticus. Considers swimming Class IV-V fun, and often seems confused about paddles. Species has yet to propagate as readily as other Homopaddleaqua.

Species Characteristics: Enjoys kneeling in puddles for extended periods of time, creating prune-like wrinkles on kneecaps and feet. Thinks kayakers are wimps and often talks with Southern drawl. Often found out of breath from inflating float bags.

Habitat: Can be seen following kayakers down Southeastern waterways. Found in cafes serving day-old coffee and in campgrounds.

SLALOMENSIS - A species known for its propensity for bumping into dangling pieces of wood, Slalomensis is divided into three distinct sub-species: K-oneicus, C-oneicus and C-twoicus. Each is known for single-mindedness and focus bordering on obsession.

Species Characteristics: Identifiable by habit of making Class V moves on

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Cossatot River

Nov. 15, 16, 1997

by Keith Smith

Saturday morning was a clear 40 degree day, the river level was at 3.8 ft. and colorful leaves painted the hillsides. Most all the play spots from Ed Banks Rd. through the Falls were in good form as more boaters arrived to the campground at the Falls. Saturday night brought temperatures down to the mid 20s and a shower of leaves started to float down. Then after a long evening of discussions around the camp fires, a full moon arrived over the ridge howling several Texas and Arkansas boaters back to the put in for a midnight run all the way through the Falls (werewolf paddlers?) while others of us slept through the chilling night.

On Sunday the river level was at 3.3 ft., enough for another Ed Banks run (deer hunters permitting) and an afternoon of enders at the "Last One" below the Falls before heading back.



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Class III rivers. Well-defined torso musculature contrasts sharply with specie's pale, spindly lower limbs. Can often be seen paddling upstream in strange training rituals. Generally mates within same species.

Habitat: Town slalom courses, World Cup sites, anything with vertical poles dangling over river features. Sightings recently reported at Tennessee's Ocoee River.



Roll, Rescue, and Paddle Sessions

Keith Smith will be conducting weekly classes from 6:00 P.M. until dark at Northlake every Wednesday. Northlake is in Irving, north of I-635 and east of Beltline Rd. Call Keith at 817-566-4869 to sign up.

THE SAFETY SECTION

by Debbie Meller

The intent of this monthly article will be to communicate basic information that can be used to help prevent accidents or at least minimize injury, involving paddling sports. The information will come from a number of sources such as the Whitewater Rescue Manual, the Outdoor Action Program of Princeton University, and the American Canoe Assoc.

Environmental hazards are a main factor to Accident Potential on the river. Environmental hazards consist of three types: terrain, weather, and equipment. Terrain is discussed in detail below. Weather and equipment will be elaborated on next month.

The terrain of rivers is a dynamic one. The terrain changes very quickly as you paddle down a river, in unpredictable ways. Especially in whitewater, but not always limited to, these hazards will include pinning/entrapment, undercut rocks/ledges, foot entrapment, strainers, and holes. Cold water is a common hazard on any body of water. The DDRC provides Safety classes that teach self and group rescue to avoid hazards. There are six river classifications of difficulty based on the above hazards. Being familiar with these and knowing your skill level are extremely important.

Class I is classified as Easy. Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.

Class II: Novice. Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed.

Class III: Intermediate. Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required; large waves or strainers may be present but are easily avoided. Strong eddies and powerful current effects can be found, particularly on large-volume rivers. Scouting is advisable for inexperienced parties. Injuries while swimming are rare; self-rescue is usually easy but group assistance may be required to avoid long swims.

Class IV: Advanced. Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, it may feature large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. A fast, reliable eddy turn may be needed to initiate maneuvers, scout rapids, or rest. Rapids may require "must" moves above dangerous hazards. Scouting is necessary the first time down. Risk of injury to swimmers is moderate to high, and water conditions may make self-rescue difficult. Group assistance for rescue is often essential but requires practiced skills. A strong Eskimo roll is highly recommended.

Class V: Expert. Extremely long, obstructed, or very violent rapids which expose a paddler to above average endangerment. Drops may contain large, unavoidable waves and holes or steep, congested chutes with complex, demanding routes. Rapids may continue for long distances between pools, demanding a high level of fitness. What eddies exist may be small, turbulent, or difficult to reach. At the high end of the scale, several of these factors may be combined. Scouting is mandatory but often difficult. Swims are dangerous, and rescue is difficult even for experts. A very reliable Eskimo roll, proper equipment, extensive experience, and practiced rescue skills are essential for survival.

Class VI: Extreme. One grade more difficult than Class V. These runs often exemplify the extremes of difficulty, unpredictability and danger. The consequences of errors are very severe and rescue may be impossible. For teams of experts only, at favorable water levels, after close personal inspection and taking all precautions. This class does not represent drops thought to be unrunnable, but may include rapids which are only occasionally run.

If you would like to see specific information discussed in this article or have comments concerning what you read here, please feel free to contact Debbie Meller.

We've been boofing, surfing and shredding our way around the world for 25 years.



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December Raffle

Just as a reminder, at the December Meeting we will have the all time raffle of the year with items totaling over \$500.00 in value. Each person attending receives a free raffle ticket. Additional tickets will be available at \$1.00 each. Great time to bring the children, as Santa may make an appearance this year. I need a few elves to help wrap these items. Give me a call at 972-271-4972, Suzanne Greer.

Maybe you would like to take over the raffle for '98. This job is appointed by the president, and begins after the January meeting. I have enjoyed the job, but am ready to do something else. Think it over.

only...

One Dollar Per Ticket
 6 Tickets for \$5.00
 13 Tickets for \$10.00

1234567

DDRC Newsletter Ad Rates

Text Ads (Non-Members)	Per column inch	3.75
Business Cards (Members)	Per insertion	5.00
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ALL ADS ARE PREPAID

Note: Charles Edwards will have permit applications for various rivers @ the Dec. and Jan. meetings

NOMINATION FOR CLUB OFFICERS

Just when you thought that the elections were over and done with for a couple of years, they are back. It is time for the club's annual elections for officers. The November, December and January meeting will have nominations with the election being held at the Jan. 98 meeting. The one year term will start Feb. 1st 1998. Bring your nominations to the next meetings.

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75		WALNUT HILL LANE	
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**DALLAS DOWNRIVER CLUB
DECEMBER MEETING**
 Thur. 18th, 7:00 PM
 Enchilada's Restaurant
 6526 E. Northwest Hwy.



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