

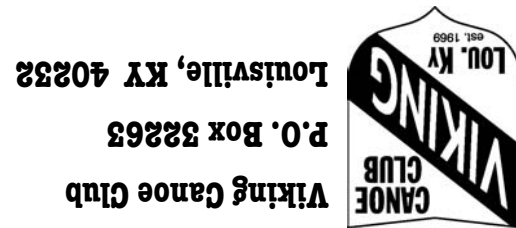
We're All In Good Hands Now

Club President Kevin Jones recently announced the appointment of Greg Shade as Viking Canoe Club Safety Chair. Greg will be promoting safe paddling in the club, coordinating Education, Training, and Club Safety Procedures. This position has been vacant for the past couple of years. In announcing the appointment Kevin said "... its very good to see someone take initiative on it again." Greg completed the Wilderness First Aid class last fall and recently completed the Swiftwater Rescue Class. Greg will be checking to make sure you have a throw rope in your boat, so be sure and go get one immediately. As Mike Morrow at the SWR class said "The throw rope is not for you but for me."

Greg recently advised:

- Never boat without a rope. Even if you do not know how to use it, bring one. You need ropes for rescues.
- Have 2 LOCKING carabiners
- Don't use a rescue vest unless you have been trained and have tested the vest on dry land.
- Learn self rescue skills. If you have to rely on others to save you, your chances of survival are only about 50%. (Remember Richard's experience.)
- Respect strainers. At best they will injure you badly and at worst they will kill you.
- Most deaths occur on Class II / III water regardless of skill level.

One of our local paddlers commented in response to the announcement of Greg's appointment "... we could have had a safety officer along, he might have better protected us from the vagaries of Wild Jim, Lonesome Larry Cable and Mad Mike Morrow. But alas we must all try to heal and move on."



Viking Canoe Club

Summer 2004

Louisville, KY Area Paddling Club

Plans for the 2004 Viking Picnic in July!

This years Viking Picnic will be held on the weekend of July 24th & 25th in Hot Springs, NC. Hot Springs is located on the French Broad river in the middle of the Pisgah National Forest. The National Forest ranger station is located right in town. The Appalachian Trail also crosses the French Broad at Hot Springs. A visitors guide to the area can be found at <http://www.hotspingsnc.org>. The French Broad River has many sections that offers paddling opportunities for all skill levels. Several commercial rafting companies offer trips on the French Broad as well. We will also be within a sort drive of the Pigeon and Nolichucky rivers. The Pigeon will have a scheduled recreational release on Saturday. There are many hiking, biking, and other recreational activities in the area.

We will be staying at the Hot Springs Resort Spa & Campground (web site <http://nchotsprings.com>). We have group campsites reserved that are right on the river. There is not a lot of vehicle parking available directly at the camp sites, so plan on bringing a tent if you can. We have the picnic shelter reserved right next to our campsites for our traditional potluck dinner on Saturday evening. Prizes will be awarded for:

- Best Appetizer
- Best Meet Entrée
- Best Veggie Entrée
- Best Side Dish
- Best Dessert

The camping fee is \$5.00 per person/per night. The first 18 people through the gate will pay the club directly. The remaining people will pay the campground as you come in. Let the campground know that you are at site numbers 465, 467, & 469 when you check in at the office.

Please RSVP to Kevin Jones at krjone01@aye.net or 502-426-6155 by



July 9th, so that I can adjust our camping space down if necessary (we need a minimum of 18 people for the three group sites). You can still decide to come after this date. If there are enough people (at least 6) interested in paddling Friday, I can see about getting one of our group sites for Thursday evening so you won't have to move campsites on Friday.

Direction to the Campground:

Take I-64 east to Lexington, KY,

Take I-75 South to Knoxville TN.

Take I-40 East out of Knoxville TN.

Exit I-40 at Second Newport, TN Exit #435, US321 & TN32

Turn Left at the Top of the ramp (North US321)

Go 2 miles to the intersection with US25. Turn right onto US25 South.

Follow US25 south for 25 miles to the town of Hot Spring NC.

The Campground Entrance is on the right after you cross over the railroad tracks.

Check in with the campground office, we have sites 465, 467, & 469.

If you cross the French Broad River in Hot Spring you have gone too far.

Just a word of warning. There are not any large groceries or 24 hours gas stations in the town of Hot Springs so plan accordingly. Newport will be the last major city on the way in with full services. The next big town is Marshall, NC which is about 15 miles on down US25 from Hot Springs.

Swiftwater Rescue Training

By John Pillitteri

If you witnessed a person on the river that was caught in a foot entrapment would you know what steps to take to stabilize and eventually free this person? If you were assisting someone that was leading such a rescue attempt and

upon placing a rope across the river they realized that the rope wasn't long enough, turned to you and said "give me your rope with a figure eight on a bight tied on the end", would you know what to do? Before the weekend of May, 21-23, I

would have answered "no" to both these questions. Today I can confidently tell you that I could answer "yes" to these questions.

On the aforementioned weekend twenty Vikings gathered on the Russell Fork River to learn and practice these and many other river rescue skills. The Swift Water Rescue (SWR) course taught us "self rescue" techniques in addition to assisting others. These skills will help me to identify dangerous situations that I want to avoid, get myself safely out of a situation that I wish I had avoided, and assist someone else who wasn't successful at demonstrating the first two skills mentioned.

We all received an information packet prior to attending the course that described the necessary equipment we would need to acquire prior to attending the class. This equipment consisted of 1" tubular webbing, prusik cord, and locking carabiners. Paul Webb assisted many class attendees by purchasing these required supplies as a package and distributing them to the students. The course work consisted of two full days of instruction on Saturday and Sunday. We

met in the campground, at Breaks Interstate Park, Friday night for an informal knot tying session. You've all heard the saying "there's more than one way to skin a cat". We'll let me tell you that there's twice as many ways to tie a

knot, and everyone thinks "their way" is the best. We spent several hours Friday night practicing our knot tying skills. Being a rock climber I had no trouble with the figure 8 series of knots but some of the others were more challenging. My greatest accomplishment that evening was learning to tie a "one handed" bowline. Not a requirement for the class, but as instructor Jim McCool told me, "That's a freebie"

We met Saturday morning at a Park pavilion to begin our classroom instruction portion of the course. The course work was presented in a professional

manner with overhead slides and a printed handout of the slides for note taking. I was impressed with the professionalism of the instructors and the ability to relate personal experience to many of the situations we discussed. I found it to be a good mix of instruction with some interesting stories to emphasize the points. The instructors made every effort to keep the class on a schedule yet still spend time addressing any questions or discussing differing schools of thought regarding rescue issues.



Official Viking Canoe Club '04 Trip & Event Schedule

JULY 10 -11 - Ocoee (Class III+) & Hiwassee (Class I/II)

JULY 17 - FLAT WATER

(Location to be decided)

JULY 24 -25 - Viking Picnic, Hot Springs, NC Pigeon River (Class II/III) & French Broad (Class I/II/III)

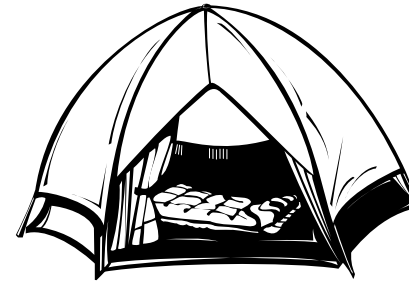
AUGUST 7 -Youghiogheny (Class II/III)

AUGUST 14 - East Race Waterway - South Bend, IN

SEPTEMBER 5 - Cumberland Below the Falls (Class II/III)

SEPTEMBER 25 -26 - Last Tow and Shuttle on the Cumberland

OCTOBER 16 - Russell Fork (Class II/III)



MARATHON MAN

From Dan Molnar

Some VCC members have marathon swims, and others have marathon runs. Frank Weider falls into the latter category. He competed in the 26.2 mile Virginia Creeper Marathon and finished the race 31st out of 104 participants. I won't mention his finishing time because I know that some runners are very sensitive about that topic, but I will say that it was a very impressive time IMHO. Way to go Frank!

(Note: Frank is Viking member who lives in Union, Kentucky in the northern part of the state.)

Tidbits

WARREN COUNTY

In the April 6, 2004 edition of the Daily News in Bowling Green, Kentucky it was reported that there is a move in the Bowling Green community for the creation of a whitewater park in the downtown area on the Barren River just below the State Street Bridge. I would consist of a 200' long section of whitewater rapids. One of the persons leading the effort is Steve Spencer, a professor at Western Kentucky University.

According to Bowling Green's Greenways Director, Helen Siewers, "The proposal is to coordinate with the reconstruction of a small dam by BG Municipal Utilities, so that the spill way area includes some features to make it a 200 yd whitewater course."The dam on the Barren River is going to be rebuilt and it is hoped that the new dam would incorporate features that would assist in the creation of the water park. The Greenways Commission in Bowling Green is advocating more emphasis on the area water ways for paddling sports. A project is in the works for the promotion of paddling along Drakes Creek, Barren River, Gasper River, and the Green River. A part of he woks in progress is to solve some of the access issues along those waterways.

Could it be that Bowling Green is developing as a leader in the promotion of paddling in Kentucky? It would certainly appear to be so.

BULLITT/SPENCER COUNTY

There was a significant article in the May 12, 2004 issue of the Bullitt County newspaper, Pioneer News, about paddling the Plum and Salt River in Bullitt and Spencer County. The Plum was a major source of whitewater paddling during April and May for Louisville paddlers. With the major rainfall there were paddlers on the Plum almost every day there for a while.

The article said ". . . Plum Creek has become a popular spot for local whitewater enthusiasts who aren't able or willing to drive out of state for a bit of action." It went on to say that "Plum Creek has a maximum difficulty rating of a Class III, which is comparable to some portions of the Gauley and New rivers of West Virginia."

An item of note is the Annual Salt River Canoe Race held on July 4th. For further information about this event contact: Bullitt County Tourism, Paroquet Springs Conference Centre, 395 Paroquet Springs Drive, P.O. Box 520, Shepherdsville, KY 40165-0520, ph.800-526-2068.

Continued on next page...

Swiftwater Rescue Training continued



After a quick lunch each day, we met on the river at Ratliff Hole to practice our rescue skills in live situations. We spent a lot of time in the water, swimming rapids, practicing techniques for avoiding foot entrapments, rescuing someone from a foot entrapment, and of course, we did the complicated rope pulls. We set up the rope pulls to utilize mechanical advantage, set-ups that even challenged the instructors. We practiced tethered rescues which provided some great entertainment, as students simulating the victim, also simulated the hysteria that can accompany a person fearing drowning. If you spend any time on the listserve, you know all the stories about the infamous strainer drill, so I won't retell those stories. I guess the lesson regarding the strainer training is that we had a bunch of people sustain injuries in what was a "controlled environment" so we all understand that in the uncontrolled environment of the river, strainers are dangerous.

I have only scratched the surface of all the information we received in our weekend of training. There were numerous other important topics discussed. One of the important things that stuck with me was a discussion regarding the fact that as a rescuer your number one priority is your own safety. As a rescuer you don't want to take an unnecessary risk that could result in injury to yourself or worse, put yourself in a situation that compounds the rescue because you have gone from a rescuer to another victim. In the tethered rescue drill that I referred to earlier, there were simulated victims that floated beyond the length of a 70' throw rope the rescuer was tethered to, out of reach of the rescuer, because they were unapproachable in their hysterical state. We practiced techniques to approach and subdue these victims but the drill also taught us to recognize that in some situations your safety is more important.

Our instructors had a realistic approach to the risk discussion. You can teach and talk theory all you want, but we all understand that in the end you, and only you, will make that decision regarding how much risk you're willing to take. This risk applies to whitewater boating in general, not just rescue situations. No two situations are alike and in the split second that you have to make a decision you're relying on your past experience. Here's an interesting quote from our class handouts that illustrates this paradox. "Good judgment comes from experience; Experience comes from bad judgments". Any extreme sport, including whitewater boating, involves a learning curve. Many of us can look back and shudder at some of the situations we have endured in the attainment of experience in a sport, realizing that the outcome could have been very different. After our SWR training, twenty more Vikings now have a lot more experience to aid them in that decision making process.

Match The Rapid to The River and Rate Yourself

Submitted by Jim Gunn

River

1. Big South Fork of the Cumberland
2. Chatooga Section 3
3. Chatooga Section 4
4. Cumberland River Below the Falls
5. Elkhorn Creek
6. Gauley, Lower
7. Gauley, Upper
8. Hiwassee
9. Ocoee
10. Obed
11. Nantahala
12. New River Gorge
13. Tellico

Rapid

- A. Angioplasty
- B. Baby Falls
- C. Bull Sluice
- D. Diaper Wiper
- E. Double Drop
- F. Double Suck
- G. Fayette Station
- H. Hell Hole
- I. Iron Ring
- J. Koontz Flume
- K. Oblique Falls
- L. Oh My God
- M. Patton's Run
- N. Pillow Rock
- O. Quarry
- P. Screaming Right
- Q. Sock-Em-Dog
- R. Surfers
- S. The Ell
- T. The Keeney's
- U. Upper and Lower Mash
- V. Woodall Shoals

Answers

- | | |
|----------|--|
| 7. I, N | |
| 6. J, U | |
| 5. A | |
| 4. D, R | |
| 3. Q, V | |
| 2. C | |
| 1. S, E | |
| 13. B, D | |
| 12. G, T | |
| 11. M, O | |
| 10. L | |
| 9. F, H | |
| 8. K | |

Rating

- 1-4 Novice
 5-8 Proficient
 9-15 Get a life
 16-22 What are your children's names?

Presidents Message

I have heard that there has been much talk around the campground on recent trips of who will be president next year. I have been dropping hints, and that I really do not want to do this anymore. So let me say it outright. I do not want the job of president anymore, at least not the Job of president in its current form. I have tried my best to show that we can do club white water trips and the occasional flat-water trip by leading them. We also have had pool changes at our roll sessions, the dinner meeting, the club picnic, and the swift water rescue clinic. One man can do all this, but not for long. I am rapidly approaching burnout this summer, halfway through my second year as president. If there is someone who wants this job next year, I will happily yield this position to you.

However, I am willing to be president one more year, if we can break the club down into some working committees. We now have a Safety chair, which has been a long vacant position. I need to have volunteers to also chair the following groups:

- January Dinner Meeting Committee
- Picnic Committee
- Roll Session Committee
- Trip Committee
- Publicity / Membership Recruitment Committee

If we can have these groups established by our elections this fall. I am willing to run for president again.

Remember that the Viking Canoe Club is your club. This is your opportunity as a member of this club to help shape it into the club that you want it to be. There should not be one person at the top dictating the entire direction of the club. Nor should it fall on a single person to shoulder all the operations of the club. In order for this club to grow, the membership needs to drive it in the direction where they want it to go by sharing in the burden of the operations of the club. Much like white water, I can not paddle this river alone.

See you on the river,

Kevin Jones
 President.

Club Raft & Ducky

If you would like to use the raft or the club ducky, contact the raft-meister, Mark Atkinson at 812-923-3371. The charge for use is \$10 per person per day. The raft guide rides for free. To ride in the raft or guide it, you must be a Viking Canoe Club member.

Viking Canoe Club Officers

President: Kevin Jones 502-426-6155
VP, John Pillitteri - 867-5309
Secretary, Gary Ress 502-243-8498
Treasurer, Kipp Downing 502-447-8130
Safety Chairman, Greg Shade
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