

Volume 4, Issue 2 | March 2018

PADDLE

ACA | Canoe - Kayak - SUP - Raft - Rescue

Plastics vs. Water

Bringing Awareness to the Challenge

Learn about FreeStyle Canoeing

ACA Sponsors Environmental Film Category

Instructor of the Month – January & February



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ACA Mission Statement

Founded in 1880, the ACA is a national nonprofit organization serving the broader paddling public by providing education related to all aspects of paddling; stewardship support to help protect paddling environments; and sanctioning of programs and events to promote paddlesport competition, exploration and recreation.

NATIONAL STAFF

Wade Blackwood- Executive Director
Chris Stec- Chief Operating Officer
Marcel Bieg- Western States Outreach Director
Kandace Bowers- Financial Coordinator
Kelsey Bracewell- SEI Manager
Dave Burden- International Paddlesports Ambassador
Amy Ellis- State Director/Membership Coordinator
Mike Foreman- Conservation, Stewardship & Public Policy Director
Katie Hansen- Membership Coordinator
Kimberly Jenkins- Paddle eMagazine Editor
Brett Mayer- Public Policy Chief
LeighAnn Rakovich- Insurance Coordinator
Carrie Schlemmer- Education & Grant Coordinator
John Sims- Social Media Coordinator

Competition Department

Morgan House- High Performance & Competition Director
Rafal Smolen- Slalom National Team Coach
Chris Barlow- Sprint High Performance Manager
Zsolt Szadovszki- Sprint National Team Kayak Coach
Aaron Huston- Sprint National Team Canoe Coach
Aasim Saleh- Sprint Jr. Team Manager
Shaun Caven- Paracanoe High Performance Manager/Coach
Zuzana Montagne- Slalom High Performance Manager

Cover photo

The ACA Raft Instructor Course on the Rogue River
Nate Wilson photo

Follow us on...



BOARD OF DIRECTORS

Executive Committee

President- Peter Sloan (NC)
Vice President- *To be elected*
Treasurer- David Bell (OK)
Secretary- Anne Maleady (CO)

Board Members

**Terms expire at the annual meeting of the year listed*

At-Large Directors

- William Irving (North Carolina- 2019)
- Lili Colby (Massachusetts- 2019)
- Robin Pope (North Carolina- 2018)
- Kirk Havens (Virginia- 2018)

Independent Directors

- Jeff Rouse (Virginia- 2019)
- David Bell (Oklahoma- 2019)
- Peter Sloan (North Carolina- 2018)

Affiliated Organizations Director

- *Vacant*

Property Management Committee

- Bill Micks (Virginia- 2018)
- Safety Education & Instruction Council
- Steve Hutton (South Carolina- 2019)

Competition Council

- *To be elected*

Elite Athlete Directors

- Slalom- Scott Mann (Virginia- 2019)
- Sprint- Stanton Collins (Georgia- 2019)
- Paracanoe- Kelly Allen (Oklahoma- 2019)

Immediate Past President

- Anne Maleady (Colorado)

Liaison Members(non-voting)

- Tom Uebel- Sugar Island (New York)

Ex-Officio (non-voting)

- Wade Blackwood- ACA Executive Director (Virginia)



SAFETY, EDUCATION & INSTRUCTION COUNCIL (SEIC)

Chair- Steve Hutton (SC)
Vice Chair- Trey Knight (TN)
Secretary- C.C. Williams (SC)
Past Chair- Robin Pope (NC)

Committee Chairs

Adaptive Paddling- John McDonald (OH)
Coastal Kayak- John Browning (MI)
Intro to Paddling- Beth Wiegandt (VA)
Prone Kayaking- Adam Masters (NC)
Rafting- Elisha McArthur (CO)
River Canoe- Greg Wolfe (OH)
River Kayak- Mike Arnoff (VA)
Safety & Rescue- Sam Fowlkes (NC)
Stand Up Paddleboard- Raphael Kuner (Germany)
Surf Kayak- Sean Morley (CA)
Surfski- Chuck Conley (VA)
Touring Canoe- Molly Gurien (OH)

Institutional Members

SEIC Chair Appointment- Josh Hall (SC)
SEIC Chair Appointment- Peter Casson (RI)

Liaison Members

BSA Liaison- Rob Kolb (TX)
USCG- Tom Dardis (DC)
USCG Auxiliary- Don Goff (MD)

STATE DIRECTORS

AL- Chris Anderson	NE- Steve Kuhl
AK- Levi Hogan	NV- Available
AZ- Available	NH- Available
AR- Tom Burroughs	NJ- Jason Parker
CA- Alexander Morris	NM- Robert Levin
CO- Theresa Zook	NY- Mike Cavanaugh
CT- Available	NC- Doug Stager
DE- Chris Beckman	ND- Available
DC- Meredith Waters	OH- Ryan Pepper
FL- Tommy Thompson	OK- Aasim Saleh
GA- Scott Fraser	OR- Available
HI- Indar Lange	PA- Steve Barber
ID- Available	PR- Omar Ramos
IL- Lenore Sobota	RI- Available
IN- Joe Rozsaheqi	SC- Jefferson Atkins
IA- Available	SD- Cory Diedrich
KS- Available	TN- Bob Snuck
KY- Nathan Depenbrock	TX- Charley Kemp
LA- Ben Sandmel	UT- Available
ME- Rob Hutchison	VT- Available
MD- Chuck McMillin	VI- Available
MA- Kevin Beckwith	VA- Steve Eudy
MI- Micheal Gray	WA- Bill Corson
MN- Bridget O'Boyle	WV- Evan Young
MS- Brian Ramsey	WI- Thomas Schrader
MO- Justin Adams	WY- Helen Tozer-Wilson
MT- Available	

*For information about the State Director Program,
please contact [Amy Ellis](#) at the ACA National Office.*

MEET YOUR

How would friends *describe you* in three words?



Wade Blackwood
Executive Director
Intelligent, dedicated, kind



Mike Foreman Rakovich
Conservation, Stewardship &
Public Policy Director
Friendly, knowledgeable, caring



Brett Mayer
Public Policy Chief
Energetic, determined, passionate



LeighAnn Rakovich
Insurance Coordinator
Kind-hearted, loyal, compassionate



Chris Barlow
Sprint High Performance Manager
Competitive, loyal, tea drinker



Kandace Bowers
Financial Coordinator
Sassy, competitive, control freak.



Kelsey Bracewell
SEI Manager
Busy, hungry, on the run.

ACA STAFF

www.americancanoe.org/staff



Katie Hansen
Membership Coordinator
Upbeat, funny, talkative



Morgan House
High Performance &
Competition Director
Helpful, intense, disciplined



Carrie Schlemmer
Education & Grant Coordinator
Boisterous, energetic, active



John Sims
Social Media Coordinator
Creative, hard-working, sociable



Zuzana Montagne
Slalom High Performance Manager
Caring, strong, well-read



Christopher Stec
Chief Operating Officer
Committed, dedicated, caring



Dave Burden
International Paddlesports
Ambassador
Adventurous, outgoing, active



Marcel Bieg
Western States Outreach Director
& Grant Manager
Mellow, fun, teacher

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*Making the World a Better Place to Paddle!
Since 1880.*



Zsolt Szadovszki
Sprint National Team Kayak Coach
Athletic, competitive, optimistic



Aasim Saleh
Sprint Jr. Team Manager
Honest, loyal, hard-working



Amy Ellis
State Director/Membership
Coordinator
Reasonable, dedicated, candid



Aaron Huston
Sprint National Team Canoe Coach
Funny, loud, enthusiastic



Kimberly Jenkins
Paddle eMagazine Editor
Kind, open, sensitive



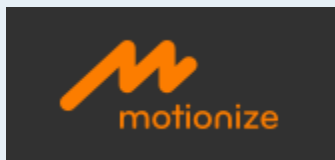
Rafal Smolen
Slalom National Team Coach
Reliable, passionate, dedicated



Shaun Caven
Paracanoe High Performance
Manager/Coach
Scottish kayak coach

PARTNERS

We are grateful to these organizations and companies for their significant commitment to help us achieve our mission and goals.



Partnership Opportunities

If you would like to align your business with the nation's oldest paddlesports organization, please [click here](#) for partnership opportunities with the ACA.

ACA staffer selected as *ProStaffer of the Month*



Marcel Bieg, an avid paddlesports enthusiast, was selected by AquaBound as ProStaffer of the Month for January 2018.

Marcel Bieg, Western States Outreach Director & Grant Manager for the ACA, was chosen as [Aqua-Bound](#) ProStaffer of the month for January 2018. Bieg is a professional whitewater kayaker and guide. He's also an Instructor and Instructor Trainer in several paddling disciplines.

AB: Let's start with your background. How did you get started in paddling?

MARCEL: When I was young my parents would regularly take my sister and me to the IMAX Theater in Denver. With each feature there was an included short film, typically on some type of adventure sport. Rock climbing in Yosemite, rafting the Grand Canyon, or even kayaking

the Yampa. These films were my first real exposure to adventure sports and they certainly planted a seed.

I was also part of the Boy Scouts throughout my young life and was extremely fortunate because my scout leaders were experienced mountaineers. So, I was exposed to a lot of technical mountain sports, specifically rock, ice climbing and backcountry skiing.

As a teen these passions grew and my life began to revolve around snowboarding in the winter and rock climbing in the summer. I lived outside of Boulder, Colorado, so I had a playground right out my back door. I worked as a life guard to support my adventure sport habit.

When I was 16 my Scout troop took a canoeing trip to Quetico Provincial Park in Canada. It was on this two-week expedition that I fell in love with on-water adventures.

From that point on, I became more aware of what paddling was and began to seek it out. When my parents asked me what I wanted for my high school graduation present, I immediately said "A kayak!"

I had never even sat in a kayak before, but somehow I knew I would



love it. I took an introductory kayak class from Boulder Parks and Rec and was on my way.

It took a just over a year before I nailed my first combat roll and met a group of people to paddle with at college in Glenwood Spring, Colorado. Once I did, everything else fell to the background. I started teaching roll classes for a local paddlesports shop and became a commercial raft guide in the summer. The following year I moved to Alaska to finish school and added sea kayaking to my resume.

My four-year degree is in Wilderness Studies, and I ultimately earned a graduate degree in Experiential Education.

Most of the great things that have happened to me have somehow been related to my profession and career as a paddler, experiential educator and adventure guide.

I have visited countless beautiful places, met the most amazing people, experienced hardship and triumph – I even met my wife through paddling. Ultimately I am indebted to all my experiences and the people who have helped form me.

AB: What do you love about it?

MARCEL: When I first started paddling it really was about the adventure. Pushing my limits, maybe scaring myself a little, getting away from people outside of my team, and going to beautiful places most people never get to see.

This has changed in my 20+ years of paddling. In my experience, the difference between paddlesports and all other adventure sports are the paddlers. We river and ocean folk are wired just a little differently. It's these people who have kept me so engaged and enthusiastic about paddling for more than half of my life.

I love being on the water with a brand-new paddler and seeing them

As I mentioned earlier I really am in debt to paddlesports and so I do try to give back. I am always on a board of directors of a local group working to educate people and protect watersheds, and volunteer regularly to teach at events.

Here in my local community I work with the [Willamette RiverKeeper](#) and take part in their monthly Trashy Tuesday River Cleanups on



Bieg with students in his outdoor classroom.

grow just as much as I love paddling harder water with my team of dialed paddlers who I trust 100% to have my back as they trust me. It really is a beautiful thing.

AB: How do you give back to the community through paddling?

MARCEL: I try to make my professional life about teaching others to live and love the outdoors and show how critically important the natural world is for us all.

the Willamette River in Eugene, Oregon. I regularly volunteer to safety boat for a variety of events and I am always looking for opportunities to help wherever I can.

AB: How else are you involved in your local paddling scene?

MARCEL: I teach paddling and instructor level classes for the City of Eugene Parks and Rec program

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as well as the University of Oregon Outdoor Recreation program.

I would like to do more locally, but I travel a great deal with my job as the Western States Outreach Director for the ACA. Although I may not be able to do as much activism locally as I would like, I travel all around the western states from the Rockies to the Pacific, teaching classes, supporting clubs and events and educating the public on issues that affect our rivers and oceans.

AB: Is there a local Aqua-Bound dealer you help out?

MARCEL: Unfortunately, the Eugene area doesn't have a true paddle shop. But I push Aqua-Bound throughout my travels and am always carrying enough paddles for people to demo whenever they would like.

I love Aqua-Bound for so many reasons and have paddled AB paddles for well over 10 years.

AB: How do you introduce a new paddler to kayaking or rafting?

MARCEL: For the most part I get new people paddling through formal education. I teach a substantial number of kayak, rafting, swift water rescue and adaptive paddling classes each year for a variety of organizations.

Additionally, I'm an Instructor Trainer and Instructor Trainer Educator for the ACA so I regularly mentor Instructor Trainer Candidates to help elevate them to IT or ITE status.

This allows them to make a bigger impact on their paddling community as well as improve their ability to

strengthen their chance at making adventure education a career.

AB: Do you work with any specific groups in paddlesports, like veterans or youth?

MARCEL: Absolutely! Through the City Program I work with, we regularly have veteran and youth-specific classes and often have fully integrated paddlesports classes. In addition to that, I've been working on becoming an Adaptive Paddling Instructor Trainer for several years.

This program allows me to teach Adaptive Paddling Workshops all over the country to instructors who would like to work with students with a physical disability. Through this program I'm involved with re-vamping and writing the curriculum and help plan for events like the ACA Adaptive Paddling Summit.



National Safe Boating Council names new executive director

Following a search process that began in October 2017, the National Safe Boating Council has named Peg Phillips, former ACA State Director for Florida, as the organization's new executive director.

"We're excited to welcome Peg to the NSBC," said NSBC Board Chair Chris Stec. "She brings a wealth of translatable experience and fresh perspective from her tenure with the College of Life Foundation and US Foods, as well as her volunteer work with ACA Florida. Her career commitment to service and outdoor recreation will serve NSBC and the boating community as a whole well and we look forward to working with her."

Phillips is a seasoned management professional offering a proven track record in both nonprofit and corporate settings, consistently exceeding defined goals through disciplined, organized execution of planned objectives. For the last eight years, Phillips served as vice president of the College of Life Foundation, which offers historical kayaking and hiking adventures for the whole family. Under her leadership, the College of Life Foundation received the American Canoe Association President's Award 2016 for stewardship along the Estero River.

"It's an honor and thrill to join such a wonderful organization and wel-

coming boating community, and I am grateful for the opportunity to lead the National Safe Boating Council," shared Phillips.

ness administration from Georgia Southern University, and recently relocated from Estero, Florida to the Washington, D.C. area.

“

It's an honor and thrill to join such a wonderful organization and welcoming boating community, and I am grateful for the opportunity to lead the National Safe Boating Council.

– Peg Phillips



National Safe Boating Council

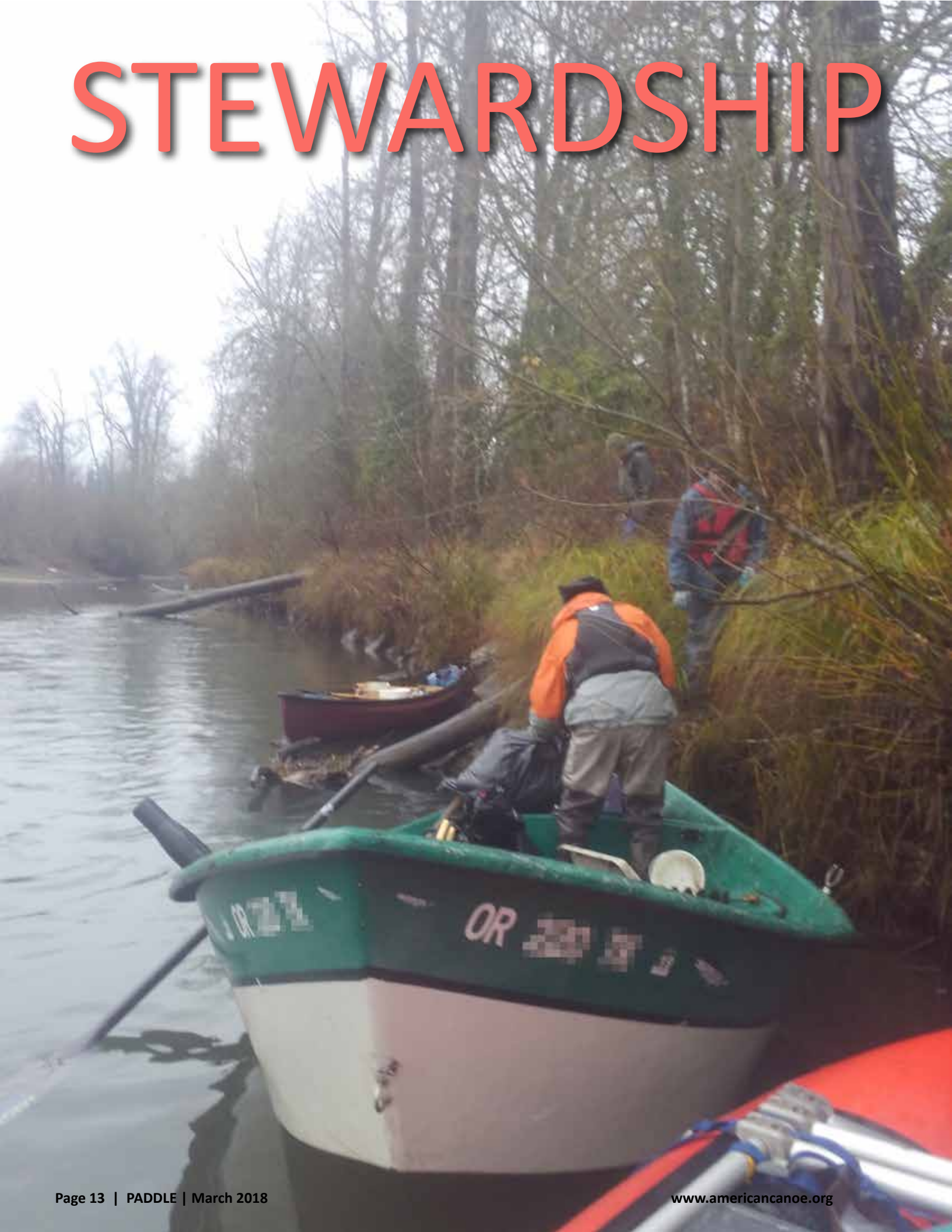
SAFER BOATING THROUGH EDUCATION, OUTREACH, AND TRAINING

Phillips understands the value of giving back to her community, having served as president elect of the Rotary Club of Estero and vice president of Friends of Koreshan State Historic Site.

An outdoor enthusiast, Phillips enjoys hiking, fishing and boating. She received her bachelor's in busi-

ness administration in 1982 from Georgia Southern University. Established in 1958, the National Safe Boating Council is the foremost coalition for the advancement and promotion of safer boating through education, outreach, and training. For more information about NSBC programs and professional development opportunities, visit www.safeboatingcouncil.org.

STEWARDSHIP



Paddle *Green* Spotlight

Trashy Tuesdays on Willamette River



Trashy Tuesday is a monthly river cleanup organized by the Willamette River Keepers and supported by the ACA and various municipalities throughout the Willamette River Valley. The cleanups take place along the full length of the Willamette River and several of its tributaries from Portland to Eugene Oregon.

In Eugene the cleanups are scheduled for the second Tuesday of each month and focus on a different section of river depending on the amount of trash. These cleanups are incredibly important because not only do they help keep the local communities safer, looking nicer and healthier; they also affect every community down river and even worldwide as this trash has the potential to reach the ocean and end up anywhere on the globe, on a beach, in our fish or in the ocean's depths. So find your local river cleanup opportunity and do your part to help.

For Oregonians near the Willamette Valley who wish to get involved visit <http://willamette-riverkeeper.org> for more information.



ACA pursues hot button stewardship, policy issues

By Mike Foreman, ACA Conservation, Stewardship and Public Policy Director
and Brett Mayer, ACA Public Policy Chief

The ACA's Stewardship and Public Policy department is pursuing a variety of hot button issues on both the state and national levels.

In the past few months the ACA has worked closely with the state of New Mexico to distill and communicate four important issues to New Mexico members:

1. The recommendation to change the proclamations of Rio Grande del Norte National Monument;

2. The Gila River water development projects;
3. Proposed military training exercises over the Gila and Aldo Leopold Wilderness area; and
4. A newly passed rule that makes it illegal for New Mexico residents to fish and float sections of streams and rivers within the boundaries of private property.

The ACA thanks New Mexico State Director, Robert Levin, and State Board Member, Norm Gaume, for their leadership on these issues.

The Boundary Waters Canoe Wilderness remains threatened by H.R. 3905, Minnesota's Economic Rights in the Superior National Forest Bill. This bill threatens the Boundary Waters Canoe Wilderness by renewing all existing claims to mine in surrounding National Forests, preventing the creation of any new National Monuments in Minnesota, and leaving National Forest lands open to new mining claims.

Pollution from mining tailings in this region could severely affect

The ACA is working with the state of New Mexico on several important waterway issues, including an executive order from President Trump that could affect the Rio Grande del Norte National Monument.





The Boundary Waters Canoe Wilderness remains threatened by H.R. 3905, Minnesota's Economic Rights in the Superior National Forest Bill.

water quality in one of our nation's most iconic paddling landscapes. H.R. 3905 narrowly passed through the House of Representatives and may reach the Senate floor in the coming months. The ACA urges members to write a personal note letting their Senators know what the Boundary Waters means to them as a paddler.

Nationally, the policy landscape remains challenging. Numerous pieces of legislation threaten the Antiquities Act and codify changes made to existing monuments. The ACA opposes H.R. 3990, the National Monument Creation and Protection Act, which ends the availability of the Antiquities Act as a meaningful conservation tool and gives the executive branch the power to undo existing protections, leaving protec-

tions once considered permanent subject to political whim.

The ACA supports S.2354, the Antiquities Act of 2018, which officially declares congressional support for the 51 National Monuments created between 1996 and April 2017, reinforces existing law that states that presidential proclamations designating monuments are valid and cannot be reduced or diminished, further enhances protections by requiring management plans for monuments be created within two years, and ensures that monuments receive additional resources to meet their unmatched economic, recreational, and cultural benefits.

Finally, the Bureau of Land Management made recent changes under the direction of the Department

of the Interior to eliminate Master Leasing Plans, which essentially excludes paddlers from participating in the process of land management plans on public lands.

It remains a challenging time, and the ACA is committed to ensuring the voice of the paddling community is heard when it comes to protecting our nation's paddling resources. The ACA supports an open and inclusive process and is concerned about legislation that limits the ability of the paddling public to get involved in public process. The Stewardship and Public Policy Department is committed to making members aware of key policy movement on the state and national level and providing opportunities for members to make their voice heard on issues.

Plastic vs. Waterways

Most everyone reading this knows that plastics are bad for freshwater and saltwater critters and their habitats. So, how did we get into this predicament? How bad is it? And, what can we do to mitigate the problem?

The rise of plastics and how they helped us become a throwaway society

On August 1, 1955, *Life Magazine* published an article called “Throwaway Living—Disposable Items Cut Down Household Chores” (p. 43). An interesting photo appeared on the lead page depicting a family tossing several ordinary household items into the air that represented at least 40 hours of work for a housewife (and yes, we were not such an enlightened bunch back then) to clean. The point was to illustrate that if a person did not have to bother cleaning certain things, they would have much more free time. Considering the extensive conscientiousness of saving and reusing items following the Great Depression and World War II, this was a pretty radical departure only a decade after the war’s end.

The article highlighted some of the items that now make life easier: plastic plates, cups, cutlery, table cloths, and flowers; popcorn sold in a toss-away pan [Jiffy Pop], disposable diapers, and even throwaway draperies. Also shown is a pet feeding bowl on a wrought-iron stand with disposable, waterproof bowls that “eliminate washing-up chores.” The stand and six bowls could be

had for only \$1. There’s a “disposa-pan,” which meant no more scouring pots after cooking, that contained a steel frame and eight heavy disposable foil pans for a mere \$2.98. And more ambitious was an entire throw-away barbecue that came with a stand, an *asbestos* shell, a wire grill, and an hour’s worth of charcoal – all for 79¢.

Plastics do provide [benefits](#) to our lives in several ways, and some of them are essential. Conversely, many uses for plastic are detrimental and unnecessary as has been discovered over the past decades. About 15 years after the *Life Magazine* article, the environmental movement began to focus on the problems of excess production and waste and the benefits of recycling. At the time, this was not a bad solution. However, as we know today, recycling is no longer the panacea – especially in light of China’s January 1, 2018, [ban](#) on importing half the world’s recycling waste. Today, [recyclables are piling up in overwhelming numbers](#) throughout North America, Europe, and other locations, and it’s too late to put the genie back in the bottle. So what do we do? And, what does this have to do with water? As we’ll see, a lot!

Plastic and watersheds

Many find it difficult to comprehend that every person on Earth lives in a watershed. The U.S. Geological Survey defines a [watershed](#) as “the area of land where all of the water that falls in it and drains off of it goes to a

common outlet...Watersheds are important because the streamflow and the water quality of a river are affected by things, human-induced or not, happening in the land area ‘above’ the river-outflow point.”

In this context, **what’s on the ground, washes down** – to a stream, a lake, a bay, or an ocean – meaning unwanted items are carried downhill through a watershed until they eventually make their way to one of the great ocean trash [gyres](#). These gyres hold enormous

Washed-up plastic parts, including several BIC “disposable” lighters, litter the ground at Eastern Island at Midway Atoll-Washed. C. Northon photo





A Laysan Albatross feeding its chick on Midway Island. C. Northon photo.



The carcass of a Laysan Albatross found on Midway Island shows that the bird had ingested various forms of plastic. Chris Jordan photo

amounts of garbage – of which most is plastic – and it’s estimated that 80 percent of the contents originate on land as opposed to being dumped from ships at sea.

Bits & Pieces, Nurdles, and Microbeads

Because of the accelerating demand for plastics, increased production over the recent decades, and its hardness (difficulty in breaking down), the problem is ubiquitous. Most plastics are not biodegradable, but, instead, they break into smaller and smaller “bits and pieces” over time, and [they never truly go away](#) – well, at least they haven’t in our lifetime. These objects can resemble colorful confetti, and this, unfortunately, attracts sea birds because they think it’s food. Also, filter feeders, from clams to whales, strain the waters and consume many of the plastic fragments.

These plastic bits affect some of the most remote areas of the world, such as Midway Atoll which lies about 1,300 miles northeast of Honolulu. Laysan albatross and other sea birds, green sea turtles, and Hawaiian monk seals are found on Midway and Eastern Islands. Sadly, Midway is also a place of death for many of the albatross who ingest or are fed plastic by their parents, because it resembles fish eggs, plankton, and other food particles. Ultimately, their stomachs fill up, and they starve to death.

Nurdles are another overwhelming problem for aquatic organisms. These are the building blocks, the raw material, for most of our plastic products. How, then,

do they get in our waters? This happens mostly from spills at factories (about 80 percent) and the rest at sea, when containers full of nurdles go overboard. There have been two rather massive spills from just a few shipping containers over the last five years. One spill in Hong Kong during July 2012 involved six containers releasing 150 tons of nurdles, and the other in Durban Harbour during October 2017 is estimated to have released 49 tons from two containers. This equates to billions of nurdles (average count of nurdles per ton is ~ 50,000,000). And since both of these spills were close to fishing grounds and fish farms, the immediate impact of ingestion was able to be observed. It is known that eating fish and sea food contaminated with nurdles is harmful to humans.

(Continued on page 19)



Nurdles or pre-production plastic pellets found on a beach in Hawaii. NOAA photo



Microbeads seen as specks in toothpaste.



*Microbeads that have been filtered out of toothpaste.
NOAA photos*

And, let's not forget microbeads.

Introduced in 1972 as an additive to personal care products, such as facial scrubs and toothpaste, they are, despite their minute size, something that can kill marine life. Our waters are laden with high concentrations of them which are also attractive as food to aquatic critters. Unfortunately, they are so small that even our most sophisticated waste water treatment plants cannot filter them all out, and eventually the toxic sludge they create needs to be cleaned up. Where will the sludge go? Undoubtedly, to landfills.

Alarmingly, some of the fish and seafood we eat are now carrying pollutants that have adhered to the microbeads before being ingested. Microbeads are not only harming aquatic organisms, but they are working their way up the food chain to us! And, recent [studies](#) have found that they are entering our drinking water sources. In December 2015, Congress amended the Federal Food, Drug, and Cosmetic Act by passing the [Microbead Free Waters Act of 2015](#), which will phase out their manufacture and use over the next few years, but they remain out there in the environment. You can't call them back.

A Common Loon floats on Jewel Lake near Anchorage with monofilament wrapped around its beak. C. Northon photo.

But wait, there's more!

Plastic bits are not the only problem to contend with. Discarded fishing line, commonly known as monofilament, is a tremendous hazard to fish and wildlife. Birds, especially, are injured or killed from this essentially invisible trap. Often the line will have hooks and weights on it that are also ingested. In 2015, Anchorage Waterways Council established the first monofilament collection and recycling program in Anchorage. Since then hundreds of miles of line have been sent back to [Berkley Industries](#) for recycling and repurposing. AWC recently submitted a grant to expand the program and to work on reducing Alaska's "plastic" footprint. An excellent video by University of Alaska Anchorage Conservation Biology students was created in 2017 on this problem titled, [The Dangers of Monofilament](#), and it was filmed right here on Anchorage's urban creeks. Check it out!



And let's not forget cigarette butts!

[Dr. Thomas Novotny](#), a renowned opponent of tobacco and cigarette butt waste recently wrote, “[u]sed cigarette butts are not just pieces of non-biodegradable plastic. They also contain the carcinogens, nicotine and toxins found in all tobacco products. We have found that one cigarette butt soaked in a litre of water for 96 hours leaches out enough toxins to kill half of the fresh or salt water fish exposed to them.”



The ground around this bench at University Lake, Anchorage, is littered cigarette butts. C. Northon photo

Cigarette butts and their 95 percent [plastic-based filters](#) are the most common litter item during cleanups by the Ocean Conservancy as noted in their [2017 report](#) when nearly 2 million were picked up. Birds and fish swallow them, they add carcinogens to water, and they are unsightly on the ground.

It's difficult to not notice how many butts are tossed away before entering a building or a vehicle or when sitting on a bench. And from there, it's just a short trip for that butt to the storm drain and into our waterways.



Cigarette butts wash down a storm drain on Tudor Road in Anchorage. C. Northon photo

What are *you* doing in your life to effect change regarding plastic?

In an effort to reduce the impacts of plastic on our waters, Anchorage Waterways Council is implementing dialogue in order for people to become more aware of and examine their personal lifestyle choices and how each and every one of us, while contributors to the problem, can also be part of the solution.

Think about your daily routine. Do you need that straw with your ice tea or soda? Can you remember to carry cloth bags to stores and reduce plastic bag consumption? Maybe suggest to that store clerk who is automatically bagging the one or two items that you purchased that a bag is not necessary. How about buying a reusable water bottle instead of purchasing bottled water? Pay attention to the types of takeout containers that restaurants use – plastic foam or compostable paper? What other things in your life can you change? Try a bamboo toothbrush or reusable food storage wraps. There are so many ways that each of us can make a dent in this overbearing problem.

About the Author

Cherie Northon has a master's and a doctorate in Geography from the University of California Berkeley, where she taught for 19 years. She is also a cartographer – working in GIS, remote sensing, and GPS-acquired data. Her areas of interest are habitat protection and improvement of the natural environment (flora and fauna), student outreach (K-12), and generating public participation in environmental issues. She has been the executive director of Anchorage Waterways Council since 2010.

ACA sponsors **environmental category** in film festival

The lineup for the [2018 Reel Paddling Film Festival](#) has been announced.

The [ACA](#) is proud to sponsor this year's Best Environmental Category, which features [Chasing Wild: Journey into the Sacred Headwaters](#) by Tyler Wilkinson-Ray, Colin Arisman and Luke Kantola.

The film is about three friends and their 400 km bike-packing and packraft expedition through the heart of the sacred headwaters in Northwestern [British Columbia](#), birthplace of three critical salmon rivers and home to the Tahltan people.

Their journey is an exciting, sobering window into the wild landscape. They pedal through vast boreal forest, paddle through frigid whitewater, catch monster trout,

outrun a hungry grizzly, and learn about the Tahltan's fight to protect their homeland.

The World Tour is currently touring to more than 100 cities around the globe. To attend a 2018 Paddling Film Festival screening near you, visit the [World Tour Schedule](#).

Since 2006, the Paddling Film Festival World Tour has been showcasing the very best paddling films. The World Tour screens in more than 120 cities around the world. Join us for this year's best paddling films. You'll be inspired to explore rivers, lakes and oceans, push extremes, embrace the paddling lifestyle and appreciate the wild places.

For tickets and showtimes, visit www.paddlingfilm-festival.com.



Stay up to date on ACA's stewardship initiatives

Interested in the political process? Check out some of the **local and regional policy letters** the ACA has submitted on behalf of paddlers:

www.americancanoe.org/PublicPolicy



Want to help your local waterway? Watch these videos from fellow paddlers at their **Paddle Green Events**:

www.americancanoe.org/PGEvents



How much is there? Where does it come from? Help the ACA and NOAA **'Track Trash'** and clean up your local waterway in the process! Learn how to participate:

www.americancanoe.org/TrackTrash



How do the **7 Principles of Leave No Trace** apply to river corridors? Learn more at:

www.americancanoe.org/LNT

South Jersey waterway offers beauty, history

By John Anderson, Conservationist

"The third annual cruise of the Atlantic Division ACA on the North Branch of the Rancocas Creek was held on May 25 and 26, 1912. 36 Club members participated. Friday evening after paddling down from Hanover Furnace camp was made on an island in the Lake. Saturday morning the cruise got under way about nine o'clock.

Some especially enjoyable features were added to the usual trip. Fast water was found above the dam at Birmingham and in the raceway at Mt. Holly. Camp for the night was pitched at Cedar Springs, below Mt. Holly. Tents were pitched, and everything made ready for the night. Sunday morning all arose early, the cruise proceeded lazily with the tide to the Delaware River and thence upriver to Burlington."

Forest and Stream magazine, June 22, 1912

In 1912 and years prior, American Canoe Association Clubs conducted an annual three-day overnight cruise of the North Branch of the Rancocas Creek from the Pines to the Tide. Three days of paddling in New Jersey? Yes, New Jersey!

The [North Branch of the Rancocas Creek](#) originates in the New Jersey Pine Barrens headwaters and drains 36 miles west into the Delaware River estuary in Delanco at Burlington County's Amico Island Park. Composed of three main branches, the North, South, and Southwest, the Rancocas Creek Watershed consists of 360 square miles of pristine water largely protected from outside or modern influence.

Non-tidal on its eastern reaches, the tide joins the Rancocas Creek in Mount Holly on the North

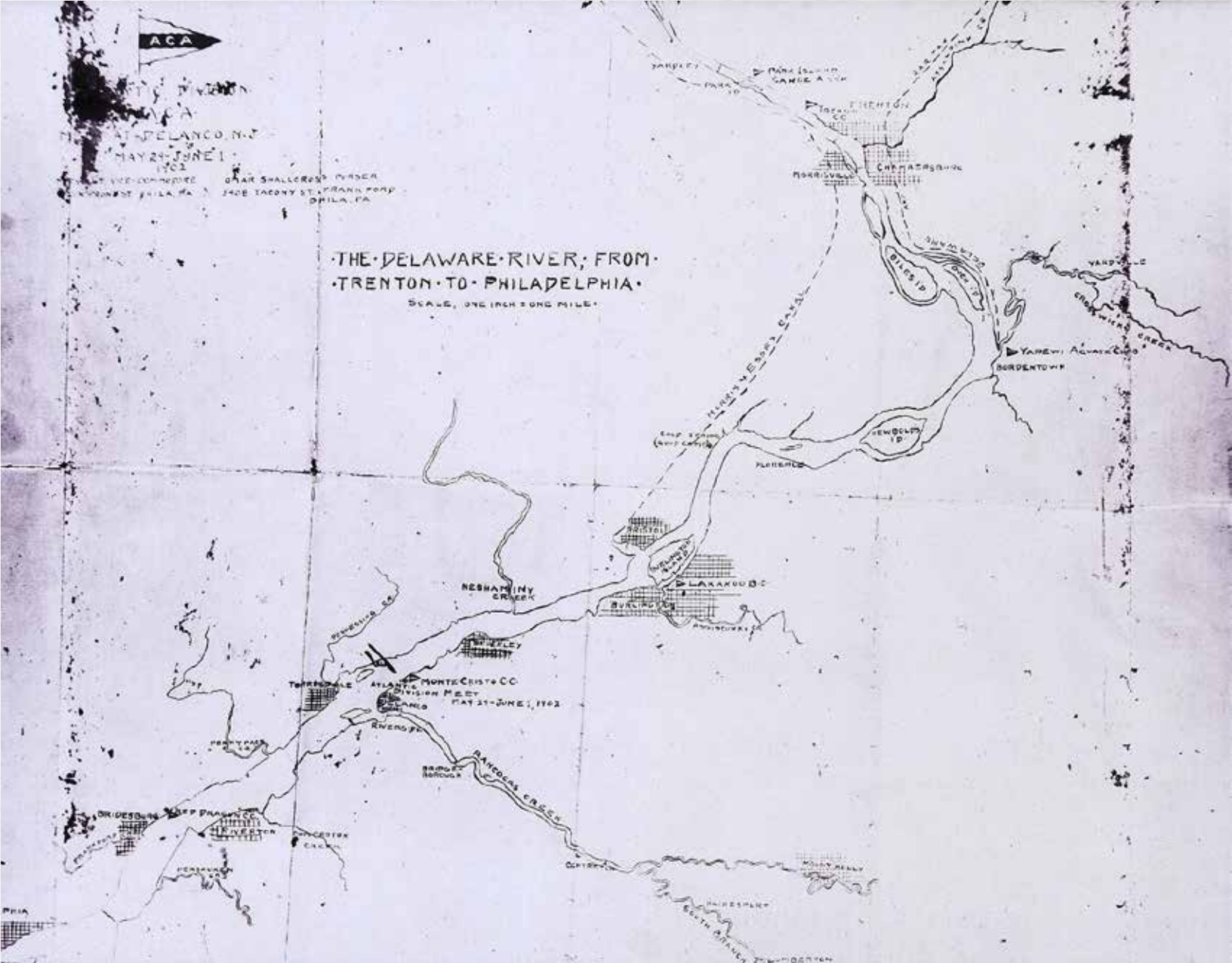
north of the Ports of Philadelphia and Camden.



Branch and Lumberton on the South Branch. Flowing westerly, the two branches join at the confluence inside the 1200-acre Rancocas State Park where it forms the main stem leading 10 miles directly to the Delaware River. These tidewaters are approximately 14 miles

The Rancocas Creek National Water Trail (NWT) Initiative began after an open community forum five years back. Based on the ACA principles of conservation and stewardship as well as hundreds of hours of paddling along the Rancocas Creek's established canoe trail and untamed stretches of the Rancocas tidewaters, many trials and tribulations were encountered and conquered along the way.

Rancocas Pathways, a 501(c)(3) organization, was incorporated to manage all areas of the NWT application, marshal multi-use entities and cultivate sustainable individual and community ownership of the



The Rancocas once served as the major highway through Burlington County.

RCNWT nomination. The combination of Rancocas Pathways' community-supported agriculture, kayak excursions and rentals, Adopt A Creek events and Learning Can Be Fun, Naturally programs create a matrix supporting best management practices of the NWT.


Whether you enjoy canoeing, kayaking, fishing or just being outdoors, the Rancocas Creek offers all you could want. Four hundred years

of maritime heritage anchors your introduction to regularly seen bald eagles, herons, ospreys, sand-pipers, owls, beavers, otters, muskrats and many other forms of wildlife.

If you prefer an "in town" trip around the Mount Holly Oxbow Channel or the wide, unflinching expanse and vistas of NJ State Park Natural Areas, there is a landing for your launch as the NWT connects the Rancocas for you, and to you!

Paddling for all ages awaits your family at Melpine Landing and Mount Holly on the North Branch and Lumberton and Hainesport on the South.

Get involved in the Rancocas Creek Water Trail. Paddle down, Volunteer at an Adopt a Creek, help with creek cleanups, participate in program development and facilitate outreach efforts. See you soon!



Find a job you love

www.americancanoe.org/employment

The ACA Career Center Website is now *better* than ever!

Use it as a one-stop shop to find awesome jobs all over the country at places like REI, the U.S. National Whitewater Center, and more.

You can even sign up for email notifications so you know when new jobs get posted to the site!

Visit www.americancanoe.org/employment to find your dream job in the outdoor recreation industry today.

EDUCATION



January Instructor of the Month



Sean Podrecca

Sean Podrecca has been kayaking since 2005 when he went on his first trip through his university's outdoor recreation program. He quickly took to it, becoming a raft guide in North Carolina for two summers before heading to Colorado where he not only raft guided but became an ACA whitewater kayak instructor in 2008.

He has worked with many different paddling programs since then, including managing two chapters of Team River Runner (a nonprofit for wounded veterans), First Descents (a nonprofit program for young adults with cancer), the National Outdoor Leadership School, and both the US Army and Air Force, with whom he is currently employed.

"Paddling has been a big part of my life since my first experience with it in 2005. I have paddled on both coasts and everything in between within the United States, as well as guided trips in Europe," Podrecca said. "I find that paddling provides me as an individual the ability to focus on the moment, to be fully committed to a rapid or line, and to push everything else to the sidelines. It puts things into perspective

as well. You can be a great paddler, know you can make a line, and due to the dynamic and unpredictability of a rapid still not be 100% perfect but still persevere through uncertainty."

In a typical season he tries to get 30 to 50 days on the river between personal trips and instruction. As an outdoor guide for the U.S. military, he splits his time guiding among many sports and is not always able to devote as much time to paddling as he would like.

"I have been fortunate to paddle in many different locations with many different people and enjoy the mentorship that comes with instruction. I have recently taken up whitewater canoeing to diversify my skills and to reinvigorate my passion while paddling with friends and family on more mellow runs," he said. "Currently I aspire to paddle with other open boaters that can teach me and mentor me in the same way I have done with others through whitewater kayaking."



February Instructor of the Month

Jessica Amendola



“I am one of the lucky ones who can say that her entire life revolves around her biggest passions,” said Jessica Amendola, founder of SUP Yoga Center.

Just a couple years ago she took the plunge and decided to become completely self-employed and create her dream life, following her heart and turning her passion into her business. She opened her first SUP Yoga Floating Studio on the beautiful island of Maui. Moving back home to Florida in 2016, she brought her business with her.

“I am happy to say that my entire life revolves around being on the water. I spend as much time on the water as I possibly can,” said Amendola. “Being a single mother to a 1-year-old (who already LOVES paddling with her mommy!), it certainly doesn’t happen as much as it used to, but I truly cherish every minute I’m on the water and dream of being on the water every minute I’m not.”

Amendola is an ACA-certified Stand Up Paddleboard Instructor, Yoga Alliance registered E-RYT200, certified SUP Yoga Instructor, BOGA Yoga Ambassador, and she brings

“I teach several classes daily here in St. Augustine and hold bimonthly teacher trainings, where I am able to certify others to teach SUP yoga and live the life of their dreams as well. I have truly been blessed because the line between work and pleasure is so very thin and neither is something I ever tire of,” she added.

“The most incredible thing about paddling to me is being so perfectly connected to our beautiful planet. I love lying on my paddleboard after a SUP Yoga class, with my

hands dangling in the water, feeling as if my body is just floating on earth. My years on the water have inspired me to take action in reducing my carbon footprint, making a positive impact on our planet, and in turn inspired me to take even better care of my own body. You have two homes to take care for: your body and your planet. Every single time I am on the water, my passion to take care of both is renewed,” she added.



over a decade of experience as a practitioner and expert instructor. She teaches SUP and SUP yoga classes that are inspired directly from her time in or around the ocean. Her classes are a blend of challenging movements, interwoven with spirituality and a heavy emphasis on alignment of the body and movement with breath. The purpose of her classes is to help guide her students into living a life of purpose and passion, finding peace of mind and strength of body.

ACA produces creative infographics to promote boating safety

Last fall, the ACA finalized its project titled *Creative Photography Series & Information Graphics*, which was funded through a grant administered by the U.S. Coast Guard.

The goal of this project is to spread vital safety information concerning paddlesports and their role in the overall boating world. It specifically addresses several components of the 2012-2016 Strategic Plan of the National Recreational Boating Safety Program: Objective 2, Boating Safety Outreach and Objective 8: USCG Required Safety Equipment.

With the Creative Photography Series & Information Graphics project, the ACA continued to target the Non-Profit Organization Grant Program's Areas of Interest: No. 1: Develop and Conduct a National Year-Round Safe Boating Campaign and No. 9: Media "Toolbox."

The heart of this project focused on high-quality photographs. Groups of photographs have been taken in sequence, edited, and arranged side-by-side in a manner that illustrates a paddling safety message without the need for video, audio, or additional instructions to explain the content/message. This unique take on paddlesport pictures serves as a dynamic representation of the ACA's ongoing safety message.

A succession of infographics complement the Creative Photography Series portion of this project, but with the added component of text and data which provide further connection and meaning between the paddling public and the on-water activities. These progressive informational infographics are an attractive messaging tool for other organizations who share ACA's mission of disseminating effective and pertinent water safety messages.

Through the project, the ACA has produced 15 creative and eye-catching infographics:

1. Life Jacket Wear
2. Defensive Boating
3. Know Your Limits
4. Cold Water Immersions
5. Paddler's Safety Checklist
6. Float Plans
7. Communications
8. Obtain the Knowledge
(Classes, clubs, research)
9. Paddlesport Safety Facilitator
10. Trip Leading
11. Youth Paddling
12. SUP Leashes
13. SUP Life Jackets
14. Paddling Participation & Fatality Stats
15. Kayak Fishing Safety Tips



ACA PRO SCHOOL SPOTLIGHT

The ACA is proud to announce that Spain now has its first Pro School.

Clube Kayak de Mar Bueu received this designation February 9, 2018.



ACA Pro Schools are some of the best organizations across the country to find top quality ACA-certified instruction. Plus, current ACA members receive discounts on certain Pro School instructional programs.

Please visit www.americancanoe.org/ProSchools to find a Pro School near you.

EAST COAST PADDLESPORTS SYMPOSIUM

ON-WATER CLASSES. EXHIBITORS. CHARLESTON.

*“The instructors were leaders
in their field and we learned
so much.”*

CHARLESTON,
SOUTH CAROLINA



APRIL 20 - 22
2018

CHARLESTONCOUNTYPARKS.COM/EASTCOAST



Charleston Outdoors Fest combines *fun* and *fitness*

Mark your calendars! The [Charleston Outdoor Fest](#) is set for April 21-22 at James Island County Park. Whether you're a devoted outdoor sporting enthusiast or just beginning to explore nature's playground, you'll find your perfect fit for fun and fitness at this amazing three-day festival.

Canoeing, kayaking, paddleboarding, rock climbing, slacklining, mountain biking, archery—even disc golf—there's something for everyone! Charleston Outdoor Fest attendees can try out equipment, compete in races and other hands-on activities on site, and learn everything from the basics to expert skills in each sport.

As part of this event, the [East Coast Paddlesports Symposium](#) will be held April 20-22. This annual event is a three-day immersion in the history, technique, hands-on experience, and fun of kayaking, canoeing, SUP, and more. The symposium is the heart of the Charleston Outdoor Fest, and paddling enthusiasts will not be disappointed.

On-water classes are designed to enrich your symposium experience. Symposium participants will also have access to unlimited boat demos from leading manufacturers, social opportunities with top instructors, an event t-shirt, and more. Paddling enthusiasts of all ages and experience levels will delight in the

festival's East Coast Paddlesports Symposium, which features world-renowned instructors and sports equipment manufacturers.

Other features of the Outdoor Fest include:

- **Vendor Village** - Leading manufacturers and outfitters exhibit a wide variety of products in the Vendor Village. Here, you can try out boats and equipment, talk with vendors, and get a chance to try before buying.
- **The Try It Zone** (*Saturday and Sunday only*) - Attendees can purchase a Try It pass and experience an archery range, a bike obstacle course, a mountain bike short track, the Challenge Zone (activities and brain teasers), disc golf, climbing, and the slackline course. Plus, Try It passholders can demo sea kayaks, SUPs and canoes. Kids are encouraged to take part in Sunday's cardboard canoe race.

Anyone who enjoys being active in the outdoors will find something exciting at the Charleston Outdoor Fest and East Coast Paddlesports Symposium. For more information, including schedules or to register for symposium classes and other programs, visit www.CharlestonCountyParks.com or call (843) 795-4386.



Getting introduced to FreeStyle Canoeing

By Bruce Kemp, Paul Klonowski, Marc Ornstein

Photography by Ray Halt, Marc Ornstein and Paul Klonowski

After many years of paddling on rivers and creeks, up to Class II + – and more than a few multi-day Canadian canoe trips – I figured I knew how to paddle a canoe pretty well.

Some time ago I came across FreeStyle Canoeing, more or less by accident. My first exposure to FreeStyle was a short demonstration of what I later learned is called “Interpretive FreeStyle,” which involves paddling a choreographed routine to music.

I was thoroughly smitten, astonished even, at the complete control the paddlers had over their boats, and the almost effortless, subtle and, in some cases, nearly imperceptible ways they were using their blades and bodies to bring about dramatic respons-

es from the canoe. They were “as one” with the boat. I wasn’t particularly interested in the music and “dance” facet of this activity, though it was fun to watch, but I sure did want to learn how to handle a canoe like that. It was the skill level, the utter at-homeness in the boat – call it the “Advanced Touring Techniques” – that caught my attention.

I soon took some FreeStyle paddling lessons, in all four quadrants, as they are known, and learned a bit about these advanced paddling techniques. I had expected that these maneuvers – “tricks” if you want to call them that – would be cool and fun to do, and indeed that is certainly the case. But I was not at all prepared for another aspect of learning about

FreeStyle paddling, which aspect became apparent to me the first time I paddled a creek back home soon after my first lessons. And that was just how useful the techniques I had been learning can be to one’s everyday paddling, on whatever kind of water one may find oneself.

I tried using the techniques on a gently moving creek, and then on rivers that were moving more quickly, in small riffles and larger rapids. I consciously applied the techniques and found they really worked. I was hooked; as I learned more, I found just how versatile and effective all of this was in any paddling situation. As time and practice have progressed, all of it becomes part of one’s paddling repertoire, one’s paddling vocab-



ulary. I've found that in any given situation I just respond, without thinking about it consciously much at all. As someone has said, "Most FreeStylers do most of their FreeStyling on the rivers and creeks back home they paddle all the time."

It is often the case that FreeStyle paddling is seen in the broader paddling community as a quiet water activity. It is certainly the case that the FreeStyle instructional symposia are conducted on small and sheltered ponds whenever possible. There's good reason for this, but it's not because such conditions are the only place you can use FreeStyle; it's because quiet water is simply the best arena in which to first learn these techniques and maneuvers.

Any time you paddle, there are numerous forces acting on your canoe. You as the paddler, of course, are one of those, but there are also other things such as wind, waves, and current. Because these FreeStyle techniques involve a high degree of communication between paddler and boat, and a strong emphasis on precise and efficient use of the blade, they are simply best taught and learned in a situation where all other forces are minimized, as much as possible.

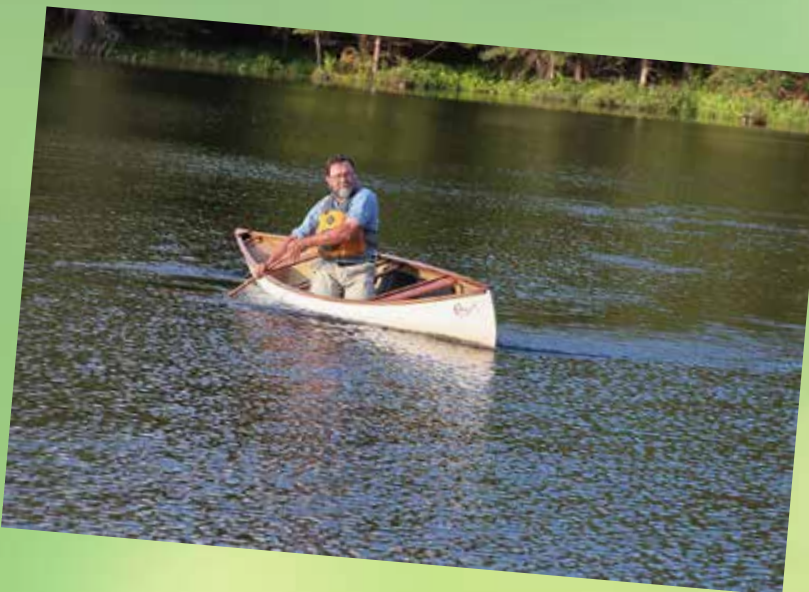
In that situation, a paddler knows that whatever the canoe does, it does because of whatever she or he did to influence the boat with blade and body position. How better to learn paddling skills than when the only influencing source is the paddler?

Interpretive FreeStyle is at the end of the spectrum. In this discipline, folks experiment with the various maneuvers to see just how far they can take them, what ways they can make the canoe behave, and how smooth they can make it all look, while paddling a rehearsed routine to music – sort of like figure skating, with the not inconsequential advantage that the water doesn't hurt as much when they fall over.

These are the folks who are exploring, pushing against the boundaries of just what a paddler and canoe can do together. It is a small group of folks who are driving the sport to its limits, and

(Continued on page 35)





thereby re-defining those limits. But the simple fact is that most people who learn these techniques never do, nor do they ever intend to, try the Interpretive side. They just want to learn to paddle better, have less muscular pain at the end of the day, and become a better partner with their boat.

The techniques learned in trying to perfect those more dramatic moves work equally well in real life, and FreeStylers use them all the time, though generally they are not carried to the extremes one sees in exhibitions. There's rarely any need to heel the canoe down to the rail for instance, or pitch it as dramatically as one sees in Interpretive FreeStyle. One usually doesn't need to do a 180° turn – except eddying out perhaps – 90° or 120° will do just fine in most real-life paddling.

While using these techniques on a river, one can glide gracefully from one side of the river to another as the current or obstructions suggest; sweep into a stopping position parallel to the shore, rather than have to shove the boat bow first and damage the hull. In turns on the river you may be heeled over a bit to help facilitate the turn, but the gunnel is not even close to the waterline, and yes, you're still just comfortably, normally, kneeling with your backside perched on the canoe seat. You may sometimes find yourself exploring some serpentine channel, only to find it to be a dead end, too narrow to turn around. This is where those cross-reverse maneuvers have an application. You just move your body into the transverse position and simply paddle back out, no problem. And if you should come upon a tree stump

or rock in the middle of the river, you'll know how to sideslip gracefully aside, without ever breaking your rhythm or stride.

All paddling instruction is ultimately about boat control, and FreeStyle is one of several paths to that goal. And yes, some of us dabble a bit in Interpretive FreeStyle, because we've discovered it's just a whole lot of fun to do it. Pushing the limits – both yours and the canoe's – is about the best learning tool there is. It's just another in the already lengthy list of "Ways to Have Fun in a Canoe." The fact that these techniques so greatly enhance the enjoyment of our everyday paddling back home is a bonus.

For more information, please visit www.FreeStyleCanoeing.com.

Article reprinted with permission from www.FreeStyleCanoeing.com.

Level 1-Level 2 Symposium scheduled for September

The [ACA](#) and [Active Learning & Living Outdoors](#) are excited to offer the second [Level 1 & Level 2 Symposium and Instructor Updates](#). Scheduled for Sept. 15-16, 2018, in Rock Hill, South Carolina, the symposium is designed to address the specific needs of Level 1 & Level 2 Kayak, Canoe, and SUP instructors.



This is your chance to increase the quality of the clinics and assessment courses you offer by improving your personal paddling and rescue techniques, learning new teaching methods for beginner paddlers, and enhancing your ability to assess the strokes and body mechanics of your students while providing them with clear, targeted feedback on their technique.



You'll paddle and learn from Instructor Trainers and Instructor Trainer Educators who have extensive experience working with Level 1 & Level 2 students and instructors across multiple disciplines. We hope you'll join us for this unique experience!

ACA launches new *Leadership Academy*



This summer, the ACA will debut a new format for the annual paddlesports conference. The event is being transitioned into an [ACA Leadership Academy](#) to target all facets of the paddlesports community.

The new format will feature educational tracks for paddling clubs, competition disciplines, the SEIC, and retail store employees, as well as whitewater and flatwater paddling opportunities.


The first ACA Leadership Academy will take place August 24-30, 2018, in conjunction with the [Paddlesports Retailer Show](#) being held in Oklahoma City.

Paddlesports Retailer is a trade show – endorsed by the Paddlesports Industry Coalition – providing the premier commercial and cultural experience for exhibitors, retailers, media and industry advocates alike. This year's event takes place Aug. 27-30 in Oklahoma City's Cox Convention Center. For more information, visit www.paddlesportsretailer.com.



ADAPTIVE








Adaptive Paddling Summit

hosted by Adaptive Expeditions

Weeki Wachee State Park
Spring Hill, Florida
November 2-4, 2018

AmericanCanoe.org/AdaptiveSummit

The [ACA](http://AmericanCanoe.org), in partnership with [Adaptive Expeditions](http://AdaptiveExpeditions.com), will host the second [Adaptive Paddling Summit](http://AdaptivePaddlingSummit.com) November 2-4, 2018, in Weeki Wachee, Florida.

Highlights for 2018:

- Exciting on-water and classroom events for paddlers of all experience levels
- High quality educational sessions
- Paralympic opportunities in paracanoe
- New Adaptation Modules for:
 - Whitewater Rafting
 - Kayak Fishing
 - Surf Ski
 - Stand Up Paddleboard
 - Wave Ski
- The latest in adaptive equipment demonstrations
- New ACA Advanced Paddling Curriculum Updates for Advanced communications:
 - Vision impairments
 - Speech challenges
 - Hearing impairments
 - “Try-It-Zone” time where participants will get hands-on with the latest adaptive paddling equipment

Registration will be available online this summer. For more information, please visit [www.americancanoe.org/Adaptive Summit](http://www.americancanoe.org/Adaptive_Summit).

If you are interested in presenting at the 2018 Adaptive Paddling Summit, please [click here](#) for more information and to access the Presentation Application. Proposals are due by June 15.

EQUIPMENT SPOTLIGHT

Paddle Pivot



The combination of Creating Ability's Universal Base with this pivoted paddle adaptation allows one-arm control of a kayak. It also provides support to completely remove the weight of the paddle from the paddler's arms. The pivot assembly snaps on to any paddle shaft, and the paddle & pivot assembly lift out of the base for ease of entry and safety in the event of a wet exit.

Paddle not included.

**Please visit the Adaptive Paddling section
of the [ACA eStore](#) for more information
on all of the adaptive equipment available for purchase.
*Don't forget to log in for ACA member pricing!***

Adaptive Expeditions to develop new *adaptive paddling* instructor endorsement

As a chapter of [Disabled Sports USA](#), [Adaptive Expeditions](#) submitted a proposal within DSUSA's 2018 Veteran Administration Grant. AE proposed to lead development of a new ACA Adaptive Paddling Program Instructor Endorsement, likely to be called the Advanced Communications Adaptive Paddling Endorsement.

The AC-AP Endorsement curriculum will cover best practices for paddlesport instructors to effectively, efficiently, and seamlessly integrate veterans and all others who have vision impairment or blindness, speech and/or language impacts from traumatic brain injury, as well as individuals who have hearing impairment or deafness. AC-AP Endorsement curriculum will include effective strategies for teaching and learning, risk as-

essment and management, and effective facilitation of on-water group dynamics for paddlesports programs that include individuals requiring alternative and advanced communications to participate with a high level of success.

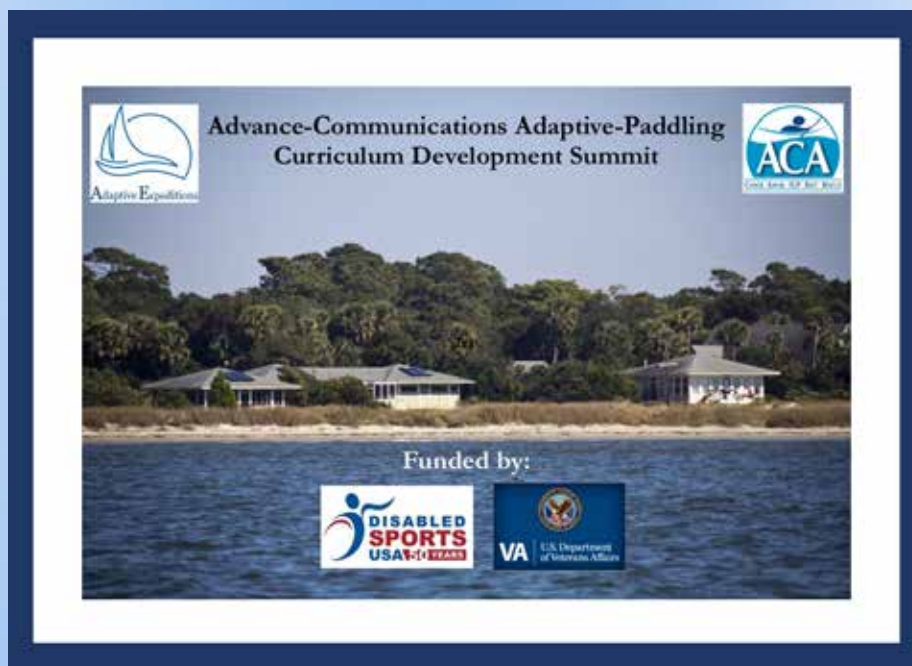
On May 6-9, 2018, Adaptive Expeditions will host a Curriculum Development Summit at Seabrook Island, South Carolina. Travel expenses, single occupancy lodging, per diem, and all meals will be covered for 10-11 selected applicants. For more information and to apply, please visit <http://www.americancanoe.org/AdaptiveModules>.

The goal of the ACA curriculum development summit shall be to codify the most effective strategies for teaching and learning, risk assessment and management, and

effective facilitation of on-water group dynamics for paddlesports programs that include individuals with these disability types. \

The resulting product will be a new national level instructor credentialing that will benefit veterans and all other people who have vision impairment or blindness, hearing impairment or deafness, as well as speech, language, and/or perceptual impacts from traumatic brain injury and/ or other acquired brain injury, such as stroke, brain tumor, etc.

Each of the three days will include 9-10 hours of session-time, split equally between conference room based theory development and on-water trial and error theory testing. Selected participants will be required to produce 8-10 hours of work (research and information synthesis) prior to the summit.



Upcoming Adaptive Paddling Workshops

April 28-May 3

[Level 2: Essentials of River Kayaking Instructor Certification Workshop + Adaptive Paddling Workshop](#)
St. Johns Island, South Carolina

June 7-10

[Adaptive Paddling Instructor Certification Workshop](#)
Durham, New Hampshire

September 20-23

[Adaptive Paddling Workshop](#)
Big Bay, Michigan

October 5-7

[ParaCanoeing World Conference](#)
Stockholm, Sweden

diff·a·bil·i·ty

A difference in ability that requires unique skills and problem solving, often accompanied by an increase in perseverance and badassery.



Visit the [Adaptive Event Calendar](#) to stay up-to-date on APWs happening near you!



NEWS NEAR YOU



State by State

Alabama

The Locust Fork Invitational was a rocking success in February, and the Birmingham Canoe Club, Huntsville Canoe Club, Friends of the Locust Fork, and Alabama Cup Racing Association are looking forward to putting on their next race, The Mulberry Fork Canoe & Kayak Race March 3 & 4 on the banks of the Mulberry River in Garden City, Alabama. Details can be found at www.alabamacupraces.com. In addition, the BCC is continuing to host roll sessions every other Thursday in March under a new partnership with the Downtown Birmingham YMCA.

Chris Anderson, AlStateDirector@americancanoe.net



Alaska

Kayakers used to braving frigid Alaskan waters have been able to train in a more leisurely environment this winter. In January, the Skyview pool offered a series of eight weekly kayak open pool sessions.

The Soldotna Community Schools Program, which is run by the city's Department of Parks and Recreation, also partnered with the Immersion Paddling Academy to provide an opportunity for community members to receive guided instruction during four of the eight sessions.

Matthew Pyhala, owner of the Immersion Paddling Academy, gave lessons on basic strokes and maneuvers in the first two instructional sessions. The last two sessions included more advanced techniques such as bracing — which

kayakers use to prevent capsizing — and rolling, used to right capsized kayakers.

Although there's nothing wrong with beginners starting outdoors, Pyhala said the pool offers a safe and predictable environment for those new to kayaking. It's also a lot warmer.

“If you're going to capsize, doing it in 80-degree water is a little better than Arctic conditions,” Pyhala said.

An Anchor Point native, Pyhala is a certified level 5 sea kayak instructor with the American Canoe Association who has been paddling for the last decade.

Levi Hogan, [AkStateDirector@americancanoe.net](mailto:AlStateDirector@americancanoe.net)



Jeffrey Rease Photography

California

Southern California has had a pretty nice “winter.” Most paddlers have been jumping at opportunities to take advantage of the warm air and light wind. A lot stand up paddlers have been seen at surf breaks up and down the coast.

Paddle racers of all types came together for the Hano Hano Huki Ocean Challenge on January 27 in Mission Bay. The Hano Hano Huki Outrigger Club puts on this event every year. It is a welcoming event that, because of its size, feels like a “gathering of the tribes.” Outrigger canoers, stand up paddlers and prone paddlers of all experience levels come together and compete for fun and bragging rights. This year, the weather was perfect and so were the attitudes. We’re all already excited about next year!

Alexander Morris, castatedirector@americancanoe.net



Florida

The Florida ACA is working together in a newly formed collaboration with the [Florida Paddling Trails Association](#) (a 501(c)(3) non-profit) in a combined effort to promote paddling safety, environmental stewardship, and the development and maintenance of paddling trails. With a cadre of volunteers, the Florida ACA and FPTA can more

successfully work toward common goals and provide Florida paddlers and visitors to the Sunshine State with a safe and rewarding paddling experience to inspiring destinations. The Florida Paddling Trails Association’s website serves as a valuable information site for local and visiting paddlers with trails and access information.



Brandy Minchew, Todd Bishop, Sergio Rodriguez (Puerto Rico), Tommy Thompson at the Surf Expo

Florida ACA volunteers recently staffed an information booth at the Surf Expo in Orlando, providing resource information to those in attendance from throughout the U.S.



Jessica Smith (LI SUP Instructor) and Ryan Dadds (pro SUP paddler) talking with visitors at the ACA booth..

Attention paddlers in [Florida: The Endangered Apalachicola - A National River Conference](#) is coming up March 14-16 at [Florida State University](#). It’s packed with three days of river systems experts and features a keynote dinner with former Florida Governor and U.S. Senator Bob Graham. Find tickets today at www.apalachicolariverconference.com.

In the development of standards for on-water boating education, ACA volunteers Todd Bishop and Tommy Thompson joined ACA Chief Operating Officer, Chris Stec, in St. Petersburg at the end of January for the introduction of the National On-Water Standards Program.



This work has been produced in part through U.S. Coast Guard grant funding to US Sailing to facilitate a consensus-based process by which a team of diverse group from across the recreational boating community develops on-water, entry-level, skills-based performance standards as part of a National System of Standards for Recreational Boat Operation. To learn more about this training and education program visit www.onwaterstandards.org.

Tommy Thompson, FLStateDirector@americancanoe.net

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Lafayette Travel photo/Jesse Guidry

Louisiana

[Lafayette Travel](#) and the [Bayou Vermilion District](#) have partnered to create the Vermilion Voyage, a three-day overnight paddle taking place March 22-25, 2018. The trip will launch from the Acadiana Park Nature Station and travel down to [Palmetto Island State Park](#).

Fifty participants will have the rare opportunity to paddle just over 50 consecutive miles of Bayou Vermilion through Lafayette and Vermilion parishes.

Registration for the event includes paddlecraft, life jacket, guide, shuttle service, insurance costs, breakfast, lunch and dinner with some beverages as well as evening entertainment. The itinerary is as follows:

Day 1: Nature Station to Southside Park | 21.52 miles
The event will launch from the Acadiana Park Nature Station Thursday, March 22 around 8 a.m.

A lunch stop will be taken at Vermilionville with the opportunity for a brief guided tour of the village and watershed exhibit. Overnight will be at Southside Park where primitive camping will be available with access to electricity, bathrooms and water. An outdoor movie screening and dinner provided.

Day 2: Southside Park to Richards Sales Barn | 17.38 miles
The second day will start with a grab-and-go breakfast launching from Southside Park at 8 a.m. Paddlers will break for lunch around the midway point where there will be an extended break to explore. Overnight will be at the Richard's Sale Barn. Live music and dinner provided in a historic cattle-auction barn.

Day 3: Richard's Sales Barn to Palmetto Island State Park | 11.68 miles
The third day will start with a grab-and-go breakfast launching from Richard's Sale Barn at 8

a.m. Paddlers will break for lunch around the midway point where there will be an extended break to explore. Overnight will be at Palmetto Island State Park. Live music and dinner will be provided. There will also be an optional paddle through Palmetto's canoe trail.

Day 4: Return to Bayou Vermilion District
Paddlers will be picked up on the fourth day at Palmetto Island and transported back to their cars at Vermilionville along with their gear. Paddlers wishing to leave Saturday night must make their own arrangements.

For more information, please contact Jesse Guidry at jesse@lafayettetravel.com or call (337) 769-3816.

Ben Sandmel, LaStateDirector@americancanoe.net

Michigan

Those from the heartland get their hackles up a bit when the media speaks only of the east and west coasts. With Michigan's 3200 miles of Great Lakes shoreline, the U.S. most certainly has a third coast, or the Fresh Coast, as Michiganders like to think of it.

Michigan paddlers have enormous coastal opportunities from urban day trips on the Detroit River to three national parks to play in for extended trips. Canada is just across a bridge tantalizing outdoors enthusiasts with Superior coast options that rival Alaskan Wilderness in beauty and WILD...plus, you don't have to carry days' worth of water.

Through the Great Lakes, several kayak symposia offer paddlers chances to sample boats, meet instructors and tune up on techniques, or simply try it out. Although numbers seem to have dropped on symposium attendance nationwide the last few years, the Great Lakes have started to see an uptick in new paddlers. Here is a sample (may be incomplete) of this year's choices for Fresh Coasters to sample or get involved in teaching:

- **May:** [West Michigan Coastal Kayakers Symposium:](#)

This event has been going on for nearly 30 years during Memorial Day weekend and is a terrific gateway event to get started. They even have

a very active family component and children's symposium.

- **June 22:** [Port Austin Sea Kayak Symposium:](#)

Although this event is also very beginner friendly and convenient to those on the east side of the state, the host, Riverside Kayak Connection, has also been pulling in coaches from the UK the last few years. So... if you want to get your British canoeing fix, this is a good bet.

- **July 13-15:** [The Door County Sea Kayak Symposium:](#)

This is another good entry point to the sport that is super convenient to those that would like to try out the Lake Michigan Ferry or those from the Chicago area.

- **July 18-22:** [The Great Lakes Sea Kayak Symposium:](#)

Touted as one of the oldest kayak events in the U.S., this gathering is hosted by Power

of Water in the amazing location of Grand Marais and the end of Pictured Rocks National Lakeshore. The event has been refreshed and has evolved into more of a progressive skills learning model for beginners through intermediate paddlers. If you haven't been in a few years, it's a whole new deal.

- **October 4-7:** [The Gales Storm Gathering:](#)

Another Superior event, this more advanced skills-oriented gathering is limited to only 35 participants to manage risk and ensure high-quality coaching. It doesn't matter what part of the world you are from, this one is worth traveling for.

Michael Gray, MiStateDirector@americancanoe.net

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Missouri

Winter Paddling Clinic & First Day Float

By Dave Tobey, Deputy State Director, Missouri Executive Council

The Ozark National Scenic Riverways, Missouri State Parks and the Missouri ACA hosted a Winter Paddling Clinic and First Day Float on the Upper Current River December 30-January 1. The clinic was held at Echo Bluff State Park in conjunction with their New Year's Eve Celebration. On January 1, paddlers celebrated the New Year with a float on the Current River or the Jack's Fork River and then gathered at Current River State Park in the afternoon for a bonfire with beverages.

The event allowed Missouri ACA to connect with paddling groups bringing clubs from St. Louis, Kansas City, and Springfield together to share ideas and activities across Missouri. Sessions were attended by 273 people at the Winter

Paddling Clinic. Additional guests and visitors at the lodge enjoyed the exhibits, attended sessions, and networked with paddlers.

Ten paddlers participated in the Last Day Paddle and nine participated in the First Day Paddle. A kayak bought with funding from the ACA was raffled off during the event. Calvin Brennan from the OTA won the kayak. Brennan does a lot to support the park and all user groups.

Formal presentations at the Winter Clinic included the following:

- Wilderness First Aid, Dr. Perry Whitaker
- Camp Cooking, Marty Koch -VIP
- Dry Land Basics for Paddlers, Jennifer Hahn - ACA Instructor
- Keynote Speaker, Greg Poleski - Missouri Paddling Coalition
- Winter Paddling Equipment, Myles Arbeen, Alpine Shop Manager

- 30 Days Paddling Through the Grand Canyon, Myles Arbeen
- Missouri Paddling Clubs presentations from St. Louis Canoe and Kayak Club, Paddle KC, Ozark Mountain Paddlers, Missouri Whitewater Association, and OTA
- Fly Fishing the Upper Current River, Mark Van Patton - VIP

Exhibitors at the Winter Clinic included the following:

- Coast Guard Auxiliary, Flotilla 2 of Division 5
- Missouri Department of Conservation
- Alpine Shop (two members present)
- Ozark Trail Association (several members present)
- Missouri State Parks
- ONSR
- Outdoor Photography by OZARKPADDLER.NET

Justin Adams, MoStateDirector@americancanoe.net





New Mexico

It's hard to believe in 1957 when Chevys had fins and Elvis was singing "All Shook Up," New Mexico had its first whitewater Mother's Day Races. The races would eventually name the most famous whitewater run in New Mexico on the Rio Grande where, in 2017, 40,000+ people rode the 10-mile run, appropriately called The Race Course.

The race organization and attendance has had its challenges over the years, but this year the 61st Annual New Mexico Mother's Day Races will be hosted by an alliance between the private sector and the commercial boating community. The New Mexico Raft Guides and Outfitters Association, represented by New Mexico River Adventures and the Adobe Whitewater Club, will plan and host the event which will take place over the Mother's Day weekend with the races run on May 12.

This year's race events will include:

- Slalom
- Downriver Kayak & SUP and Canoe Solo & IK

- Downriver Rodeo
- Parent-Child Tandem
- Downriver Raft with 4- and 6-person teams

Participants and spectators are welcome, but there is some question on who has the better boaters, New Mexico or Colorado? Throughout the running of this spring race, that title has been traded back and forth, with Colorado taking the downriver and slalom titles. Who will it be this year? What is certain is that a good time and camaraderie of the boating community will be had by all!

Stay tuned for more information as we update our social media and webpages:

www.facebook.com/mdrgwf/

www.adobewhitewater.org/

Special thanks to:

Britt Runyon Photography
New Mexico River Adventures
Adobe Whitewater Club

Robert Levin, NmStateDirector@americancanoe.net

North Carolina

The ACA NC's participation in Carolina Canoe Club's MMRT event was a resounding success. We promoted the ACA while helping stock the food bank for Lot 2540-A Salvage and Recycling Ministry. This event collected about 700 pounds of canned goods and other items needed for Lot 2540's food bank. Also, the cleanup of the Mayo River near the take-out resulted in about 20 bags of trash, a flat screen TV, a used tire and various auto parts being cleaned up and removed from the river bank.

Another river cleanup will be held March 17. The event will be sponsored by the Haw River Assembly and Carolina Canoe Club and take place on the Haw River near Pittsboro.

Doug Stager, NcStateDirector@americancanoe.net



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Ohio

On May 5, 2017, Five Rivers MetroParks in Dayton, opened its new attraction, the RiverScape River Run. It is built on the Great Miami River right in downtown Dayton. The river run offers several different chutes to accommodate both flat water and whitewater paddlers as well as kayakers, canoeist and paddle boarders.

The project replaced a dangerous flood control low head dam that

had always been a mandatory portage. The design of the structure took into account continued flood control, improving water quality, opening of safe paddling lanes, as well as drawing more people to the downtown area. By all accounts the project has been a huge success for everyone in the local community.

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Wisconsin

Wisconsin boaters are full into pool session season. Brave boaters with dry suits and good layering do brave some of the rivers and open water, which is only slightly warmer than the air temperature in most cases. With ice shelves in many places, we have been urging all paddlers to use extreme caution in any endeavors as even the smallest mistakes can be fatal at this time of year.

On a happier note, the paddling community looks forward to [Canoeopia](#) in Madison at the Alliant Energy Center. Anyone attending the event can see the latest in everything paddle-related from open water to quiet and whitewater river paddling and all the gear for getting to and from the site, including camping overnight, that these fun trips use.

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ACA supports the Arkansas Canoe Club's efforts for *Pine Creek Gauge*

By Arkansas Canoe Club

Class III and IV whitewater in Oklahoma?? You bet. Flagpole Mountain near Clayton, Oklahoma, is a unique plateau unlike any other area of the Ouachita Mountains. It offers 10 (or more) whitewater streams for paddlers to explore, ranging from Class II to IV+, and it is a short drive from Oklahoma City, Tulsa, Little Rock, Dallas, and Shreveport, Louisiana.

Let that sink in for a second. These runs are some of the most accessible whitewater segments for middle America. Paddleable segments include Buck Creek, Pine Creek, Clear Creek, Maxwell Creek, Little Cedar Creek, East Fork of Little Cedar Creek, Crumb Creek, and

Wildcat Creek, although we suspect many more lie untouched on top of Flagpole Mountain. Of these, Pine and Buck are known to hold water for multiple days after a good rain.

The kicker is that we needed a gauge on which to base the water levels. Previously, there was no true way of knowing if any of these creeks were running without calculating rain totals and driving hours based on a hunch. In 2016, thanks to donations from numerous sources, including the Arkansas Canoe Club and OKC Kayak, that dream became a reality.

The Pine Creek gauge is now ideally situated on beautiful Pine Creek, a sporty Class III run. The gauge provides dependable pool-height readings and can be accessed [here](#). Once we understand the minimum level, we will be linking the gauge to American Whitewater and the Ozark Creek Information Summary. Our best guess at a minimum floatable level currently is at least 7 feet on the gauge.

Funding will be the major issue moving forward. Per USGS, the maintenance fees total \$4,000 annually. Your funds will be put directly toward help-

ing us keep this treasured gauge. While there are some plans in the mix to secure long-term funding, 2018 and 2019 will be pivotal years for this project because it will allow explorers to calibrate the ideal levels and educate other paddlers about the area. We need your help now! To facilitate our fundraising efforts, we've set up a GoFundMe page: www.gofundme.com/pinecreek.

Any paddlers living in Texas, Louisiana, Oklahoma, and Arkansas stand to benefit from this gauge, as do any whitewater boaters traveling along the I-30, I-40, and I-35 corridors. The Flagpole Mountain creeks often run when nothing is going in Arkansas. There are state parks within a 30-minute drive of the gauge itself. This is very real opportunity to advance whitewater paddling in Oklahoma and we ask that you be a part of it.

Here's the breakdown:

1. We need to raise \$2,273 by April 1 (of 2018) to keep the gauge alive through 2019.
2. After that, we will need to raise \$2,600 to support the gauge through March of 2020.

Both of these totals include GoFundMe's charges. All donated funds are overseen by a collection of Arkansas Canoe Club-affiliated paddlers, so you can rest assured that your donation will go straight toward funding this gauge. Anything you can donate will go a long way to helping us open up Flagpole Mountain to the whitewater community!



WINTER PADDLING IN THE SOUTHWEST

Intro by Robert Levin, New Mexico State Director

Waterway traffic during winter in New Mexico is not quite as busy as the 40,000 people that travel down the Rio Grande Race Course during the summer tourist season. However, winter paddling has its rewards for those prepared.

Ben Duplessie and Mark “MD” Wilson are two of those paddlers that do not let their boating skills get rusty over the winter months. On most any Saturday at the aquatic center in Rio Rancho, these two are practicing hand rolls and stalls. And, many Fridays they can be found on the Rio Grande Race Course near Pilar, New Mexico, regardless of the temperatures of the water or air.

Adam Hill can also be found paddling some of the more peaceful southern stretches of the mighty Rio Grande. Adam rediscovers this and other seldom run sections in and around the famous Bosque Del Apache Wildlife Refuge, where thousands of Sandhill Cranes and other wildlife are in abundance.

Atom Crawford finds winter paddling has its own rewards.

We are pleased to have these three consummate boaters contribute their knowledge to *Paddle eMagazine* on the next five pages.



Reap the benefits of a winter paddle trip

By Benjamin Duplessie

When the best time of year to paddle? The answer is year-round. Winter paddling has its challenges, but it has some great rewards as well. The roads are less clogged with campers and summer travelers, you have the river to yourself, and the water has gone back up as most locales further north have cut off irrigation. Best of all, the water is a crystal-clear blue-green as the spring and summer silt has settled out – a true treat to those used to paddling New Mexico water. A few minor adjustments are all that are needed for winter.

You do have to swap over to a dry suits/tops, gloves, etc. The bigger adjustment is what time of day you paddle. During the winter we tend to push paddling to later in the morning. Mark and I usually meet around 10:30.

Experience has taught me that getting there early is of no value in the winter. You need the sun up for an extra hour or two to warm the air and account for the later sunrise. We usually have the river all to ourselves after Thanksgiving.

At the end of December, we were treated to another river guest, a bald eagle. It followed us over a stretch of water diving for fish. We were able to watch the eagle enjoy his lunch on a rock in the river as we paddled by.

Don't let the cold weather keep you from paddling, it is much easier to keep the skills up when you don't hibernate from boating six months out of the year.



Padding the Rio Grande

Bosque Del Apache to Elephant Butte Lake

By Adam Hill



A tranquil stretch of Class I-II is located between San Antonio, New Mexico, and Elephant Butte Lake State Park. The river there is similar in river type and difficulty to the Corrales stretch of the Rio Grande for those familiar with the river in the Albuquerque area. The stretch is great for wildlife viewing and can be done in two- to three-night multi-day trips, or smaller sections can be run in a day as there are multiple river access points. The described section starts at ~4580 ft. elevation and drops to ~4390 ft. elevation at just under 4 feet per mile.

I have run the portion from Mile 23.5 to mile 45 (setting zero at the put in just North of Bosque Del Apache), and know people who have run the Bosque section, which was until recently against refuge regulations. I look forward to doing that section very soon. On the float below the refuge, along with beautiful views of the Fra San Christobol Mountains, we spotted deer, red fox, turkey, skunk, cranes,

geese and more. (A more comprehensive list of species found on the Bosque Del Apache refuge at www.fws.gov/uploadedFiles/BDA2008/WildlifeList.pdf.)

There's a great put-in that can be accessed just north of the Bosque Del Apache by taking the road between the river and the ditch on the west side of the river and following that road south to just before the refuge boundary. The refuge is now open to boating but no camping is allowed, so you need to try and make about 15 miles. I have set that put-in as mile 0 for my map of the stretch. It's best to launch near the refuge and there is a good place to leave vehicles there. It also appeared to be a good place to camp though there is not a well-used camp established.

A fence crosses the river at the southern refuge boundary at mile 12.5. This will likely require a portage unless you can sneak your boat under it. Once past it you are

off the refuge and can camp. There appears a river access at mile 15 – so 2½ miles past the fence that you should be able to get to from the San Acacia access.

To get to the San Acacia access roads, take the San Acacia exit from I-25 to get on 178 or follow the old Highway 85 south of the Bosque until you get to 178, from there proceed through the large gate marked “Armendaris Ranch.” The ranch is private property, but 178 is a county road (wide, well-graded dirt road), and the service roads it leads to are not private (though there are signs indicating “road not maintained for public use.” Turn at a service yard that stores the equipment for maintaining the diversion and you will be able to access the diversion roads that run north to within a couple miles to the refuge and south several miles – the access at river mile 23.5 is about 6 miles south of where you cross the bridge over the diversion.

Access at mile 23.5 that is a little primitive but will allow you to get a vehicle to the river (some willows to push through but not bad as of December 2017).

At mile 45 there is access at a USGS gauging station at rock house (AKA upper Narrows at the very North end of Elephant Butte Lake State Park). To get there take the Red Rock exit (exit 100) from I-25 and follow HW-1 South a few miles, turn left under I-25 at the rock house sign and take the dirt road back north on the east side of I-25 called Upper Narrows Road.

That road will eventually bring you down near the river to where you can access the water. This used to

be the Narrows of Elephant Butte Lake, but as of 2017 it is river and has been long enough to make it difficult to discern the high water mark. The accesses at mile 0 and mile 45 would be fine for large rafts, the access at mile 23.5 would require pushing through some willows and up/down a steep 5-foot bank but it could be done, and there appears to be more river access points South of the mile 23.5 access if you simply continue to follow the diversion road South.

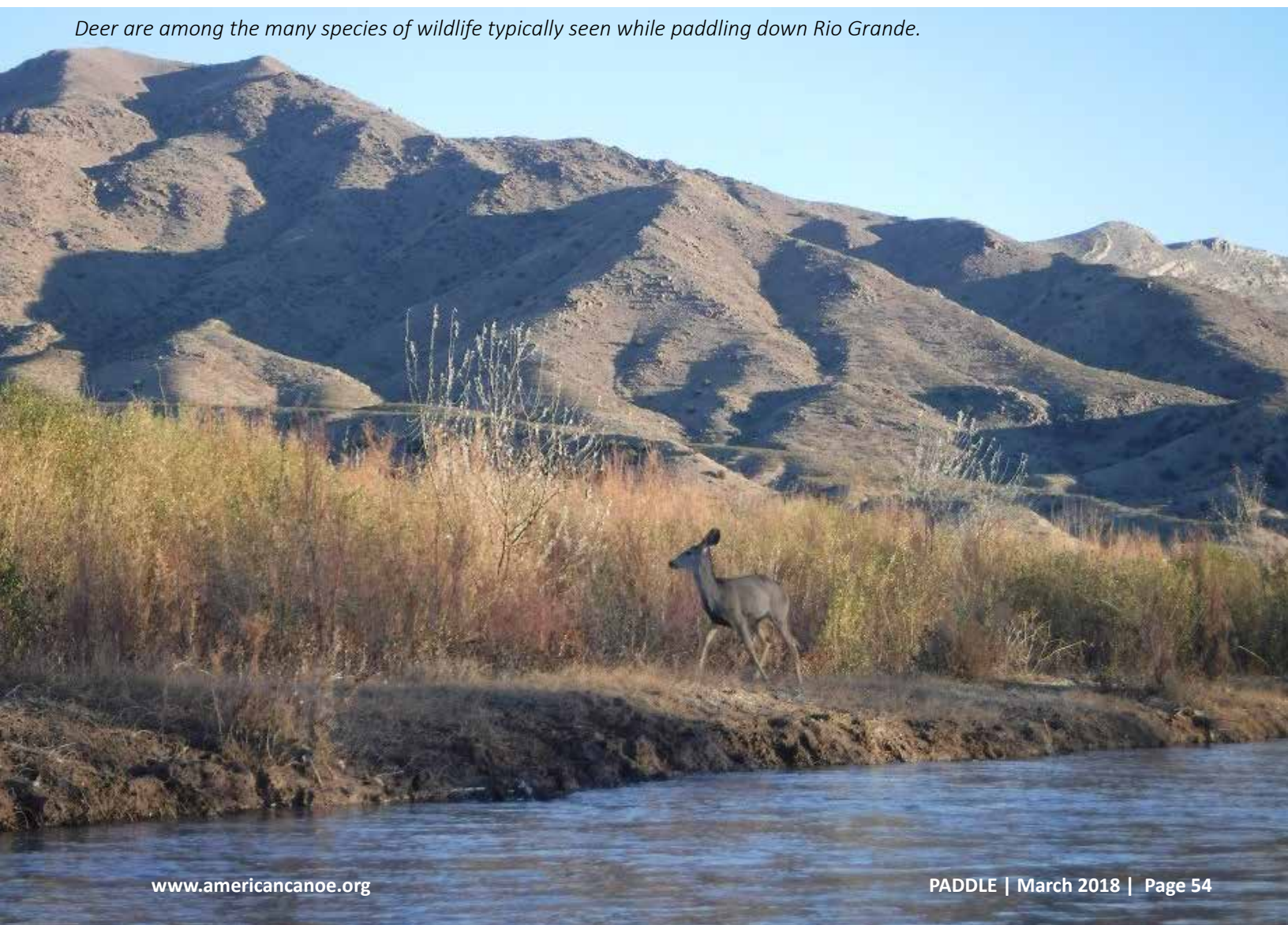
Somewhere near mile 33 we encountered a large cattle corral with many cows. The river banks are impacted for several miles before and after the corral and would not make for good camping unless you

enjoy the company and aroma of live cattle.

Flows of ~1000 or more CFS on the [San Antonio Gauge](#) is great flow for rafts with very few sandbars to dodge. At 700 CFS there will be some sandbars to dodge – at ~500 CFS it would be quite low and may include some getting out and dragging and is more suitable for canoes at this level. That is my best estimate – I only ran it at ~1000 and scouted some of the access points at around 700 CFS. I believe it to be very similar to the Rio Grande in Albuquerque.

Sandy Ballard was kind enough to create and share a [google map with the key points labeled](#).

Deer are among the many species of wildlife typically seen while paddling down Rio Grande.



Winter Boating on the Rio Grande

By Atom Crawford

As the Rio Grande enters New Mexico from the San Luis Valley in Colorado, it slowly picks up steam as it winds through the surrounding basalt landscape, eventually cutting to a depth of 750 feet in the Taos Lower Box. The sublime landscape of the Rio Grande boasts over 80 miles of quality river running from the Colorado state line to The Embudo Station, in Embudo, New Mexico.

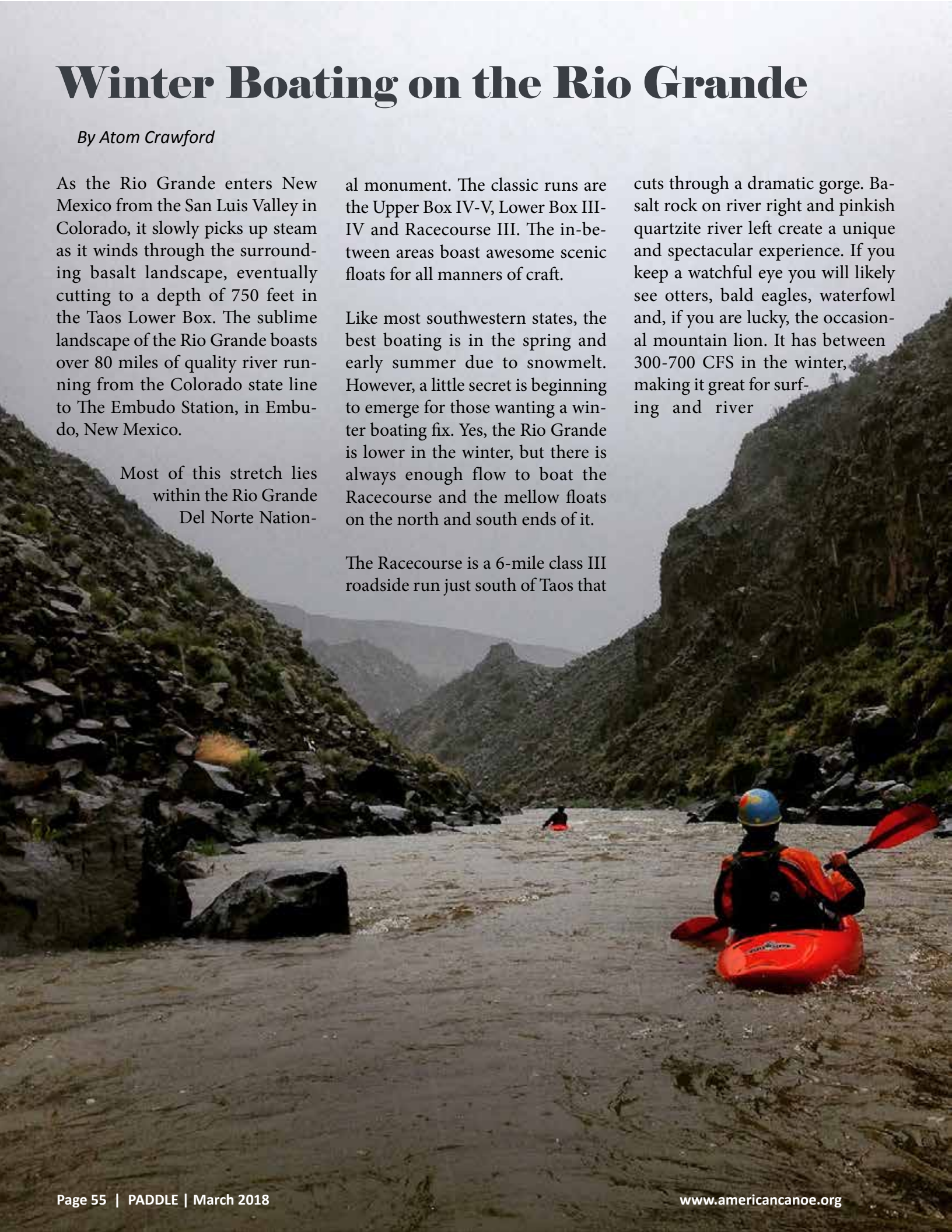
Most of this stretch lies within the Rio Grande Del Norte Nation-

al monument. The classic runs are the Upper Box IV-V, Lower Box III-IV and Racecourse III. The in-between areas boast awesome scenic floats for all manners of craft.

Like most southwestern states, the best boating is in the spring and early summer due to snowmelt. However, a little secret is beginning to emerge for those wanting a winter boating fix. Yes, the Rio Grande is lower in the winter, but there is always enough flow to boat the Racecourse and the mellow floats on the north and south ends of it.

The Racecourse is a 6-mile class III roadside run just south of Taos that

cuts through a dramatic gorge. Basalt rock on river right and pinkish quartzite river left create a unique and spectacular experience. If you keep a watchful eye you will likely see otters, bald eagles, waterfowl and, if you are lucky, the occasional mountain lion. It has between 300-700 CFS in the winter, making it great for surfing and river



running. My preference is to ski in the morning and kayak the RC in the afternoon.

The class II+ Orilla Verde run above the Racecourse and the Class II Bosque section below the Racecourse are scenic floats suitable for stand up paddle-boarding, kayaks and rafts.

If you're wanting a longer and more remote experience, the [Lower Box Class III-IV](#) is just upstream and will give you 15 miles of a deep

canyon with fun rapids and tons of wildlife viewing. It is a long run and not much sun hits the river. Make sure you are geared up appropriately for a winter run in your kayak or raft. Flow above 600 CFS is highly recommend.

If you're needing a Class IV-V winter fix, [The Upper Box](#) is a 6- to 7-mile classic and is runnable in a kayak above 350 CFS. It is best when there has been a warm spell to melt potential ice hazards. This

is another remote run, so dress and act accordingly.

The best book I have found with everything you will ever need on these sections and more is [The Rio Grande : A River Guide to the Geology and landscapes of Northern New Mexico](#) by Paul W. Bauer.

Hope to see you out on the river this winter.



MEMBERSHIP



ACA OUTFITTER, LIVERY & GUIDE SPOTLIGHT

In January, [River Rock Outfitter](#) was announced by *Blue Ridge Outdoor Magazine* as Best Outdoor Shop and Best Up-and-Coming Business. Their motto is #adventureinanydirection, and River Rock Outfitter provides opportunities for exploring rivers, rocks, and trails in Virginia, West Virginia, and even Nepal!



River Rock is what you would expect from your hometown outfitter, providing all the top brands in gear, apparel, and shoes while employing certified guides and instructors to connect their clients to the outdoors. River Rock Outfitter, located in downtown Fredericksburg, Virginia, is owned and operated by April and Keith Peterson.

April is an ACA-certified SUP Instructor and has created a robust academy that focuses on getting people on the Rappahannock River – paddling, rock climbing, and hiking local river trails. The river has exploded with SUP and kayak paddlers of all ages and the community has a new appreciation for their amazing river resource.

Learn more about River Rock Outfitter at www.riverrockoutfitter.com or info@riverrockoutfitter.com.

**Find an ACA outfitter near you
using the convenient [search tool](#) on our website!**

OCMULGEE ON MY MIND

Story and photos by Burt Kornegay

I think there is no form of travel that goes as smoothly and silently as what you experience when you glide in a small boat down a southern river. Travel by foot or horseback, bicycle or sailboat is not as smooth and quiet, and certainly neither is travel by any motorized vehicle. By "southern river," I mean those rivers in the coastal plain that move steadily toward their rendezvous with the ocean without any waves or agitation or hurry, sliding serenely through forests draped in Spanish moss.

I say this having experienced such travel on Georgia's

Ocmulgee River for five days in December last year. I noticed that when I shipped my paddle and let the river carry me, I did not feel the slightest disturbance in the boat. It moved as smoothly on the river as if it were one of the white clouds reflected in its glassy surface. It moved as quietly as the clouds, too. At times I imagined I was floating on a cloud. But then I'd see my blue-green canoe reflected in the river, with me in it.

If you are not familiar with the Ocmulgee, it starts southeast of Atlanta, where its headwaters are penned up behind Lloyd Shoals Dam in a hydroelectric

reservoir euphemistically named "Jackson Lake." But though it has a truncated start, below the dam the Ocmulgee is worth getting to know.

The river flows for almost 250 miles to its confluence with the Oconee, where the two rivers join to make Georgia's mighty Altamaha. Along the way it passes National Forest lands and state wildlife management areas. It flows through Macon, where it is designated a River Water Trail, and it skirts the impressive ancient Indian mounds of Ocmulgee National Monument. After it passes out of the

Georgia's Ocmulgee River offers a wild and remote setting for paddlesports enthusiasts.





Piedmont into the sandy Coastal Plain, the Ocmulgee slows and starts meandering. This is the reach I was on.

In her guidebook *Canoeing and Kayaking Georgia*, Suzanne Welander gets it right when she says that in the Coastal Plain the Ocmulgee's "setting is generally wild and remote." When I launched at a primitive landing called McCrannie's, I found myself on wild river winding through a swamp corridor miles wide.

I also found that the river was all my own. I saw almost as many alligators as I did people – two. The first gator cruised along just in front of me with only its dark, knobby head showing, then it quietly submerged in an eddy. The second was sunning on a bank. I paddled 34 miles before I came to the first bridge. I paddled 36 more before reaching the second, and last, bridge I'd go under before my take-out on the Altamaha at US 221, 14 miles farther on.

There *were* a lot of birds to see, including anhingas, wood ducks, kingfishers, herons, and what I think were lesser yellowlegs feeding along the banks. When I got close, the yellowlegs would fly off with short loud cries of alarm. At night I heard barred owls tuning up for their mating season, which is in late winter.

It surprised me how few houses I came to, or even fishing shacks, which are usually common on southern streams. Most of the houses I saw were built on top of tall bluffs that the Ocmulgee rubs against when it meanders out to the edge of the swamp. The houses appeared to be vacation getaways—and the vacationers were all back at home.

I was even more surprised not to see other boaters—at least boaters who were underway. The second morning, while passing an unnamed landing, I did spot a man standing next to his fishing boat. The boat was on a trailer parked at the top of the ramp,

and the man was looking back into the woods. I couldn't tell if he was getting ready to launch or had just taken out. Then he saw me, and we raised hands in a silent greeting. That was my closest human contact.

Welander is also right when she notes that sandbars are common on the Ocmulgee. In some stretches I'd come to a sandbar on the left when the river bent that way, then before it was out of sight behind me I'd see another sandbar coming up on the bend to the right.

But the term "sandbar" doesn't do justice to many of these open expanses; the biggest of them stretched for a quarter of a mile along the river. I felt as if I was skirting ocean beaches. The sand extended into the river too, and I liked looking down at the river bottom slipping past. When I reached the end of a bar, the sand would suddenly drop off like a cliff into deep water, as if it was

Continued on page 61

the continental shelf, and when I went over it, I felt like a mariner outward bound.

Where it wasn't bordered by sand, the Ocmulgee flowed through a thick forest of cypress and tupelos, as well as river birches, sycamores and water elms. And on the bluffs, the dark-green crowns of native southern magnolias stood out in the predominant winter gray of beeches and oaks.

In terms of weather, it was a white and black kind of trip. While eating lunch on a sandbar the first day, I noted, "72 degrees, sunny, light breezes, could not be more comfortable." But the next day proved me wrong. Wearing a tee shirt, I lounged in the dappled shade of a willow on a warm beach beneath a sky with white sailing clouds. It was Georgia canoeing at its December finest, and I stretched out lunch for two hours.

But at noon on the third day—the mid-point of the trip—dark clouds and rain swept in from the north on gusty winds, bringing my lunch to an abrupt halt and sending me under wraps. The trip went from chilly to chillier, wet to wetter, until by the last day it was nonstop rain and in the 40s. Thick clouds sagged. It was dusk all day.

A year earlier I had canoed Georgia's Ochopee River which, like the Ocmulgee, is a tributary to the Altamaha, and the weather



I pulled down the bill of my cap, fit a toboggan over it, and cinched the hood of my rain jacket over all, then paddled on. I paddled hard enough to stay warm, but, actually, not that hard. The Ocmulgee was in no rush

because of the change in weather, and neither was I. I paddled along steadily, wrapped not only in warm clothes and rain gear but in thought. My canoe became my snug study while rain beat on the windowpanes.

One of the things I thought about was the paddling itself. I noticed that when I approached something fixed in the water, like a cypress knee or a lodged stick, a single stroke got me past it. This meant I was moving forward around 15 feet (roughly the length of my boat) every time I dipped the paddle.

Wondering how many times I was dipping it in a given mile, I divided the canoe's length into 5280, and it came out to around 350 strokes. Continuing with this line of thought, I figured out that since my average daily rate of travel for the trip was 17 miles (five days into 84 miles total), I was pulling on the paddle roughly 6000 times a day, 30,000 strokes by the time the trip was over. The paddling and the thinking about it kept me doubly warm.

That's why I picked the Ocmulgee this time. In its lower reach, it flows mainly east and north. That would put the sun at my shoulder or back, rather than dead ahead. But the Ocmulgee's direction of travel turned out to be a mixed blessing, too, because after the cold front blew in, icy rain pelted my face whenever the Ocmulgee swung north. Instead of squinting into sunlight, I had to peer around raindrops on my eyeglasses to see ahead. I couldn't help but think that if I'd been on the Ochopee, the storm would have been at my back!

As long as the weather was clear, the Ocmulgee's sandbars made pleasant campsites, with long views. But on the fourth afternoon—foul weather growing fouler—I decided to camp in the woods instead. Firewood would be plentiful, I'd have my pick of trees for securing my tarp shelter, and there'd be no wet sand sticking to everything.

After a couple of look-sees, I found what I wanted: a flat bank with a leafy floor about five feet above the river. There was even a tiny sandbar lying against the shore like a welcome mat, making a convenient spot to pull the boat up. The sand was also convenient when I waded into the river for my evening bath. Yes, the air was in the 40s and the river not much warmer (and when others go with me, some of them think I've lost my mind). But after being beside a river and on a river all day, for me the day is not complete until I'm *in* the river too.

After bathing, I got a bright fire going, then sat close and looked out from the tarp's dripping edge. It was a wet world out there. A single step in any direction would take me into it, away from my little shelter of firelight and dryness and warmth. But the Ocmulgee itself looked entirely satisfied as it flowed past my camp, and I realized why. It needs the rain to be a river. It is a river of rain. That's where all of its water comes from. And the bank needs the river to be a bank. And the trees need the bank to grow. And, to canoe, I need it all. All of it starts with rain.

I woke several times during the night to rain drumming on the tarp. Some of the drops were so loud they competed with the beavers that were popping their tails in the river. Rain was still coming down when I built the morning fire. In a few minutes I had a pot of Ocmulgee water

boiling to make a breakfast of piping-hot coffee and cream of wheat. I'd been beside the river and on the river and in the river. Now the river was inside me.

I reached the Ocmulgee's confluence with the Oconee after a stand-up lunch. An hour later I arrived at the landing on the Altamaha, my take-out, in steady rain. Just as I pulled up, I heard a single rumble of thunder.

My truck was waiting for me where the shuttle driver, Scott Taylor, said it would be. He's the owner of Three Rivers Outdoors, out of nearby Uvalde.

Driving away, I realized that the wettest I'd gotten the entire storm happened while I was unpacking the gear and strapping the canoe on top of the truck. Maybe that's why I didn't feel the need to take one last dip in the river, the way I usually end a trip.

About the Author

ACA member Burt Kornegay is a former outfitter and guide, and owner of Slickrock Expeditions in Cullowhee, North Carolina.



ACA MEMBER BENEFIT

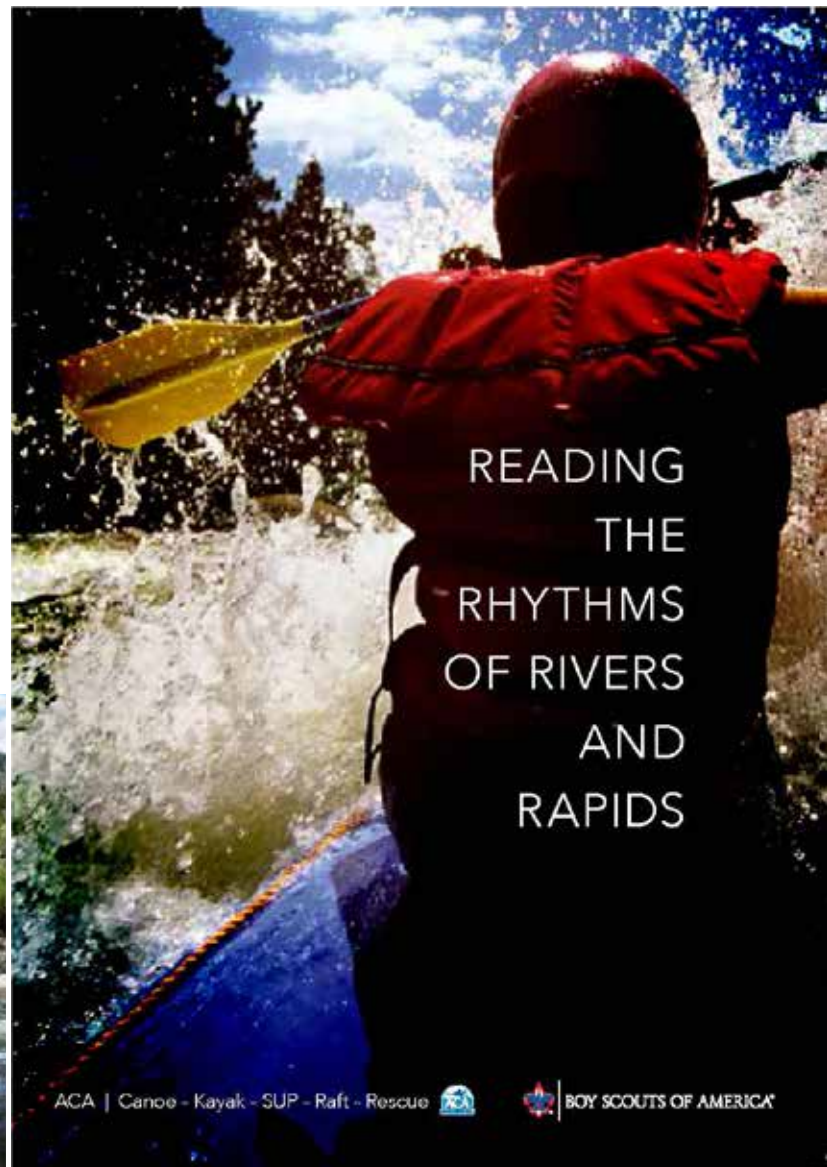
Reading the Rhythms of Rivers and Rapids

The ACA partnered with the Aquatics Taskforce of the Boy Scouts of America to produce a moving water to whitewater video: [Reading the Rhythms of Rivers and Rapids](#).

This hour-long video is divided into 11 chapters that cover topics such as:

- Flow Rates
- Paddling in Current
- Hazards
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- Rescues
- Trip Preparation

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www.americancanoe.org/Discounts

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CANOE & KAYAK

COMPETITION



Slalom Team trials slated for April



The roads to Brazil and Italy go through Charlotte in April as U.S. Slalom Team Trials take place at the U.S. National Whitewater Center. This three-day event will determine the final roster for this year's U.S. Team as they prepare to compete in Rio de Janeiro, Brazil, at the 2018 World Championships, as well as the U.S. Junior National Team headed to the World Championships to be held in Ivera, Italy.

Registration:

- \$85 for first discipline
- \$15 per extra discipline

Registration closes April 1 at midnight. No late entries will be accepted. Athletes must be registered members of ACA.

- Jr Slalom National Team Trials
- Slalom National Team Trials
- Extreme Canoe Slalom National Team Trials

[Click here](#) for more information.

ACA hires Slalom High Performance Manager

With the ACA recently becoming the National Governing Body* in the United States for the Olympic sports of Slalom and Sprint and the Paralympic sport of Paracanoe, the organization has expanded its [Competition Department](#). The newest employee is Zuzana Vanha Montagne who joined the team in January as the Slalom High Performance Manager.

Zuzana has been involved in whitewater slalom since 2001, when she trained with the Potomac Whitewater Racing Center in Maryland. She was a member of the U.S. National Slalom Team from 2005-2008. In addition, she was the event director at the Nantahala Outdoor Center for the 2013 ICF Canoe Freestyle World Championships in Bryson City, North Carolina, as well as multiple U.S. Slalom Nationals and countless local and regional-level races.

She is familiar with the challenges slalom athletes and supporters face in the United States and believes that we can rebuild a thriving discipline in this country based on a foundation of recreational paddling, whitewater clubs, youth development, and the pursuit of excellence. She currently sits on the Board of Directors of the Nantahala Racing Club and volunteers her time as a development coach.



*For more information about the ACA's NGB status, please see the [November 2017 issue of Paddle](#).

How to improve pullups

By Aaron Huston, ACA Sprint National Team Canoe Coach

I am asked frequently how to improve pullups since they are so essential to so many sports. Relative strength for your sport, increased mobility, and injury prevention are all good reasons to train pullups. Max pullups is one of the Olympic Development Program benchmarks for all canoe and kayak athletes. Pullups work several important muscles both big and small in the arms, shoulders, back and core. They are used in nearly every sport for a reason: They are an extremely effective way to train.

At Frostbite Camp this year there were about 15 athletes who could not complete any pullups, So the question is, "How does an athlete train pullups if they cannot do even a single rep?" The answer is eccentric pullups.

Eccentric pullups, aka "negatives" are where you use something like a chair or stool to start at the top of the pullup and the let yourself down slow and controlled. (In fact, in my gym we call them "let-downs.") Usually athletes can do this pretty well right off the bat as long as someone counts for them. We do these in large groups on our pullup bars and I simply count for them. These are done slowly, with perfect technique and controlled.

We perform 5-second negatives and complete five sets of five reps with 90 seconds of rest between each set. The goal is for the athlete to not reach the bottom of the pul-

lup (hanging) until I have reached 5 on my count. Absolute beginners should consider starting with three reps on the minute for 5 minutes. This is a potent exercise and there is no need to overdo it. Simply training this way three times a week will produce multiple pullups in most athletes within a couple weeks.

FAQs for Pullups

Should I use a band for assistance?

A band is not a bad tool, but I don't recommend regular use of a band. They are great for teaching muscle memory and coordination of the muscles needed to achieve a pullup. Also, they can be used to help with rehab in some athletes.

Sometimes when we do timed workouts where pullups are part of the workout, then a band works well. But, I have seen way too many instances of the same athlete using the same band for weeks and weeks and thus not really getting any stronger. The point is to get stronger at the pullup and so bands should play a limited role.

What if I can't do a negative?

You should work on hanging for 3-5 seconds at the top of the pullup, and the middle (elbow 90 degrees). Also, work your way up to hanging from the bottom position for 30 seconds. If you can hold at the top and 90 degrees for 5 seconds and hang at the bottom for 30, you can do negatives.



I am stuck at 10 pullups, what should I do?

You should do three sets of max pullups, and then do the 5x5 of 5-second negatives. Then work your way up to 7-second negatives. Usually this strategy will get you over 20.

What is kipping and should I do it so I can get more reps?

Kipping is using your body's momentum to propel you upward. It is an actual gymnastic skill that must be taught. It can be dangerous to your shoulder if done incorrectly. If the goal is to get strong for paddling, then kipping should not play a role in training pullup strength.

How many should I be able to do?

I recommend training pullups year-round and always trying to improve. All athletes planning to compete internationally should train pullups consistently in their program. More is generally better, but I think 20 reps is a good goal for females and 30 for males. In looking at the Worlds Training Squad Canoe athletes, ODP data ranged 26-46 for males and 14-20 for females.

Youth Olympic Games for Paddlesports

The Youth Olympic Games will be held in Buenos Aires, Argentina, October 6-18, 2018. These games provide an opportunity for athletes to gain experience on an international level with the goal of developing young athletes into top-ranking athletes on their journey to the Olympic Games.



Process & Timeline:

- Meet the eligibility requirements and register for the World Qualification Selection Race by March 1, 2018.
- Attend and compete at the World Qualification Selection Race on March 18, 2018, at the Lake Lanier Olympic Park.
- Place 1st or 2nd on combined score of sprint and slalom events in K1 or C1.
- Compete at World Qualification Event in Barcelona, Spain April 12-15, 2018.
- Earn a quota for the ACA to compete at the Youth Olympic Games in Buenos Aires August 6-18, 2018.
- Compete at the Youth Olympic Games in Buenos Aires August 6-18, 2018.

[Click here](#) to learn more.



WHAT IS YOG?

The Youth Olympic Games are an elite sporting event for young people from all over the world. An event distinct from other youth sports events, as they also integrate a unique Culture and Education Program (CEP), based around five main themes: Olympism, Social Responsibility, Skills Development, Expression and Well-being and Healthy Lifestyles.

The sports program is based on that of the Olympic Games, with 28 sports featured on the summer program and seven on the winter program. In addition, the program includes exciting new disciplines and formats, such as 3-on-3 basketball, ice hockey skills challenge and mixed gender and mixed National Olympic Committee events.

Away from the field of play and through a variety of fun and interactive activities, workshops and team-building exercises, the CEP gives the participating athletes the opportunity to learn about the Olympic values, explore other cultures and develop the skills to become true ambassadors of their sport.

Ready, Set, Mark Your Calendars!

Don't miss these upcoming races...
(Click race name for more info)

March 18

[2018 Youth Olympic Games World Qualification
Event Selection Race](#)
Gainesville, Georgia

March 22

[Santa Cruz Paddlefest](#)
Santa Cruz, California

March 23-25

[US Whitewater Open](#)
Wesser, North Carolina

April 6-8

[ACA Slalom National Team Trials](#)
Charlotte, North Carolina

April 12-15

[Youth Olympic Games World Canoe Sprint Qualification](#)
Barcelona, Spain

April 14-15

[2018 USA Freestyle Kayaking National Championships](#)
Columbus, Georgia

May 5

[ACA New England Canoe Poling Championships](#)
Bangor, Maine

May 17

[ICF Paracanoe World Cup 1](#)
Szeged, Hungary

May 31

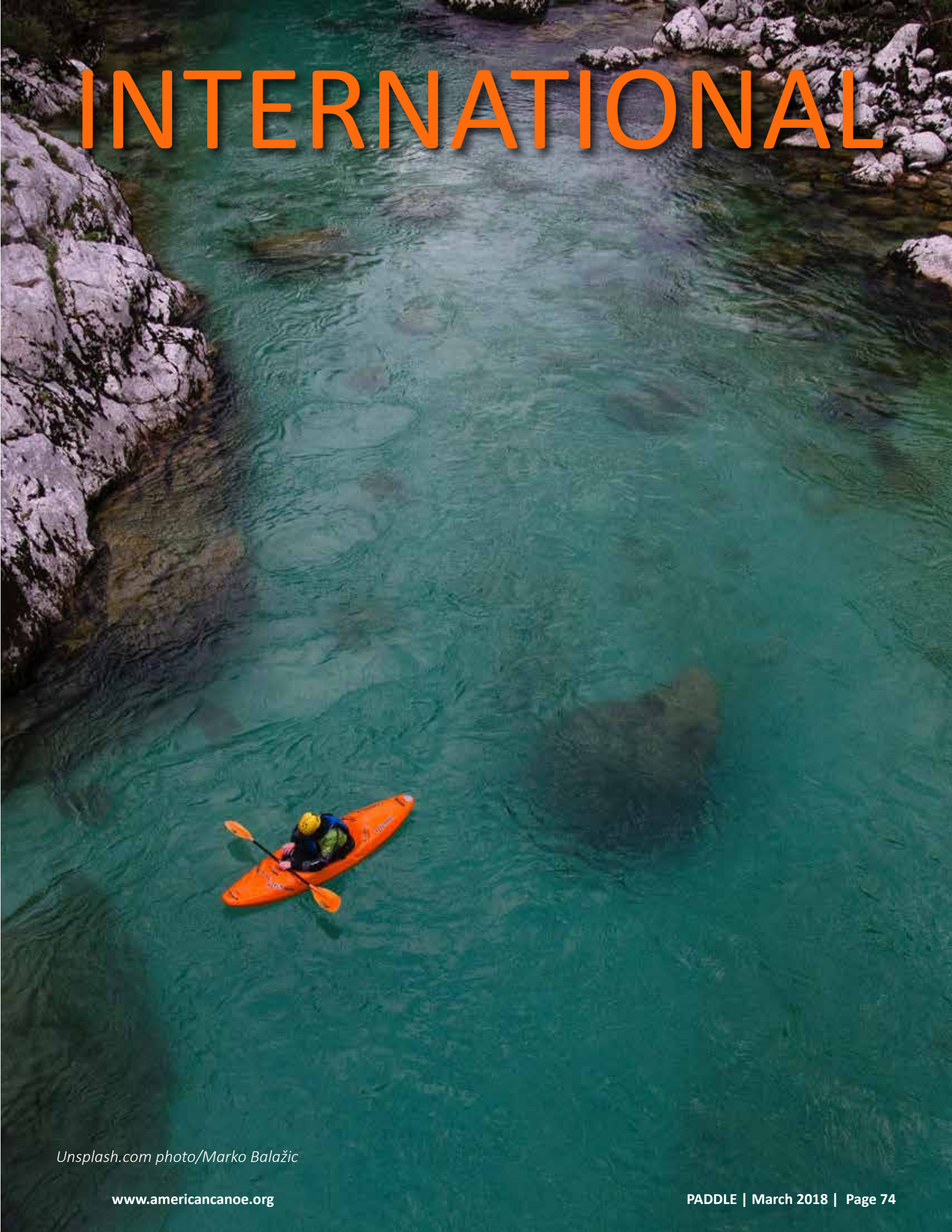
[ICF Wildwater Canoeing World Championships](#)
Muota/Muotathal, Switzerland

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INTERNATIONAL



Unsplash.com photo/Marko Balažić

European ACA Instructor Academy planned for September 2018 in Germany

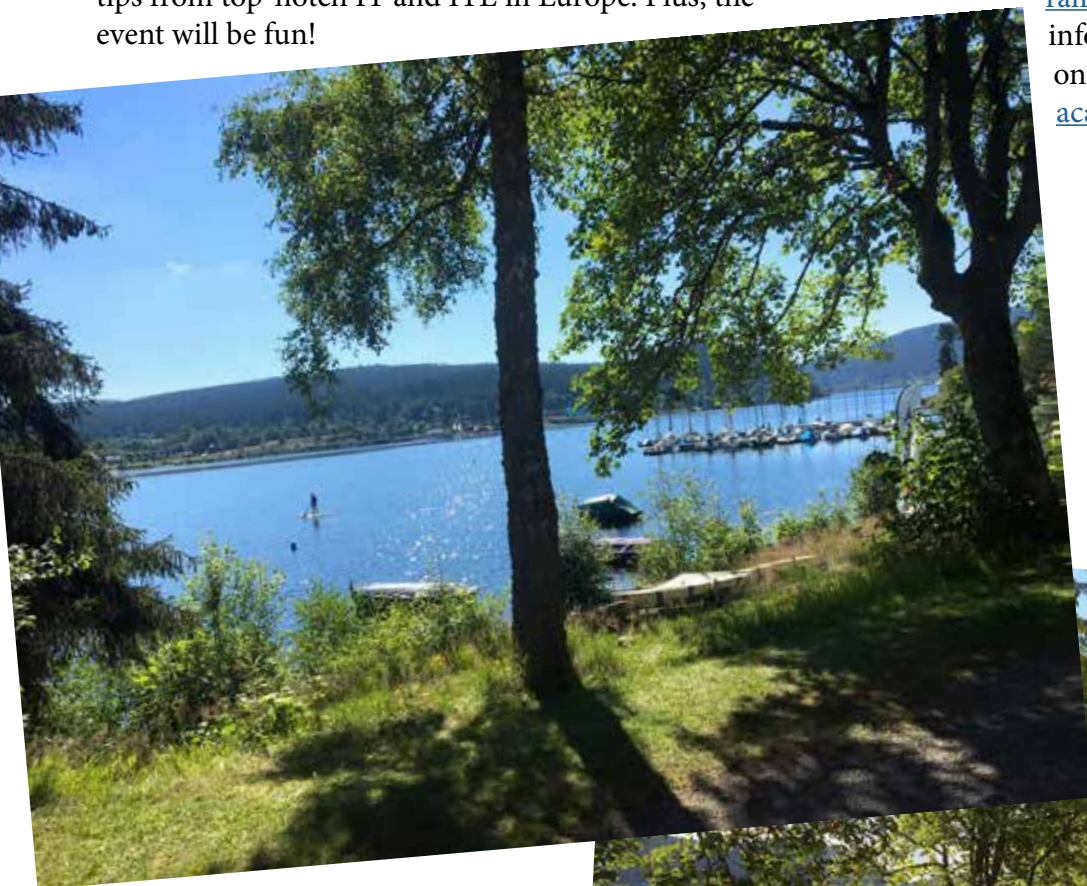
An Instructor Academy has been planned for ACA Division Europe to take place September 7-9, 2018, at Lake of Schluchsee, Germany. (By the way, the event will take place the same spot the ACA Europe was founded in 2011!)

The ACA Instructor Academy will be a great opportunity for European instructors to meet, paddle together and learn. This event will also be an awesome chance to get updated in your discipline and get the newest tips from top-notch IT and ITE in Europe. Plus, the event will be fun!

Some highlights of the program:

- Workshop: video feedback -- how to and best practices
- Lecture: mental aspects while teaching and learning
- Workshop: how can I use yoga to improve my own performance and to help my students to get more flexible
- Paddle trips, bbq and much more

If you are interested, please contact Raff Kuner ([mail@raff.coch](mailto:raff.coch)), and he will send you more info about the event. Or have a look on the ACA Europe website, www.aca-europe.org.



For more information about ACA Europe, please visit www.aca-europe.org.



Paddling History

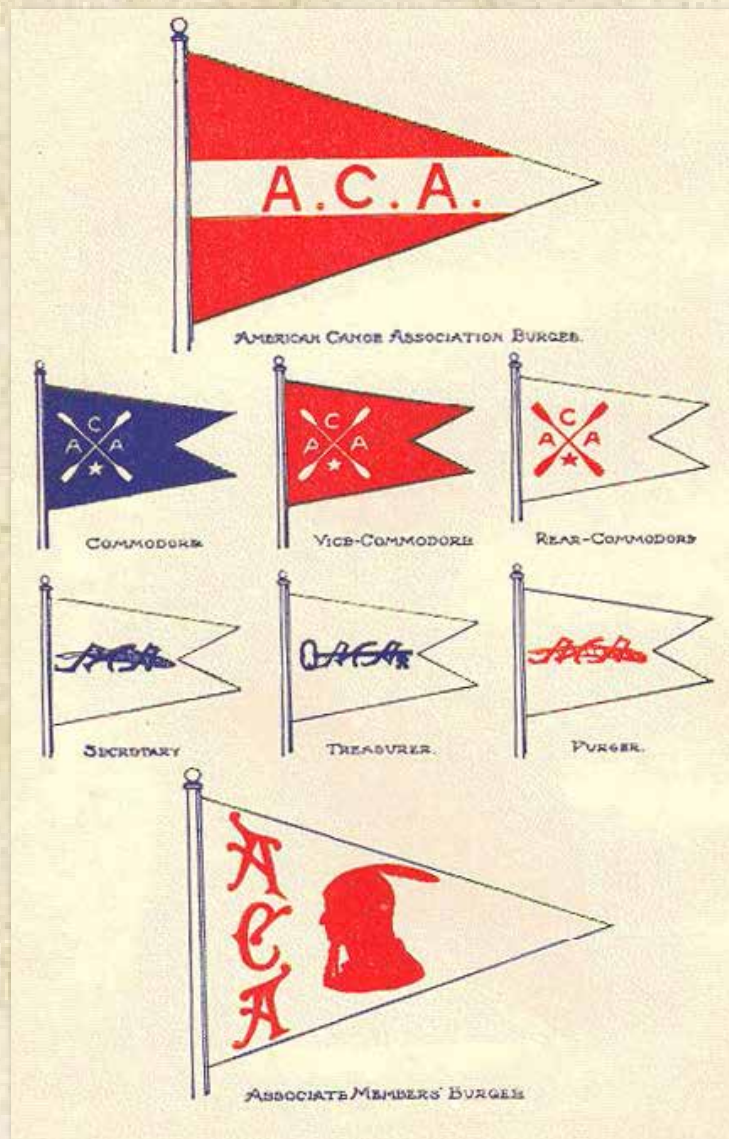


This page is from *American Canoe Association Year Book Number 26*, for the Year 1907, compiled by William A. Furman.

The historic yearbook includes:

- The club's constitution and bylaws
- Racing regulations
- Directory of members arranged by division
- Reports of committees and treasurer
- Regatta records
- Program of races for the ACA Meet in 1907
- A list of ACA Clubs across the country
- Two maps of Sugar Island
- A list of campsites on Sugar Island

Numerous ads and illustrations are also included throughout, including this color plate with the eight burgees of the ACA and its officers.



*Each issue, we'll bring you an interesting paddling photo from the ACA archives.
We hope you enjoy these little glimpses of paddling history.*

*To learn more about ACA history and the early days of paddlesports,
please visit www.americancanoe.org/History.*

*Making the World a Better Place to Paddle!
Since 1880.*

