



OREGON KAYAK & CANOE CLUB CURRENTS

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ABOUT THE OKCC

The Oregon Kayak & Canoe Club is a group of boaters in the Portland area who have joined together to pursue a common interest in whitewater boating. Our primary focus is to organize river trips at various skill levels. Safety, as well as enjoyment, is considered important on all club-sponsored trips. We are also involved in creek races, slalom races, instruction, and river conservation. Membership entitles you to all issues of our newsletter, trip schedules, conservation updates, social events, affiliation with the American Canoe Association and American Whitewater, and an outlet/source for used equipment.

We encourage all OKCC paddlers to give something back to the club. Not only is the club here for you, the club is you! It's the active members that make organizations like ours tick. There are opportunities to lead trips, coordinate progressions, manage the website, and even edit this newsletter!

Check us out at www.okcc.org where you can keep up with our calendar of events as well as other paddling resources! We also have an active Facebook page and Yahoo! Groups email distribution list you can join.



OKCC POSITIONS

2013 Board of Directors

- Russ Pascoe - *President*
- Patty Bolden - *VP/Secretary*
- Courtney Wilton - *Treasurer*
- Gonzalo Velasquez - *Board*
- Bruce Thompson - *Board*

Support Member Positions

- Sarah Jenkins - *Membership Coordinator*
- Hays Witt - *Clinics*
- John Lechmanik - *Intermediate Progression*
- Bruce Thompson - *Beginner Progression*
- Bill Auchterlonie - *Website*
- Erin Bloomquist - *Website*
- David Johnson - *Slalom*
- Iri Linchuk - *Pool Coordinator*
- Amy Cornett - *Newsletter & Kayak Polo*

Monthly Board Meetings

All members are welcome to sit in on monthly board meetings. They are held on the second Monday of the month from 7 - 9 pm – come at 6:30 if you want to eat and socialize. Currently the location is the Chapel Pub, located at 430 N Killingsworth. Check the OKCC calendar to confirm dates and location.



Photo Credit: David Pool

HAPPENINGS

OKCC ANNUAL MEETING

Thursday, December 5
6:30pm – 9:00pm

Iron Horse Restaurant
www.portlandironhorse.com

Annual Meeting will include the election of the 2014 officers, vote on changes to bylaws, sign up for 2014 classes & clinics, gear raffle and free food!!

NEWSLETTER

Submissions such as photos, trip reports, book reviews, feature articles or ideas are always welcome and can be directed to editor@okcc.org.

Newsletter editor position is open! Our newsletter is now entirely electronic, which greatly simplifies publishing. Here is an opportunity for you to practice your writing and editing skills, while contributing to the paddling community.

MORE TRIPS WANTED

Everyone loves river trips, so if there is a run you want to do feel free to post it on the OKCC Facebook page and/or our Yahoo! Groups page to invite more members to enjoy the run with you!

POOL SESSIONS

North Clackamas Aquatic
Center
7300 SE Harmony Road
Milwaukie, OR 97222
503-557-7873
7:30-9pm

Wednesday November 13 & 20, 2013
Monday, December 2, 2013
Wednesday, December 11, 2013
Monday, January 6, 2013
Wednesday, January 15, 2013

OKCC Members \$5 & Non-Members \$10

You are entitled to one free pool session if you sign up or renew your OKCC membership at the pool!

*We're looking for volunteer pool hosts!
If you would like to give back and
enjoy a free session in a wave pool,
ask us how you can help! It's a
pretty sweet win/win!*

MEMBERSHIP

Don't forget to renew or start your OKCC membership for another great year of paddling!

The OKCC is a non-profit 501c organization. Our annual dues are only \$20 per individual or household, and provide funding to allow an all-volunteer organization to continue to do great things for the local paddling community. This includes pool sessions, monthly river progressions, clinics by local professionals, newsletters, discounted safety training and social events such as the annual meeting/dinner and summer picnic. OKCC's facebook and email list makes it easy to coordinate trips and pass on important river information. Membership also provides discounts at a number of local kayak shops as well as American Whitewater and the American Canoe Association.

When membership numbers are high we also donate to local conservation groups. Most importantly, by belonging to the OKCC you are paying it forward to help the next generation of paddlers learn and experience the amazing local rivers we've all been very fortunate to enjoy.

There are two easy ways to join the OKCC!

Electronic - Paypal & Email:

1. Fill out the **OKCC membership form**
2. Email the completed and signed form to info@okcc.org.
3. Pay by clicking on the "Join Now" link to the right.

-OR -

Paper - Check & Snail Mail:

1. Fill out the **OKCC membership form**
2. Print and mail it to the address on the form along with your dues.
OKCC, P. O. Box 692, Portland, Oregon 97207-0692

Note: Existing ACA and American Whitewater members will receive renewal information directly from those organizations. For those wishing to join these organizations for the first time, you may do so in conjunction with your OKCC membership. ACA requires the following **waiver**.



PRESIDENT'S CORNER by Russ Pascoe

Hey, it's back to school time. We should all consider taking paddling classes as our next rainy season approaches. We are lucky to live in the only area on our continent that does not freeze up or dry out part of the year. Our whitewater bounty has made Oregon and south Washington home to thousands of paddlers. That means there are several shops and instruction businesses that have developed lots of training for us. Think of all the offerings at Alder Creek, Next Adventure, eNRG, Wet Planet and many others. You can get anything from an hour long pool tune up to multi-day classes through our local vendors. Your Oregon Kayak and Canoe Club will again offer clinics this winter as well. We will announce those opportunities at our December meeting.

So you ask "why spend time and money on classes when I can just get tips from my river buddies?" I say get all the tips you can from your friends as you paddle, I do. But structured training has real advantages. For me classes make me focus attention on specific skills. I spend all day drilling which is something I don't have the motivation to do on my own. Classes

help me fix bad habits that are not easily evident from river running. I always exit a class paddling more efficiently which lets me paddle more. I also stay safer on the water since I take a safety and rescue class every other year. I wish everyone I paddle with did that.

Cross training is another way to make your river time better. Ever consider a seakayak class? Or how about SUP or ocean surfing – what could be better to develop balance? I have found that forward stroke classes from seakayak instructors apply directly to whitewater. I have been doing the Lumpy Waters Symposium the past couple years. Its is a seakayak event with surf and whitewater boats in the mix and skills training that works on any water. Whitewater slalom is another avenue even if you do not aspire to run gates. We just had a great slalom clinic at the Roaring River Slalom and I hope we can keep that event going next year.

Skills cross paddling disciplines. So set a training goal for yourself this boating year.

SYOTR (and in class!)

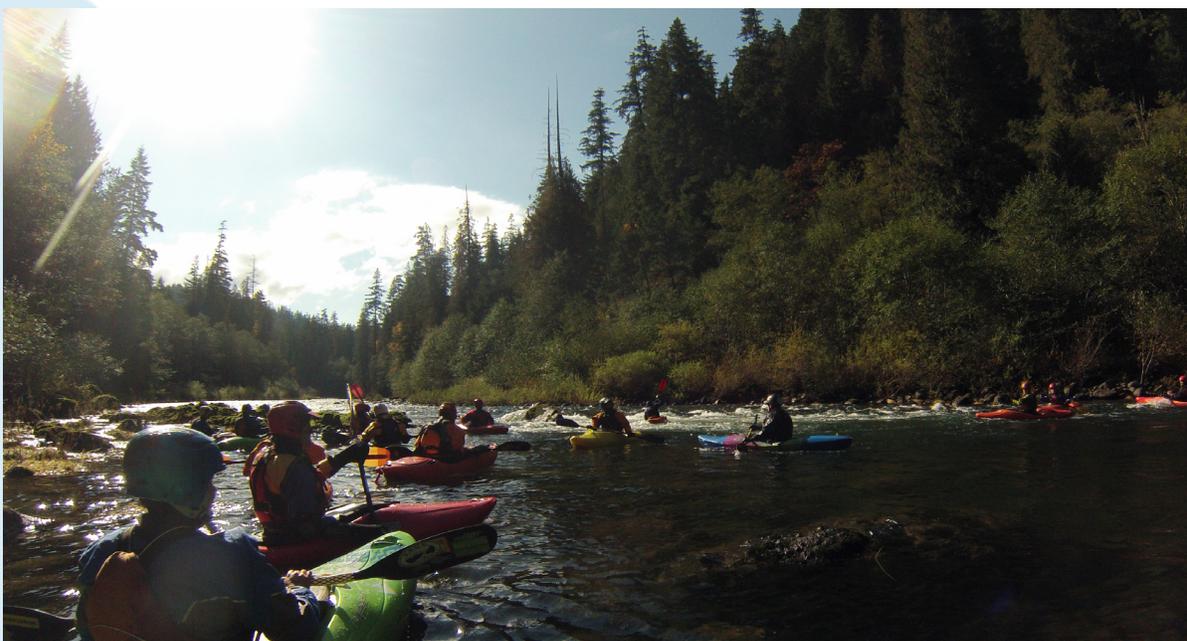


Photo Credit: Gonzalo Velasquez

MONTHLY PROGRESSION TRIPS

*So you have been paddling awhile and you have a roll...
Where do you go next?*



The OKCC Progression trips are a means for kayakers to develop their skills by gaining experience, learning from other paddlers and boating challenging runs. They are great opportunities to meet other boaters, practice your rescue skills, impart some of your knowledge to new paddlers, and have an enjoyable, leisurely day on the river. We encourage experienced paddlers to sign up as trip leaders or safety boaters. It's a fun and great way to give something back to the paddling community!

Beginner Progression Trips

Beginner trips are designed to give less experienced boaters the opportunity to participate in a group paddle on class II to III- whitewater while having more experienced boaters available for assistance. They also provide an opportunity for experienced paddlers to practice harder moves on easier water. These trips are not intended to be instructional classes.

Example runs include:

- Clackamas, Bob's to Memaloose
- Washougal, Mile Post 5 to Hathaway Park
- Nehalem River, Spruce County Park to Salmonberry Confluence
- North Santiam, Mill City to Mehama
- White Salmon, Lower Run

Expectations: Paddlers should have taken a basic class, be capable of wet-exiting a kayak, doing a T rescue and have some river experience on class II water. All paddlers should be prepared for cold water. A dry suit is recommended. Other mandatory gear includes a kayak/IK/canoe, paddle,

helmet, life vest (pfd), spray skirt, throw rope and knife. Bring water to drink and something to eat on the river.

Schedule: The Beginner Progressions are scheduled for the first weekend of the month, but the schedule can vary. We post these on the [OKCC calendar](#), [OKCC Facebook page](#) and also on the [OKCC Yahoo Groups! list](#). Trips tend to begin about 10 a.m., and average trip length is about 3 hours, but can be more or less depending conditions and events.

Contact: "I took my first OKCC BP trip in June, 2011 and have participated in most of them since then. Along with my brother Brian and Roger Sharp, we now coordinate the BP's. The trips are always a good time. Come out and boat and safety boat!!! Questions and suggestions are always welcome."

- Bruce Thompson begprog@okcc.com

Intermediate Progression Trips

Intermediate trips are designed to provide experienced paddlers a group paddle environment on Class III-III+ whitewater. These trips are not intended to be instructional classes.

Example runs include:

- Clackamas, Fish to Bobs
- White Salmon, Middle Run
- Wilson River, Devil's Lake Fork
- Washougal, Big Eddy Section

Expectations: Intermediate paddlers are expected to have a combat roll and have experience on class III whitewater. All paddlers should be prepared for cold water. A dry suit is recommended. Other mandatory gear includes a kayak/IK/

canoe, paddle, helmet, life vest (pfd), spray skirt, throw rope and knife. Bring water to drink and something to eat on the river.

Schedule: Intermediate Progressions are regularly scheduled for the 3rd Sunday of each month, but the schedule can vary. We post these on the [OKCC Calendar](#), [OKCC Facebook page](#) and also on the [OKCC Yahoo Groups! list](#).

Contact: intprog@okcc.org

ACA annual membership or a waiver and \$5 ACA event fee is required for all progression trip participants.

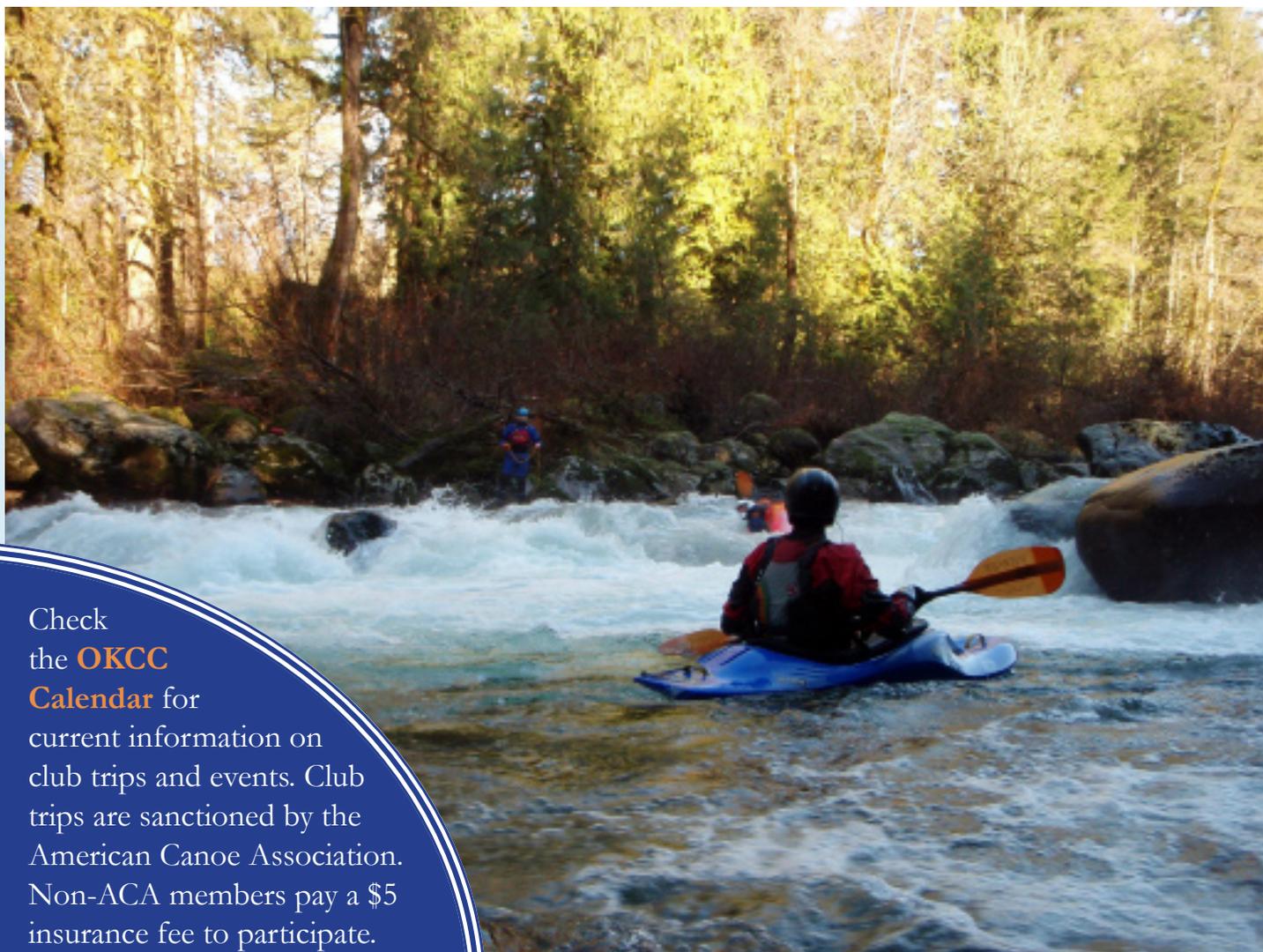


Photo Credit: Alistair Hather

Check the **OKCC Calendar** for current information on club trips and events. Club trips are sanctioned by the American Canoe Association. Non-ACA members pay a \$5 insurance fee to participate.

RIVER CONSERVATION

American Whitewater

www.americanwhitewater.org

Founded in 1954, American Whitewater is a national non-profit organization with a mission “to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.” American Whitewater is a membership organization representing a broad diversity of individual whitewater enthusiasts, river conservationists, and more than 100 local paddling club affiliates across America. The organization is the primary advocate for the preservation and protection of whitewater resources throughout the United States, and connects the interests of human-powered recreational river users with ecological and science-based data to achieve the goals within its mission.

OKCC strongly encourages your support of AW's mission to conserve and restore America's whitewater resources. OKCC members may join American Whitewater at a discounted membership price. AW members receive a subscription to AW magazine and member-only discounts.

American Rivers

www.americanrivers.org

American Rivers is a leading organization working to protect and restore the nation's rivers and streams. Rivers connect us to each other, nature, and future generations. Since 1973, American Rivers has fought to preserve these connections, helping protect and restore more than 150,000 miles of rivers through advocacy efforts, on-the-ground projects, and the annual release of America's Most Endangered Rivers®. Headquartered in Washington, DC, American Rivers has offices across the country and more than 100,000 supporters, members, and volunteers nationwide.

Through our work in five key program areas - Rivers and Global Warming, River Restoration, River Protection, Clean Water and Water Supply - American Rivers is working to protect our remaining natural heritage, undo the damage of the past and create a healthy future for our rivers and future generations.

American Canoe Association

www.aca.site-ym.com/

The American Canoe Association (ACA) is a member based, 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 and recreation. The heart of the ACA is the people who paddle, cherish, protect, and enjoy the diverse waterways of America.

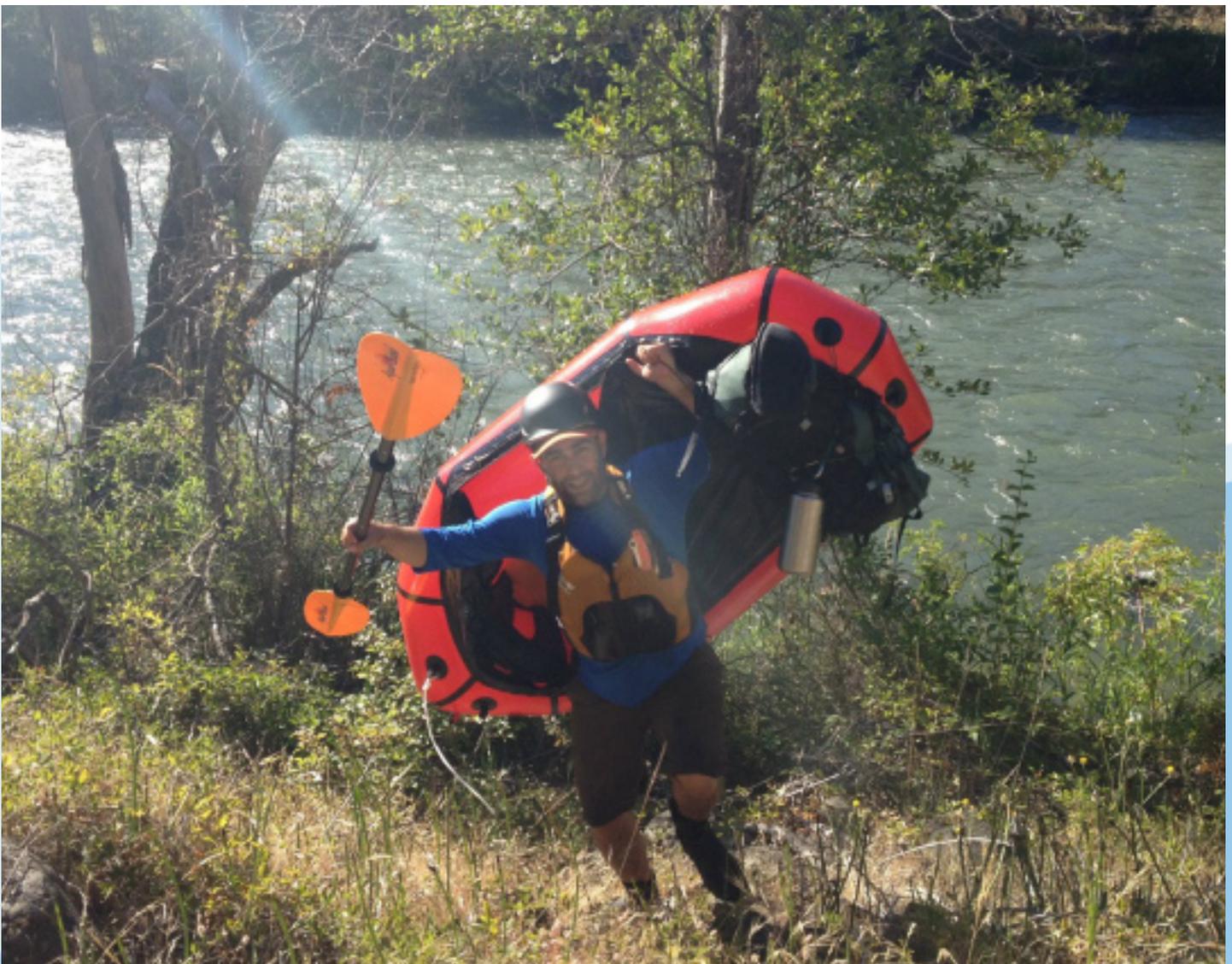
OKCC members have the option to join the ACA at a discounted membership price. The ACA's Paddle America Club provides liability insurance for OKCC trips and events. OKCC members who choose ACA membership do not need to pay a \$5 per event fee for liability insurance, as well as other benefits. Sign up [here](#) then bring your ACA number to OKCC paddling events!

FROM CARNAGE TO CONFIDENCE - by Hays Witt

I moved up from LA in the summer of 2012. Brought a packraft that had only seen saltwater, and high hopes of learning about rivers. After trying unsuccessfully to pawn me off on the raft club, the OKCC let me in on one of their beginner progressions. I still have the packraft (want to go?), but have been paddling a kayak for a year now. Countless boaters have helped me along, with encouraging words, a relaxing joke, a quick rescue, or a beer to pour in my bootie. Here's a few snapshots of what learning the sport has looked like to this beginner, and a huge thank you note to all who have helped bring me up.

Rattlesnake

Michelle pulls us together on the bank just below Rattlesnake for the safety talk. How long you been boating? "First time" What is that? "Packraft." Does it float? "I hope so." Looks like a duckie. Running Rattlesnake? "Not today." I make it past Deadman's Corner, Michelle says: I love watching new boaters, all excitement and grins.



FROM CARNAGE TO CONFIDENCE continued

Midway down the run, bandersnatched! (That's packrafting lingo for ass-over-teakettle). Two seconds later, Ann's there, pink helmet, air of utter competence and ability. A quick tow, and I'm in the eddy, pulling back into the raft. A year later, at the end of a long run down Dodge to Oxbow, Ann spends 15 min waist deep in the water, helping me work out my kayak roll.

Slingshot

Huge flume of water hits a rock, shoots left. So do I! Sitting in my packraft in the eddy, watching folks playboating, fluid in the water. In, surf, spin, out. In surf, over, roll, spin, out. They're having it their way. "I'm getting a kayak." Two weeks later, at the Alder Creek fall sale:

Looking for boats in the parking lot, bump into a random Englishman I had met that first OKCC trip on the White Salmon. Alistair spends the next couple hours checking out boats with me, answering questions big and small, sharing a few pearls of wisdom on outfitting and boat design. I settle on a red Diesel. Then Al spots a sweet deal on an AT paddle, tells me he'll only pass it on if I promise to buy float bags to make it easy on rescuers. Add in a skirt and I'm outfitted.

Fish Creek

First Carnage Run in the packraft. Rode up in the Next Adventure van, picking Deek's brain about Oregon rivers to keep my mind off the fear. Push off with about 15 kayakers. Five or six strokes through choppy waves, tight, nervous. Get bandersnatched at the first bend and pop up swimming in the strong recirculating eddy on river left. Swim for the raft, it stays just out of reach ahead of me. Raft goes around in a circle. I go around in a circle. Head's above water, but I've got no plan, just floating around, three feet behind my raft. Solid kayaker (never caught his name, but owe him one) pulls into the eddy, tows me to a rock says "get out!" I'm out, then he grabs my boat, shoves it to me. I yell to the group, "Is this a drag?" Was kind of hoping they'd say yes and I could go home. Deek, "this is the Carnage Run dude, come on, I'll show you the lines."

Nine months later, get out of Al's car with my kayak this time. Gonz and James jump out of the van, "hey Hays, I heard you're stepping up today?" I guess so, good crew makes it easier. Make it through Fish Creek, Armstrong, Carter, Slingshot Big Eddy. At the top of Rock and Roll, Gonz warns "watch the hole, when you think you're done, you're not done." Over the rock again, out, then upside down in the last wave. Roll up, sealed by James ramming my boat upright. Good times!

Bob's to Memaloose

My first love and training ground. Love coming over the hill just past Estacada and seeing the Clackamas River valley open up. I pinch myself floating down, watching late afternoon light on the blocky, moss covered rocks where the waterfall comes in from the left. So far from LA. Gonzalo, Al, Matt, take many, many runs with me. Much coaching, much dissection of our moves. Hit this eddy. Look where you want to go. Lean forward. Paddle hard! Many swims, many patient recoveries from the crew. First times, just bombing it, trying to stay up. Then, slowly, hitting eddies, looking for control. Hit my first combat roll at the bottom of the long bridge rapid, come up shocked, grinning, hooting, knowing I'm gonna get this!

FROM CARNAGE TO CONFIDENCE continued

Columbia Pool

Carpool up in the dark rain with Matt. Draw strokes, sweeps, backward strokes. Braces. Roll, fail, fail, fail, roll, fail, fail, roll. Many weeks of this, discouragement, then encouragement. Gonz brings out the camera. Al jumps in the water to guide my paddle through the motion. Roll, roll, roll, fail, roll, fail, roll, roll. Dave H breaks it down in a well timed lesson. Time to hit the river.

Washougal

Winter run, leafless trees, flat gray, no rain at least. Cold, lots of fleece under the drysuit. Thinking I'll just coast, stay dry. James: Hey Hays, want to work on ferry's today? Peel out, flip, James quick with the T-rescue. "Try it again, keep your upstream edge up." All the way down, pointers, encouragement, easy, calm vibes.

Kilchis

Dave picks it for the Get out and Paddle run, the levels are right. Al, Matt, and Gonz hang around. Beautiful, winding through the woods, like slow turns on skis down a long slope. Creeks come in from both sides. Narrow, peaceful, drizzly. Getting out there for sure.

Back to the Clack, and what's next

A year later, Matt, Gonz, Al and I get out for one of the last hot weather days of summer. Fish Creek, Armstrong, Carter!, Slingshot, Rock and Roll, Toilet Bowl. Peel in, peel out. Ferry. Brace. What was unthinkable is now my training ground. Practice, practice, Middle White Salmon here I come.



Photo Credit: Alistair Hather

2013 ROARING RIVER SLALOM - By Ken Daughtery

Every year I make the trek from Seattle to Portland leaving my house at 5:00 am for the Clackamas River "Roaring River Slalom," hosted by Carl Poston. This race almost guarantees sunny and warm weather for a full Saturday of slalom clinics and a test of your new skills for Sunday's races.

When I pulled up to the race site this year, it was different. There were cars bumper to bumper along the shoulder with people and a good size crowd circling the clinic registration table with Lisa signing them up. I had just barely finished pulling up my slalom shorts when I heard "Are you Ken? I'm in your group." It was on! Every group was challenged to take on the gates where river negotiation and eddy skills were challenged.

After a good four to six hours of slalom technique training, it was time for our first race series to cap off the Saturday night. Paddlers were split randomly into groups of three for "Team Slalom." In team slalom, all three paddlers are required to cross the start and finish line within ten seconds of each other. Each team rallied together but my team won, damn right.



Photo Credit: Neil Schulman

The next morning it was race time. Rufus constructed a challenging course. The racers warmed up at the pool at the top of the course and warmed up the wet gear from the day before. Insults were loosely tossed between familiar paddlers and then they were off on two minute intervals. In two runs you are done. When the course is taken down and people start "hydrating," it's time for awards. The group gathers around the score board to tally the penalties and add them to their time. The race director gets everyone's attention and hands out the well deserved trophies.

Roaring River 2013 was a huge success and I hope to see this growing enthusiasm continue.

Click Here for the [Roaring River Slalom Results!](#)

For more information on slalom races in the Pacific Northwest visit www.nwwhitewater.org

US KAYAK POLO NATIONALS - By Amy Cornett

The Bay Area Kayak Polo club hosted the 2013 US Kayak Polo National Championships this year in Mountain View, California.

Five OKCC members participated in the tournament in the A, B and Women's divisions. Two of them were first timers at Nationals and I doubt this will be their last!

On the pitch games can be intense but off the pitch is a happy family reunion. Many US clubs were in attendance this year as well as some excellent Canadian teams.

Friday kicked off with a series of exciting games of the US Women's National team playing the Women's Canadian National team for a secured spot in the next World Games. Congrats to the Canadians on a well earned position!

Saturday was round robin play on two pitches in the A, B and Women's divisions and Sunday was the A, B and Women's playoff games.

Congratulations to Austin for winning A and B divisions and LA for the Women's division!

Next year we hope to bring even more players from the Portland area!



Photos courtesy of Portland Kayak Polo



Holiday Polo League
December 1, 8 & 15
Matt Dishman Pool

Centralia Games
TBD December 21 or 22
Thorbeckes Aquatic Center

PDXKP Annual Meeting
Dec 15 at 8:30 pm
5th Quadrant

Winter Season
January 5, 12 & 19
February 16 & 23
March 2, 16, 23 & 30
Matt Dishman Pool

Third Annual Alder Cup
April 27 & 28
Vancouver Lake

Everyone is welcome!

No experience or gear required.

Email us: play@portlandkayakpolo.com

Visit: www.portlandkayakpolo.com

CLASSES & CLINICS

Be sure to check out these opportunities to improve your skills and confidence from our talented local kayak shop professionals!

And while you're at it be sure to thank them for all the ways they support the OKCC!

ALDER CREEK

www.aldercreek.com

Jantzen Beach
(503)285-0464
250 NE Tomahawk Isl Dr.
Portland, OR 97217

Boathouse
(503)285-1819
1515 SE Water St.
Portland, OR 97214

- Private Rolling Sessions on Tuesdays, Thursdays and Saturdays
- Edging & Bracing 11/6 & 12/4
- Full Immersion 1 Whitewater 11/7, 9 & 10
- Full Immersion 2 Whitewater 11/21, 23 & 24
- Free Winter How-To Clinics

eNRG KAYAKING

www.enrgkayaking.com

(503)772-1122
1701 Clackamette Dr.
Oregon City, OR 97045

Santiam River Base Camp
140 N. 1st St.
Mill City, OR 97360

- ACA Courses
- L4/5 River Kayak Instructor 11/2
- River Rescue Course 11/3
- Pool rolling clinics
- Competitive training clinics & programs
- Private stroke technique classes
 - Santiam River clinics
 - Canoe trips
 - River SUP courses
 - Kayak Fishing clinics
- Historic Recreational kayak tours
 - Sea Kayak clinics
 - Creeking clinics
- Waterfall running and rescue clinics

NEXT ADVENTURE

www.nextadventure.net

(503)233-0706
624 SE. 7TH AVE.
PORTLAND, OR. 97214

- Get Out And Paddle Class II - 11/9, 12/14, 1/11, 2/8, 3/8
- Class III - 11/16, 12/21, 1/18, 2/15, 3/15
- Class IV - 11/23, 12/28, 1/25, 2/22, 3/22
- Rolling classes every Monday
- Roll Improvement Clinics 2nd Monday of every month
- Basic Whitewater Skills 10/5, 11/3, 12/7, 1/19, 2/9, 3/9
- Applied Strokes & Strategies 10/13, 11/10, 1/26, 2/16, 3/16
- Intermediate Whitewater Skills 10/20, 11/17, 2/23, 3/23
- Advanced River Running 10/20, 1/4
- Basic Creeking - 11/24, 1/5, 3/2
- Intermediate Creeking - 12/8, 1/12
- Waterfalls - 12/1, 3/1
- Advanced Creeking - 12/15, 2/2

For more information on any of these classes please contact the appropriate shop. Dates are subject to change due to interest, availability or weather.