



WINTER-SPRING 2012 NEWSLETTER

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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.

Words from Our President

I am pleased to serve as president of the Oregon Kayak and Canoe Club this year. I have been on the board for the past two years and have been watching Michele and Dick do great jobs at leading our club. I have also been on the boards of other local paddling, skiing and hiking clubs and conservation groups so I know what it takes to keep a club active. That is active participation from most of the membership. It seems in most groups about ten percent of members are willing to be on a board, run projects or lead trips. That would leave us with about 20 people to serve the rest so we do need to get more people involved in our activities.

I think the Oregon Kayak and Canoe Club's best contributions to the northwest paddling community are the clinics and progressions we offer. Follow those with many more pickup trips and I think we can contribute a great deal more. So I request that you consider paddling with the progression trips, we always need leaders and safety support. Practice on a run that is a class below your capability is always useful and so is demonstrating skills to those newer than you to paddling. Contact any board member if you are willing to help. I would also like to see many more trips listed on our Yahoo list server and our Facebook page. You probably see my frequent listings. It is a good way to fill out your trip if you are light on boaters. The next time you plan to paddle with a few of your buddies

consider inviting other Oregon Kayak and Canoe Club members by listing on one of our forums. You always have control over who goes and we now have a club liability waiver, no need to collect ACA forms or funds.

You might wonder why I hang around the paddling clubs when it is easier to just tune into trips on a list server or always go with the same known group of paddling friends. My answer is that the Oregon Kayak and Canoe Club does so much more. We can get more people together to paddle but we also can finance pool sessions, progress rookie boaters to keep the sport growing or branch into new support areas such as the kayak polo that Amy is championing. We can rally dozens of members to do river cleanups. We can also influence the regulating government agencies what control access to and the quality of our rivers and convince our politicians to protect what we have. And we are lucky to have these rivers. We recreate in a strip of our continent that is the only place with year round, short access to dozens of runs. So I hope to see you on them often in our Oregon Kayak and Canoe Club activities.

Feel free to contact me anytime if you have opinions on how to improve your club.

Cheers, Russ Pascoe

OKCC Board of Directors and Support

2012 OKCC Board

Russ Pascoe, President

president@okcc.org

Amy Cornett, VP/Secretary

vice-president@okcc.org

Courtney Wilton, Treasurer

treasurer@okcc.org

Mike Braun, Events

board1@okcc.org

Dick Sisson, Board

board2@okcc.org

Support Positions:

Denny Egner, Clinics

Sue Scheppele, Intermediate Progression

Markus Fant, Website Administrator

Shannon Crosswhite, NWCC

David Johnson, Slalom

Join! Renew! Now!

Join the OKCC or renew your membership! OKCC memberships run through the calendar year and expire December 31st.

Please use the form and address on the last page to renew your membership. You can also bring your form and renew at a pool session, and that session is discounted.

Each member can also pick up one of the new OKCC stickers at a pool session, one per member.

Newsletter

Submissions such as photos, trip reports, book reviews, feature articles or ideas are always welcome and can be directed to editor@gmail.com. The next newsletter deadline is February 15, 2012.

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. Contact Dick Sisson.

We have several means of communication - the Yahoo! group, the Google calendar, and the OKCC.org website. Check it out at: <http://www.okcc.org/>. Get current information on club trips and events. Also sign up for the club's Yahoo! Groups email list at groups.yahoo.com/group/okcc.

December 2011 Members' Meeting

Twenty-eight OKCC members met at the Iron Horse Restaurant for our Annual Meeting December 8th. Business included a report from current board members, followed by election of new board members.

The 2012 Board will be comprised of Courtney Wilton, Amy Cornett, Russ Pascoe, Michael Braun and Dick Sisson. Denny Egner updated us on plans for clinics this season, and the clinics are now under way.

Monthly Board Meetings

All members are welcome to sit in on monthly board meetings. They are held on the second Tuesday 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 St. Next meeting is Tuesday March 13th.

The OKCC is now on Facebook

Another source of information on club trips, pick-up trips, and just plain what club members are doing can be found in our Facebook group.

Check it out at Oregon Kayak and Canoe Club (OKCC) on Facebook!

Club Trips / Events

Check the OKCC [Calendar](#) or [Yahoo! Group](#) for up-to-date 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.

Date	Location	Contact
February 18	Beginner Progression - TBD	
February 25	Basic Skills Clinic	Michelle Adams
February 26	Intermediate Progression - TBD	Sue Scheppele
March 3	Basic Skills Clinic	Michelle Adams
March 10	Intermediate Clinic - class 3+	Paul Kuthe
March 17	Beginner Progression - TBD	
March 25	Intermediate Progression - TBD	Sue Scheppele
March 30	Advanced Paddling - evening session	Michael Williams
March 31	Basic Skills Clinic	Michelle Adams
March 31	Advanced Paddling - flatwater / moving water	Michael Williams
April 21	SOLV River Cleanup	russ.bec@gmail.com
April 21	Beginner Progression	
April 21	Northwest Creeking Competition	
April 22	Northwest Creeking Competition	
April 22	Intermediate Progression	Sue Scheppele
May 5	Bull Run Slalom	johnsoda7@hotmail.com
May 6	Bull Run Slalom	johnsoda7@hotmail.com
May 19	Beginner Progression - TBD	
May 27	Intermediate Progression - TBD	Sue Scheppele
June 16	Beginner Progression - TBD	
June 24	Intermediate Progression - TBD	Sue Scheppele
July 21	Beginner Progression - TBD	
July 22	Intermediate Progression - TBD	Sue Scheppele
August 18	Beginner Progression - TBD	
August 25	Roaring River Slalom	cposton1@comcast.net
August 26	Roaring River Slalom	cposton1@comcast.net
August 26	Intermediate Progression - TBD	Sue Scheppele
September 15	Beginner Progression - TBD	
September 23	Intermediate Progression - TBD	Sue Scheppele
October 20	Beginner Progression - TBD	
October 28	Intermediate Progression - TBD	Sue Scheppele
November 17	Beginner Progression - TBD	
November 25	Intermediate Progression - TBD	Sue Scheppele
December 23	Intermediate Progression - TBD	Sue Scheppele

Monthly Beginner & Intermediate 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 developing paddlers to improve their skills by gaining more paddling experience, learning from more skilled paddlers, and boating more difficult runs.

Newcomers to the Beginner Progressions should have a pool roll and some whitewater experience. Paddlers joining the Intermediate Progressions should have a river roll and some class III whitewater experience.



Experienced intermediate and advanced paddlers are always welcome on the Progression trips. It's a great place to meet other boaters, to practice your rescue skills, to impart some of your knowledge to new paddlers, and to just have an enjoyable,

leisurely day on the river. ACA insurance is required for all participants.



Experienced paddlers are encouraged to sign up to lead or run safety on both the Beginner and Intermediate Progression trips. It's fun and a great way to give something back to the paddling community.

Beginner Progressions are normally scheduled for the 3rd Saturday of each month.

For more information, contact [Michele Adams](#).

Intermediate Progressions are normally scheduled for the 4th Sunday of each month.

For more information, contact [Sue Scheppele](#).

Video Corner

With our electronic web-based format for the Newsletter, it's easy to link to a variety of content.

In this issue we have a video edited by Andrew Bradley, a great young paddler who has been exploring many of the most challenging runs in the area. Recently, his crew took on the Lake Creek Slides, that stretch of water as Lake Creek exits Triangle Lake.

Enjoy: [Lake Creek Slides](#)

There's more of a write-up on Nate's blog at:

<http://wheelsandwater.blogspot.com/2012/02/lake-creek-slides-or-21812.html>

Another one of Andrew's adventures is: [Hagen Creek](#)

At the other end of the spectrum is: [Sunny Washougal](#)

River Conservation and Access Advocates

American Whitewater

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.

<http://www.americanwhitewater.org/>

Membership: 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 Canoe Association

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 (*aka FUN!*). The heart of the ACA is the people who paddle, cherish, protect, and enjoy the diverse waterways of America.

<https://aca.site-ym.com/>

Membership: 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. Fill out the ACA form from the OKCC website and send it in, or go directly to https://aca.site-ym.com/general/register_member_type.asp?. Bring your ACA number to OKCC paddling events.

American Rivers

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.

<http://www.americanrivers.org/>

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.

Advanced Technique - Bracing

Looking upstream from the bottom of a tricky rapid, I sometimes see an intermediate boater float out upside-down, roll up, and then continue on. While I'm tickled to see the prompt and effective roll, I think if the paddler had a solid brace, he or she would be floating out right-side up with a smile rather than a look of panic. So in this issue we'll learn more about developing a solid brace.

This article is courtesy of Phil and Mary DeRiemer

Technique Tips

Braces and the Body; High Brace!

This is part two of a three part series designed to transform your brace into a bombproof skill that will work in most river situations and never hurt your shoulder. First we covered what the body does in *Braces and the Body; what's the connection?*. Now we'll cover using the paddle in the high brace position.

She's up! She's down! Yes, she is up! Remember our drill practicing the dink? We gave the balance point-of-no-return, with the boat teetering on its edge, a setting of 5 degrees and a stable up-right boat a 0°. Well, a proficient high brace can recover a boat from the up-side-down position! The best boaters use their high brace when others are going for the roll set-up. What makes this possible is this paddler's experience and timing, allowing her to simultaneously dink her head, pull up on the lower hip and knee, and use her paddle to safely and effortlessly recover. First a reminder - it's the body that rights the boat. Review this skill in your living room "river" right now.

Drill

- Sit on the floor as though you are in your kayak. Tilt your "boat" on edge by lifting one cheek off the floor.
- Balance yourself by keeping your hands in the air below and in front of your shoulders on either side of your body.

Notice that your spine curves toward the high hip and knee in an effort to counterbalance. Knowing that the head bone is circuitously connected to the hip/knee bones, drop your head toward the fall and pull up on the lower hip/knee simultaneously. Your cheeks flatten evenly on the floor, your balance is regained. Have you practiced this dinking motion on the water until the body motion is smooth and fluid? If so it's time to look at how the high brace recenters the body over the boat.

Drill

- Assume your aggressive, upright posture - the position of greatest stability.
- Hold your paddle shaft horizontally in front of your body with your hands on either side of the boat. This evenly distributes the weight of your upper body so as not to overweight the bracing side of the boat.
- Rolling the knuckles back, place the powerface on the surface of the water just out from your knee. Keep the back hand low so that the shaft remains as horizontal as possible.
- Now, slide your blade inward toward your knee a few inches. Then, clear the blade from the water by rolling your knuckles forward to slice the blade free. Practice the movement of the paddle with your boat flat and stable until the motion becomes natural.

Tip

Remember, the key to an effortless brace is dropping your head toward and pulling up on the lower hip/knee simultaneously. Our instinct is to use the paddle first. Be sure to synchronize the dink to the movement of the paddle. Now, tilt your boat a mild 2 degrees and practice the two movements simultaneously until they

are smooth and fluid. Once your muscles are ingrained with this new habit, edge the boat a little more. Be sure to stay synchronized and fluid before adding more edge.

Warning!

The high brace is potentially the most dangerous stroke to the shoulder. If the blade drifts behind the hip, the shoulder joint is placed in its weakest and most vulnerable position. Unfortunately, this is our instinct! A forceful flip onto a poor form high brace can direct enough force to the shoulder to cause muscle tears and even dislocation. Moving the head away from the flip, which is another dangerous instinct, further enhances the potential for injury. Keep your shoulders safe by;

- keeping the bracing paddle in front of the body in the area of the knee,
- moving the horizontal paddle inward toward the boat, not backward as in a forward sweep while
- simultaneously Dropping Your Head toward the fall.

Think dink or get dunked!



Check out DAK's [Braces and the Body: Low Brace](#) if you're in a hurry to learn more about bracing.

Is posture an issue for you? Do you find yourself flipping while others remain upright? Click to [Paddling Posture](#) to find information, drills and tips that will help you improve your posture.

Many more Technique Tips are on-line at: <http://www.adventurekayaking.com/tips/>

Thanks very much to Phil and Mary.

River Permits Update

The lottery period for multi-day permits for the coming summer of 2012 closed, in general, on January 31st. Here's the information you need to pick up a cancellation. Good luck!

Idaho Four Rivers Reservations:

Go to Rec.gov and click on the 'Permits' tab. You will need an account there to continue. Their website is more confusing than it was last year! Enter the river you're interested in and click 'Check Availability'. Where there's an 'A', a reservation is available; an 'X', nothing doing.

In past years, Snake launches, particularly later in the season, have been pretty easy to get. Main Salmon launches have been next easiest. Middle Fork Salmon launches are hard to get. Selway launches, almost impossible.

Rogue River Launch Dates:

Check for procedures at Rogue River. The Rogue is a wonderful 2 or 3 night trip on a straightforward, yet challenging, run. Permits are a little more complicated than some other rivers - you'll need to specify the size of your

party. The larger the size, the less likely you'll get a permit... Typical party size ranges from 2 to 10. I've found that one raft can support up to about 8 people on a Rogue trip, with careful planning.

John Day River Update, new Permit System in place:

The John Day is easy paddling. It's a great family trip and is excellent for novices. The BLM has established a Launch Permit System for the John Day, controlling launches during the Primary Boating Season of May 20-July 10. Information is posted on their site: John Day

Boater permits will be available for Segment 2 - Clarno to Cottonwood - and Segment 3 - Service Creek to Clarno - on-line and by telephone. All users will have equal access to available permits through the on-line system.

For Segment 2, during the Primary Boating Season of May 20 to July 10, there will be a maximum of nine boat trip launches per day of any distance or duration from any launch point.

For Segment 3, during the Primary Boating Season of May 20 to July 10, there will be a maximum of nineteen boat trip launches per day for overnight trips, with a much more complicated system due to the number of possible launch points.

Other - Non-permit - Rivers: Check out the Access page on the OKCC website at: <http://www.okcc.org/access.htm> and plan your summer's adventures.



2011 US Kayak Polo National Championships

--Submitted by Amy Cornett

The 13th annual **US Kayak Polo National Championships** were held on September 9-11, 2011 at Cunningham Lake in Omaha, Nebraska. This year 22 teams competed from cities across the US and Canada in A, B and Women's divisions. Omaha Kayak Polo constructed two regulation pitches enabling long days of action packed matches. Austin beat San Francisco to win the A division, while Omaha won the the B division and New York won the Women's division.

Portland paddlers joined forces with Seattle paddlers and entered a team in the B division as the PNW Rainmakers. We struggled at first, but after coming together as a team and tweaking our strategy we improved for our playoff matches. Our most memorable playoff victory was against my former Boston club. Boston originally beat us in round robin play, so when we met them again in the playoffs we were ready for them! After 20 minutes of regulation play, the score was tied 0-0. The score remained 0-0 through two grueling periods of overtime, until we finally scored the golden goal during sudden death. With no substitutes, we were exhausted but elated to pull out a win against a really fun and talented team.



PNW Rainmakers (black PFD) vs Omaha Fishophiles (blue PFD)

– Photo courtesy of Susie Giitter Needham

Kayak polo (aka canoe polo outside North America) is one of the fastest growing paddling disciplines in the world. It is a fast, fun and exciting game that relies on paddling skills, ball skills and teamwork. Kayak polo is ideally played on a 33m x 23m pitch with two 1m x 1.5m goals suspended 2m above the water. Teams of 5 must outscore their opponents within 20 minutes. This sport offers great opportunities to strengthen paddling skills such as boat control, sprinting, bracing, rolling and edging. If you, or someone you know, might be interested in trying kayak polo check us out on the web at [Portland Kayak Polo](#) or on our [Facebook](#) or [Yahoo](#) groups!



PNW Rainmakers Team - L to R: Bill McKenzie, Amy Cornett, Adam Seymour, Susan Roth & Alex Mikitik

– Photo courtesy of Bill McKenzie



Slalom News

Three of the 2012 NW whitewater slalom cup series will be in our neck of the woods. Altogether this year there are 12 races, with points counting toward the highly coveted NW Slalom Cup.

First comes the Riverhouse Slalom, on the sunny Deschutes River in downtown Bend, OR, on March 31st and April 1st. Contact Bert Hinkley - bert@proctornet.com

Next comes the Bull Run Slalom and Down River Races, scheduled for May 5th and 6th. Be sure to check because the water flow is unpredictable. David can always use help setting the course, usually the Friday before the races.

Contact David Johnson - johnsoda7@hotmail.com David is often up at the course practicing and welcomes boaters who'd like to learn more about slalom paddling.

Summer winds down with the Roaring River Slalom, on the Clackamas River, near Estacada, OR, on the last weekend of August, on the 25th and 26th. This course, set on class 2 water but requiring class 3 moves, is fun for everyone. Paddling clinics will be held on Saturday, the practice day. Contact Carl Poston - cposton1@comcast.net

The full NW Cup schedule can be viewed at <http://www.nwwhitewater.org>

New this year, there are flat water slalom gates on the Willamette near the South Waterfront development and at the confluence of the Clackamas and the Willamette. See the OKCC website for more details!

Roaring River Slalom

August 25th & 26th, 2012

Friday is course set-up day for the Roaring River Whitewater Slalom on the Clackamas. Two teams set the gates: wire - crossbar - poles - repeat. Although set in class 2 water, Rufus Knapp's course has its challenges for even the best paddlers. Come out and help set the course on Friday.



OKCC Picnic and Paddle

We're looking forward to a good turn-out for the annual OKCC picnic and paddle, probably sometime in July. Our traditional site at Northwestern Lake should be open again, although it'll have a new name, Northwestern Park. Condit Dam was breached October 26th, and now the river cuts a deep gully right by there. A safe take-out for the Lower White Salmon should be constructed by then.



Usually we have a class 2+ group and a class 3+ group.

Not everyone opts to run Husum Falls!



The Cave Wave is always a fun place to spend some time.



River Clean Up

OKCC partners with SOLV and other agencies to clean up our local rivers, including the Clackamas, the Molalla and the Willamette. These activities renew this Spring, some centered around Earth Day, but you don't have to wait. Just pick up some of that trash you see on the river or at the take-out - and the rivers will be cleaner for everyone.

River clean ups are great time to socialize with a broad range of paddling friends and to give something back to the community at the same time.

Information on SOLV can be found at http://www.solv.org/programs/solv_it.asp

SOLV-IT Earth Day River Cleanup

Please put April 21 on your calendar and plan to help us clean the Sandy River. We will do several sections of it based on how many floaters we can rally. This is part of SOLVE's biggest annual event and we are annually the only group that sweeps a river from boats. We will need rafts, drift boats, kayaks or canoes. Email russ.bec@gmail.com if you will be there.

Thanks, Russ

Back to Back

--Submitted by Mike Braun

As many of you know, I have been dealing with back issues since October of 2010. I felt compelled to share my experience over the past sixteen months of getting back to a semi normal state. I know I am not the only paddler to experience back issues as unfortunately they are all too common to our sport and to the community of active people in general. Hopefully my story and some incite from Tracy Woodson (Paddler and Physical Therapist), will help fellow paddlers spare themselves similar back injuries.

My injury happened suddenly and painfully while playing basketball after work. I had tightness in my hamstring and towards the end of the game I was twisting/falling as I went for the basketball. There was a clear pop that I felt and heard in my lower back. My back was in pain after but I did not see a doctor and resumed kayaking after a couple weeks of taking it easy. If you hurt your back SEE A DOCTOR!

When I finally saw my doctor she scheduled an MRI which you can see the pertinent results below. The important thing to note is the deflection of the left S1 nerve root. This is a fancy way of saying my herniated disc is creating pain from the back to the toes via the nerve root. I was told that millions of people probably have worse disc issues than I did but with no signs of trouble, I was one of the lucky ones that struck nerve root gold.

1. L5-S1: Grade I retrolisthesis. Mild broad-based protrusion, more prominent to the left posterolaterally, with slight effacement of the left lateral recess and trace deflection of the left S1 nerve root.

2. L4-5: Trace broad-based disc bulge. Mild bilateral foraminal narrowing.

After a few months of PT, two cortisone injections into my spine, and tons of leg pain, I was feeling better just in time for a trip to Ecuador to kayak. I was told that pain was a limiting factor and that paddling wouldn't specifically make my injury worse. Unfortunately the pain did get worse after

paddling a few days, most notably my foot was tingling when I sat for any length of time. My last day of paddling there was a distinct pain in my back during a scout which signaled time to hang out up the paddle.

Upon returning to Portland I tried another cortisone injection but the pain was so bad that I was on a constant stream of pain killers. I consulted my neurosurgeon whom had always told me surgery was an option but not before trying other options. At this point in time his opinion was that permanent nerve damage was a real possibility, so at the ripe age of 26 I said let's cut open my back and clean up that disc. I had a microdiscectomy/foramotomy. Basically my doctor cut out tiny bits (mm) of bone and ligament around the nerve root, trimmed off the herniated disc material, and then glued my back shut.

Months of physical therapy after surgery finally yielded a go ahead from my physical therapist to start paddling again. I had surgery in March of 2011 and was cleared to paddle again around October of 2011. I still do PT exercises daily and struggle with constant tightness in my hamstring.

What I've learned from this that I would like to pass on is three simple things:

1. See a doctor if you have any back issues, better to see a doctor over nothing than to not see one when something is wrong!
2. A little rest up front can save you a lot of lost river time (and other sports). Don't be afraid to miss out on activity to let your body recover. If you're like me this is the hardest part of an injury.
3. Work out your core and back as if you have a back injury even if you're fully healthy!

Your core is designed to help stabilize your body in all activity and it is designed to support your back. 20-30 minutes of core strengthening and stretching every day can save you from injury and pain that will take up a lot more of your time. This is where I would like to enlist Tracy's knowledge to suggest some of the exercises paddlers should do to support their backs through what is ultimately a sport that can be rather tough on backs.

A Physical Therapist's View

As a physical therapist and a white water paddler, I understand the demands placed on the back, hips and shoulders while engaging in this incredible sport. Unfortunately, injuries like Mike's make it challenging, but not impossible, to return to high level activities such as paddling. There are several general suggestions that I can make to the kayaking community to help prevent low back pain.

I know you've heard it all before, but good posture, body mechanics, good core strength, and low back and leg flexibility are keys to avoiding most low back injuries. In a nutshell, that means that you need to lift your boat with the power in your legs, not bend forward with your back. Tighten your abdominal muscles before lifting and with each paddle stroke. Keep your hamstrings flexible so you can lean forward to get the most power out of your forward stroke and help you "lead with your heart".

Since 80% of us will have low back pain sometime in our lives, it's good to have a few preventative exercises to maintain flexibility and core strength. These general back exercises could help prevent injury. NOTE: You shouldn't perform any exercise that causes pain, especially if you already have low back pain and this pain radiates down your leg. Anyone with symptoms of leg pain, numbness, tingling or weakness should be examined by a doctor or physical therapist.

Tracy Woodson DPT

For those not familiar with the exercises suggested by Tracy, it is strongly encouraged that you see a professional or someone with experience with these particular exercises. Proper form is critical in order to avoid injury as well as fully benefit from each exercise.

General back exercises:

1. Lying on your back: Pull your knee toward your chest with the other leg straight. Hold 30 seconds and perform 3 times on each leg.
2. Lying on your back: Hold onto the back of your thigh and try to straighten your leg toward the ceiling to stretch your hamstrings. Hold 30 seconds and perform 3 times on each leg.
3. Lie on your stomach and perform a half pushup, allowing your pelvis to remain on the floor. Keep your back relaxed. Hold 10 seconds and perform 10 reps.
4. Lie on your back with your knees bent. Tighten your abdominals and press your hands into your thighs. Your back should flatten into the floor using only your abdominals. Hold this for 5 seconds and remember to breathe. Work up to 30 reps.
5. Pelvic Tilt- lie on your back with your knees bent and feet flat on the floor. Tighten your abdominals and flatten your back into the floor. Hold this for 5 seconds and remember to breathe. Work up to 30 reps.

Be safe and happy paddling!

White Salmon River Update!

On October 26, 2011, a 13-foot by 18-foot drain tunnel in the base of the dam was blasted open, draining Northwestern Lake in just an hour or so. With the river flowing through the tunnel at its base, the dam itself will be deconstructed in spring 2012 and fully removed by August.

PacifiCorp will modify the river access at the Northwestern Park and if all goes according to plan paddlers will be welcome to explore the new section of river in September 2012.

Folks are really excited to get out and explore the new river, but heading out to explore by boat borders on suicide. The sediment is still very dynamic, continually sloughing off. Log jams have formed in the tunnel and in the White Salmon Narrows below Condit. In addition, there is a significant hydraulic at the coffer dam, used to divert flow around the dam site when Condit was constructed and left in place.

The canyon upstream and downstream of the dam remains unsafe as the channel shifts, logjams form and break up.

PacifiCorp will continue to post updates on closures and restrictions in the Condit area as work proceeds. Go to www.pacificorp.com/condit for updates. Signs will remain posted in the immediate areas to remind the public about the closures.

NW Lake Boat Ramp / Take Out Still Closed

February 15th - The White Salmon River continues to down-cut in the area around the Northwestern Lake Bridge and there has been no improvement in conditions in this area. The old wood bridge pilings immediately upstream of the Northwestern Park Boat Ramp are particularly dangerous right now - see photo. Because the site has not yet stabilized, there is little that can be done right now to reopen the boat ramp.

To protect public safety, the boater take-out at the park remains temporarily closed until conditions are deemed safe by JR Merit and PacifiCorp Energy. They are working on a plan to remove the pilings and will let us know as soon as there is any change in conditions at the takeout.



More Wood in the River!

To add insult to injury, the storms in January put a lot more wood in the river, some of it in very problematic spots. As of this writing, it is known that the Middle White Salmon and the Green Truss section have serious wood problems. There are multiple mandatory portages.

Keep in mind that much of this wood will move during the season, so boaters will have to be watchful.

Also, the put-in at BZ Corners is seriously congested by fallen trees. Hopefully that mess will get some chain saw attention!

Pool Session Information

OKCC Fall/Winter pool sessions are on alternate Monday evenings from 7:30 to 9:00 p.m. at the North Clackamas Aquatic Center, starting on November 14th and continuing there through January 30th. In February, OKCC pool sessions move to the Columbia pool, on Wednesdays.

Be sure to check the OKCC [Calendar](#) in case there are changes or closures!

Club members there are available to coach roll technique. The club also has available two different DVD's teaching kayak rolling. These DVD's may be checked out for a week at the pool sessions.

Many local pools have open hours for kayak practice. Check out the OKCC website for current information:

<http://www.okcc.org/pool.htm>

OWA & OKCC Presidents' Day Weekend Rogue River Trip

February 18-20, 2012

Rafters of the Oregon Whitewater Association have graciously invited OKCC kayakers on these multi-day trips.



We've always provided entertainment, sometimes by running Rainie Falls, sometimes by our hilarious antics, and we've helped in the kitchen, usually bringing appetizers and meals.



Rain or shine, it's always fun...



This Presidents' Day Rogue River trip was held on Presidents' Day, February 19th, 20th and 21st. Sorry if you missed the fun!

Humor

American Adventure Insurance Company

RE: Claim #4297

Dear Ms. Bridgewall,

I am writing in response to your request for additional information in my accident report. I put "Poor Planning" as the Cause of my accident. You asked for a fuller explanation and I trust the following details will be sufficient.

I am an experienced whitewater kayaker. On the day of the accident, I was paddling with a group on the Rogue River. When I ran Blossom Bar Rapid, my boat pinned on the center boulder. I swam to the right bank. Another boater was able to clip a rope into the stern grab loop. We quickly rigged a pulley to a sling around a boulder on the shore, giving us a well-directed upstream pull to free the boat.

Four of us pulled on the line, and suddenly the boat broke free, swinging out into the current. All of the others stumbled and let go of the line, but I continued holding it tightly to ensure recovery of my kayak. Full, the kayak accelerated downstream. Without the others on the line, I was pulled quickly up the shore.

Due to my surprise at being jerked so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to say, I proceeded at a rapid rate up the side of the river. I soon came to the pulley, which stopped further motion. That explains the lacerations to my fingers, broken little finger, and contusions to my upper body.

The sudden shock of the line stopping was too much stress on the grab loop of the kayak. It broke out, allowing the kayak to continue downstream. With the sudden release of pressure, I lost my balance, falling into the river just below the pulley. The pull of the river was much stronger on me than on the grab loop, and I accelerated downstream at a rapid rate. Soon, I met the carabiner and grab loop, which was now proceeding upstream at an equally impressive speed. This explains the lacerated scalp, minor abrasions and, chipped elbow, as listed in paragraph 3 of the accident report.

Here my luck began to change slightly. The encounter with the grab loop seemed to slow me enough to lessen my injuries when I smashed into the center boulder. Fortunately, only my left collarbone was broken. However, I was pinned there where my boat had been. Struggling for air, I let go of the rope. Let loose, the grab loop was quickly brought back downstream by the force of the river, striking me again as I struggled against the boulder. This accounts for the two broken teeth and lacerations of my neck and right shoulder.

By now, my friends on the shore had thrown several ropes to me. Sadly, I grabbed the one attached to the grab loop. While it is fortunate that it pulled me off the boulder, it resulted in my swimming the entire rapid. This explains the bruised knees and sprained ankle.



Membership Application/Renewal

The Oregon Kayak and Canoe Club (OKCC) is a group of boaters in the Portland area who have joined together to pursue a common interest in whitewater boating. The OKCC's primary focus is to organize river trips at various skill levels. Safety, as well as enjoyment, is considered important on all club-sponsored trips. The OKCC is also active in river conservation, slalom races, and instruction.

Membership entitles you to discount at the OKCC Pool Sessions, trip schedules, conservation updates, social events, affiliation with the American Canoe Association and American Whitewater, and a discount at Next Adventure. Membership is contingent upon the receipt of

dues and a signed waiver. **Each adult member of a household must sign the waiver below.**

The ACA's Paddle America Club provides liability insurance for OKCC trips and events. OKCC members who choose ACA membership in addition to OKCC membership will receive OKCC benefits in addition to the benefits of ACA membership (*Paddler* magazine, ACA paddling events, and member-only discounts). **Each member must sign the ACA waiver when joining the ACA for them to have on file and as an enrollment form.**

OKCC members who are not ACA members will be charged \$5.00 for every club trip or event in which they participate. This fee covers the cost of liability insurance.

OKCC members who join American Whitewater will receive a subscription to *American Whitewater* magazine and member-only discounts as well as support American Whitewater's mission to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely.

OKCC MEMBERSHIP			
\$20	<input type="checkbox"/> INDIVIDUAL	<input type="checkbox"/> NEW	Memberships are January through December, those purchased in October go through December of the following year
	<input type="checkbox"/> HOUSEHOLD	<input type="checkbox"/> RENEWAL	
AFFILIATE CLUB ENROLLMENT (NEW ENROLLMENT WITH OKCC MEMBERSHIP ONLY)			
\$30.00 ACA Individual Membership			
\$40.00 ACA Household Membership (2 adults and children 18 and under)			
\$25.00 American Whitewater Individual			
\$35.00 American Whitewater Household Membership			
TOTAL AMOUNT ENCLOSED:			

PLEASE WRITE LEGIBLY

Participant's Name: _____ ACA No.: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ Mobile Phone: _____

Email: _____ **IMPORTANT - WRITE CLEARLY**

Additional Household Members: _____ ACA No.: _____

_____ ACA No.: _____

_____ ACA No.: _____

Please check those you would be interested in helping with	
<input type="checkbox"/> Leading a river trip	<input type="checkbox"/> Volunteer time for River Clean-ups or Clinics
<input type="checkbox"/> Being a Board Member	<input type="checkbox"/> Write a Blog Entry
<input type="checkbox"/> Hosting a meeting	<input type="checkbox"/> Being listed on a posted Club Roster
<input type="checkbox"/> Working on River Conservation	

I have read, understand, and am familiar with the American Canoe Association Waiver and Release of Liability and the American Whitewater Safety Code. I agree to be bound by the terms of the ACA Waiver and Release of Liability and to follow the guidelines of the AWW Safety Code as a condition of membership in the Oregon Kayak & Canoe Club, Inc.

Signature: _____ Date: _____

_____ Date: _____

**Please make checks payable to "OKCC" and send your completed application and waiver(s) with check to:
Membership, OKCC, P.O. Box 692, Portland OR 97207**

rvv 11-24-2010