



What is rec-slalom? Try to paddle a single rapid with a line defined by a bunch of poles instead of rocks. Easy water, hard moves.

Why poles: We can move 'em to make new problems. Hitting them is only a penalty, not an injury.

What is slalom: Same thing. Just pull harder against the clock in a race boat.

What are the rules: Make up a course. Try to paddle the course, passing your head (at least) between each pair of poles in the correct direction. Try to do it faster. If at first you could only do it with a reverse move (upstream ferry), try it direct. Do it without any back paddling. Do it with 5 fewer strokes. Play with boat tilt, stay in the bow or try leaning back on a dive deep into an eddy; squirt your stern in an eddy upstream.

Do you need a good roll? Not generally for NW Cup races, but at the Bull Run course it is a good idea, especially on bigger water days. The Bull Run permanent course is Class II- except for a class III- drop in the middle and a Class III drop at the bottom. Running either half courses or fulls, you finish up tired at the end of the run just above something you'd rather not swim.

You can paddle back up the two half courses. If you run the full course you must walk back up on R left (4 m). Run the race length to the bottom of the second drop and you have a 10 m walk back up around the power house. Paddling to the stairs adds 3 nice rapids and gets you a 15 m walk.

How long do we paddle: usually 1 – 2 hours. Often an hour's work before to fix a gate or two and make up the day's problem.

How long is the shuttle – zero -- it's park and play.

**The biggest rule – you must pull the gates back up at the end of the day** – if the river comes up and the gates are down, we lose equipment. It takes a good hour + to put up 1 gate. Leaving the poles down can cost us 5 or more. Pulling gates takes 5 minutes.

Do you need a race boat? No.

Why you would want to show up in a plastic boat:

- It's what you got.
- Beat someone paddling a race boat and you have bragging rights for months, if not years.
- Hitting rocks. Though made of carbon and kevlar, race boats are still called "glass" boats for reason.

Why you would want a race boat:

- Straight line speed – way faster. Slower spins than a spud boat, but good paddlers can do turns that carry speed.
- Boat speed makes it easier to paddle back up a rapid (attaining).
- Edges.
- Boat weight: 20 lbs dripping wet – nuff said.

Levels:

Bull run -- <http://www.americanwhitewater.org/gauges/id/5085/>.

Sandy -- <http://www.americanwhitewater.org/gauges/id/5086/>

The Bull Run power house adds 300 to 1500 cfs to the flow just at the top of the course. So you must guess the power house flow + Bull Run flow to know what you will see at the course.

Bull Run above 1000 usually means lots of rain and 1500 from the powerhouse as well -- makes for tough attainments.

Above 1.5 k and the eddies wash out. Above 3 k and you have to limbo under the wires – we run other rivers on days like this.

Above 18 k and we have a whole lot of work to do to get the course back up.

Less than 100 and it gets really bony – at this level must have a power house turbine running. Sandy above 8 ft in season generally means the power house will be running at least 1 turbine. 1 turbine and 70 cfs in Bull Run is Class I+ with the two drops too bony for a glass boat – but still OK for half course runs.

Season: From the start of the rains to mid June.

Sites:

<http://www.nwwhitewater.org/> -- the NW slalom racing group.  
<http://www.usacanoekavak.com/disciplines/slalom/slalomhq.asp>

Boats:

<http://www.galasport.cz/>  
<http://www.vajdamr.sk/>  
[http://www.caiman.cz/index\\_en.htm](http://www.caiman.cz/index_en.htm)  
<http://www.doubledutch.nl/index2.htm>