



*Spring 2010*

# *Eddyline*

*Journal of the  
Vancouver Kayak Club*

## **Reports and Stories**

New Steps in Training  
Selway, Idaho  
Safety

## **Club Announcements**

Message from the President  
2009 Membership Year Numbers  
Path to Paradise

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# Eddyline - Journal of the Vancouver Kayak Club

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# Club Announcements

## Message from the President

Philip Morley

Welcome to the 2010 whitewater paddling season! Yes, I know that some of you may think that the season has not quite yet arrived and I do realize that there is fresh snow on the North Shore mountains. There is no denying, however, that paddlers are getting restless and there has already been a lot of activity on the rivers this spring. In fact, as I write this message on a sunny Sunday in early April, I know of at least half a dozen self-organized beginners with as many support boaters paddling on the Mamquam River in Squamish. Most of these new paddlers recently completed the VKC river prep course and so have already been getting on the river for the past few weeks. A prerequisite for this course was to have taken one of the VKC beginner pool courses held over the winter. This means that some of these "newbies" have been regularly paddling at pool sessions since as early as last October. Is the paddling season only just beginning? To all of the students, volunteers, and year-round paddlers among us...not really.

Although many VKC members have been keeping busy with pool sessions, river training, and as much winter paddling as mother nature would allow, there are still plenty of paddlers out there that will soon be putting their skis back in the attic and taking their paddling gear out of the garage. It was great to see some of them at the VKC kick-off party and I look forward to seeing the rest out on the river soon, hopefully at the VKC Whitewater Festival in two weeks! Another upcoming event that is sure to bring out a crowd is our Wenatchee River trip on the May long weekend. In addition to excellent paddling on class II to IV (and up) rivers, there will be plenty of mountain biking, hiking, and climbing opportunities on this never-long-enough weekend. With all of the new paddlers around, both to the sport and to Vancouver, this is going to be a busy year so keep your eyes



on the trip schedule and VKC Forum for ongoing club and casual trips. Let's get out on the river as much as possible this year!

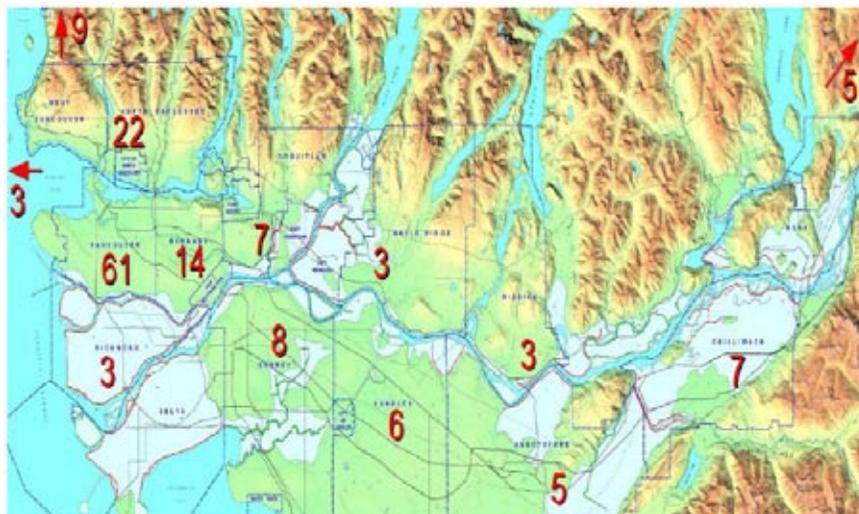
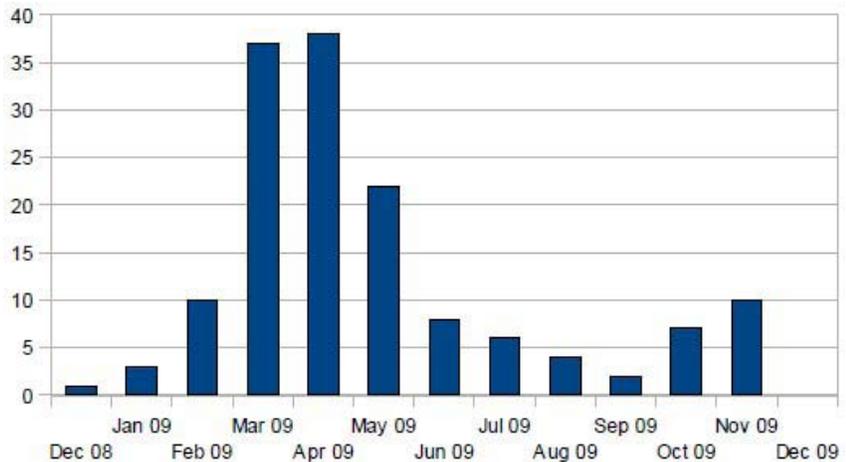
I would like to take this opportunity to express my appreciation for all of the volunteers who helped out with the VKC pool sessions and courses over the past seven months. In addition to Iain and myself, Catherine, Laani, Shaun, Tyson, Vince, and many others have contributed countless hours into planning and running our new training program. When I say new, I mean completely different to what we have done in the past and a big step in the right direction toward what we ought to be doing as a club. While in past years we have run only one course with a couple of pool sessions, this year has already seen 5 four-week VKC beginner courses and 21 VKC pool sessions with a total of 314 attendances. Not only are people getting into the sport and working on paddling skills, but also the support boaters are being exposed to instruction and, in turn, becoming better boaters themselves. Look out for an increased number of club-subsidized instructor, leader, and rescue training opportunities this year! In the meantime, there are three pool sessions and one course left to go before the free Capilano River training sessions begin on Wednesday evenings in May and June.

On a final note, if anyone has any suggestions on how to improve the VKC or to engage and support more of the paddling community, including creek boaters, please don't hesitate to contact me at [info@vankayak.org](mailto:info@vankayak.org). I am extremely thrilled about our new training program but also feel that there is much more that we could be doing for the sport. Of course, we will need more help to get stuff done (the VKC is 100% run by volunteers) so please also let me know if you can help out in any way. I hope you enjoy the rest of this newsletter and will be out having fun on the river soon. Thanks for being a part of the Vancouver Kayak Club and the local whitewater paddling community!

## 2009 Membership Year Numbers

Catherine Morley,  
Director Memberships

With 169 members in 2009, excluding kayak polo, we were able to maintain our strong membership numbers from 2008. Figure 1 shows that the membership renewal deadline (March 31), VKC Whitewater Festival (first weekend in May), and beginner courses/pool sessions (fall) motivated people to sign up with the club. Although being based in Metro Vancouver (124 members / 73%), the club was also able to reach out to the Fraser Valley (15 / 9%), Squamish (9 / 5%) and beyond (21 / 12%) (see Figure 2 for BC locations). On the administrative side, we are happy to see that more than half of our members (54%) choose to sign up through PayPal as being able to "copy & paste" member data also makes the membership director's life easier. Thanks to all of our members for supporting the VKC.



## Path to Paradise

Tony Sloane, Trip Coordinator

A large part of the fiber that binds the club and established many of us as paddlers was the trip schedule or something very similar. Think back, no further to the memories of that first significant rapid and the pleasure you felt, the momentous occasion it was to be safely looking back up stream at the path you had just taken.

Picture in your minds eye who was with you because I'm sure somebody was! Who was it that had introduced you to the magnificent world of white water, who had been there for advice or just their presence had allowed the trip to go forward safely?

The club is looking for volunteers to organize and lead trips, this is your opportunity to do what

someone did for you, pass on the mantle, open up this world to next the generation of paddlers. The trip schedule may have an air of familiarity to it that anyone who has been around for a couple of seasons will recognize. That doesn't need to be, help change it!

It's important for the conservation of free flowing rivers that we venture onto the largest selection of rivers we can. Is there a river or section of river that you haven't paddled for a while, is there a river or section of river you would like to paddle? Let me know! Even better let the club know. Help fill the schedule with as many volunteers as we can, there is a weekend or river for everyone. For paddlers BC is paradise, the Pacific North West isn't bad either so help me, help you help others experience this wonderful world of ours.

Volunteer today!

Tony



## New Steps in Training

This season the VKC has contributed in a big way to developing the sport of whitewater kayaking, and involving the community, by introducing new paddlers to the basics. This season, we've held 4 courses, and run 27 beginners through. 12 have signed up to take the next step with a new River Prep course - half pool, half river.

Also new this year, we're offering skills clinics designed for intermediate paddlers who want to work on their skills. For anything from rolling, to playboating, our volunteer instructors are available to work 1:1, to help you see what you can improve. Come to the Templeton Park pool, Sundays at 7pm, and email [training@vankayak.org](mailto:training@vankayak.org) to let us know you're coming (pool sessions are finished for the season, but check out the Cap sessions, ed.).

We will be holding an instructor training course this summer. If you would like to get your instructor's certificate, sign up soon by

### Iain Rogers, Director Training

emailing training.

Also coming up, we'll be running informal training sessions to accompany official club trips. We need people to lead these sessions, so if you're interested, choose a trip and a topic, then contact the trip leader. Your topic can be anything (boof technique, rope practice, stretching), but should be appropriate for the trip. No sense in talking about rolling on a class IV trip; if you don't have it dialed in, you're not on the trip.

Finally, I've heard a lot of interest about doing safety training, rescue and such. The club will put some money forward to help with costs for this, but we need commitment from some people. Please let us know when you'd like to do it.

The club would like to thank Philip, Catherine, Tyson, Shaun, Tanner and the staff at Templeton Pool for their continued efforts.

# The Selway, IDAHO!

Claudia Schwab



Finally a last minute opportunity worked out for a pre-season trip on the Selway. The Selway runs for 46 miles through the Selway-Bitterroot Wilderness, the largest roadless area in the lower 48 US states. Compared with multi-day trips in Northern BC or the Yukon, the wilderness is relatively tame with several lodges and airstrips along the way, but it's still a remote area where paddlers need to be self-sufficient.

With the Middle Fork of the Salmon, the Wild Main Salmon and the Snake, the Selway is one of the great multi-day trips in Idaho. These trips are extremely popular and river runners have to enter a lottery for a permit. The Selway has the most difficult rapids of the four rivers so it may seem fitting that permits for it are most difficult to get. During the short season from mid May to the end of July only one launch per day is allowed and according to the US Forest Service, chances to get a 2010 permit were a discouraging 1:47. But keen river runners, like our rafting friend John, try to get a run in before May 15th, when the permit season starts. Pre-season trips can have a few problems: snow on Nez Perce Pass may require an expensive shuttle with balloon-tired vehicles. River levels could be too low or too high (trips in early and

late permit season have the same problems). Luckily, we didn't encounter any of these problems. The pass was plowed a couple of days before our trip and water levels were fine for us kayakers – albeit a bit bony for the raft on the first day.

It was the first time I put on for a multi-day trip before the leaves on bushes and trees had come out. Night temperatures were accordingly below freezing, but we had enough sun during the day to get a good tan and dry our paddling gear in the afternoon. As we moved downriver, spring arrived at time-lapse speed. First there were fresh green leaves, then bushes of yellow Balsamroot and red Indian Paintbrush, and at the take-out the typical Idaho sun and heat for a quick change into shorts and T-shirts. The steep hillsides were covered by dense forest. I was surprised that there were so many red cedars along the shore – this almost looked like BC. As soon as we set up camp, orange hummingbirds checked out every red or yellow piece of equipment (including red beer cans and Pete's ears!). There really wasn't much red in the green Idaho forest. But I'm still not sure if Pete's ears looked like flowers or if it was the color that attracted the birds? Whitetail deer wandered through camp. When startled

they bounced away flicking their white tails. But our most impressive wildlife encounter was with a big sand-colored wolf. As we floated by, she/he watched us closely with yellow eyes, then put her ears back, and finally grabbed the fish she was eating and moved into the bushes. We could still see her as she dropped the fish and rolled in it.

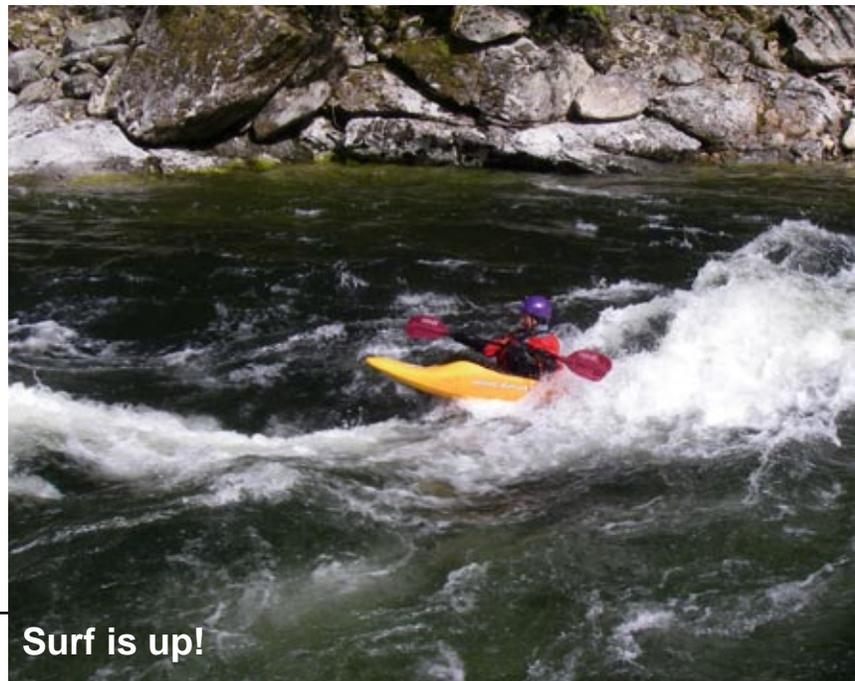
Despite the low water level (1.7 – 2.0 at the Paradise gauge, barely runnable for rafts), I would have preferred my big boat on day 4, when we hit the more interesting rapids (we were in playboats for a Wenatchee session on the way back). The Selway has some real class IV, including Ladle and Wolf Creek, not like the class IV on the Middle Fork of the Salmon, where drops seem a grade easier. During the first two days nothing was of much difficulty for us kayakers, although we had to help our rafter John off some rocks (especially in a drop named Washer Woman). The big



**Scouting Wolf Creek**

stuff started on day 3 (day 4 for us since we stopped for a lay-over day at Moose Creek). After a prime session of side-surfing in Double Drop I had some problems keeping tops up and bottoms down. I was sure I was on line... until I saw the hole, got stuck in it and a little later watched Karen zooming by at Mach 1 on the tongue just a couple of meters away – faraway, so close! And this drop had not even looked that difficult. The positive outcome of this little rodeo session was that I didn't ponder my line through Ladle very much – I took the high and dry route. After all the excitement my shoulder didn't feel up for paddling on the last day, so I hopped on the raft and got some excellent rafting instructions from John once we were in easier waters.

**Above Ladle**



**Surf is up!**

# SAFETY

Tom Hoskin, Secretary

Due to an incident on the Chilliwack Canyon, I polled the Forum for a VKC Safety Officer position. No one responded so I volunteered. The idea is to document accidents and near misses with a view to prevention. A Project Of The MONTH may focus on one issue. The first project is to send a letter to the appropriate government body informing them of the incident and asking them to remove the LARGE Woody Debris that has moved on the Chilliwack Canyon. This is a much about drawing attention to the possibility of lawsuits if they continue to place LWD, as it is about expecting any removal.

As my residence of 23 years is up for sale, my time has been too restricted to complete this project. A new Safety site on the WIKI is under development, or may be replaced by a new Topic on the Forum.

A Safety Tuneup was hosted by Western Canoeing at their shop. Kay-Uwe from Purple Hayes advocated Spectra line as it is much stronger than polypropylene, and sells for about 70 cents a foot at Western. Of course it is harder to hold than a thicker line.

Much time and energy was devoted to Z-drags. Tanner showed his prussik-minding pulleys. I set up a 3:1 Z-drag on a car with the hand brake partly on. I also set up my invention; a rope from the car with a friction wrap around the anchor for a vector pull. I attached another rope to the middle of the vector line to demonstrate that you are not restricted to a point close to the anchor to pull perpendicular on the vector rope. One volunteer was unable to move the car with either method. A stronger volunteer was able to just move it with both. As

he pulled on the rope attached to the vector line, the single friction wrap around the square steel anchor held, and the car moved a bit. As he released the pull, I was able to pull in slack and the process was repeated. This was much quicker to set up and required little gear. It still works if you are pulling up a hill with no brakes, or against a current, but not as well.



There was confusion as to mechanical advantage of pulleys. A movable pulley from the victim moves toward the anchor 1/2 the distance of the amount of rope taken in, and has an advantage of 2:1 There are 2 ropes pulling on the victim.

A pulley fixed to the anchor does not move and only changes the direction of the pull. The victim moves the same distance as the amount of rope pulled in, and has an advantage of 1:1. There is only one rope pulling on the victim. If you are below a fallen rock climber and hold them by a rope going through a carabiner above them, there is no advantage, just huge friction so you

don't have to pull their full weight. The load on the carabiner and anchor is the sum of the climber's weight and the amount you have to pull to hold them. On a pulley, this is double the load. I hung two buckets with an equal amount of water in each over a pulley to demonstrate this. One would not pull the other as neither had an advantage. If there was an advantage, I couldn't hang my pantyhose (a metaphor, ed.) over the shower rail without one side pulling the other off.

Now, if you add a second movable pulley to the victim, there are 3 ropes pulling on the victim, the victim moves 1/3 the distance of the amount of rope pulled in, and there is an advantage of 3:1.