



Central Iowa Paddlers

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This newsletter is a publication of the Central Iowa Paddlers, an informal group of paddlesport enthusiasts. The mission of the club is to share information, promote recreation opportunities and paddlesport safety, and encourage care of our aquatic resources. The group includes new and experienced paddlers with canoes and kayaks of all kinds. Visit us on www.paddleiowa.org and pass the word!

MEANDERINGS

Safety I received this anonymous note from a CIP member:

When young - alright, a "dumb" teenager - living on the shores of Lake Erie, I took the canoe out to the ship lanes to watch the lake freighters. After a while of watching the ore boats, I headed back to shore. On the way in I decided to take a swim to cool off. About the time I felt very safe swimming around the canoe in the still water, the wind picked up, blowing the canoe out into the lake. After swimming after it for what seemed like forever, I was spotted by some fishermen, who picked me up and ran down my wayward canoe. Learned some lessons that day, one was the obvious, the other was how dumb teenagers can be.....

Safety is a key issue for paddlers. After two Central Iowa groups accomplished adventurous, but successful trips to the Apostle Islands this Spring, some of us started to think we have this paddling thing figured out. But shortly after returning from the Apostles, I was told to read the article in Sea Kayaker about a father/son trip that ended in tragedy. In much warmer weather than we experienced (they were there August of 2004 versus our trips in May), a father and son were paddling in the Apostles in stiff winds. When they rounded a point, the seas churned up and caused the son to capsize. While he was being pummeled by the sea caves, his father swam for help. Notwithstanding valiant efforts by many people, the son died. We could question the lack of wet suits, paddling out in high winds, no backup plan, etc. But the simple fact is there but for the grace of ... well, you know the rest.

We owe it to the paddling community to continue to harp on the importance of safety and all that goes with it:

- Practice your self rescues, your rolls, and your partner rescues
- Know the weather and the waves, and how to deal with both
- Know your boat and your equipment (*I learned the importance of this one the hard way!*)
- Communicate: have a plan and let others know about it

Happy, *and safe*, paddling

- Steve Parrish, Editor

"Paddling in fields in Nebraska is popular, where navigation usually consists of learning the farmer's irrigation schedule."

-Lee Moyer, Sea Kayak Navigation, Alpen Press (2005)

REPORTS

GREG VITALE reports for the Skunk River Paddlers:

Skunk River Water Trail Progress: Anderson Canoe Access Saturday July 9th

The heavy excavating was done for us by county engineering staff. Nevertheless, we had considerable handwork before the landscape mat and geo web could be spread. It slowed us down some, dealing with the old concrete pieces buried in the ground. Still, shovel by shovel, wheelbarrow by wheelbarrow, we filled the steps with gravel. It was hot, but the 12 volunteers that helped out toughed it out. Out of necessity, we all rotated to pause in the shade.

The hard part though, was keeping up with Don and Weisia. It helped that several new volunteers came too: Steve, Matt, Adam and Jo Dee. We definitely needed all the help we could get on this one. Special thanks to Dick for coming up from Dallas County and helping us install steps again- and a few days later, yet again, even though he knew what he was getting into.

Rick again did the preparation work and kept us on track. Dave, Carolyn, Dan and I rounded out the crew. Subway provided two giant subs for the crew. Fairway provided water, apples and soda. It's good to see so much support from paddlers and the community because we could never do it ourselves.

The next work day is the second Saturday of the month, August 13. We'll go back to Anderson's and try and finish up the steps then.

Maquoketa Adventure Race: 8 Miles Paddling, 14 Miles Biking, and 5K Running

Ames area paddlers, bikers, runners, along with a few friends, made a name for themselves this year. Collectively, we swept a lot of the categories. First and foremost, Dan and Lisa were first in the competitive division. They got the cash.

Dave and his partner Doug were in the recreational class and did well too, just missing the three hour mark. That isn't bad considering Doug literally flew out of the canoe a few times when unexpected logs were hit. Nevertheless, they managed a respectable fourth out of seventeen in the large two man recreation team category.

The Wild Women's Pink Boa Team led by Pam did well too. They came in first in their class. Carolyn, their runner, didn't make an extra loop this year. She got style points for her cartwheel crossing over the finish line too. Special congratulations to Mary- this was her first big win.

Team Diamond was first in the four person mixed gender group too. The low water conditions played to our paddling advantages: Gail and I are light and didn't bog down in the shallows as much as other paddlers did. Being first down the river, the wildlife was pretty darn good too: deer, eagles, great Blue Herons and much more. But this is nothing compared to the flying pig Jim, our biker, saw. Patti, our runner did great, and, as a bonus, brought along her friend, Phil, our adopted roadie.

A special thanks to our host, Larry. He shared his home with the Ames area participants. It doesn't get much better than sitting on his porch with some friends at the end of the day.

Other News: DNR paddlers Advisory Task Force

Nate, Gerry and I met with the DNR three times this past month to make sure that funds will be available from the increase registration fees that paddlers agreed to pay. We are also in the process of getting the volunteer Paddlers Task Force up and running at the DNR. When formed,

this group will keep the DNR better informed about paddlers' issues, score grant applications and much more.

The DNR is trying to find a way to accommodate our interests and I am pleased to say it is going well, but slowly. For example, we'll still need to keep our registration numbers on our canoes and kayaks while the administrative rule changes winds its way through the process. Hopefully, that will happen before next spring.

Hope you on the water soon, especially the 18 new members that have joined us this year. Greg greg@skunkriverpaddlers.org

Thanks Greg for your help! Editor

Iowa Games by Dave Kraemer

Have paddle, will picnic. That's the canoe and kayak event at the Iowa Games.

The 40-odd participants spent the day alternately baking in a boat and cooling in the shade of Gray's Lake, in and out of marathons, sprints, slalom races and a relay. But there are times in the games when fun is transcendent, when the pleasure of participation is manifest in outstanding accomplishment, when "amateur" become a meaningless designation and Iowans show out for who they are.

That's Piper Wall.

There was an exchange on a paddler's list serve a few months ago arguing about whether Wall, of Ames, is the best female paddler in the state. No, was the final answer, she's just the best paddler in the state.

She showed it Saturday, bringing home gold in the shortest and longest boats in the races, setting record times in the slalom and punching out a split-second victory in the mixed racing sprint with Dan Shaffer, also of Ames.

But the event where she really shows her gift is in the Eskimo roll. In this event, kayakers try to roll a kayak over and back upright using nothing but their paddles as many times as they can in a minute.

Six, 11, 16 times various paddlers dipped below the surface and popped back up. Then Wall began ... without a paddle. With just her hands and her hips, she set the boat to spinning like an axel on a wheel. At 18, she called for a paddle and kicked the total up to 25 before she was done. The games can give you that kind of spectacle in every event.

But the games also are for everybody. The canoe and kayak event draws hard-core racers such as Ted Cramer from northwestern Iowa, with his crossed-paddles tattoo, who loves to compete with guys like Mike Morrison from Earlham. But Morrison brings his sons, too, Nicholas 11, and Luke, 9, who paddled the sleek racer with him in the marathon, digging it out on either side of the picnic cooler wedged in the front for added ballast.

And a visitor from as far away as Warsaw, Poland—Joanna Kwiecinska—who came only to watch, was easily persuaded by the spirit of fun to register and enter events with other paddlers looking for partners. She will go home to Poland later this summer with a t-shirt, two golds and a silver.

Everyone participates in this event. Wall is a pre-event cheerleader. Paddler Joe Delory both participated and helped with the crew. Other Central Iowa Paddlers in the heat of the battle were John Holzmueller, Dave Kraemer, Jim Howe and Weisia Menzen.

This is a great event to help promote paddling and in which to participate. You can paddle with the friends you often see on outings, and meet some new folks from across the state, too. The competition is fierce! But non-threatening. Everyone participates and the pace is comfortable.

Whitewatering in Telluride by Steve Parrish

At 8,750 feet, vacationing in Telluride, CO didn't offer many sea kayaking opportunities. So, I decided to take whitewater lessons and paddle the San Miguel River. Taking lessons is a great way to fast track applying your old skills to a new sport. Before we even hit the river my instructor had me learn to wet exit the tiny boat in a kiddie pool in the kayak shop. And, she showed me that, though the strokes were the same, their use is different for sea versus whitewater kayaks. For example, a stern draw stroke is key for whitewatering; I rarely use it in my big boat. Similarly, edging is used in a very different way.

Running river rapids is a treat no matter the size of the boat. I found that my main challenge on the river was to not overemphasize strokes. My boat was extremely sensitive to my every stroke and move. Something new to me was eddy turns. My instructor would ride out in front of me, spot an eddy and yell for me to turn into it for practice. Some eddy turns I made; some I'd attack



too late and end up being drug backwards into the current. The risk of going backwards down a Class III rapids is a great inducement to learning your eddy turns!

Some excitement one can do without. Less than 200 yards before the take out from the San Miguel, my instructor yelled for me to turn into an eddy that was river right of a huge boulder. I hit the eddy line late and was quickly dragged back into the current, backward. Before I could right the boat, I hit another boulder and was thrown.

Despite two bracing attempts, I ended upside down. With the fast flow and shallow depth of the river, I didn't even attempt a roll. Wet exiting this cocoon of a boat was far more difficult to execute than I was used to with a sea kayak. The practice back in the kiddie pool paid off. As soon as I exited, I was hit by several rocks and had to fight to get to the bank. But, I did get out, paddle in hand. And now, I appreciate the sport of whitewater kayaking.

Sea Kayaking in Seattle by Steve Parrish

If whitewater kayaking in Telluride wasn't enough (see above), the next week I was in Seattle on business and had an opportunity to kayak in the city. I was in Seattle when the weather was totally clear and in the low 80s. I took a break from emails and phone calls, and Googled "Sea Kayaking in Seattle." Would you believe I found a shop within walking distance and was on the water 15 minutes later? Lake Union is near the downtown and it is the absolute center of water activity: kayaks, float planes, pleasure boats, tugs, deep sea commercial boats, sailboats. Two impressions I think would be interesting to lowans:

First, I was just one of literally scores of kayakers in the water. A person kayaking there is no more unusual than seeing a jogger in the park.

Second, the FAA must not have jurisdiction over floatplanes. These boats apparently take off when and where they want to. At one point, I had a plane take off less than 50 feet from my boat and shortly thereafter another landed about 100 feet from my boat! It was a beehive of activity and I enjoyed the sensory overload. If you do a little research, you can often kayak during a business trip the way most people jog.

Kayakers Support Dutchman Triathlon by Steve Parrish

Since this Newsletter has a heavy safety theme, it helps to end with a story about how kayakers can be a source of safety. Knoxville kayaker Scott Evans put out the call in the CIP email for kayakers to help with the June Dutchman Triathlon. The idea is that kayakers can pull right up to struggling swimmers without risking inflicting injury from churning propellers and without disturbing the other swimmers. Six of us answered the call and provided support for the swimmers. Not only were we a first alert buffer for struggling swimmers, but we also found out that we could provide solace and encouragement to stragglers. Several participants finished the swim because the kayakers were "bow to nose" with them at the end.

Central Iowa Paddlers 2005 Schedule of Events

Gray's Lake Nights (CIP) and CanoeSport's Free Kayak Safety Clinic

(6pm Tuesdays, May through Sept) www.canoesportoutfitters.com

IWC Swiftwater Thursdays, Commerce Ledges, Raccoon River

(6pm Thursdays, May through August, and Mondays in September) www.iowawhitewater.org

Paddlin' at the Pits, Ames (Peterson Park through June, then Ada Hayden)

(7pm Wednesdays, May 18-Sept 7) www.skunkriverpaddlers.org/

August 6-7 Upper Iowa River (with Wisconsin Sierra Club RTS)

Rick Dietz, [rsdietz\(~at~\)yahoo.com](mailto:rsdietz(~at~)yahoo.com)

Doug Robinson, [dougnku\(~at~\)charter.net](mailto:dougnku(~at~)charter.net)

August 14 Raccoon River - New Paddler Trip (see paddlingiowa.com calendar for details)

Robin Fortney, [rbfortney\(~at~\)midamerican.com](mailto:rbfortney(~at~)midamerican.com)

August 18-21 Apostle Islands National Lakeshore

Bob Johansen, [johansen.bob\(~at~\)principal.com](mailto:johansen.bob(~at~)principal.com)

Rick Dietz, [rsdietz\(~at~\)yahoo.com](mailto:rsdietz(~at~)yahoo.com)

August 20 Full Moon Float, Des Moines River

Julia Martinusen, [julia.martinusen\(~at~\)earthlink.net](mailto:julia.martinusen(~at~)earthlink.net)

Sept 2-5 Wolf River (Section 4), Wisconsin

Nate Hoogeveen, [paddlingiowa\(~at~\)yahoo.com](mailto:paddlingiowa(~at~)yahoo.com)

Sept 9-11 Root River, Minnesota

Bill Graham, [wsgraham3\(~at~\)mchsi.com](mailto:wsgraham3(~at~)mchsi.com)

Sept 12 IWC Swiftwater Mondays, 6pm at Commerce Ledges, Raccoon River

(September) www.iowawhitewater.org/

Sept 17-18 Iowa River, Eagle City Winery Float

Lynn Aldridge, [laldridg\(~at~\)uhl.uiowa.edu](mailto:laldridg(~at~)uhl.uiowa.edu)

Sept 25 Brushy Creek Fall Cruise & Boat Show, Brushy Creek Lake,
Jim Dodd, jdodd50(~at~)hotmail.com

Oct 8 Des Moines River, Robin's Birthday Float
Robin Fortney, rfortney(~at~)msn.com

Oct 27-30 Missouri River, paddle and bike, Herman, Missouri
Bob Johansen, johansen.bob(~at~)principal.com

Nov 12 Des Moines River, Randall's Birthday Float
Randall Wilson, rwilson(~at~)radiks.net

Dec 3 Waffle Float, Meet for waffles at the Iowa Arboretum, then paddle
Greg Vitale, vitol_g(~at~)yahoo.com

Participants should contact the trip coordinator ahead of time for trip details and in case conditions or plans change. Bring rain gear, extra clothes in a dry bag, plenty of water and snacks, hat, sunscreen, PFD, extra paddle, and anything else you may need to be comfortable in unexpected weather conditions. Participants are responsible for their own preparedness and safety.

AND THE YEAR BEGINS ANEW!

Jan 1 2006 New Years Day Paddle, Des Moines River
Gerry Rowland, gerry.rowland@mchsi.com 515-277-3092

For more information and paddling events, see <http://www.paddleiowa.org>

Central Iowa Paddlers Membership

DUES: \$10 per year
Includes emails, Newsletters ...
And Fellowship!

Membership, Dues, Emails for CIP list

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Send: Articles, pictures

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For more information, visit our website at:

www.paddleiowa.org