

The Oregon Whitewater Association brings private boaters together for the enjoyment of whitewater boating. Our vision is to promote whitewater safety and training for all of our membership in an effort to provide safety awareness and confidence when executing river rescue skills. OWA is the community of choice where fun and river adventures thrive and where people and rivers connect.



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## 01/15/18 Three Lynx to Memaloose - Progression

*Submitted by Shakya Baldwin*

Monday January 15th was full of warmth and sunshine. It was in the high 40's, which is absolutely delicious for a mid-January day in the Pacific Northwest. I had been on the river the day prior running the same section of river, Three Lynx to Memaloose. This was still just my 6th run or so on the Upper Clack in Sunshine, my sweet cat boat. There were 6 cat-boats, one ugly rubber ducky, five goddesses and two gentle-dudes. The river had dropped from around 3000 to 2500 cfs from the day before which made it a slightly different run. Not a huge difference but definitely uncovered some rocks and some Rebar that were not there the day before.

On this day there was hesitancy among the seven of us on who would lead. All capable boaters but for a myriad of reasons we lacked the one person charging forth to the lead position. For some it had been many moons since they had run this river, for some there was anxiety, a couple just wanted to relax and for others they wanted to hang back and surf. I was busy having an inner dialogue/debate between my anxiety monsters, my sense of logic and my dislike of indecision, it was quite the debate going on in my brain. Logic and dislike of decision squashed my anxiety monster into a puddle of nothing. It was time for me to take the next step.

Whitewater boaters range in how they react on whitewater. My own journey has been full of bumps and scrapes. I have had to start all over at the bottom again to increment back up just to do it again because of trauma. Trauma management is a real thing for a lot of us, it has great power over us. It is far easier to increment up slowly vs recover from trauma. So if there is one thing that I can pass along to future generations that would be my thing to pass along. Now I am a conservative, mama bear boater. I try to not let my cautious side hold me back but sometimes it does. It is a constant back and forth with the inner demons.

*Continued on page 4*

### February Club Meeting:

**Clackamas Aquatic Park**  
 7300 SE Harmony Road  
 Milwaukie, OR 97222

**Wednesday,**  
**February 7, 2018**  
**from 7:00-9:00 PM**

**Sunday,**  
**February 11, 2018**  
**from 7:00-9:00 PM**

*Pool session to practice knots, flipping boats, throw-bagging and other rescue skills in the water. Please remember to bring your helmet, PFD, and river shoes. No food is provided at this meeting.*

**See page 5 for details**

# Contact Information



## Your OWA Officers and Volunteers

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<http://www.OregonWhitewater.org>

## We need your awesome rafting photos!

Did someone capture you hitting that rapid just right? Or did you get a photo of a friend barrelling through a standing wave? Whatever the epic pic - we want to feature it on the back page of the newsletter!

Send us your picture by emailing the image to [VicePresident-Newsletter@oregonwhitewater.org](mailto:VicePresident-Newsletter@oregonwhitewater.org). Be sure that the picture is high resolution, that you have permission to have it published and include the names of those pictured and a short caption (i.e. "Boxcar on the Deschutes").

We can't wait to see the amazing pictures you send!

**Do you have something you would like to submit to the OWA newsletter? The tale of your latest rafting adventure? The recipe of the best dish you've ever cooked on the river?**

**Contact Nichole Marino**  
**[VicePresidentNewsletter@oregonwhitewater.org](mailto:VicePresidentNewsletter@oregonwhitewater.org)**

To show our appreciate and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for a \$150 gift certificate to one of the OWA sponsors. Every member who submits written material that gets published in the newsletter will automatically be entered into the drawing.

## Let's Go Boating! *by Scott Ogren*

This is always a busy time of year for the OWA board. There is a transition every year of outgoing and incoming board members and that takes a bit of communication, and the new board is setting up the year's goals, priorities and how everything the club does will get done. It's quite a bit of work and everyone puts in quite a bit of work to make it all happen. The next time you get a chance, please take a minute to recognize those who have served on the board and those who currently are.

We just had our first quarter board meeting and everything is on track. We are already acquiring items that will be sold in the auction, dates of nearly every club event for the year are set, and things are falling into place! If you would like to attend a board meeting, please contact a board member and any one of us can let you know when the next meeting is scheduled.

This is a very busy time of year for day trips! Nearly every river in the area has enough water to boat and there are day trips going every weekend! I have been able to get out on the Upper Clackamas and am looking forward to more rivers soon. I hope you are able to get out on some of our local rivers yourself!

The River Safety class is scheduled to be in April and that is a very popular class. If you haven't taken it, or if it's been a few years since you have taken it, I encourage you to attend. Look for the sign-up on the club website in mid to late February.

Speaking of day trips, if you are looking for people to boat with we have two primary ways to connect with people and set trips up. First is our email list server, if you send an email to [h2oaddicts@oregonwhitewater.org](mailto:h2oaddicts@oregonwhitewater.org) it will be sent to everyone in the club. The second is our Facebook group at [www.facebook.com/groups/oregonwhitewater/](http://www.facebook.com/groups/oregonwhitewater/). If you are not enrolled in either, please send an email to [membership@oregonwhitewater.org](mailto:membership@oregonwhitewater.org) and Shakya will verify your membership in the club and enroll you.

In addition to the auction which will culminate at the April club meeting, we are also having another adventure day this spring at Bungee.com and ZipLineX! Watch for more info on that soon!

### *Incentive Prizes*

I'd like to remind you about our incentive prizes and how easy it is for you to win one. We will have two \$150 prizes up for grabs for two club members that put in just a little extra effort in support of the club in 2018.

The first is our newsletter submission prize. If you submit material to the newsletter and it's included in any issue your name is included in the year end drawing.

The second prize is for anyone providing leads for a meeting speaker. We only have 7 meetings each year with speakers so your odds are great to win this one! So write an article or introduce us to a speaker and get into one or both of the drawings! Good Luck!

### **FEBRUARY MEETING**

*The next meeting is our annual safety skills training at the Clackamas Aquatic Center on February 7. We have some great things scheduled this year and we think it will be a great refresher for you and the instructors. We're looking forward to seeing you there!*

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## Continued from page 1

I have done the gambit with kayaks, round boats and now cat-boats. I recognize that cat-boats are “easier” in many ways. However when you have a history with a section of river that you met under gnarly terms that knowledge doesn’t stand a chance in the face of trauma. For me this is that section of river. I still remember this one rock, hitting my back after I swam out of my kayak.

So there I was with a group of lovely folk, disliking the indecision in the air and seeing the logic in that I had just run the section the day and I had the best familiarity. Also knowing that my next evolution and progression with this river was at hand. So I dug my tie-dye oars into the water, moved forward and spoke up and over my shoulder indicating it was time to go. I moved into the front of the pack.

In general I like to be in the front or in back, I am not a big middle of the pack kind of girl. On new or scary (to me) rivers I like to follow the person I know that has cautious lines. I recognize at some point I need to stop that and start looking at the water more than I do when I am following. So this day since the river had been kind to me the day before I made the call to move forward. Once I made the decision I was fine, my anxiety diminished. My only point of concern was to ensure I was taking good conservative lines for the boaters that did have anxiety and would be following my lines.

I can read water, and as long as I remember to not get lost in thought and forget to keep my eyes open I usually fair pretty well. That being said there are two rapids on this section that give me pause, Hole in the Wall and Toilet Bowl. Sure they are only class III rapids but Hole in the Wall has a ladder coming out of it, which when is kind of intimidating and Toilet Bowl is kind of notorious. Hole in the Wall comes up early on. We all flew through it with smiles on our faces. It seemed tamer than normal, forgiving flow or maybe I have just gotten past some of my fears. More than likely it is because I am up in a cat-boat versus a kayak staring at that ladder and wondering what souls have had to grab on to it or what souls have perished there to cause the ladder to be put in place. But all is good and we meander down the river to our next challenges.

We come up on Carter Falls and I know my line through this. I am not an adventure chaser on this river yet so I line up on the left to skirt the hole that I have seen eat boats and swamp drift boats. After I get through the rapid, smiling of course I paused and turned around to make sure everybody else is smiling as well. I turned just in time to see a fellow boater going sideways over what might be a middle line at different levels but definitely wasn’t there this day. I went to reach for my oars, whistle at the ready as oars went flying and rider got tossed around. I was ready to spring into action as were some folks up above but our buddy stayed in their boat and was completely composed. Everybody made it through just fine and we had a good laugh about that “line”.

Nothing on this run really causes me as much stomach churning as does Toilet Bowl. Many people have stories about swimming in TB or seeing people swim in there, it is a pretty notorious rapid. Since TB is near the end I get to enjoy that stomach churning feeling for some time. In fact the day prior I made a deal with the river that if I swam at there I would definitely come back the next day and run it again. Well I didn’t swim but I came back anyway.

After we all got some fun in at Rock n Roll we knew our time was at hand to face Toilet Bowl. I am still in the lead as we rounded the corner, humming my rapid theme song. It is the Indian Jones theme song in case you are wondering, it does wonders for my courage to hum it, the bigger the rapid the louder the humming. I tell the river I love her and hope she is good to me. I make sure I can spit, it’s a kayaker thing I picked up along the way. Rituals, we all have our rituals. Before I went in I knew the general line I was going to take. I didn’t have words for the line I was going to take, just a general idea. When I don’t lead and I follow it is harder to have words for the lines I want to take, it is usually a blur of motion and then it is over. Today as I write this I have words because I took myself through the rapid without following and my brain was fully engaged. At the top I tucked in on the left side, then once past a couple of little rocks I started to move to the right. As I entered the meat of the rapid I dug in and I was a little right of center. As the waves hit me I angled ever so slightly with a little left oar, then right oar and then there I was on that big last wave and I dug in hard. There was that pause at the top of that last big wave as Toilet Bowl contemplated keeping me as she always does. I leaned my body forward digging in hard with the oars and seconds later I came down victorious on the other side hooting and hollering. We all made it through with marvelous lines as we all did a little victory yell for each other.

I thought on this run about progression and how important it is to take those steps forward even in the face of anxiety and fear but also the balance of not doing it too fast. There is so much joy and peace that I find in my whole life from spending these days on the river. A day like this brings all of that anxiety into perspective. A day like this with the river, with friends is what it is all about. The progression and the stomping of the fear monster was just bonus material.

# Eagle Float Trip



## Eagle Float

*Submitted by Darrel Brown*

I recently took a four-day weekend and headed to the North Cascades in Washington where I joined friends and rafted the Sauk, Lower Skagit, Upper Skagit, and on the way home, the Green River Gorge. While there was plenty of whitewater on these runs, the highlight of the 4 days was the Lower Skagit flat water "Eagle float".

This time of year, Bald Eagles gather in multitudes to feed on the Chum Salmon in the Magic Skagit river. I volunteer as a guide for the Wild and Scenic Institute and we fill our boats with children who are differently abled, economically disadvantaged, and benefactors. We then embark on a pleasure cruise of approximately 10 miles where it is possible to spot hundreds of Eagles, snow-capped mountains and regale our passengers with tall tales.

The weather can be almost anything but warm this time of year, but on this day we had no rain and clear skies by the end of the day. The day starts with the guides and volunteers gathering at the put in to rig boats, layout gear, and setup the food, coffee, and hot chocolate. We then get our shuttle taken care of courtesy of Outdoors for All. At 10AM the participants arrive, and we get them outfitted in warm clothing and life jackets, safety talks are had, and boat assignments are made.

This is my 4th event volunteering with WSI, and they just keep getting better. This year I had the pleasure of having a young man named Mattias, his father George, Nathan, and his chaperone Sara as part of my team, Team Eagle Scout! Mattias is a 7 year old who is unable to walk, and Nathan is a teenage boy with an insatiable curiosity.

On this trip we counted approximately 60 Bald Eagles and one Golden Eagle. We witnessed an eagle scooping its prey from the river, we played in the riffles, collected beaver hewn sticks, and answered many questions, mostly about how it was possible that one year I saw a salmon catch the eagle, lol. At the takeout we are greeted by a warm lunch before everyone departs on their separate ways. I was also greeted with warm hugs from Mattias who said he had the best day of his life. What could possibly be better than that!

The following day, the volunteer guides floated the upper Skagit, which is mostly class 2, but has one of the most memorable class 3 rapids I have encountered. It was a clear day with spectacular scenery, a warm fire, lunch on the beach, and an opportunity to connect with old friends and make new ones along the way. I look forward to next year!

There are many, many spectacular Washington rivers that are not the Wind and White Salmon, all within a few short hours, suitable to all skill levels. You owe it to yourself to get up there and run them!

Wild and Scenic Institute <https://www.facebook.com/WildAndScenic/> , <http://wildandscenic.org/>

Outdoors for All <https://www.facebook.com/outdoorsforall/> , <https://outdoorsforall.org/>

## Safety Rigging For Your Landings, Plus a Little River Etiquette

*Submitted by Dan Hudson*

I was having a discussion with a club member, and was surprised by an observation he made regarding an upcoming club trip. The point of concern involved how some club members did not rig their rafts with fixed bow and stern lines, or did not have them ready for immediate deployment in a fast current landing. I then started wondering what shortfalls were out there, and how to address it from a safety standpoint.

If we simply boated in flat water, there would be no issues with not fixing a bow or stern line to your raft. You would simply beach your raft and call it good. Now, I can attest I would not be rowing my raft in static water – just not my cup of tea. So when landing your raft in current, even in an eddy, you need to be able to quickly deploy some form of device to secure you and your worldly goods to the beach. If you have a passenger, your passenger can easily step off and hold you in position for securing a line to shore. But a length of rope is needed to tie off your raft, and when you arrive at your location is not the time to go searching for a line. If you are landing in current and are a solo boater, it would be ideal to have a rope attached to your bow or stern to deploy to other group members already on shore.

The length and type of rope to use is just as important as how the rope is attached to your raft and how it is configured. Bow and stern lines need to be constructed of floating water rescue rope. If your line becomes loose in the current you don't want it to chock in a rock sieve in the bottom of the river and suddenly anchor you in place in the current. I recommend a length of at least 30 feet, which is generally an effective length for deploying when close to shore or securing your raft to shore based anchors. The rope needs to be correctly secured to your raft with an appropriate knot (bowline, figure 8 follow through, or a round turn with two half hitches). You can coil your rope and secure it around a frame rail, but make sure it is coiled tightly and secured where it is readily available but cannot come loose. NRS and other manufacturers sell bow line bags. I also recommend fixing both stern and bow lines so your raft can be landed either direction.

A great example of an effective bow or stern line would be a water rescue throw bag. The rope is floating, it is 50+ long, and it comes in a storage bag. The end of the rope can be tied to your frame (bow or stern) and the throw bag strap secured around the frame rail. You can simply unsnap the bag, and toss it to someone on shore, or you can step off your raft with the line trailing out of the bag as you move in shore. If you do chose to use a throw bag in this manner, DO NOT deploy it in a rescue with the line attached to your rail, which might have catastrophic consequences for you, your raft, and the person you are trying to rescue!

And just a friendly reminder of etiquette when landing, especially in a strong current location: The lead boat should always go to the furthest section of selected beach or landing. The following rafts should land just upstream and as close to the previous boat as possible. As you land and secure your raft, then help with the other incoming rafts. Slow your raft down when approaching the landing and keep plenty of spacing on the water. If you are landing in an eddy, the lead raft should enter the eddy and it will move to the upstream side of the eddy, with the following rafts landing in succession behind the lead raft. The exception, of course, would be to allow the raft carrying the main kitchen components to land as close to any pre-designated kitchen location.

SYOTR!!!

Dan Hudson  
christoffdan@hotmail.com

# February Meeting



## 2018 February Pool Session

**Feb 07th 7:00 pm - 9:00 pm**

**Feb 11th 7:00 pm - 9:00 pm**

This is a great time to bring your families out, update skills and get some refresher training from some extremely knowledgeable folks who have graciously donated their time. This is a club meeting and there is no cost associated with this event, however you must be an OWA club member to attend. The Pool Session will begin promptly at 7:00PM and run to 9:00. We will divide into groups and then rotate through the stations.

The schedule looks like this:

7:00pm- Introductions

7:30pm- 1st rotation

8:00pm- 2nd rotation

8:30pm- 3rd rotation

9:00pm- Gear breakdown and packing

Due to overwhelming participation by our volunteer instructors, and because of our limited time, there will be more stations than time permits for rotation. We will attempt to get everyone through the stations they'd like to get through and I expect that there will be some interim floating between stations. The stations will be:

Station 1 - Bruce Ripley - Knot Tying - Railing walkway

Station 2 - Sam Drevo - Throw Bagging/Swimmers - Wave Pool

Station 3 - Val Schaul - Light Cat Flipping - Dive Pool

Station 4 - Dave Neisen - Heavy Cat Flipping - Wave Pool

Station 5 - Zach Collier - Mechanical Advantage - Deck Area

Gear- Everyone in the pool must have the following gear (if you don't have it you can't get in the pool):

Helmet

PFD

River Shoes/Sandals

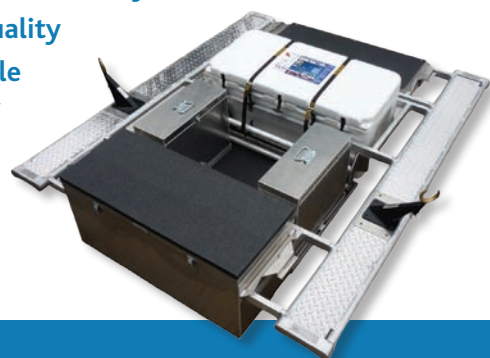
If you have questions prior, please contact [safety@oregonwhitewater.org](mailto:safety@oregonwhitewater.org).



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- 3 lbs. (about 5-6 count) boneless, skinless chicken breasts
- 1 ½ cups Sweet Baby Rays Honey BBQ sauce
- 1 medium onion, grated (with juice)
- 1 Tbsp. Olive Oil
- 1 Tbsp. Worcestershire sauce
- 2 Tbsp. brown sugar
- 2 tsp. minced garlic
- 1 tsp. Crushed red pepper flakes



## Slow Cooker BBQ Pulled Chicken

*Submitted by Ashley Churchill*

### DIRECTIONS

1. Stir together all sauce ingredients in a 5-6 qt. slow cooker.
2. Add chicken and turn to coat. Cover and cook on high 3 ½ to 4 hours. Chicken is done when cooked through and easy to shred.
3. Remove chicken to a cutting board and shred each breast using two forks. Place shredded chicken back in the crock pot and stir to coat in the yummy sauce.

Add another ½ cup Honey BBQ sauce and cook another half hour.

Store in vacuum seal bags or tupperware containers and reheat in large pot.

Serve as is with rice or in Hawaiian rolls.





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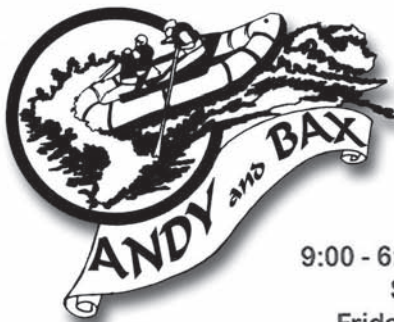
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# BUNGEE jumping



## Knot of the Month – Figure 8 on Bight

Each month we will showcase essential knots you should know for river situations

### Overview

- The figure 8 on a Bight forms a permanent loop in the rope.
- It is a very strong knot and can be tied anywhere on the rope (not just the end)
- Drawback: It cannot be tied around anything so you must clip into it with a carabineer or tie another knot/webbing into it.

### Use

- At the end of a rope as an anchor point. Anywhere within the rope for a pig rig. In the middle of a haul line to pull against



bight

Tied: The same as a Figure 8 but you start off with a bight

[Click for a Video](#)

Steve K 2012

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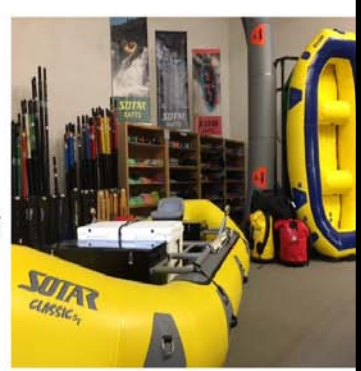


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# Upcoming Trips

Submitted by Cheryl Ford,  
Trip Editor



## UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2018 Toutle River, Class II/III	February 3, 2018	Thomas Riggs	<a href="mailto:triggs@solenis.com">triggs@solenis.com</a> , 503-705-5783
2018 Hood River Run Day Trip, Class III/IV	February 10, 2018	Zach Collier	<a href="mailto:zach@nwrafting.com">zach@nwrafting.com</a>
2018 Rogue River President's Day Trip, Class III/IV	February 16-19, 2018	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2018 Spring Break Trip - Lower Deschutes River, Class II/III	March 24-26, 2018	Scott Ogren	<a href="mailto:Scott@ScottOgren.com">Scott@ScottOgren.com</a> , 503-267-9785
2018 Tax Relief Float, Deschutes River, Class III/IV	April 15, 2018	Bill Goss	<a href="mailto:zangg@msn.com">zangg@msn.com</a> , 503-757-4659
2018 Lower North Umpqua OWA/NWRA Trip	April 27-29, 2018	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a>
2018 Boating Skills 101	May 4-6, 2018	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2018 Grande Ronde River, Class II/III	May 11-13, 2018	Eric & Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a> , 509-525-6134
2018 Annual Upper Clackamas Whitewater Festival	May 18-20, 2018		<a href="http://www.upperclackamasfestival.org">www.upperclackamasfestival.org</a>
2018 Rogue River Lodge Trip, Class III/IV	May 25-28, 2018	Van McKay	<a href="mailto:vanm1@aol.com">vanm1@aol.com</a> , 360-737-3148
2018 Upper N Umpqua NWRA/ OWA Trip, Class III/IV	June 1-3, 2018	Bill Goss	<a href="mailto:zangg@msn.com">zangg@msn.com</a> , 503-757-4659

For additional details on upcoming trips or to view past OWA trips go to <http://oregonwhitewater.org/calendar/trip-calendar>



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