

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.



In This Issue

<i>Pool Session</i>	1
<i>OWA Contact Info</i>	2
<i>Women's Trip</i>	2
<i>President's Corner</i>	3
<i>Nehalem Report</i>	6
<i>River Safety</i>	8
<i>Ziplining for Safety</i>	10
<i>Recipe of the Month</i>	12
<i>Knot of the Month</i>	14
<i>Meeting Speaker</i>	15
<i>OWA Trip Calendar</i>	16

8th Annual Skill Building Pool Session

Submitted by Michelle Dorfi

I had the privilege of again attending OWA's Pool event last night and I have to say, OUR Team is amazing!! Once again, the expertise of our fellow boaters, and the willingness to share it, is such a blessing.

Shawn and I started off with Steve in the Cat boat flip station. Good times! Neither Shawn or I actually cat boat, so it was more about the logistics of falling in water, and using the frame to pull the boat to its correct upright status. Steve gave us some great pointers about how to fall and land inside the frame itself, as to make drifting away from your boat less likely. Happy to report, it was a snap! Although the pool bleach is not something I am used to, falling in 75 degree water is very welcoming in the PNW!

Next up we headed on over to Sam Drevo's throw bagging session. As Sam has ALWAYS said, and I can confirm this as a paddle captain of 6 years, it takes 6 months without practice to completely LOSE this skill. If you want to have a throw bag for more than decoration on your boat, throw that thing often! Shawn's skills faired better than mine, with our lack of recent boating. What a humble new beginning for me. Thanks for the assist, and for not laughing at me Sam! We practiced getting multiple throws out of one bag and rope safety. Good times! If anyone needs me, I'll be chucking a throw bag in my driveway!

Continued on page 4

March Club Meeting

Flying Pie Pizza

7804 SE Stark Street
Portland, OR 97215

**Wednesday,
March 8, 2017
from 6:00-9:00 PM**

Speaker: Paul Gunderson
(see page 15 for bio)

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Do you have something you would like to submit to the OWA Newsletter?

Contact Michele Gila at
VicePresidentNewsletter@oregonwhitewater.org

To show our appreciation and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for \$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.

ANNUAL WOMEN'S RIVER TRIP ON THE LOWER DESCHUTES

June 16-18, 2017

The Women's River is for the beginning boater as well as boaters who have many rivers under their boats.

The trip will be on the Lower Deschutes with a Friday morning put on at Buck Hollow and the take out at Heritage Park on Sunday afternoon.

For women who are learning how to row, it is the perfect opportunity to learn from other women. We row and laugh our way down the river, always practicing safety guidelines.

Stacey Strausberg is the trip organizer scs@scs1024.com and Carol Beatty is the trip leader beattycarol54@gmail.com. Sign up for the trip with Stacey.

Trip size is limited to 16 to comply with BLM guidelines

Water, River Trips and More Water!

by Scott Ogren

Do we have a lot of water in the rivers! Every river gauge I look at has flows above average, and in some cases way above average! If you haven't had a chance to get out yet, this is a great time of year to experience rivers that aren't always runnable due to lower flows.

There is so much water that for the second time, the President's Day Rogue River trip was diverted to the Upper Deschutes. With flows around 50,000 cfs at launch time, it was a good decision to change rivers at the last minute. Those who went on Roguechutes II all seemed to have a great time.

There are several trips coming up on the trip calendar. The Lower Deschutes (which is full), and the North Umpqua are great family trips. The Lower North Umpqua is a family friendly car camping trip with a Dutch Oven contest and is always a lot of fun. The Grande Ronde trip will be in early May and is a beautiful river. If you have never done the Grande Ronde, it's worth checking out!

I've heard a few people say they are working on putting together a trip on the Owyhee River. That is a very flow dependent river and this seems like it would be a good year to make that happen. If that's a river you want to float, ask around to your fellow club members for who's going.

We will be holding our annual auction in early April, culminating at the April club meeting. We have some great items on the list this year including an IK from Aire and some awesome new coolers from Recretec!

We are also having another adventure day this spring at Bungee.com and ZipLineX! The signup is on the website and this is a great fundraiser for the club.

We have three Board positions that will be up for election at the end of this year, and one of them is term limited out and we will need to find someone to fill that position. We will be looking for a new Vice President-Events for sure at the end of this year. If you are interested in it, please talk with either me or Skip Currier who currently holds the position about what is involved. If you have ever considered being on the Board, this is your chance!

RST Class

This April we are hosting our 7th annual River Safety Class. Since we expanded our program in 2011 we have facilitated training for over 250 members! That's an amazing statistic and one the club should be very proud of. The success in providing the safety training comes from major efforts and dedication of everyone in the club being willing to both help out at the event and those who attend the training. If you have not taken the class before please consider taking it this year, I promise that you will never regret signing up! You never know when you or someone you know will need your help on the river. You will be able to sign up for the class beginning in March, look for it soon!

MARCH MEETING

The next meeting will be at our normal meeting place, Flying Pie Pizza in Portland. Please plan to come out and join us for our monthly meeting and speaker where Paul Gunderson of OS Systems will talk to us about drysuits. We are looking forward to seeing you there!

Are you current on your dues? Pay online with PayPal!

www.oregonwhitewater.org/dues.html



Pool Session: Continued from page 1

We then wandered over to the knot tying clinic where we were refreshed, or taught for the very 1st time, the fundamentals of rescue and boat knots. Bruce is always knowledgeable and a great teacher. Shawn doesn't know many knots, so while he was busy following along through the figure 8 family, bowline, and the double fishermen, I was tying knots on my own. Glad I practiced! I almost forgot!

I didn't make it to Michael's rigging tips either, but with all the stations, I'm sure everyone learned something useful that night. We also didn't make it over to the Z drag clinic or the paddle raft flip station, but we have done both in previous years. Dave and Zach are both pros! Being able to build and assemble a Z drag could not only save a life, it could save 1000s of dollars in equipment. I need to brush up on setting the break in my rig: practice makes perfect! And that's the point. Dave seems to know everything. So friendly, so helpful, and so dang knowledgeable!! It's so great to be part of a group with so many different levels of experience.

Zack is pretty amazing as well. Flipping a raft is NOT an easy undertaking. Climbing into one is physically taxing, especially a Sotar. I love his team work approach to righting the raft in the water. As a paddle captain on the Deschutes, you tend to just train yourself to do everything because sometimes depending on your crew, you may be all alone with such logistics. I love the reminder that working together is always the most efficient way of getting anything done. Everyone should be equally empowered out there, and in a paddle team, we are really all we have, and all of us can contribute to the greater good.

Seeing the wave pool on during the flip drills was a sight to behold! From the spa...I saw it from the spa...it called. And sometimes that's exactly where I need to be. Good friends, pasty white, in shorts in February, practicing skills and sitting in a hot tub. Good times! A shout out to every one of you beautiful river people for giving your time so we can do what we do!

Continued on page 5



If It's The Nehalem It Must Be Raining, February 4 2017

Submitted by Tom Riggs

If you're going to do a river in the winter of 2017 it's best to try to fit it in between times when the roads are iced up or are snow covered and the February 4th launch date on the Nehalem provided that opportunity. I enticed 5 boats to join in on this trip with promises that the sun would be shining, the birds would be chirping, and that the banks would be lined with ladies in grass skirts and coconut bras tossing leis to us intrepid explorers as we floated by. Well, the sun was indeed shining as evidenced by the fact that it was daylight, I heard an ouzel make some kind of cry as it dove under the water to get out of the rain, and I believe the ladies in the grass skirts must have been wearing good camouflage because we saw plenty of grass bent over on the river banks from the previous high water event.

Our flotilla consisted of two R2s, Jeanine and Garth Garner in one, and Frank Nicholson and his Nephew, Braden Nicholson in the other 10 ft paddle craft (Mini Max). The oar boats were Mike Kirwan and Linda Slattery each in a cat, and my son Brian Riggs and me in a raft. Jeff Nicholson would provide ground support and video surveillance given his bad wing. He got ejected at Nehalem Falls on a previous trip so he thought it would be appropriate to have his brother and son get baptized in the Church of the Nehalem as well.

The rafters arrived at Spruce Run Park and carried boats down the bank to the river since the picnic area was closed to vehicle traffic this time of year. The campground is open but is less conducive to launching a boat due to the steep rocky carry and faster current. While half the group stayed at the launch point making final gear preparations, the drivers began the shuttle to Beaver Slide. We did a road scout of Little Falls and kept our eyes peeled for any other river obstacles on the way to Nehalem Falls Park which is also gate closed this time of year. We walked down to the falls which is more of a steep section of river with a concrete fish ladder on river right. The main channel at 3500 cfs, 6.5 ft, has a corkscrew hole at the bottom of the tongue and the left part of the current flows along the concrete fish ladder with a good portion sliding over it and into the rock wall. I queried the group if they were all OK with running this today because there is an alternate take out about 4 miles upstream where we could station a shuttle rig. Everyone was thumbs up so we drove our vehicles down to Beaver Slide. Given the steep slimy nature of Beaver Slide take out, I should have asked the question again about using the upstream take out.

We did not dally during the shuttle and it still took us 1:20 to get back to Spruce Run. We made some final boat adjustments, wriggled into our river gear, did a safety talk and then decided to call it quits and go the Elderberry Inn for beers and chow. We were all thinking about that last clause, but dang it, no one spoke up so we ended up launching anyway in the steady rain that would bring the river up a foot higher than the USGS Hydrology prediction.

Little Falls was the first rapid we encountered and our road scout suggested taking the left channel which we all did with some boats splitting back to the mid channel and Jeanine and Garth taking a short breather by broaching on some river brush between the two channels. Man Mountain Mike Kirwan made short work of that and rammed them back into their desired channel. At least that's how it appeared from my perspective so I made a mental note to award him a medal of Virtue, High Character, and blah blah blah..

Brian and I decided to spell each other at the oars in order to keep the blood flowing and to stay warm. Frank and Braden were already lamenting the fact that they should have dressed with one more layer under their drysuit. (What the heck is a drysuit?) Of course there was Linda driving her boat bare handed and I thought to myself, the poor girl's Alzheimer's must be kicking in for her to forget gloves on a day where Noah starts searching for paired animals in earnest. When Linda caught up with our boat later I told her we had a spare pair of neoprene gloves in our river bag that she could use. Being a purest who likes the feel of the oars on her bare hands, she declined and stated that she drives her boat that way all the time. So it wasn't Alzheimer's after all, she is just plain crazy; but that label could be applied to any of us by landlubbers on a day designed for ducks.

Continued on page 7

Nehalem Trip Report: Continued from page 6

Speaking of Landlubbers, there was a group of people parked at the Salmonberry confluence along with three Tillamook County Sheriff's pick ups and quads. We surmised they were continuing the search for the 23 year girl who went missing. It was reported her shoes were found at one of the bridges on the Nehalem up stream of our launch point about 10 days prior.

Salmonberry Drop is not visible from the road but is about 300 yards below the confluence of its namesake. There is a trail along the river's left bank but the ownership from the road is posted private property. The information sign at Spruce Run Campground talks of the Nehalem River Trail, but they may mean the river itself. We did a read and run, and from previous trips the run that was the cleanest was the right channel just left of the largest rock. At lower flows a boat might be forced to the jumbled mess in river center. Garth and Jeanine explored that option in the R2 and took a few good hits, but came out sunny side up. Their seating arrangement seemed a little unconventional at the bottom of the rapid but they quickly re-"assumed the position" for upcoming rapids.

During our shuttle we noticed a singleton raft trailer/ pickup parked near a potential launch point and in the distance we could see a green raft. Frank and Braden had determined they were going to truncate their trip and take out before the falls. Given their skinny boat, and the fact they were getting cold I could not argue their logic. We regrouped and I spoke with Garth and Jeanine about the approaching alternate take out we had discussed during the Nehalem Falls Scout. The Singleton boat was leaving the river there and it would be much easier to depart there than to try to muscle a boat up the steep bank through brush above the Falls. They agreed so then there were three.

The river gets livelier below the Salmonberry and Brian punched us through a few good wave trains and I saw Jeff Nicholson, our ground support driver up at the road taking some pictures. I pointed at him, gave him the Dale Erhardt driving motion, and pointed up stream, to signal him to go back to get our two paddle boat teams. All this was done without a Smartphone; go figure.

Brian came around a bend and there was a guy on the left bank with a fishing pole who looked as soaked as we did. He asked us if we were fishing and I said "No, we are looking for the Swedish Bikini Team". He yelled back, "Me too!" With that bit of information from the locals I knew we must be getting close, so onward we rafted. By now the rain decided vertical wasn't quite good enough to test the souls of Kirwan, Slattery, and the Riggs crew so it shifted to horizontal for a while just to prep us for upcoming waves.

I was back on the oars and could tell we were approaching Nehalem Falls by the entry of a large creek on river right and some trails down to the river from the campsites. I pulled my hood off since it really obstructs my peripheral view and I wanted to make sure to get lined up properly for the Falls. Our raft entered the left side of the tongue, we skirted along the right edge of the fish ladder wall, then pivoted the nose of the boat into the lower section of the main hole. The river grabbed the raft and spun us around as we bounced off the rock wall below the maw. Linda rode the spine of water all the way down and made it look like she was one of the pros from Dover. Next came Man Mountain Mike Kirwan, and he was pivoting and pirouetting but made it upright. Yeah for our team! Down below the Falls I had to rescind my plan to award Mike the medal of virtue, high character, and blah blah blah... He had broken a Cataract oar shaft and did not even realize it had happened. At least not right away. "Thag strong. Thag break oar". Mike had a spare that he unstrapped and set into place but had to stop to adjust the oar collar because it was slipping.

As we floated the last mile to Beaver slide we saw a very large river otter pop up a couple of times, but he re submerged as well because the rain was making everything too wet. When we came to the take out our shuttle crew as well as the two R2 boats of Garth and Jeanine Garner, and Frank Nicholson and Braden, were there to lend a helping hand on getting our craft up to the loading area. The 3:45 trip was done with forward motion on the oars. Some may say it was our incentive to get out of the rain. For me, I was hoping to catch a glimpse of that Swedish Bikini Team around the next bend.

Technology Support For Rafting

Submitted by Dan Hudson

For this month's newsletter I would like to provide links to safety articles, as well as resources for technology driven support for our chosen sport. You can never have enough information, and you should never stop learning how to keep our recreational family safe. The NRS website (www.NRS.com/learn) is generally my first go-to site for rafting safety information. There are more than 70 articles on the NRS site covering everything from PFD selection and fit through the Boating Safety's Five Golden Rules. Read Read Read! I would never say these articles are the literal gospel, but they are written by competent people and I have yet to find an article here I didn't agree with. My favorite articles on the NRS site generally support what I teach in my classes. It is always nice to have your teachings validated by other regional organizations and agencies!

American Whitewater (www.americanwhitewater.org) publishes basic safety information on their home page, followed by fatality reports from the region. Sometimes reviewing these type of reports reminds us that our chosen recreational past time has dangers. When preparing for a trip, always take the time to check the current river flows as well as forecasted flows covering your trip plan. Knowing the weather forecast is also important for various reasons as well.

Depending on your tech abilities and smart phone preferences, there are several apps where you can observe in real time the flows and projected flows on your targeted rivers. For Android phones, RiverApp provides current flows but not projected or anticipated flows. RiverFlows.net provides projected/anticipated flows as well as current, and utilizes data graphs from USGS as well as AHPS (but the historic average flows do not transfer over from USGS graphs to the app). HydroGages App provides direct gauges right from the NOAA National Weather Service (NWS), which has current and projected flows. For iPhones, there are several choices available through the App store.

If checking on the home computer, there are the mainstays <https://water.weather.gov>, the North West River forecast Center from NOAA (www.nwrfc.NOAA.gov) and USGS river gauging stations (<https://waterdata.usgs.gov>). My preference is a combination of the USGS graphs for current flows (and historic averages) and the NWS projected flow charts. Above all, learn and become familiar with your selected rivers seasonal averages. When you observe medium to significant flows above or below normal flows, maintain a heightened flow awareness on your trip. Rapids change greatly at different flow volumes! There are other apps out there in the tech world, these referenced here are just a sampling.

For weather reports, there are again many sources. I always refer to several sites for a better understanding of the forecasted weather. Of course there is the primary weather source www.NOAA.gov, but I also like The Weather Underground (www.wunderground.com) and the Weather Bug (www.weather.weatherbug.com). There are a whole host of weather apps available for your selected cellular phone. Some apps have location sensors which allows your app to focus and follow you and provide your weather report on your ever changing location. These are great attributes but remember they eat up battery power!

I am not going to go into GPS technologies in this article, however if you know how to utilize and do own a GPS, they are a significant tool and can be highly beneficial when on the river. Remember they are not perfect, just another tool. Always back up your GPS use with a map, and follow your travels on the map as you progress through the day. If you do not have decent map reading skills, find someone to teach you how to read and interpret maps.

Above all else, you need to be aware of the current and forecasted weather and river conditions. Always take the time to safety brief your rafting group prior to launch, and don't forget the weather and flow projections!



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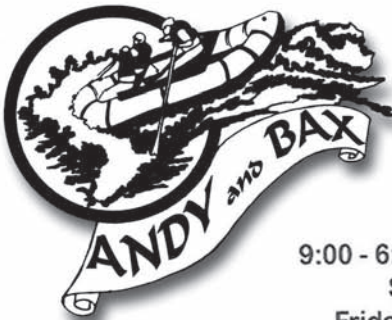
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BUNGEE jumping



Jumping & Zipping for Safety fundraiser!

April 9th - All Day

Bungee.com, LLC - NE Healy Rd. and NE Belvins Rd., Amboy, WA 98601

It's time to plan for OWA's third annual Jumping/Zipping for Safety fundraiser! This event is one of our primary opportunities to raise funds that go exclusively to the Safety & Training program. This is the program that provides training events like the Pool Session in February, the River Safety Training (RST) in April and the Wilderness First Aid in September. Each of these courses is either free to you, or is massively subsidized by OWA, to make the training more affordable for members and their families. These funds are also what allow us to sponsor new training opportunities like Boating 101 and the potential for the member requested Kids Water Safety training.

To register and to find out more, visit

<http://oregonwhitewater.org/calendar/club-events/jumpingzipping-safety-fundraiser-2>.

To offer all of these opportunities to membership, we must have funding. This opportunity, sponsored by Casey Dale at www.bungee.com & www.ziplinex.com, provides a huge step forward in our ability to fund these services.

Please look for opportunities to bring together adult family members or friend/social groups (members of the club or not) and come out for a day of sweet adrenaline! Weight requirements are that all participants must be between 100#-280# (and up to 300# for bungee), Closed toed shoes are required. Many OWA members have participated in the past, so if you're curious, ask around and find out just how fun this can be.

This event is open to anyone who would like to support OWA's Safety program, member or not. The cost is \$85, which represents a significant reduction from the standard fee (\$100 + tax). The sign-up and payment will be made direct to OWA through our OWA homepage and all proceeds will go to the OWA Safety Program. This is a huge opportunity for us to have a great time outside, while also raising a truly significant amount of money for the Safety Program. This opportunity is limited to 32 spots and is not for the faint of heart.

This year we will again offer both the opportunity to Bungee Jump OR to traverse the ZiplineX Experience and fly on all the Zip-lines! Cost breakdown is as follows:

- Bungee (once) \$85.00
- Bungee (twice) \$120.00
- Zip-lines \$85.00

There are eight zip-lines and eight aerial bridges some of which are suspended hundreds of feet above Canyon Creek. This is NOT a kid-friendly activity and the offer is NOT extended to small (light weight) children.

You may choose either Bungee Jumping OR the Zip-line tour, or both. For those interested in Bungee, there will be jump times available at 10:00AM and other Jump times at 2:00PM. For Zip-lines, each group will take about 2.5 hours to negotiate the course and will do so in guided groups of eight. Right now it looks like we can accommodate launch groups at 10:00, 10:30, 1:00 and 1:30. Depending on participation levels, we may need to consolidate Jump time or Zip times or both. Please sign up for the time you'd like but please be flexible if we have to move you to another time.

Please pass this along to anyone that you think would like to participate in this fundraising activity. And if you do go, by all means share your epic adventure on social media via facebook & twitter, and be sure to tag bungee.com.



INGREDIENTS

- 1 cup dried lentils
- 3-1/2 cup vegetable broth
- 1 (14.5oz) can diced Italian tomatoes
- 1 cup peeled and diced potatoes
- 1/2 cup peeled and diced carrots
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1 Tbsp dried parsley
- 1 Tbsp dried basil
- 1 clove minced garlic
- 1/2 tsp turmeric
- 1/2 tsp curry
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/2 tsp pepper



Lentil Stew

Submitted by Steve Oslund

DIRECTIONS

Put it all in a pot, bring to a boil, reduce heat and simmer for 40-50 minutes.

NOTES

1. While this is a vegan recipe, it can easily be modified to accommodate meaters...cooked smoked sausage is great with this)
2. As listed serves 4 but is easily scalable (I've made it for 40 on the river)
3. If you are making a very large quantity, like for 40, bring the broth to a boil before adding any of the other ingredients. Add the rest of the ingredients, then once it returns to a boil, follow recipe and time.
4. This recipe is really flexible to add or subtract whatever you like or don't like. I tend to add more veggies and dice them large so they provide more texture and don't get lost in the stew.

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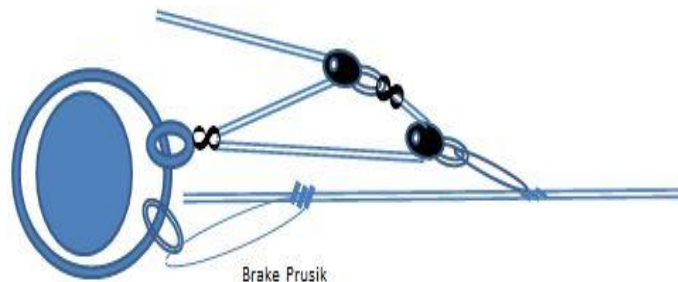
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Minimal Requirements

- 1 15' of 1" tubular webbing
- 2 Pulleys
- 2 Locking Carabineers (min) 4 illustrated
- 2 Prusik Loops
- Haul line
- 2nd line (throw bag)
- Can use a no-knot in lieu of the brake prusik



Knots Needed: Figure 8 on a bight, Prusik, Double Fisherman's

Steve K 2012

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Paul Gunderson

Paul Gunderson of OS Systems is our speaker for the March 2017 Meeting. Paul will speak on various aspects of the manufacture, features and care of drysuits, as well as other interesting things about OS Systems.

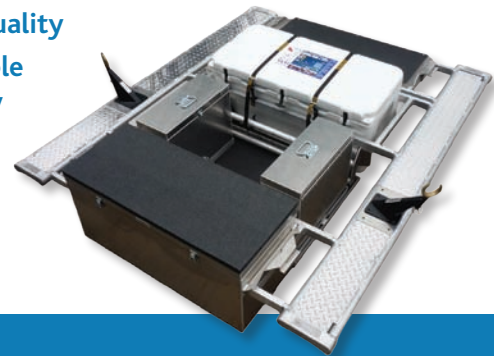
Paul has owned OS Systems since 1983. To date, they have manufactured over 100,000 suits! OS Systems also makes drysuits, waders and related thermal wear and accessories for the diving, fishing, fisheries sciences, and other industries. They sell drysuits to Japan, China, Canada, Europe, Iceland, and across the globe. Manufacturing is done locally in Scappoose, Oregon employing local people. Paul has been an active boater since 2008.



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Upcoming Trips

Submitted by Cheryl Ford,
Trip Editor



UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2017 Spring Break Trip - Lower Deschutes River, Class II/III	March 25-27, 2017	Scott Ogren	Scott@ScottOgren.com, 503-267-9785
2017 Tax Relief Float, Deschutes River, Class III/IV	April 23, 2017	Bill Goss	zanng@msn.com, 503-757-4659
2017 Lower North Umpqua Trip	April 28, 2017	Brenda Bunce	brenda.bunce@gmail.com,
2017 Grande Ronde River, Class II/III	May 5-7, 2017	Eric & Candace Ball	balle@pocketinet.com, 509-525-6134
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		www.upperclackamasfestival.org
2017 Upper N Umpqua	June 2, 2017	Bill Goss	zanng@msn.com, 503-757-4659
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	brenda.bunce@gmail.com,
2017 Fall Colors, North Santiam, Class II/III	October 8, 2017	Matt Saucy	sawdusty9@yahoo.com, 971-241-5396
2017 -Tieton River, Class II/III	September 16-17, 2017	David Elliott	dce@dcell.com
2017 Veteran's Day, Rogue, Class III/IV	November 10-12, 2017	Kevin Buck	buckriverman@gmail.com, 360-890-6776

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



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