

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.



photo by Chris Paine

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## Wilson River: March 12, 2017

*Submitted by Chris Paine*

Those that boat with me often know that I try to do a yearly Wilson river float ever since my first run on the 2013 OWA trip. In fact, since that trip, I've been obsessed with coastal rivers in general. After discussing with a few friends and a post on the OWA Facebook page, I managed to sucker enough people to make a group of ten people on eight boats: Mark Wheeler, Michele Gila, Shakya Baldwin, Shannon Scroggins, & Bob Smejkal on catarafts; Chris Massey rowing solo in a raft; Julie Nathe and Mike Brown R2 in a 12ft raft; Martin Orlik and I R2ing a 14ft raft.

We would be floating from Jones Creek campground (~MP23) to Mills Bridge (~MP6). The river was flowing at 4,800 cfs on the Wilson Tillamook gauge, and at this level Soggy Sneakers rates the river as class 3+(4). We arrived early at Jones Creek at 8:30AM. It seemed crazy early due to the clocks "springing forward" that morning, but I always opt for an early start here due to the long mileage required. Fortunately, everyone seemed just as excited as I was to be there and didn't seem to mind the early start. Everyone arrived within just a few minutes of each other and immediately got to work lugging the boats through the trails and picnic areas toward the river. If you haven't been there, it's a bit of an obstacle course to get boats to the river here, but the teamwork on display was incredible and we were ready to begin shuttling just after 9AM.

*Continued on page 4*

### April Club Meeting

#### *Flying Pie Pizza*

7804 SE Stark Street  
 Portland, OR 97215

Wednesday,  
 April 12, 2017  
 from 6:00-9:00 PM

*Speaker: Zach Collier*  
 (see page 17 for bio)

# Contact Information



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

Contact Michele Gila at  
[VicePresidentNewsletter@oregonwhitewater.org](mailto: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.

## RST April 22-23, 2017

The 2017 River Safety Training (RST) will be offered the weekend of April 22nd-23rd, again at Dodge Park. This year the class filled up in record time. As most of you know, this is our signature safety event for the year.

This is a fast paced, fun weekend course that teaches and strengthens skills needed for safe operation in and around whitewater. The cost of instruction is highly subsidized by the OWA Safety & Training program. Accidents happen and whitewater is inherently dangerous. The RST course is designed to help you mitigate danger by giving you tools/skills to assess the situation and then act/ react.

Keep your eyes open for other club safety training opportunities in the future. RST is offered every year and if you aren't able to take it this year watch the club website in February next year for your chance to sign up. And remember, next up in skill building with the club is Boating 101 in May!

## Long Wet Winter Payoff is Here!

by Scott Ogren

We've got a pattern going here – the last two multi-day club trips have been modified somehow due to high water. The Rogue trip in February was moved to the Deschutes River due to extremely high water and the March Lower Deschutes trip needed to launch from the Pine Tree boat ramp because our scheduled put-in, Buck Hollow, was under water! If you have never seen the Deschutes River at 13,000+ cfs, I can tell you that for the most part the rapids get smaller and the float times get a lot shorter. We floated from Pine Tree to Beavertail in an hour! According to my GPS, our moving average on the river was 7.1 mph! That's fast!

This winter has been brought a lot of rain and according to at least one source, Portland is the most weather-fatigued city in the country for the winter of 2016-2017. My friends, the payoff is here and it is all of the rivers in our area are filled with more than enough water to run! I have been hearing about trips on several local rivers! So many trips, that it's been difficult to keep up with them all. It is now officially spring and the boating this season is going to possibly the best we have seen in years! If you want to get out on a river and haven't already put a group together, send an email to the club email list or post in the club Facebook group. And if you are new to the club, there is almost always a group on the weekends that runs the Upper Clackamas, so put yourself out there and see what happens. The worst thing that can happen is you meet some new boating friends.

We are holding our annual auction and it's happening NOW! Look for an email from the club email group or in the Facebook group for links to the auction. We have some great items on the list this year including an IK from Aire and some awesome new coolers from Recretec! Happy bidding and good luck!

We are also having another adventure day this spring at Bungee.com and ZipLineX on Sunday April 9! The signup is on the website and this is a great fundraiser for the club. This is a great way to get an adrenaline rush while supporting the club, and it's open to anyone, not just OWA members so invite all of your friends and I'll see you all out at the bungee.com and ziplinex.com facility!

### OWA Training Opportunities

This month, we are hosting our 7th annual River Safety Class. Since we expanded our program in 2011 we have facilitated training for over 250 members! Over the years, the safety program has expanded to include a Boater 101 class which will be offered May 6- 7 this year. That is a great opportunity to float the North Santiam River and get tips and guidance from experienced boaters. Experienced boaters are also needed to assist with the class too, contact Matt Saucy if you are interested in helping assist with that. Also, on September 30 –October 1 is the Wilderness First Aid class that provides a very good skill set to have, and not just on the river!

### APRIL 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 Zach Collier will be talking to us about camping issues along the Rogue River.*

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[www.oregonwhitewater.org/  
dues.html](http://www.oregonwhitewater.org/dues.html)



photo by Martin Orlick

## ***Wilson River: Continued from page 1***

After a few scouts on the way back to the put in and a quick safety talk we were off and on the river by 11AM. Martin and I led the way with Julie and Mike close behind. We were instantly aware of the fast moving water. Gone were the slow moving pools of water between rapids from prior trips (done at 1,250 cfs and couple other trips around 2,600 – actually at 2,600 the water isn't all that slow until the last six miles). There were a few eddies around, but eddies large enough for the entire group were few and far between, making group communication a little difficult during the upper half of the run. Within a few minutes we were greeted with frequent class 2-3 rapids. At one of the first larger rapids we managed to hit a wave a bit sideways and got surfed briefly and somehow avoided joining the Wilson swim team. The upper part of the river has a small gorge with multiple rapids in fairly quick succession, keeping everyone busy and alert. Julie and Mike made good use of many of the waves in their small boat, providing entertainment throughout the day.

After a quick stop or two for a brief rest we quickly arrived at milepost 15, which is identified by a large rock outcropping on river left, on a right hand bend in the river, where you can easily see the highway. This spot is used frequently by kayakers as an alternate put in/takeout to split the run into shorter segments, but I don't recommend it for rafts. It also indicates that we are approaching the first of the two major rapids, the Narrows, which is roughly a half mile or so downstream. Martin and I headed out first, with each boat leaving plenty of space for the next boat...or so I thought. We enter the Narrows lead in rapid which we ran with no issue at all. We rounded the sharp left hand turn at the bottom and the current is quite swirly, and not offering the usual pool to regroup before the narrow slot, which on that day was at least twice as wide as previous trips where it was only 6-7ft wide. We lined up for the slot, aiming left to avoid a guard rock on the right, and bumped the left bank a bit, before dropping a small hole at the slot. The hole itself presented no real challenge but we got stopped in the whirlpool current below, which sucked us back toward the hole and spun us around a couple times. During our second or third spin, Julie and Mike came flying through the drop and rammed right into us, where we were rudely blocking the entire channel. A quick bump, a shove, and some serious paddling and they got around us easily. Moments later we made it out and got to shore on river right and made our way upstream with throw ropes, just in case. During the time it took me to pull the boat to shore, get my rope and climb the rock wall to see the action, I missed what happened next: the catarafts each suffering the same fate as us in the whirlpool. First one, then two, three and finally four catarafts are bouncing around in the whirlpool. This would later be referred to as the "cat fight". With some help from Martin and Mike on shore, or possibly just allowing some time for the river to do its thing, everyone made it through unscathed.



photo by Martin Orlick



photo by Martin Orlick

## **Wilson River: Continued from page 4**

Perhaps another ½ mile or mile downstream is the only other major rapid, Ledges (I have an older book that calls this Ledges, but the 5th edition of Soggy Sneakers refers to this rapid as Yardsale). At lower flows it's a bit of a rock garden with small, near river-wide ledge drops. At higher flows it's a relatively straight forward wave train (okay, a big wave train), where the normal route is right of center, where there are fun standing waves to punch through. The river gets "munchier" the farther left you go here, with plenty of opportunities to flip a boat. At this flow it looked like the first series of waves could be avoided entirely on the far right, but where is the fun in that? At the end of the rapid the river takes a left where the largest part of the drop occurs. Everyone had an exciting run through and we were on our way.

From here, the river typically eases up quite a bit until the takeout, save for one bigger, straight forward rapid through a narrower chute identified by a small bridge crossing the river just downstream. To our surprise, we found a lot of interesting rapids at this flow, but really, you go out of your way to hit the bigger waves and the river gets a bit wider, so everything can be avoided easily if desired.

After another quick stop to enjoy the sun, we casually floated the last couple miles to the takeout at Mills Bridge, soaking up the sun and 60 degree temperature along the way (all previous trips I've been on were very cold and rainy). All said and done we reached the takeout at 3PM, making all 17 miles in only four hours, including the stops along the way. Given the amazing weather and excitement upstream, no one seemed ready to be off the river. Special thanks to all that joined me on the river that day on short notice. I hope to make it again next year. I suggest the Wilson as an alternative if you are looking for new rivers to explore.

Video from this trip can be found here: [https://www.youtube.com/watch?v=fbUu\\_eOnFRo](https://www.youtube.com/watch?v=fbUu_eOnFRo)

## Roguechutes 2.0

*Submitted by Bill Warncke*

Ok, I flipped my raft. Let's get that out of the way right up front. I'll talk more about that later but suffice to say at this point there are pros and cons to flipping on a club trip.

This is my third Presidents day trip with the club. I missed Roguechutes 1.0 but have been on the 2 Rogue trips since. These previous trips have been high water compared to summer levels, but flows this year were projected to be above 30k cfs which is crazy high. Our intrepid trip leader Steve Oslund wisely decided to divert to the upper Deschutes. I was just happy to get on the water for the first multi-day trip of the season.

I was rafting with my good friend Darrell, and my sweet baboo Mary. We decided to stay in a hotel in Madras on Friday night before the trip. Little did we know there was a bull auction (apparently a big deal) and a kids basketball tournament in town that night. Our first choice hotel was completely full. We were fortunately able to find a motel on our second try. The next morning at breakfast it was not hard to tell who was in town for the bull auction vs the basket ball tournament (we rafters were a colorful minority).

We arrived at Trout Creek to find a wet but happy OWA contingent packing up camp and getting ready to raft. Really good to see folks after a long wet winter. It rained off and on during the time we were loading up and getting ready to launch. I think we ended up with 24 people and 17 boats. We had some new club members on their first club trip and some old hands as well. Based on the high water levels we were not in a hurry to get on the water.

As a group we decided to camp at Whiskey Dick, right above Whitehorse rapid. After a few showers on the water we got to camp to clearing skies in the early afternoon. Some folks decided to hike down to scout Whitehorse rapid while other folks stayed in camp and hung out. I don't know if it was because we were a smaller group than usual on these trips, or maybe it was just the right mix of people but we had a really collegial group for the trip. Lots of great conversations and laughter.

The food was amazing: delicious appetizers, lentil stew (plus sausages!), breakfast burritos, turkey chile, and biscuits and gravy (with extra sausage - Thanks Brian!). We had probably a half cord of wood along and we burned it all. Saturday's fire was amazing, but Sunday's fire went on to the wee hours of the night (so I understand). Sunday dawned clear, you can't ask for nicer weather in February. After a great breakfast and safety talk, we hit the river to tackle Whitehorse Rapid. One of the focuses of the safety talk is how we are all between swims, and folks should safely get used to being in the water. Swim a rapid with support, try flipping your boat and flipping it back up - practice. At the time I thought "maybe in the summer". At Whitehorse there was fast, big water but the usual tight maneuvers were replaced by big holes to avoid. Everyone made through with style.

After a nice day on the water, camp Sunday night was Buckskin Mary, right below the Buckskin Mary Rapid. If you don't know Buckskin Mary Rapid, it's a straightforward class 3 wave train in the summer. We were one of the last boats into camp that night. As Mary, Darrell and I approached Buckskin Mary Rapid, Mary decided to swim the Rapid with Julie to practice being in the water. She and Julie jumped into the water upstream of the rapid and we watched them ride the wave train, up and down - in sight on top of the waves and then out of sight in the troughs.

As Darrel and I approached the rapid we decided to take the biggest wave at the top of the rapid head on. Normally this is a big wave, but again pretty straight forward. We squared up, and dropped into the base of the wave, and then as we rode the wave up, before I even had time to think "oh crap" we corkscrewed over to the right. Next thing I knew we were in the water. I came up under the raft which is always a bit of a panic. River Safety Training kicked in and I crawled my way out from under raft and floated away from the boat.

As I got my bearings, I saw Darrell swimming for shore (phew) and my raft floating downriver. I momentarily thought about about swimming after the boat, but camp was just downstream with lots help, and I was pretty worked from the flip. Just as I decided to swim to shore, I saw Julie, aka "super woman", launch off the shore downstream and swim out to my raft to pull it to shore - after swimming the rapid! Well the good news is Julie swam my raft to camp, and Steve led the effort to flip it back over.

## Roguechutes 2.0: Continued from page 6

Things I did right include: I rigged for the flip. I lost a water bottle and map but all the other gear was stowed and ship shape. I was wearing my safety gear - life vest and helmet. I rescued myself, worried about my safety first over my gear. I had the training I needed that helped me rescue myself. I boated with trained and safety oriented friends and club members, that were ready and able to lend a helping hand when needed it!

Things I should have done differently: I was not prepared mentally for the flip - I really didn't think I would flip, it was a complete surprise. When you run more difficult water you always think about what if - what if I flip here, where would I swim, who is available to help, maybe I should scout this...I was not in this space and as alert as I should have been. We looked at the rapid afterwards and saw the wave pulsing. The wave pushed up periodically growing and falling back down again. I'd like to think we caught the wave at a bad time, when the pulse was pushing the wave up.

Also, I wish I'd been more focused on my friend's safety. I saw Darrell make it to shore. But I then ran downstream to try to catch my raft. I didn't know at that time that Julie and others had gotten my raft to shore. At that point, I was more concerned about my boat than my friend. I should have taken the time to make sure Darrell was ok.

So the pros of flipping on a club trip far outweigh the cons. I had plenty of help and everyone was safe and I didn't lose hardly any gear. On the other hand the cons included a fair amount of good natured ribbing. I've a feeling I'll be living this down for awhile. Oh, also apparently it's a tradition that if you flip on a club trip you have to write the trip report. At least that's what they told me. (Newsletter team confirms this rumor is entirely true!)

We had rain Sunday night after most folks went to bed. It's always nice to hear the rain on the tent at night, except when you're making breakfast the next morning. Fortunately the late night crew set up the tarp over the kitchen and we had a dry place to cook Monday morning. We had a nice float out to Harpham flat. Several folks got together on the way back in Hood River and had a nice lunch at Full Sail Brewery. This was a really good crew and a fantastic trip. I already can't wait for next year.

## Gear Review: MTI Headwater R-Spec PFD

*Submitted by Steve Kaspar*

I bought this PFD in early 2015 to replace my then 15 year old PFD, yeah I know probably too many years on that guy. What attracted me to this PFD is it has 25lbs+ of floatation, 4 storage pockets, 2 fleece lined pockets, a zipper entry and a rescue harness.

Overall I like this PFD, it is durable and easy to adjust for a good fit. It has a rescue harness which I see as a back up to the zipper. I've broken a lot of zippers in my life! The pockets are nice for carrying personal gear. It is comfortable to wear even though there is a lot of floatation in the front. Though big in floatation it doesn't get in the way of rowing or paddling.

### Pros:

- 4 large storage pockets, two at the chest and two at the waist. From the photo you can see that I keep a large carabiner and small pulley in one pocket. And an NRS river tool and a T handled hex key in the lower pockets.
- High floatation up to 28lbs on the 2XL model
- Rescue harness / zipper back up
- Comes with a whistle

### Cons:

- Only one lash tab on the left breast pocket. Pretty much precludes you from using the pocket for anything else if you have a knife on it.
- So much floatation in the front it makes zipping the zipper difficult. Even with it loosened up a lot! It is almost a 2 person job. Maybe with time the zipper will break in a bit.
- Retail price is pretty steep at \$250.



## Clack Fest is Back! 34th Annual Upper Clackamas Whitewater Festival – May 20th & 21st

As Oregon's largest whitewater festival, we offer something for everyone. From the recreational boater enjoying the river with family and friends to professional paddlers, this year's festival is sure to be fun for the whole family. The festival competitions invite all whitewater enthusiasts at any skill level. A few fun events on tap include Inflatable and Hard Shell Kayak races, Oar Boat slalom, Cat Boat Volleyball, the Inner Tube slalom, Drift Boat and Cataract slaloms. Plus Stand Up Paddle board slalom and downriver races.

Whether you're getting wet competing in an event or a spectator on the riverbank, the festival is a great place to learn about river and boating safety as well as protecting our rivers and watersheds. Vendor Village is the perfect place to pick-up some new gear and check out the best of whitewater products made by Northwest manufacturers. This is the only place you can see all of the best whitewater boats and take them for a spin on the river (you must bring your personal rafting gear). You can pre-register for the demo boat of your dreams by contacting Vic LeGall at Good Water Boatworks [goodwaterboatworks.com](http://goodwaterboatworks.com). Join us on Saturday afternoon for a BBQ and great live music.

We've got a few new things this year. We're running the first ever Beer Garden in conjunction with the BBQ and Music! This year's band is Greenneck Daredevils, Texas bluegrass from the northwest <http://www.greenneckdaredevils.com>. This year we got permission from the Forest Service to run an OLCC permitted beer garden as part of our event. The BBQ and Music will be extended into the evening to enhance the social part of the event. We need your help making this a successful part of our event. All proceeds from the beer garden will help cover the expenses of the beer garden and any extra money raised will be donated to American Whitewater to help preserve access to Northwest Rivers. The Garden will be run for us by Estacada's Clackamas River Growlers and we're getting donations of beer from Bent Shovel Brewing, mead from Nectar Creek Mead and cider from Portland Cider Company.

This year we offer two new clinics put on by Tim Brink of Oregon Rafting Team fame. The ultimate competitor in the Northwest Whitewater scene this year, Tim is putting on a Paddle Team clinic and a Rowing clinic. Please support these clinics. There will be a 5 person minimum to run them and you can register online. See the website for further details.

Race registration starts at 9:00am on Saturday and events continue throughout the afternoon on both days. The festival is free to watch but participants must pay \$10 per person, per race for mandatory insurance. Plan your weekend now to include the best whitewater event in the Northwest! We'll see you at the festival!

Dates: May 20th & 21st

Time: 9am-4pm

Location: Carter Bridge (Clackamas River), Estacada Oregon

More info at: [www.upperclackamasfestival.org](http://www.upperclackamasfestival.org)

Email: [rmmosier@msn.com](mailto:rmmosier@msn.com)

Phone: Bob 503.235.9940





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# UPPER CLACKAMAS WHITEWATER FESTIVAL

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Carter Bridge, Clackamas River, Oregon.



## 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 short-falls 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](mailto:Christoffdan@hotmail.com)



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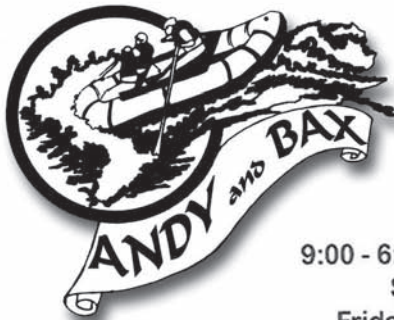
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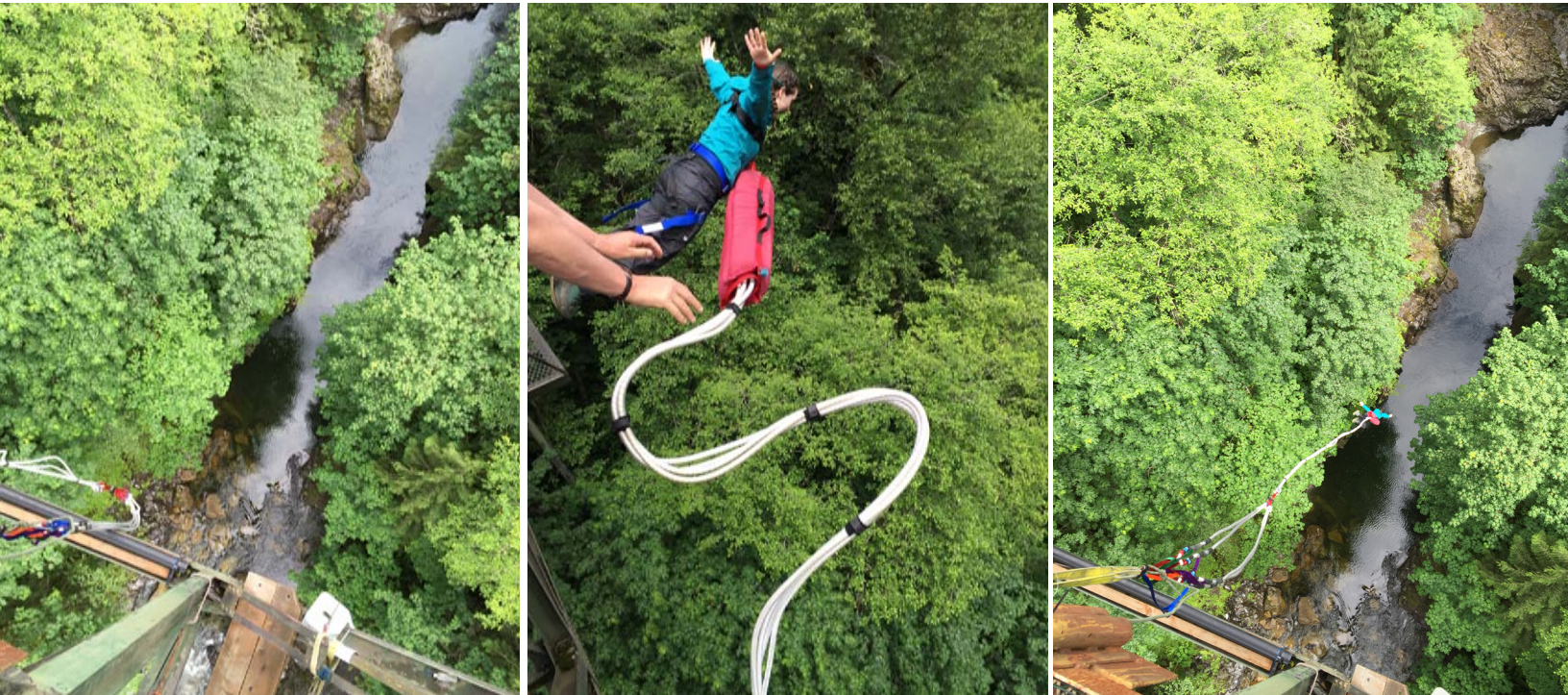
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# BUNGEE jumping





## 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](http://www.bungee.com) & [www.ziplinex.com](http://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

- 1.5 pound hot Italian sausage with out casings
- 2 large onions chopped
- 5 or more cloves garlic minced
- 2 large jars (about 26 oz) tomato sauce
- 1 6 oz can tomato paste (helps thicken things up)
- 1 pound penne or rotini pasta
- .5 pound diced smoked gouda or mozzarella cheese
- 2 cups grated parmesan cheese
- 6 oz basil pesto
- 2 6 oz bags baby spinach leaves



## Baked Pasta With Spicy Tomato and Sausage

*Submitted by Irv Wiswall*

*My strong preference for river food (other than being delicious) is that can be prepared ahead of time and heated up on the river. If it can be frozen, so much the better! And if it's an all in one dish, we have a serious winner in my book. Here is one of my favorites meeting all three criteria (it's got starch, protein, green veg. What else do you need?) adapted from Seriously Simple by Diane Worthington. Serves 7 or so.*

## DIRECTIONS

- 1) Start pasta cooking - your goal is some what more al dente pasta than you usually prefer because you are going to bake later. Also preheat oven to 375.
- 2) In a large deep frying pan or dutch oven cook sausage, breaking up with spoon, for about 5 minutes or until pinkness is gone.
- 3) Add onion and sauté till softened.
- 4) Add garlic and cook for another minute or 2.
- 5) Add tomato sauce and paste and simmer for 10 minutes or so.
- 6) Stir in pesto and any salt and pepper you may prefer. If it's not spicy enough, add red pepper flakes, anise seed, basil, oregano, etc.
- 7) Put your extra al dente pasta in a large bowl and add everything except 1 cup parmesan cheese. Stir to combine.
- 8) Put the pasta/sauce mixture into a greased 9 x 13 inch baking dish. If this is for a home meal, sprinkle half cup parmesan cheese on top and serve the remaining half cup at the table.
- 8) Bake at 375 for one hour. When done, let cool and transfer to the container you'll use to take to the river. Freeze if desired.
- 9) On the river transfer to a large deep frying pan or dutch oven and reheat. If it's thawed, that will take about 15-20 minutes. Serve with the remaining cup of parmesan cheese.
- 10) I think it's always worth the few extra bucks to spring for honest to goodness Parmigiano-Reggiano and the best Italian sausage you can find – this dish is no exception..

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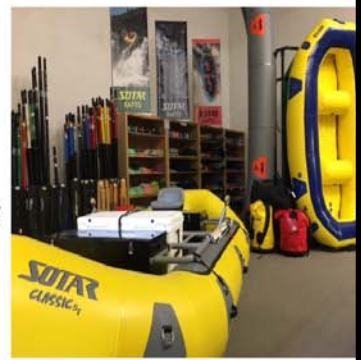


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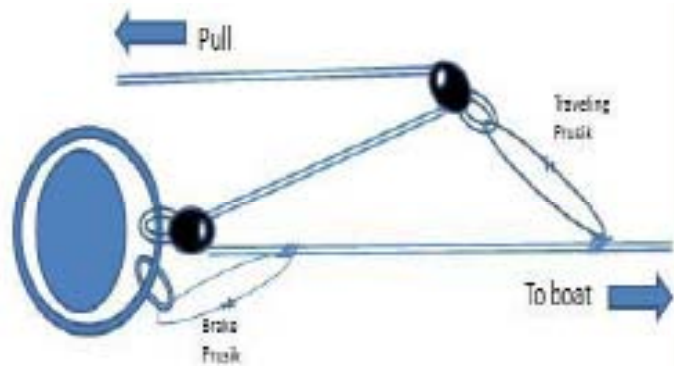
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Steve K 2012

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## Zach Collier

Zach Collier, owner of Northwest Rafting Company and avid boater, will be discussing the Rogue River & the BLM, and will lead a discussion about camping and anything else Rogue Related. If we're lucky there will be a time for his slideshow about multi-day trips in Oregon.

As a boy, Zach spent his California summers working alongside his father at Boy Scout camps where he led overnight backpacking, mountain biking, and kayaking trips. This early experience of leadership and the outdoors evolved into a lifelong commitment to stewardship and excellence in the wilderness.

While studying Mechanical Engineering at UC-Davis (BS) and Stanford (MS), Zach led backpacking trips during the summers where he discovered kayaking which led to rafting and eventually to river guiding for ECHO River Trips, operated by industry legends Joe Daly and Dick Linford. Even after Zach started teaching, he continued working at ECHO during his summers off.

At that point whitewater and wilderness had so thoroughly captured his heart that Zach left academia to pursue a full-time career in the outdoor adventure travel industry. Spurred by Dick and Joe's tutelage and his own tenacity, Zach quickly moved up through the ranks at ECHO, co-founding NWRC with Dick and Joe in 2009. In 2014 Zach partnered with his long-time friend and co-guide at ECHO Dan Martin to buy out Dick and Joe's ownership stake in NWRC. In 2015 he assumed ownership of ECHO.

Although grand vistas and the rush of whitewater are thrilling, Zach is equally excited about the small, everyday details of running a worldclass rafting operation. On rainy days you might find him sourcing new kitchen supplies. On a non-river day in the summer, he'll likely be at the warehouse fixing and organizing gear. He's also sometimes in D.C. visiting with the BLM and Forest Service or lobbying Congress to protect rivers and wilderness status.

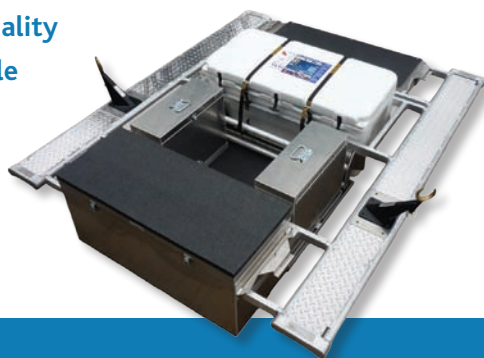
When not on the river or at the office, Zach enjoys running, mountain biking, kayaking, skiing, walks on the beach with his wife, travel, and Game of Thrones.



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# Upcoming Trips

Submitted by Cheryl Ford,  
Trip Editor



## UPCOMING OWA TRIPS

TRIP	DATES	TRIP LEADER	CONTACT INFO
2017 Tax Relief Float, Deschutes River, Class III/IV	April 23, 2017	Bill Goss	<a href="mailto:zanng@msn.com">zanng@msn.com</a> , 503-757-4659
2017 Lower North Umpqua Trip	April 28, 2017	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a> ,
2017 Grande Ronde River, Class II/III	May 5-7, 2017	Eric & Candace Ball	<a href="mailto:balle@pocketinet.com">balle@pocketinet.com</a> , 509-525-6134
Boating 101 Skills Building, North Santiam	May 5-7, 2017	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2017 Rogue River Lodge Trip, Class III/IV	May 19-22, 2017	Van McKay	<a href="mailto:vanm1@yahoo.com">vanm1@yahoo.com</a> , 360-737-3148
Annual Upper Clackamas Whitewater Festival	May 20-21, 2017		<a href="http://www.upperclackamasfestival.org">www.upperclackamasfestival.org</a>
2017 Upper N Umpqua	June 2, 2017	Bill Goss	<a href="mailto:zanng@msn.com">zanng@msn.com</a> , 503-757-4659
2017 Women's Trip on the Lower Deschutes, Class II/III	June 16-18, 2017	Carol Beatty	Stacey Strausberg, <a href="mailto:scs@scs1024.com">scs@scs1024.com</a>
2017 McKenzie River, Class II/III	June 22-25, 2017	Brenda Bunce	<a href="mailto:brenda.bunce@gmail.com">brenda.bunce@gmail.com</a> ,
2017 Fall Colors, North Santiam, Class II/III	October 8, 2017	Matt Saucy	<a href="mailto:sawdusty9@yahoo.com">sawdusty9@yahoo.com</a> , 971-241-5396
2017 -Tieton River, Class II/III	September 16-17, 2017	David Elliott	<a href="mailto:dce@dcell.com">dce@dcell.com</a>

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



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