

Volume 17, Number 4 April 2016 www.oregonwhitewater.org

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.



Grand Canyon Trip Report – Fossils Galore! Submitted by Bruce Ripley

This March our group of 11 finally set out on the water after what had been months of planning for our Grand Canyon adventure for 2016. To say that this group represented the spectrum of age and skills would be a bit of an understatement. For a couple members of the group it represented not only their first exposure to the canyon, but for one, their first overnight rafting expedition. On the other extreme two of the members were on their 17 th private trip. In fact, the core crew who completed the entire 23 days began to refer to themselves as the "Fossil 5". I'll have to say that the Fossil 5 were not only an inspiration to all of us, but to many other groups on the river, notably the college group from Vermont who affectionately referred to our group at the "Dads". Our oldest was 79, with two knee replacements and several other new parts or fixes, but there he was with us on many of our longer day hikes. There were many times when we postulated that his dad must have been a mountain goat!

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April Club Meeting:

Flying Pie Pizza 7804 SE Stark Street Portland, OR 97215

Wednesday, April 13, 2016 from 6:00-9:00 PM

Topic: Frames and Boats

Speaker: Timmy Luke, President RecreTec

Metal Fabrication (Frame Building) Building Custom Frames

Contact Information



OWA Safety Auction Underway!

https://www.32auctions. com/owa2016

> *STARTS* April 02, 2016 08:00 AM PDT

ENDS April 14, 2016 08:00 PM PDT

This year's auction includes shuttles, dry bags, custom dry boxes and knives, Yes knives!, and more.

Donations from these valued businesses. Give them some love!

AAA

Aire All River Shuttle Blackadar Boating **Central Idaho River Shuttle** eNRG Kayaking **Galice** Resort **Hells Canyon Shuttle** Henry's Deli Linda's River Shuttle Northwest Rafting Company Phantom Fire Pan and **Oar Tethers** recreTec Sotar Steve Kasper Sawyer

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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.



President's Corner

A Tale of Two Canyons by Bruce Ripley

In a tale of two cities Dickens writes "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity..." and such was the case with my most recent adventure in the Grand Canyon with several of our fellow club members. Dickens point is that depending on your perspective there are many faces to our world and how you see and experience them is determined by where you are and when you are there. In this case the view down from the top and up from the bottom are indeed two different views! Thus begins my Dickens analogy and many faces of the canyon. To say that it was a fantastic trip would be an understatement, in fact in almost every way it exceeded my expectations. The group hiking in with me was excited, and energetic and in awe of the grandeur that the Grand Canyon can inspire in you. In stark contrast the group hiking out was anxious and unsure of what awaited them on the long, uphill hike out! As the inbound group headed down the South Kaibab trail it was clear that there are very few places that can truly make you feel as small as the Grand Canyon but as you descend the experience changes and it becomes a much more narrowly focused, personal and intimate experience. In stark contrast the group hiking out began to see the narrow canyon walls fall away and the views began to explode into a million tones of red, yellow, tan and green rocks, cliffs and plants. I'll just make the observation here, that having hiked into (2016) and out of (2015) the canyon that the hike in is much easier to enjoy and that the views from the South Kaibab trail are just indescribable.

Over the course of our trip I hiked more than I have on just about any river trip I've ever done. The most amazing thing to me was the geology and every changing rock that any canyon hike offers. I would say that it's a tale of two rocks, but it's more like a tale of a million rocks. Many times you'd walk up a flat wash among sandstone or shale, through a pile of towering boulders which were washed in from thousands of feet above and emerge below a beautiful polished rock waterfall. If you haven't been on the canyon before and you get the offer, for a 1/2 trip or whole trip take my advice... jump on it, you won't regret it!

Training? Who Needs It?

So let me guess, you went to swiftwater training a few years ago, or first aid training and really what's the chance that you are going to need to use any of those skills anyway? I mean you go rafting a few times a year and you know how to rig your boat and get it down the river in one piece. If you get stuck on a rock you'll probably just bounce the boat to get it off, or have someone toss you a rope and pull you off by hand right?

Well fate is a funny thing and sometimes the things that you take for granted don't always work out the way you think they will. Several of us were able to take advantage of some "live" practice on the Canyon and as always real life is sometimes a harsh teacher. So take my advice and take the classes!

OWA April Meeting

The next meeting will be at Flying Pie Pizza in Portland. Please plan to come out and join us for our monthly meeting and speaker. We are looking forward to seeing you there!

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

www.oregonwhitewater.org/ dues.html







Grand Canyon Trip Report: Continued from page 1

The trip launched in late February at Lee's Ferry and culminated 23 days later at Diamond Creek. Over the course of the trip we exchanged 3 in and 3 out at Phantom. I could talk about the rapids which were of course packed with fun, or the time on the river, or the scenery but you can read about all ofthat in a hundred other reports. I'm going to give you a slightly different spin here.

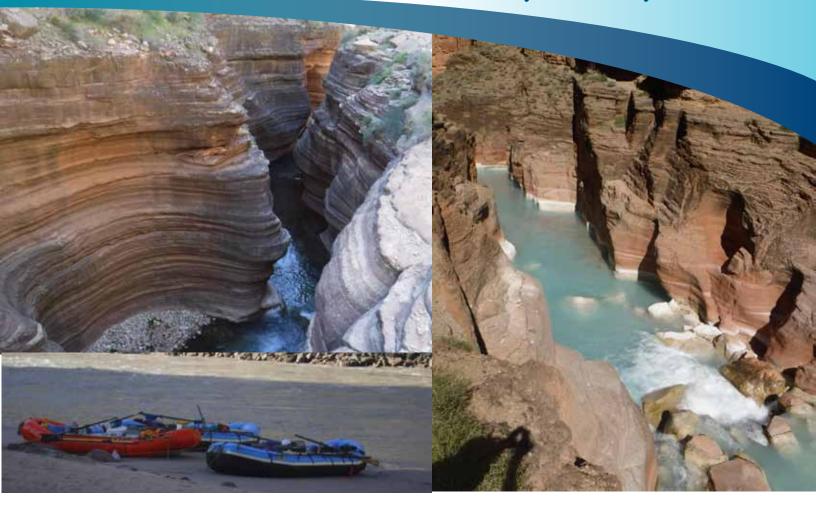
When I told people where I was headed the general consensus was "but isn't it still winter" or "won't you be freezing"? So what were the temperatures? Overall it was very mild with the early part of the trip being the coolest and the end of the trip the warmest. Over the course of the trip we experienced days in the 70's and nights in the high 40's to high 50's. So was it cold? Well that depends on how your internal thermostat runs but when the sun was in camp it was common to be in shorts and short sleeve shirts. In fact, for most of the trip I only put on a fleece jacket for an hour or so after getting up and just before going to bed. A good rule of thumb is that direct sun added 10 degrees or more, so when it showed up it got warm fast and when it went away it got cooler fast.

On the river we were in a combination of rain gear, wet suits, and dry suits depending on the type of rapids we expected to see that day. The real problem is that the water is just really cold. When I say cold think really cold, like 48. What I'd say is that like all rivers you need to expect to swim and if you aren't ready for that, the river can be very unforgiving. I found that my breathable dry suit was very comfortable most days as long as I had light clothes under it.

What about hiking in or hiking out? Well now I've done both and what I can say is that both are exceptional. So which is better? Well it sort of depends on your mental toughness. What? What does mental toughness have to do with it? To keep this simple, I'll just say that while the hike into Phantom Ranch is physically demanding, the hike out to the South Rim demands a high degree of mental toughness in addition to the physical stamina that it takes to get out. One from our group was in the female dorm at Phantom and all the other women were hiking out the next day. They were all up by 3:30 am because they couldn't sleep and were fretting about the hike out. Hiking out on no sleep and high anxiety wouldn't be my suggested preparation based on my experience last year. So which is better? I'd have to say the 2 nd half would be my favorite. Why? As you near the Canyon you begin to see the canyon walls and all the depth and expanse that it has to offer. Once you begin to trek down that slowly changes and you being to immerse yourself in the canyon until you are finally standing on a bridge over the river, and all your planning and anticipation is replaced with a sense of awe and respect for where you are and what it's taken for all of this to develop. **Continued on page 5**



Grand Canyon Trip Report



Grand Canyon Trip Report: Continued from page 4

What about a ½ trip? ½ the trip ½ the work right? Well not so fast! I think it's more like ½ the trip 4x the work. So why is it more complex? Let's start with a basic trip. You leave your house and drive to the put in and you've got all your stuff, you unload it, get into a boat, and off you go. While you are on the river someone shuttles your rig to the take out and it's waiting for you when you get there some 2 or 3 weeks later. Now with a ½ trip let's run through that same trip. If you are on the first half you get to the river, and load your gear, and most likely the gear from someone who will be taking your place later in the trip. You float down to Phantom and somewhere along the line you start to think about how you are going to get out of this hole, and make no mistake it's a 5000' deep hole! In addition, you are only going to bring out a very few things with you, and the fewer things the better. If you have someone relieving you, and if you are coordinated, you can have them bring some stuff with them when they come. Then you won't see your gear again for a few weeks which means that if you are going to need it then you have a problem. For example, as one from our group learned, don't forget your cell phone... you won't see it for a while. Now how do you get back home? The easiest solution is to shuttle to Phoenix, there's a shuttle to Vegas but it's a little harder to coordinate. What about a rental car? I'll just say that after looking into it, driving a rental without being on the contract exposes you to a litany of liability issues. What about hiking in? Well the first thing is that your gear leaves a week or two before you get there, so you'd better be sure what you are packing because once it leaves home, that's what you are going to have when you get there. Second it's always interesting to see what you've packed once you get there; where did you put your toothbrush anyway? The other thing is if are driving then someone will have to bring your car back. If not you'll have to shuttle to the South Rim. Lodging and timing? The best scenario is that you get a room or bunk at Phantom ranch the night before you meet your rafting group. That will leave you fresh for your first day on the river. That's easier said than done. I spent nearly 5 months calling Phantom trying to get in until I finally got space in the bunkhouse 3 days before we arrived. Just so you know Phantom ranch is generally booked 12 months ahead, and your only chance to get in is based on getting a cancellation.







2016 March Lower Deschutes Trip Report

Submitted by Scott Ogren

The sun was shining and the air was crisp when we first arrived at Buck Hollow on the bright sunny morning to begin rigging for the 7th annual March Lower Deschutes trip. It didn't take long for the sun to warm us all up and off we went down the river. With one last minute cancellation due to catching a cold, 47 hearty souls left Buck Hollow headed down the Deschutes River for a weekend of adventure, fun and bonding with friends new and old alike.

The flow was high – probably the highest I have ever seen it at this time of year, but that worked out to our advantage. With the flow at about 8500 cfs when we launched, we were to Beavertail in just under 2 hours and that left us plenty of time to play, enjoy the sunshine and raise a glass to those who thought it was going to be too cold to go rafting in March. All 11 kids on the trip maximized their fun by running as much as they could, bonding with each other, breaking open a piñata full of candy, then more running caused by a sugar high. Mixed into all of that were the adults chatting, snacking on way too much food, catching up with old friends and making new ones.

During the pre-trip safety talk I mentioned that I wanted breakfast to served at 7:00 am and for us to be leaving camp by 10:00 each morning with the realistic expectation that we wouldn't leave until 10:30 or so. What an amazing group of people we had on the trip - everyone was very organized, worked well together and cooperation was the major theme of the trip. At about 9:30 I looked around and noticed everyone standing around talking and when I went to check to see how the progress was coming, everyone was ready. So at 9:40 we left camp headed downstream for Harris Canyon.







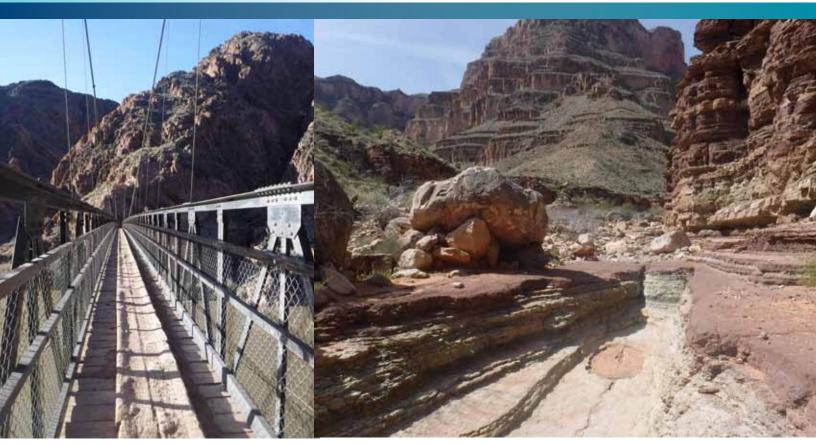
Deschutes River Trip Report: Continued from page 6

We knew rain was in the forecast, so I wanted to get to camp as soon as we would to get things set up and be ready for it. Almost immediately, all hands were helping set up the first two tarps to establish the kitchen and group congregating areas. Shortly after we were finished the rain started, so a third tarp appeared. It was a unique invention of Bill Goss and he was able to make a tarp for much less money than it costs to buy one. For more information on that, check with him as he put in quite a bit of work to put it all together.

In between rain showers, the kids did more running around, smashed pennies on the railroad tracks, and bonded with their river friends. It's been really fun to watch the kids over the years on this trip. Many of the same kids have done this trip for several years while others only once or twice. Either way, when all of the kids show up to the river, they are instant friends and all of them have an amazing story to tell about what they did on Spring Break when they go back to school.

Grand Canyon Trip





Grand Canyon Trip Report: Continued from page 4

Just in case you think I've laid out all the logistical headaches of a ½ trip you can trust me when I say I've only scratched the surface. My suggestion is that if you are doing a ½ trip you should corner someone who's done it before and get some advice.

What about meals and food? Well here is what we did and it's all due to the great planning that Jim Collins does for his trips. Dinner, breakfast and lunch are packed into one rocket box with instructions and all the meals are simple enough to cook in one, or at most two, pots/pans. It rarely took more than 45 minutes to prep and serve, and dishes were very simple since every pot and pan were not dirty. We put away everything every night, and locked down the garbage. The rocket box from the previous day's food becomes the trash. So what difference does all that make? Well we never had any critters in camp, other than one scorpion that paid us a visit. We never smelled garbage, and we were in camp by 1:00pm every day, and we were able to hike or relax all afternoon because dinner was so easy. So if you are planning a trip you should talk to Jim. I'm confident that he'll simplify your life.

So there you go, a different view of a canyon trip. What about the rafting and hiking? Well at the take out the shuttle driver asked what was the hardest rapid and what was the most fun? I didn't really give him an answer then, and I don't know if I have an answer now. They were all fun. Lava? Well I've certainly been more nervous before many other rapids, the Green Wall on the Illinois comes to mind. I guess I'd say that Hance, Crystal, and Upset are certainly rapids that offer all you could want in terms of difficulty. Hikes? Every single hike we did whether on an established trail, or on a lesser used wash was always special. I particularly liked the bouldering and climbing we did on some of the ledges and waterfalls. If I had to pick one, I'd have to say that the narrows at Matkatamiba canyon were fantastic.

So over the next few years if you stay in the club and you make some connections you'll probably have the opportunity to make a trip down the canyon; and if you are lucky more than one. Regardless of whether you make the whole trip, or a ½ trip hiking in or out you should do it. My only suggestion? If you go between May and September, you probably won't find me there and you'd better like the heat because you are going to get it in a big way. Oh... one last thing, "pretreat" everything... What do I mean "pretreat" it? That means take all your stuff, make a big pile on the street in front of your house, lay in the middle of it and have a truck load of sand dumped on you and all your stuff. Then you'll really be ready for the canyon!





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Ziplining for Safety





Jumping & Zipping for Safety fundraiser! May 22nd - All Day

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

It's time again for OWA's second 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 affordable for members and their families. These funds are also what allow us to sponsor new training opportunities like Boating 101 and the member requested Kids Water Safety training (working on this for this summer).

To register and to find out more, visit http://oregonwhitewater.org/index.php?cID=1051. To offer all these opportunities to membership, we must have funding. This opportunity, sponsored by Casey Dale at Bungee. com/ZiplineX.com, provides a huge step forward in our ability to fund these services.

Please look for opportunities to bring together family or friend 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 110# to 280# and closed toed shoes are required).

This event is open to anyone who would like to support OWA's Safety program, Member or not.



Ziplining for Safety

The cost will be \$85 which represents a significant reduction from the standard fee (\$100 + tax). The signup 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 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 family 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 groups of eight. Right now it looks like we can accommodate launch groups of eight 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.

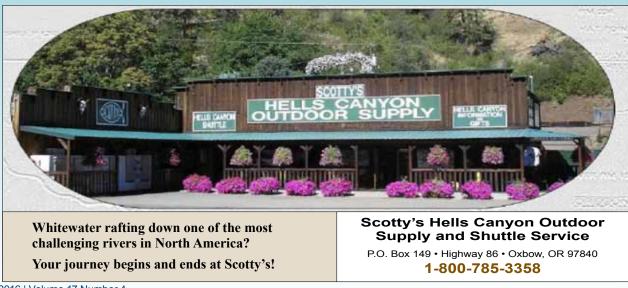








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OWA Status Report

Oregon Whitewater Board Report

Membership Status

Members	Paid	Year					
	Current					Current	
	2015	2016	2017	2018	2019	2099	Total
Total	189	47	19	1	1	5	262

Bank Balance Status					
Opening	Current	Projected Balance			
Balance	Balance	Income	Expense	Closing	
\$16,000	\$16,000	\$18,000	(\$19,000)	\$15,000	

* All values rounded to the nearest \$1,000

	Budget Statu	JS				
Amount						
	Budget					
	2011	2012	2013	2014	2015	
Member Dues	\$3,220	\$5 <i>,</i> 148	\$5 <i>,</i> 768	\$7 <i>,</i> 028	\$7 <i>,</i> 028	
Advertising	\$1,000	\$1,800	\$1,800	\$1,700	\$1,600	
River Trip	\$1,520	\$1,000	\$1,300	\$480	\$736	
Events	(\$350)	(\$250)	(\$250)	(\$250)	(\$275)	



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Recipe of the Month





Outrageous Granola Submitted by Dianne Creager

DIRECTIONS

Preheat the oven to 325. Spray a large, nonstick baking sheet with cooking spray. Mix the remaining ingredients, except the dried fruit, together in a large bowl. Transfer to a baking sheet.

Bake for 35 to 45 minutes until the granola starts to brown, stirring once half way through the baking time.

Remove from the oven and let cool completely on the baking sheets. Mix in the dried fruits. You can be flexible with the types and amounts of all of the ingredients depending on your taste preferences. It can be stored for up to a month in an airtight container. Perfect for putting in wide mouth water bottle for easy to access on the river snack.

INGREDIENTS

Nonstick cooking spray

3 cups rolled oats

1 cup almonds, pecans, or your favorite raw nuts, chopped.

1 cup dried fruit (any combination of cranberries, golden raisins, apricots, dates, cherries, blueberries etc)

1 tablespoon vanilla extract

1 tablespoon ground cinnamon

1/2 teaspoon salt

1/3 cup packed brown sugar

1 cup maple syrup





SAFETY ARTICLE – PFDs Part II – What to carry in your PFD

Submitted by Dan Hudson

We discussed PFDs in last month's article and now, as promised, we'll talk about those items one might want to have stashed in convenient places on their person or in their PFD for not only one's own personal safety, but to assist a boater in the potential rescue of others in their rafting group.

First off, in spite of the lengthy list of items I am going to ask you to consider carrying, always remember "Less is More". The way PFDs are manufactured these days, one can certainly carry way too many items in the large pockets some of the vests are equipped with. (Yes, it's possible to have too many toys!) Too many items result in a bulky PFD that may prevent you from re-entering your raft if you happen to flip or get ejected. That said, if you need that one little tool and you don't have access to your raft, you might be placing yourself in jeopardy if it isn't on your person or in your PFD.

Here is the short list of priority items I carry in my PFD:

Dive Knife Fox 40 Whistle 2 spare carabiners Webbing strap or prussic loop Chap stick

Seasonally I add: Thermal head protection *Waterproof flashlight* Sunscreen Rowina aloves

There are many more products out there people may carry, but these are the bare bone items necessary for safety; safety for you, safety for your boatmates, safety for your trip members.

KNIVES The biggest recommendation I always make involves the knife point – the point being – you don't necessarily want a point.

Pointed knives have a tendency to cause injury to our own selves when

drawing or replacing the knife into the sheath, not to mention the undesirable result of a knife point vs a raft tube. Another recommendation regarding knives: they need to be carried high on your person and readily accessible by either hand. Most dive knives come with serrated teeth to enable sawing and they usually also come with a sharpened hook to enable easier cutting of rope.

Since we often encounter knife use when cutting rope or fishing line, a set of EMT shears are a viable option. They are essentially easier to handle, you are less likely to cut yourself, and they are very capable of cutting up to $\frac{1}{2}$ rope, fishing line, or thin cable. EMT shears are relatively inexpensive and are readily available. Leatherman also makes folding EMT shears called the Raptor, which is a pricey but highly effective tool.

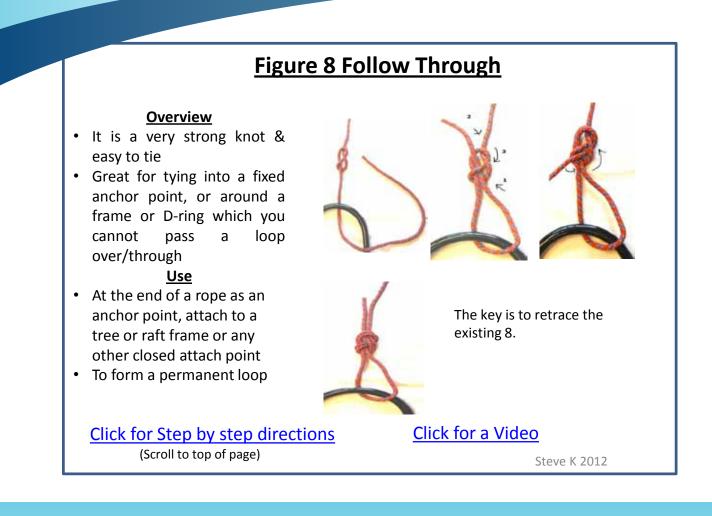
WHISTLE I have been on many missions and rescues where we utilized whistles to communicate. My best recommendation regarding whistles is - take your whistle and blow it immediately after it has been submerged in water. 90% of the whistles out there are horrible and this will demonstrate to you if yours falls into that category. The worst time to discover your whistle is worthless is in the middle of an actual event.

The best whistle on the market is the Fox 40. You want a whistle that has no ball or, if it does, a ball constructed of plastic that will help the whistle shrill. Whistles need to be worn on your vest, tethered high enough on the vest it can be placed in your mouth and you can turn your head side to side. You don't want too long of a tether that can get snagged and entangle you into harm's way. Continued on page 17



Knot of the Month











Proper Use of PFDs: Continued from page 15

2 SPARE CARABINERS Having the ability to attach rope end to end, or throw bags end to end, is essential in rescue operations. Being able to take a strap around a piece of gear and carabiner it secure is another use for these tools. Carabiners provide us the "link" to perform such tasks in a quick efficient manner.

Carabiners should always be of the locking variety. Screw gate carabiners enable you to lock the carabiner gate in the closed position; this keeps the load in place and also prevents an accidental rope entrapment. I have witnessed and experienced several events where a rope was encountered against the PFD carried carabiner and the rope was snared inadvertently by the carabiner. This can and does lead to catastrophic events when we use ropes around moving water. Auto-locking carabiners are nice to utilize, however you need to practice opening them until the finger and hand movements to open the gate becomes automatic. Given a high stress situation, the last thing you need to be doing is fumbling around trying to figure out how to open your carabiner.

WEBBING STRAP OR PRUSSIC LOOP I always carry a loop of webbing pre tied in a loop, or an NRS strap with the buckle already engaged with the end of the strap. Another option is to carry a pre-tied piece of utility cord tied into a prussic loop. This piece of rescue gear will enable you to girth-hitch a hand to assist in carrying an item, allow you to encircle a frame rail or oar tower to give you something to hold onto when entering a raft from the water, or allow you to quickly attach and secure an item to your raft. If the strap is long enough, it can also be utilized as a righting strap should your raft get flipped. I carry a short 5' piece of webbing, pre-tied into a loop, as a fusible link. If I need to attach a rope system to my raft, I can cut this inexpensive piece of material should I subsequently need to break away from the rope under tension and save the more expensive rope from the knife!

The remaining items on my list are all self-explanatory. I highly recommend keeping a beanie or mystery skin type hood to add thermal protection when the temperatures involved are not summer time events. I also always carry at least 2, if not three, chapsticks – they are small and easily dropped while on the river. In late fall, winter, and early spring trips, I carry a small waterproof flashlight in my PFD simply in case we get a pinned raft late in the day and need some form of light to assist in the rescue. And finally, having a pair of gloves to assist with ropes or simply rowing your raft when your hands develop hotspots from a long day at the oar seat.

Most of all, whatever you carry, make sure it is of appropriate construction for the environment you are placing it in, make sure you know how to use it, make sure it does indeed work, and essential here: know where you are carrying it in or on your PFD. Under the stress of an emergency – these items need to be ready, capable, and accessible.







TRIP	DATES	TRIP LEADER	CONTACT INFO
2016 Lower N. Umpqua River, Class II/III	April 29-May 1, 2016	Brenda Bunce	Brenda.bunce@gmail.com, 360-931-4224
2016 Grande Ronde River, Class III	April 29-May 1, 2016	Eric & Candace Ball	balle@pocketinet.com, 509-525-6134
2016 Tax Relief Float, Deschutes River, Class III/IV	April 30, 2016	Bill Goss	zanng@msn.com
2016 Lower Cispus, Class II/III	May 7-9, 2016	Tina and Eric Myren	TNEMYREN@gmail.com
2016 Rogue River Lodge Trip, Class III/IV	May 20-23, 2016	Van McKay	vanm1@aol.com, 360-737-3148
2016 Upper N Umpqua	June 3, 2016	Walt Bammann	wbamman@wizzards.net
2016 Women's Trip on the Lower Deschutes, Class II/III	June 17-19, 2016	Carol Beatty	Stacey Strausberg, scs@scs1024.com
2016 Hell's Canyon, Class III/ IV	September 17-19, 2016	Mike Moses	mtymo_@hotmail.com, 509-240-4220
2016 Fall Colors, North Santiam, Class II/III	October 1, 2016	Matt Saucy	sawdusty9@yahoo.com, 971-241-5396
2016 Veteran's Day, Rogue, Class III/IV	November 12-14, 2016	ТВА	





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