

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>Wallowa - Grand Ronde</i>	1
<i>OWA Contact Info</i>	2
<i>River Tip</i>	2
<i>President's Corner</i>	3
<i>Boating 101: N. Santiam</i>	8
<i>River Safety</i>	11
<i>Recipe of the Month</i>	12
<i>Womens Deschutes Trip</i>	13
<i>Newsletter Submissions</i>	13
<i>Knot of the Month</i>	14
<i>OWA Picnic</i>	15
<i>OWA Trip Calendar</i>	17

Wallowa – Grand Ronde Trip Report

Submitted by Allison Frazier

It was a warm day in mid-May when our small flotilla set out on a five day river trip together. We had planned to run the John Day, but as the date approached the water level plunged, and we decided to run the Grand Ronde instead. Shortly before our trip, both rivers began to rise, but plans had been made, and we stuck to them. We left from Minam in two groups, one in the late morning and one in the afternoon. We were scheduled to leave with the morning group, and we were slightly embarrassed when we arrived late to the put-in that morning. We had already decided that we would leave with the afternoon group, but we needed to let them know so that they could be on their way.

I wasn't sure what to expect when we pulled up with our boats. Were they angry at us for making them wait? Had we just muddied the waters on an otherwise great occasion to meet other river people? There was only one way to find out. We approached the group, told them our story, and apologized. No one seemed to be upset. Instead something unexpected happened- well, I wasn't expecting it anyway.

Continued on page 4

OWA Summer Picnic & Gear Swap:

*Eagle Fern Park
(Area 3)*

27505 Eagle Fern Rd
Eagle Creek, OR

**Sunday,
August 9, 2015
from 11 AM - 3 PM**

See page 16 for details.

Contact Information



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River Tip

Submitted by Jim Collins

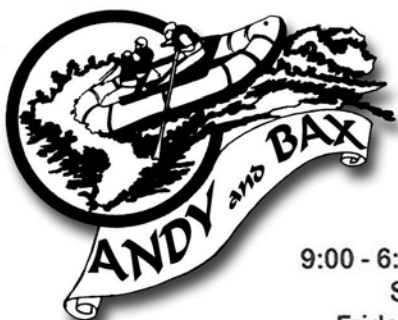
An incident on this year's Grand Canyon trip got me thinking about "tuning" your oar locks being appropriate for a tip. I have always been one to make the oar locks as tight as possible to make sure they don't jump out when not necessary. To me that means that you want them to come free just before the oar would break. If you're using expensive oars you might want them a little looser. Aaron Stone from Sawyer Oars says that he closes the horns until they will just slide over the oar shaft, below the rope wrap (molded plastic would be the same). That way, when the wrap is in the oar lock it will pop out with moderate pressure but not prematurely. I keep mine a little tighter.

To tighten the oar lock Aaron suggests just hitting it on the curb (or a rock) and alternating the horns as you do it. Be sure to constantly check the fit because it is a lot easier to tighten them than it is to pull the horns apart. I have also used a hammer to tap the horns when placed against a solid object (usually a rock on the river).

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Rain? Who Needs Rain?

by Bruce Ripley

Well, the ongoing discussion since the winter has been how's the summer rafting going to be? The verdict so far has been mixed, and it sort of depended on where you were going, and when. One of the things that helped stabilize the season has been the rivers that are dam-regulated. We talk a lot about the fun of rafting unregulated rivers but seldom recognize that rafting this time of year on rivers like the Deschutes, Rogue, and others are really made possible due to the water stored in the reservoirs. Certainly, in years like this there wouldn't be much rafting locally otherwise.

It's interesting while we had a very low snowpack across most of the region we still had a lot of early winter moisture in the form of rain. Since April, however, it's been extremely dry and we not only ran out of snowmelt early but with no rain there's been very little surface water recharge. For those that ran some of the longer multi-day trips, especially on the lottery rivers, they seemed to be great trips. Warm weather and great spring flows seemed to be the order of the day. If you had a later season trip those have had a little different outcome. I know that several people have had to cancel their trips due to low water.

If you like low water boating and can go on short notice you might consider trying to get a cancelation on some of these rivers, especially on the Selway, I know there have been a few available.

Don't forget about the summer picnic in August. We always have a great time and I'm sure this year will be no different. Plan on coming out, and bring some stuff to sell at the gear swap. It's a great time to meet a few new people, renew some older friendships, and see what's been going on with some of the other club members. If you are on the fence about coming, or thinking that maybe you'll just do it next year... then change that thinking, put it on your schedule and come on down. If you are new to the club then there's no better way to meet people. Thanks for supporting the club, see you at the picnic.

Fundraising

Thanks to everyone who participated in the auction and our other fundraising efforts this year. In addition to adding a couple new sponsors we also switched to a new auction site. We thought long and hard about that change but it really worked out well and since we didn't hear a single complaint it must have worked well on the user end. Trust me... when something doesn't work we certainly hear about it... right away. Thanks to all that hard work we raised nearly \$2,500 to put towards our safety efforts. Make sure you take advantage of all this hard work by attending one of our class in the coming year.

OWA Summer Meetings

Remember we don't have any summer meetings. Our next meeting won't be until September. We have several speakers already lined up for this fall so we'll see you there. Please plan on joining us!

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www.oregonwhitewater.org/dues.html

Wallowa - Grand Ronde Trip Report



Wallowa - Grand Ronde: Continued from page 1

As I stood with my late arriving group at the water's edge, people lined up to greet us one by one, introducing themselves and welcoming us aboard. This was a magical moment for me and a beautiful introduction to my first experience on the water with OWA. Here I was thinking they all wanted to throw us in the water (with PFDs, of course), and instead they greeted us with smiles.

We saw the morning group off as they launched. Nate, Renee, Bob, and I made the trip from Portland together, and we took our time gearing up our two boats for the trip while we waited for the others to arrive. This extra staging time gave me time to ponder something Nate said on the journey to Minam. It embodied a feeling I've had on the river many times but could never quite put into words. He said that one of the reasons he loves being on the river is that we see so many things a majority of the population never sees. Unless they do what we do, they never see these sights. I already planned to focus my photos around things my friends and family who never raft don't see- more mundane things, like water pouring over a log caught between two rocks or a mossy cliff with seepage trickling down. With Nate's words ringing so true in my ears, I knew I had to remember to enjoy those moments as well.

We were joined by Mark, Terry, and Konstantin, and when we all set out together, the Grand Ronde was just under 5,000 CFS. The level rose and fell during our journey, peaking at just above 6,000, and when we took out it was around 5,700. Our group had a great first day on the river, but when we got to camp we heard stories of an incident in the first group which required a Z-drag. It was a successful rescue though, and everyone greeted us happily when we joined them at camp.

The camp set-up seemed nice and complete. There was a large kitchen area with wings for cover, a dish washing station complete with crew, and enough stoves in which everyone could share. There were shared grills every evening before dinner which doubled as our fire pans at night. When we arrived at the first camp, everyone had their chairs in a circle around the fire pan, basking in the warm glow while exchanging river tales of days past. Well, not everyone had chairs. There was something in the fire circle that night which caught my eye immediately and changed the trip for me in a way. It was big and inflatable, bright and shiny. It was John and Dianne's new river couch, and I found it fascinating.

Continued on page 5

Wallowa - Grand Ronde Trip Report



Wallowa - Grand Ronde Trip Report



Wallowa - Grand Ronde: Continued from page 5

Remember, this was my first ever OWA trip, and I had no idea what the people were going to be like. When I saw the couch, my initial thought went something along the lines of, "A couch? Really? Is that necessary?" That thought didn't last long though, as I saw how much enjoyment everyone was getting from the couch. I quickly became fascinated with it. I hoped to kick back on it at some point.

I liked that there were two groovers, originally assigned to male and female, and I liked that there was a separate hand wash station located at the groover site. I don't like walking around camp with grubby hands, trying not to touch anything as I make my way to the one hand wash station, so it suited me fine. The groovers also had shelters, which seem wonderful in certain situations and burdensome in others, but they were great for the most part.

We left later than we wanted the next morning, so it goes. I noticed the river rose a little more overnight, and I was excited to begin our day on the water. It was moving at a pretty good pace, and at that level there are some fun wave trains and waves to crash. The technicality of the rapids is not as great, it's mostly just good, clean fun at that level. I don't mean to sound as if I think there are no hazardous spots on this run at that level, there certainly are. But if you're paying attention, avoiding those spots should be straightforward.

Each day on the river was met with similar challenges, and each camp was set up in a similar fashion. We did have a layover day, which was great. I shared a neat wildlife sighting with Bob and Mike as we watched a flock of geese soar over our heads through the canyon winds. They never flapped their wings once while we watched. Many people went on a hike during the day, and everyone was able to become more acquainted over our extended camp time. I finally met Dianne that day, and she told me the story of the couch. It turned out she was not addicted to being a couch potato, it was a silent auction score. In the end I was honored to have been a part of the couch's maiden voyage, and I did get to relax on it extensively. I hope they give it a name.

On the final night at camp, we had a chili cook off. Some of us cooked our chili on site while others elected to prepare it ahead of time. In my objective opinion, all of the chili was fantastic. I won a lot of people over with my bacon topping, but they were all wonderful dishes. Nate was particularly proud of his chili, and I should mention that it was stellar. After chili we had dual campfires and enjoyed the evening together.

Wallowa - Grand Ronde Trip Report



Wallowa - Grand Ronde: Continued from page 6

The last morning seemed to fly by as everyone rushed to pack and get on the river. As you may know, the drive from Troy can be a long one, and everyone was ready to get to the take-out. I wanted to make sure I mentioned all of the people who were on the trip so that no one feels left out, and I sincerely apologize if I do leave someone out or get a name wrong. Here is the roster, complete to my knowledge, in case you're curious: Dave, Lora, Jeff, Jonna, Talon, Braden, Patty, John, Dianne, Todd, Frank, Nate, Renee, Mike, Ben, Jan, Mike, Konstantin, Mike, Mark, Terry, Anya, Bob, and me.

It was a good trip all around. There was great food and conversation, libations by the campfire, and an all around good group of people. We all worked together to make and break awesome camps, and we shared treats with each other. Everyone seemed to be safety-conscious on the water as well as on land, and I felt good about being on a trip with this group. I hope all of my future OWA trips run as smoothly as my first, and I hope I can be as welcoming to new members as this group was to me. I'm glad to be a part of this organization.

Boating 101 North Santiam



Boating 101 on the North Santiam **Submitted by Katie Watry**

Don't be deceived by the name; it isn't like any course you have taken in school. This OWA club trip is the most unique of all the club trips and it is my favorite. Professor Matt Saucy and his expert assistants: Steve Oslund, Steve Herring & Julie Nathe, started day 1 of 2 with an in-depth discussion on reading water, crossing currents, hitting eddies and safety. Professor Saucy even put together some impressive drawings for all of us visual learners. Thanks Matt! Now it was time to put our skills to the test and the North Santiam River was the perfect place to do so. It is a fun, relatively straightforward river with class 2 to 3 rapids. The river was running around 1200 cfs when we put in at Packsaddle Park on May 9th.

Like many of the students of Boating 101, I decided to test by cat boating skills, a boat I had only rowed once before. This is one of the main reasons why I love this trip. It encourages people to try out different styles of boating while being surrounded by positive and safe company.

The cat boat was a very different experience than the skills I have acquired paddling my IK. I learned that the oars require more finesse than a paddle on my IK. With the IK, my strategy is simply to paddle like hell through a rapid and hopefully I come out upright. As I was still learning how to finesse the cat boat, I had this IK mentality when going through Specer's rapid. I didn't have a line and just rowed and rowed and rowed as hard as I could and then BAM! With all the force from my rowing (due to my huge muscles) the frame hit a rock so hard that I got tossed around like a rodeo clown. In fact, this rodeo clown got tossed right out of her seat and the boat stopped dead in its tracks! After a few really long seconds, I realized what had happened and that I still needed to finish getting this boat through the rest of Specer's rapid. As I climbed back into my seat, the boat shifted and naturally flushed me out. Luckily most of the trip attendees were ahead of me so they had great views of the rodeo show I just put on for them.

Boating 101 North Santiam: Continued on page 9



Boating 101 North Santiam: Continued from page 8

Boating 101 North Santiam



Boating 101 North Santiam: Continued from page 9

I learned how to be a better rower from that experience on Spicer's and successfully navigated all the other major rapids and low water spots until the take-out at Fishermen's Bend Park. Overall, Professor Saucy and his expert assistants were quite impressed with all of their student's skills and we graduated magna cum laude.

Celebrations were in order after boats were loaded and we settled into camp at the beautiful Fisherman's Bend Park group site. This is the first year we camped at this site and it is one of the nicest group campsites I have seen. A covered shelter with a plethora of picnic tables is nestled into a beautiful wooded area. There were two huge fire pits and plenty of private spots to set up tents. It was a fun night of sitting around the campfire and sharing stories amongst new and old friends.

The next day, there were not as many attendees but it was still a really enjoyable run. Rather than cat boating, I decided to test out my guiding skills. Now I am probably really impressing you with all these different boating skills I learned in 1 weekend. However, this guide experience was actually pretty easy when you are R3ing with two of the leaders of Boating 101.

On behalf of all those who attended Boating 101, a big thank you to Matt, Steve O., Steve H. and Julie for taking the time to volunteer to teach us new skills on the water. You make learning fun! I had a blast and definitely plan on coming back next year.

"What a grateful thing to be appreciate of."

Beat the Heat

Submitted by Zach Byars of Sierra Rescue

A few months ago we took a look at the body's response to cold and the stages of hypothermia. As summer looms on the horizon let's discuss heat-related illness, specifically recognition, prevention, and treatment in the field.

Thermoregulation, Evaporative Cooling and Dehydration:

The human body is pretty good at thermoregulation, but a heat challenge can build up and overpower the body's balancing mechanism. Evaporative cooling is the body's best technique for thermoregulation. Water from inside the body is sent to the skin where it evaporates thus lowering the body temperature. A lack of water (dehydration) renders the body less effective at cooling itself, and even someone with adequate hydration levels can be overcome by a heat challenge.

Heat-Related Illness – 3 Types:

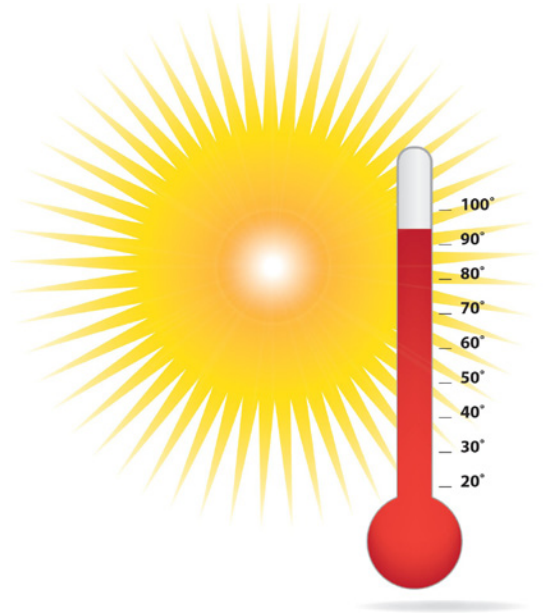
Simply put there are three main categories of heat-related illness: heat exhaustion, heat stroke, and hyponatremia. The assessment differences between the three main heat-related problems are subtle and often times are hard to discern. As a result, when dealing with heat related problems we aggressively treat for the worst one. Heat stroke is an emergency and can be fatal. When the internal body temperature exceeds 105 degrees Fahrenheit cellular death occurs. The body can no longer cool itself and if left in the hot environment death can occur.

Heat Exhaustion: By definition, heat exhaustion is dehydration in a hot environment. Exertional heat exhaustion stems from exercise in a hot environment. Humid environs can be harder for the body's cooling mechanisms.

Hyponatremia: With hyponatremia, the body is experiencing a salt imbalance. A lack of electrolytes can lead to altered mental status and death. Typically this person needs salt and can be in a very precarious situation. If this person gets more water before salts, the imbalance can prove fatal and irreversible.

Treatment: So as a catch-all treatment for heat related illness your treatment is as follows: 1) aggressively cool a person, 2) give salty foods 3) ask questions as to intake levels and provide hydration.

It's going to be another hot summer out there, so take precautionary measures, stay hydrated and well fed before undertaking trips and hikes. Give yourself time to acclimatize once temps start rising.



INGREDIENTS

- 10-oz package soba noodles
- 10-oz frozen shelled edamame (or lima beans or peas)
- 1/2 c. finely chopped scallions
- 1/4 c. olive oil
- 2 Tbsp lemon juice
- 2 tsp soy sauce
- 1 tsp sugar
- salt
- pepper
- 6 oz crumbled feta (optional)



Chilled Soba Noodle Salad

Submitted by Traci Stenson Hildner

DIRECTIONS

Cook noodles and edamame together in a pot of salted boiling water for 4 to 6 minutes. Drain well in a colander and rinse under cold water to stop the cooking. Drain again.

To make dressing, whisk together scallions, olive oil, lemon juice, soy sauce, sugar, salt and pepper. Toss dressing with noodles, edamame and feta (if using). Serve chilled or at room temperature.

- Serves 6

16th ANNUAL WOMEN'S TRIP LOWER DESCHUTES RIVER JUNE 19 - 21, 2015

Submitted by Carol Beatty

It was another full slate of women rowing and laughing down the river with 9 rafts, one hard shell and three IK's.

We put in at Buck Hollow and took out at Heritage Park, camping at Beavertail and Lower Lockit, the one I call the "ugly" camp because it's so sparse and exposed; however, it worked for us.

The river was very crowded which it isn't normally at this time of year. However, we were told that the John Day is too low to run so boaters came to the Deschutes. Getting campsites for a large group required strategizing both camp days.

Food was delicious, stories entertaining, new friends were made, boating skills were learned. We all stayed safe on the river.

I want to thank all the women who were on the trip; you all helped make it a safe memorable experience. You're all grand.

Participants: Carol Beatty - trip leader, Suzi Richards, Debbie Norton, Annie Walsten, Pam Maxwell, Ginny Santorufo, Joy Cleaver, Roxy, Stacey Strausberg, Kathi Duckworth, Karen Gurksey, Anya, Sue Knapp, Anne Stephenson, Laura and Audrey Lloyd, Emily Anderson.

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

Contact Katie Watry at

VicePresidentNewsletter@oregonwhitewater.org

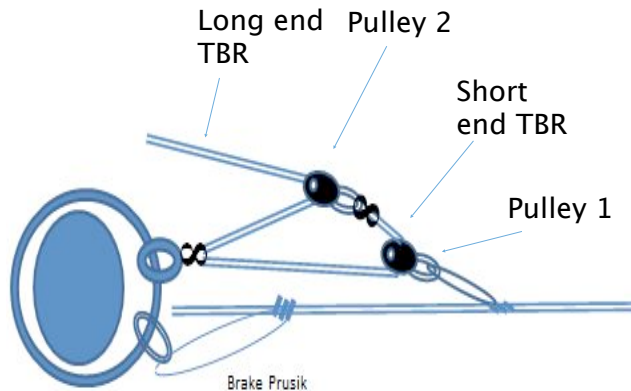
To show our appreciation and to encourage future contributions, the Oregon Whitewater Association will have an annual drawing for \$150 gift certificate to one of the OWA sponsors. Every member who submits written material that gets published in the newsletter will automatically be entered into the drawing.

Pig Rig 4:1

- 4:1 Mechanical advantage
- Requires a 2nd rope (throw bag TB)
- Advantage over Z-Drags in that you get 4:1 with the same gear as a 3:1 with the Z-Drags

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

- Tie a figure 8 on a bight about 1/3 through the way through your TB's rope
- Attach the throw bag 8 to your anchor
- Pass the short side of throw bag rope (TBR) through a pulley and attach the pulley to your haul line
- Pass the long side of TBR through a pulley and attach the end of the short TBR to the pulley

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Oregon Whitewater Association

PICNIC



and gear swap at Eagle Fern Park (Area 3)

27505 SE Eagle Fern Road, Eagle Creek, Oregon 97022

Sunday, August 9th 11-3 p.m.

Details:

- Picnic Area 3 is a large grassy area with picnic tables
- Located by horseshoe pits & volleyball court
- Throw rope competition – bring a throw rope
- Alcohol and dogs are allowed in the park, so bring your own

Gear Swap and Sale:

Swap or sell your new or used boating gear. From boats to bags, all gear is welcome. There are great deals every year!

Provided: hamburgers, hot dogs, veggie burgers, all the fixin's and nonalcoholic beverages (pop and juice)

You Bring: a pot luck side dish or dessert, the whole family!

Fee: \$5.00 vehicle parking pass at the entrance gate

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Upcoming Trips

Submitted by Pat Barry,
Trip Editor



Please go to the OWA website for additional details on each trip, [CLICK HERE](#)
Or go to <http://oregonwhitewater.org/calendar/trip-calendar>

8.6-9 Thur-Sun	Selway River (low flow) IK trip	III	Eric Ball	balle@pocketinet.com	509-529-6134
9.12- Sat-Mon	Hell's Canyon	III/IV	Mike Moses	mtymo_@hotmail.com	509-240-4220
9.19 Sat	Santiam Fall Colors Float	II/III	Matt Saucy	sawdusty9@yahoo.com	971-241-5396

PAST OWA RAFTING TRIPS

Ball

6.25-28 Thur-Sun	McKenzie River	III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
6.19-21 Fri-Sun	Lower Deschutes Women's Trip	II/III	Carol Beatty	caroldon1@comcast.net	503-816-6172
5.29-31 Fri-Sun	Upper N. Umpqua	III/IV	Walt Bamaan	wbamaan@wmni.net	
5.21-25 Thur-Mon	John Day River	II/III	Dave Graf	dmgraf55@centurytel.net	
5.15-18 Sat-Sun	Rogue River Lodge	III/IV	Van McKay	vanm1@aol.com	360-737-3148
5.9-10 Sat-Sun	Lower Cispus	II/III	Tina and Eric	TNEMYREN@gmail.com	
5.8-10 Fri-Sun	Grande Ronde	III	Eric & Candace	balle@pocketinet.com	509-529-6134
5.2 Sat	Green River Cleanup	III/IV	Brenan Filippini	www.wrrr.org	
4.24-26 Fri-Sun	Lower N. Umpqua	II/III	Brenda Bunce	brenda.bunce@gmail.com	360-931-4224
4.18 Sat	Deschutes River Tax Relief Float	III/IV	Bill Goss	zanng@msn.com	503-757-4659
3.21-23 Sat-Mon	Lower Deschutes Spring Break Float	II/III	Scott Ogren	scott@scottogren.com	503-267-9785
2.14-16 Sat-Mon	Rogue River	III/IV	Steve Oslund	stevilone@gmail.com	503-709-7661
1.1 Thurs	Sandy River	II/III	Val Shaul	val.shaul@frontier.com	503-805-8991



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